



MOUNT HOREB CHRISTIAN SCHOOL ATHLETIC HANDBOOK

Educating the next generation of servant leaders who will impact the world.

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Introduction

Section 1: Introduction

In keeping with the mission of Mount Horeb Christian School (MHCS), athletics are another means to develop students who are committed disciples of Jesus Christ. While winning is enjoyable, it is not our ultimate goal (I Timothy 4:8; Matthew 22:36-39). The purpose of athletics at Mount Horeb Christian School (MHCS) is to provide an opportunity where student-athletes may:

- Develop their physical and emotional well-being.
- Learn the values of hard work, discipline, persistence, and independence.
- Experience school spirit through cooperation toward a group goal.
- Apply the lordship of Christ to a competitive environment.
- Have fun.

Additional benefits include developing:

- Positive Attitude (Galatians 5:22; I Thessalonians 5:16-18)
- Goal Setting (Philippians 3:14)
- Teamwork (Romans 12:3-5; 15:5-7)
- Dependence on God (Philippians 3:7-11)
- Maturing Relationships with God (II Peter 3:18)

Build Relationships with Teammates (Romans 12:10)

- Respect for Authority: School, Officials, Coaches, and Players (I Peter 5:5; Hebrews 13:17; Romans 13:1-5)
- Teachable (John 16:12-15; Ephesians 5:10)
- Servant Attitude (Philippians 2:5-11)
- Self-discipline (Hebrews 6:12; I Corinthians 9:24-27)
- Self-control: Emotions, Tongue, and Actions (Galatians 5:22; James 3:1-12; Ephesians 4:25, 5:7)
- Leadership (Romans 12:8; Ephesians 6:10)
- Desire for Excellence (Colossians 3:23)
- Positive View of God Given Gifts (Romans 12:4-8; Ephesians 4:10-12)
- Fellowship and School Spirit (Acts 2:42; Colossians 2:2-5)

The MHCS Athletic Handbook cannot cover every situation that may arise. In the event of an issue that is not addressed within, please refer to the MHCS Parent Handbook or contact the MHCS athletic director and/or principal, where appropriate.

Association

Section 2: Association

Mount Horeb Christian School is a member of the Madison Area Independent Sports League (MAISL) and therefore, is responsible for compliance with all bylaws and directives set by the League. More information on MAISL can be found on the MAISL website, www.maislathletics.org.

At this time, MHCS tentatively offers the following sports for grades 5-8 (provided there are enough athletes to fill a team appropriately):

Boys' Volleyball	Boys' Basketball	Boys' Football	Track and Field*
Girls' Volleyball	Girls' Basketball	Girls' Softball	Cross Country*

*not a MAISL sport

Section 3: Sports Fees

A sports fee is charged for each sport a student-athlete participates in. The fee is set annually by the MHCS administration and is used to cover league fees and help defray the cost of maintaining the sports program at MHCS. Current fees are:

- Boys' football \$75
- Girls' softball \$75
- Girls' volleyball \$75
- Boys' volleyball \$75
- Girls' basketball \$125
- Boys' basketball \$125
- Track and Field \$50
- Cross Country \$50

Section 4: Withdraw/Refund Policy

A student-athlete may withdraw from a sport and receive a refund if the coach is notified within one business day following the second practice. No refunds will be given for any withdrawal after this time. Parents are asked to make withdrawal decisions carefully, as MHCS is still required to pay all MAISL fees (and a possible penalty) if the withdrawal of their student-athlete from the team results in the team having an inadequate number of student-athletes competing.

Section 5: Expectations of Coaches

Coaches should:

- Display and exemplify Christian values.
- Promote healthy competition, encourage enjoyment of team sports, emphasizing teamwork, practicing good sportsmanship, work ethic, and working toward the development of skills and self-esteem.

Expectations of Parent Representatives

- Treat each student-athlete as an individual, remembering the wide range of emotional and physical development for the same age group.
- Be held to the same standards as parents.
- Abide by the school dress code and dress modestly and appropriately for the tasks of a coach.
- Communicate with parents regarding season updates and inform the athletic director when applicable.
- Complete and sign all documentation of training (such as WIAA concussion info, Epi-pen, etc.) done once a year; coaches may not coach until this is completed.
- Be five to ten minutes early (or earlier) to events and stay until the last child is picked up.
- Set clear rules and team expectations in accordance with school policies at the beginning of the season. Coaches may assign consequences for minor offenses, but major offenses should be referred to the athletic director.
- Attend the mandatory MAISL coaches' meeting.
- Refer issues with MAISL to the athletic director rather than contacting MAISL directly.
- Be aware that in accordance with Wisconsin state law, cell phone and other personal electronic device use is prohibited in all locker rooms and bathroom settings.
- Return all key fobs within one week of the completion of the season. Failure to return a key fob may result in a \$20 fee.

