

Aliso Viejo Christian School

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Aliso Viejo, CA 92656



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www.avchristianschool.org

Athletic Director: Scott Bruce (ext. 319)

2011-2012 ATHLETIC HANDBOOK

*"I can do everything through him who gives me strength."
Philippians*

Mission Statement

It is the mission of the school, as a ministry of Lutheran Church of the Cross, to be a Christ-centered, Bible-based environment, which provides academic excellence and nurtures students to become life-long learners who know Jesus Christ and share His Word, His grace, and His love with all people.

Athletic Philosophy

Aliso Viejo Christian School's athletic program provides for the development of young people's spiritual, emotional, intellectual, social and physical potential. AVCS strives to meet the needs of all youth, regardless of athletic ability.

The purpose of AVCS's athletic program is to foster a sense of self-esteem, self-discipline, cooperation and fair play by approaching competition as a healthy and constructive exercise. Aliso Viejo Christian School athletics are designed for the participation and enjoyment of all students as well as develop sportsmanship and team leadership amongst all participants.

General Information

- 1) All players MUST carry their own Medical Insurance.
- 2) Consent Form /Contract– all athletes must have a completed Athletic Participation Consent Form, as well as a Parent/ Athlete Contract. These forms must be completed, signed, and on file with AVCS, along with any fees associated with the sport, **BEFORE THEY WILL BE ALLOWED TO PRACTICE.**
- 3) Attendance – It is the responsibility of the athlete to attend school, practices, and games on a regular basis. Students must be present for a half day (consecutive 4 hours) of school to participate in a game or practice. Appeals to this policy must be approved by the Athletic Director and Administration.
- 4) Dress – Athletes should dress in an appropriate manner at all times. Students representing AVCS are expected to adhere to the principles of modesty and neatness.
- 5) Equipment and Uniforms – Equipment and uniforms become the responsibility of an athlete. If any of these items become damaged or lost, the athlete is held financially responsible for replacement. All payments for lost equipment must be made by the end of the season or the student will not be able to participate in another sport and/or school sponsored activity.

Uniforms and Dress Policies

- 1) If required uniforms must be purchased before a player may participate in a game. Uniforms may be worn only during practices and games or at the coach's discretion.
- 2) Athletic team uniforms must be worn as designed, unless specific permission for alterations, necessary for proper fitting, is granted by the team's coach. Uniforms must be returned in the original condition or replaced if unusable for the next season.
- 3) Shorts worn in practice shall rise no more than two inches above the athlete's knee. Athletes shall adhere to this principle of modesty in personal clothing worn at practice. Athletes are not permitted to wear exposed tank tops or boxer shorts that extend below practice or athletic shorts.
- 4) Athletes are required to wear shirts at all times.
- 5) Proper athletic shoes must be worn at all times.
- 6) Students must meet all grooming requirements, including policies governing facial hair and hair length as outlined in the student's handbook.

Practice Expectations and Policies

- 1) Attendance at athletic practice is expected and required. For most sports, practice will be held for 1-1.5 hours. AVCS does not expect sick or injured students to practice, but students should not miss practice due to minor ailments, especially without permission from a coach or the Athletic Director. Injured players who are able to attend school are expected to attend practice, though they may not be asked to participate. If situations arise that cause attendance to be impossible, the player involved is expected to clear this personally with their coach or have your Doctor's permission.
- 2) No Games on Sundays.
- 3) At the discretion of the coach and the Athletic Director, practice may be held on days when school is not in session.
- 4) Students who remain on campus after school for a practice that does not start immediately after school are required to report to ARK.
- 5) All athletes must be completely dressed and ready to begin practice promptly at scheduled time. If the practice facility is being used by another team, athletes shall take care not to disrupt practice session going on.

- 6) Standard of conduct for practice sessions shall be consistent with those of AVCS, with specific emphasis on the following.
 - A) All language used shall be of a nature that presents a positive Christian Testimony. Foul language of any nature is unacceptable and must be reported to the Athletic Director or Administration.
 - B) Athletes must not participate in criticism or derogatory comments about their teammates, coaches, or practice team personnel. Any inappropriate behavior may result in possible removal from the team.

Athletic Contests and Games

- 1) The Athletic Director will publish schedules on our AVCS website www.avchristianschool.org as well as Edline as soon as available. Maps for away games are available in the front office.
- 2) All Sports from time to time will travel to away games in uniform. Team members shall change into uniforms just prior to leaving school. When changing is necessary, students must comply.
- 3) Every attempt will be made to determine an estimated time of return from away games to allow parents to be available to arrange for students' transportation home. Cell phones may be used only with permission from a coach.
- 4) Any time an Athlete is participating in an away game or going off campus with AVCS, the Athlete must have a completed and signed **Medical/Transportation Form**. In the event AVCS does not have a **Medical/Transportation Form** for the Athlete, he/she may NOT travel with the team and NOT participate in the event. *****This form will be provided by the coach before the start of the sporting season*****
- 5) Please complete the attached 2010/2011 Parent/Athlete Contract if you plan to participate in **any** AVCS Sports Program this year. Please complete the attached Athletic DRIVERS Form if you would like to drive kids to or from any sporting events. Please also attach a copy of your Drivers License and a copy of your current Insurance card.
******These forms only need to be completed once this year******

2011-2012 AVCS Sports

Aug – Oct	Cross Country Girls Volleyball Flag Football
Nov - Feb	Girls & Boys Basketball Cheer
Feb – May	Boys Volleyball Track & Field Boys & Girls Soccer



Aliso Viejo Christian School DRIVERS FORM 2011-2012

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Dear Parents,

May the Lord bless our partnership in teaching your child! As part of that partnership, we ask that you consider driving on our upcoming athletic event (drivers must be at least 25 yrs old). If you are able to drive, please complete the bottom portion of this letter and return it to the athletic Department. This will remain on file in the office and be valid all year.

Per school policy, it is necessary to inform you of our insurance requirements. All drivers must carry the minimum level of insurance as required by California. If an accident occurs while using personal vehicles for school-related activities, the insurance claim must be filed with the insurance company of the owner of the vehicle.

PLEASE NOTE: According to school policy for safety and liability reasons, please do not use your cellular phones while **DRIVING** your vehicle for school purposes. Obviously it is acceptable to use while not driving, or a passenger may use the cell phone. We appreciate your understanding in this matter.

Your signature below indicates that you fully understand the above paragraphs. If your child participates in more than 1 sport throughout the year, you only need to sign this form once.

(Please complete and return this entire page)

_____ Yes, I can drive,

Event Destination: _____ Date: _____

Car Make/Model/Color: _____ Driver's License #: _____

of **Shoulder Belts** Available (Excluding Front Seat): _____

*Auto Insurance Carrier _____ Policy Number _____

Parent Signature _____ Date _____

Cell Phone #: _____

** Please attach a copy of Drivers License and Insurance card to this form.*

2011-2012 Parent/Athlete Contract

(PLEASE PRINT)

Students Name _____ Grade _____

Parents Name _____ Parents Email _____

Home Phone _____ Cell Phone _____

Name of Sport _____

As an athlete, parent, and a representative of Aliso Viejo Christian School, I am expected to adhere to and support the following rules of conduct:

1. To emphasize the proper ideals of sportsmanship, ethical conduct and fair play in a Christ like manner,
2. To show courtesy to coaches, visiting teams, officials, and fans.
3. To establish a welcoming relationship between visitors and hosts.
4. To respect the integrity and judgment of all coaches and officials
5. To direct all problems and concerns to your coach. If a solution has not been reached using the Matthew 18 principle, please direct your concerns to the Athletic Director.
6. To encourage leadership and sportsmanship in a Christ like way.
7. To maintain the proper grades necessary for play. A 2.0 GPA must be maintained during the entire season. If an athlete drops below a 2.0 at any progress report or trimester report, that athlete will no longer be eligible for participation until the next progress or trimester report.
8. To exhibit conduct that is appropriate during school and on the field. Failure to maintain grades or proper conduct could result in suspension from both practice and games or removal from the team.

Aliso Viejo Christian School offers an athletic program in which participation is a privilege open to all eligible students. I understand and agree to the following terms in full. Failure to adhere to these terms could result in removal from the team and the program

Athlete's Signature _____

Parent's Signature _____

Athletic Department Signature _____ Date _____