Coaches are the official team representatives. A team volunteer may help out at practices on occasion, but all minors (i.e., a teen MHCS alumni or older sibling of a student-athlete) must be listed as helpers and are not allowed to be responsible for children or coaching duties. All volunteers 18 or older must complete a background check with the MHCS office.

Section 6: Expectations of Parent Representatives

Parent Representatives should:

- Display and exemplify Christian values.
- Work with the athletic director to assign volunteer workers for the team concession stand.
- Assist coach(es) in communicating with parents.

Section 7: Expectations of Parents

Parents should:

- Display and exemplify Christian values, emphasizing teamwork, good sportsmanship, fun, and self-esteem.
- Inform the coaching staff of any special concerns you have about your child relating to athletics (i.e., asthma, injury, etc.).
- Emphasize that sports are only one part of life and that winning and losing are both learning opportunities.

Expectations of Student Athletes

- Have student-athletes to practices/games on time and pick them up promptly.
- Help your student-athlete learn to be responsible and supportive of their team. Middle school athletics can help student-athletes learn what is to be expected once they reach the high school level or beyond.
- Watch your child play, and encourage their teammates.
- Let the coaches do the coaching and running of the team.
- Work with the coaches and the athletic director to resolve disciplinary problems.
- Realize that this is an all-volunteer organization, depending on participation. Parents are encouraged to volunteer in one of these capacities: a volunteer coach, concession helper, or team parent representative. Parents are also encouraged to participate in other athletic events, such as fundraisers and the athletic awards night.
- Be aware that should their behavior toward coaches, referees, players, opponents, etc. be detrimental to the school, the team, or our testimony of the Lord Jesus Christ, there will be consequences determined by the MAISL committee, MHCS administration, and/or the athletic director. Penalties could include parent(s) not being allowed at their child's game(s).
- Check the MHCS Parent Portal for information on MHCS Athletics.
- Check the MAISL website at www.maislathletics.org for league information, schedules, standings, weather updates, etc.
- Resolve any concerns you may have in accordance with our conflict resolution policy (see Section 14: Conflict Resolution).
- Be aware that *in accordance with Wisconsin state law, cell phone and other personal electronic device use is prohibited in all locker rooms and bathroom settings.*

Section 8: Expectations of Student Athletes

8.1 ACADEMIC STANDARDS

ACADEMIC ELIGIBILITY

Student-athletes participating in interscholastic sports are required to maintain academic eligibility in order to participate. The following guidelines govern eligibility:

- Academic eligibility will be checked every two weeks by the athletic director once the season has started.
- A student-athlete must maintain a 60% or higher in all subjects in order to be eligible.
- Ineligible student-athletes will be allowed to practice with their teams but not compete.

REINSTATEMENT

Ineligible student-athletes may be reinstated by raising grades to at least 60% in all subjects. A reinstated student-athlete will be required to maintain at least a 60% in all subjects. Teaching faculty will be asked to notify the athletic director if a grade falls below 60% again. Any student-athlete whose grade drops below 60% will immediately lose their regained eligibility.

Practice Rules

8.2 BEHAVIOR STANDARDS

The Bible tells us that we are known by our actions (Proverbs 20:11). The testimony we communicate far surpasses the win/loss record in importance. Student-athletes are expected to display positive, respectful, and Christlike attitudes and actions.

Our desire is that others recognize a distinct difference in our student-athletes, coaches, and spectators; a difference that points them to Jesus Christ.

8.3 DRESS CODE

All uniforms and practice clothing must meet the MHCS Dress Code specifications (see section 8.13 of the MHCS Parent Handbook). If a student is in violation of the Dress Code, the parent may be notified by phone or email. Depending on the severity of the infraction, the parent may be asked to bring proper attire. Repeated offenses will result in a conference between the administrator and/or athletic director, parents, and students.

8.4 PERSONAL ELECTRONIC DEVICE USAGE

Student-athletes may have a cell phone or other personal electronic device with their belongings during practices and games, but it should only be used when appropriate (i.e., contacting parents for transportation). **In accordance with Wisconsin state law, cell phone and other personal electronic device use is prohibited in all locker rooms and bathroom settings.**

8.5 ATHLETIC ARENA STANDARDS

Student-athletes are expected to display Christlike character and conduct themselves in a manner fitting of members of MHCS athletic teams.

Negative, disrespectful, or un-Christlike attitudes or actions will not be tolerated. Examples include, but are not limited to:

- Use of foul or vulgar language
- Using the Lord's name in vain
- Disrespect of a game/match referee, such as arguing or obvious disregard for the referee's authority
- Willful actions that endanger another individual.

Visiting teams are to be treated as our guests. They should be shown the same courtesy as if they were visitors in your home.

Section 9: Practice Rules

- Student-athletes must be at school for a minimum of half a day on the day of practice to participate. If games are on a school day, the same guideline applies. In the event that a student-athlete has been ill, they may return to school and practice/games in accordance with the school health policies. Participation in weekend games by a student-athlete absent the preceding Friday will be at the discretion of the team coach and/or athletic director.
- Student-athletes must make every possible effort to attend all practices. If a practice must be missed for a reason other than absence from school, the coach must be told two days prior to

Uniforms, Equipment, and Awards

the practice that the student-athlete will be missing. If something unexpected arises, the student-athlete may inform the coach on the day of practice.

- Student-athletes should dress for practice and bring their books and clothes to the gym area. Student-athletes are not to return to the classrooms after practice.
- If a student-athlete misses one or more practices during the week, it may affect their playing time during that week's competition. Coaches need to communicate any disciplinary actions to the MAISL scorekeeper regarding playing time due to league rules.
- Failure to follow these rules may lead to various disciplinary actions by the coach or the athletic director.
- All paperwork must be turned in before practicing. Student-athletes who have not turned in paperwork may attend and watch, but may not participate in practice.

9.1 DURING PRACTICE

Student-athletes should:

- Listen even when not involved in a drill.
- Keep talking down to a minimum, except to ask questions.
- Never leave the gym/field unless permission is granted by a coach.
- Work on their techniques under game conditions with INTENSITY.
- Refrain from criticizing another student-athlete; we all make mistakes.
- Keep the gym/field clean and pick up their trash.
- Do not be in physical contact with others outside of playing situations.
- Communicate any injuries to their coach.

9.2 AFTER PRACTICE

Student-athletes should:

- Dress and be ready for pick-up ten minutes after practice ends.
- Help to clean up after practices and games.
- Leave the building promptly after practice. In bitter weather, they may wait quietly between the doors of the main church entrance. Under no circumstances are they to enter other parts of the building without permission from school staff.
- Display Christlike attitudes and actions, both on and off the court/field.

Section 10: Uniforms, Equipment, and Awards

10.1 UNIFORMS

Uniforms will be issued to all team members after the final roster is set. They are to be cleaned and returned within two weeks after the completion of the end-of-the-season tournament. Student-athletes are responsible for caring for that uniform and will be held accountable for any damage

Uniforms, Equipment, and Awards

resulting from abuse or negligence. Lost and/or damaged uniforms will need to be replaced at the expense of the student-athlete at the current replacement cost.

All uniforms must meet other league standards. In keeping with the MHCS Dress Code, “shirts vs skins” is not allowed under any circumstances.

Volleyball

- Uniform tops and bottoms will be issued to all student-athletes and should be worn at all scrimmages/games without alterations.
- Practice attire must meet the same specifications as the uniforms. Shorts must be mid-thigh length and cannot be spandex. However, spandex may be worn beneath approved school-issued shorts.
- Kneepads may be purchased on your own.

Football

- Soccer or molded cleats are allowed.
- All student-athletes are required to wear mouthguards.

Basketball

- Jersey will be provided.
- All accessories must be either black or white; this includes, but is not limited to, undershirts and sweatbands.

Softball

- Jersey will be provided.
- Student-athletes must provide their own pants and gloves.

10.2 MHCS EQUIPMENT

All of the equipment used for MHCS athletics is the property of the school. No one will be allowed to take any equipment home without the specific permission of the athletic director. Proper care for the athletic equipment at MHCS is in keeping with the scriptural injunction to be good stewards of that which God has given us. Coaches should not allow student-athletes to use or play with MHCS PE equipment at any time.

All key fobs issued to coaches must be returned within one week of the completion of the season. Failure to return a key fob may result in a \$20 fee.

10.3 ATHLETIC AWARDS

MHCS will have an Athletics Award night held in the spring of the school year. It is at this time that we honor our coaches and student-athletes for their time and effort.

Student-athletes will receive recognition for their participation. The first time a student-athlete participates in a sport, they will receive a plaque. Each subsequent year they participate, they will receive a bar specific to that sport to add to that plaque.

If a team award is given, all participants who were on the team must be included. Certain sporting events or schools may award an individual for an individual effort, such as winning a specific track event; in this case, only this individual will receive an award.

Conduct/Disciplinary Code

Section 11: Conduct/Disciplinary Code

Failure of students to follow MHCS's behavior expectations of student-athletes will result in consequences. Please refer to section 8.10 of the MHCS Parent Handbook for more information on major and minor violations.

11.1 MINOR VIOLATIONS

Consequences may include:

- A verbal warning to student-athletes.
- A note sent home to parent(s) to be signed and returned.
- A meeting with the athlete and parents.
- Suspension from practice(s); the student-athlete will still be required to attend but will not participate.
- Continued issues may result in a one-game suspension or other disciplinary measures deemed appropriate by the athletic director or principal.

11.2 MAJOR VIOLATIONS

Major violations of school rules will be referred directly to the athletic director, along with the school principal, for disciplinary action.

Section 12: Playing Time

At this age, playing is what makes a student-athlete feel part of the team. Our goal is to have as even a rate of participation as possible. At MHCS, all student-athletes who participate in scheduled practices and who are not sanctioned (disciplinary, academic) need to play in each game. Each student-athlete should play a minimum of 25% of each game/match, according to MAISL rules. Coaches may limit playing time due to proper enforcement of disciplinary policy, provided that it is communicated to the MIA SL scorekeeper.

Section 13: Team Sizes/Selection of Players

Teams will be capped at twice the number of student-athletes playing at one time. For example, basketball is played with five players, so ten will be the maximum number of student-athletes per team. A request may be made to the athletic director for exceptions to add student-athletes to a full team. At that time, a second team may be appropriate. Notification of a two-week enrollment period will be sent to MHCS parents prior to each season (fall, winter, and spring). Once the enrollment period has expired, the athletic director will use the following order to determine the inclusion of non-MHCS student-athletes:

- Any student who is enrolled at MHCS, including part-time enrollment, is eligible to participate in athletics with MHCS, provided they meet the grade requirements and agree to abide by the discipline and conduct guidelines of MHCS, as outlined in the Parent Handbook and Athletic Handbook.

Conflict Resolution

- If there is still a need, the athletic director will reach out to other schools for a co-op with another program. In the event of a co-op, host school policies must be followed.
- At the discretion of the athletic director, a younger grade may be presented with the option to move up if the situation presents itself.

Section 14: Conflict Resolution

Coaches and other team representatives report to the athletic director, who in turn reports to the principal. If a parent or student-athlete has a concern, the first step is to go to the team coach. If further intervention is needed, contact the athletic director. Parents and/or coaches should not contact MAISL directly. If needed, the principal will intervene. Additional information on conflict resolution may be found in section 8.7 of the MHCS Parent Handbook.

Section 15: Sudden Cardiac Arrest (SCA) Information and Agreement

15.1 SCA INFORMATION

There are a variety of risks associated with athletic participation. In accordance with a new state law in effect as of July 2022, the DPI and the WIAA are requiring the following information to be shared:

As a school, we need to inform our families of the risks of sudden cardiac arrest. Although rare, SCA is the leading cause of death in young athletes while training or participating in sports competitions. Even athletes who appear healthy and have a normal pre-participation screening may have underlying heart abnormalities that can be life-threatening. A family history of SCA at a younger age than 50 or cardiomyopathy (heart muscle problem) places an athlete at greater risk. Athletes should inform the healthcare provider performing their physical examination about their family's heart history.

What is Sudden Cardiac Arrest?

Cardiac arrest is a condition in which the heart suddenly and unexpectedly stops beating. If this happens, blood stops flowing to the brain, lungs, and other vital organs. During a heart attack, the heart usually does not suddenly stop beating. In cardiac arrest, the heart stops beating. Cardiac arrest usually causes death if it is not treated with cardiopulmonary resuscitation (CPR) and an automated external defibrillator (AED) within minutes. At MHCS, we have an AED centrally located in the building.

What warning signs during exercise should athletes/coaches/parents watch out for?

- Fainting/blackouts (especially during exercise)
- Dizziness or unusual fatigue/weakness
- Chest pain/tightness with exertion
- Shortness of breath or nausea/vomiting
- Palpitations (the heart is beating unusually fast or skipping beats)

Stop activity/exercise immediately if you have any of the warning signs of Sudden Cardiac Arrest. Speak up and tell a coach and parent/guardian if you notice problems when exercising. If an athlete

Concussion Information and Agreement

has any warning signs of SCA while exercising, they should seek medical attention and evaluation from a healthcare provider before returning to a game or practice. The risk associated with continuing to participate in a youth activity after experiencing warning signs is that the athlete may experience SCA, which usually causes death if not treated with CPR and an AED within minutes.

The WIAA Pre-Participation Physical Evaluation - Medical History form includes important heart-related questions and is required every other year. Additional screening using an electrocardiogram and/or an echocardiogram may be done if there are concerns in the history or physical examination, but is not required (by WIAA).

Parents/guardians/athletes should discuss the need for specific cardiac testing with the medical provider performing the review of family history and physical evaluation, or after experiencing warning signs of sudden cardiac arrest while exercising. The cost of the pre-participation physical and any follow-up examinations or recommended testing, including an electrocardiogram, is the responsibility of the athlete and their parents/guardians. Not all cases or causes of SCA in young athletes are detected in the history, examination, or testing. An electrocardiogram (ECG) is one of the simplest and fastest tests used to evaluate the heart. For more information, view the Johns Hopkins Medicine - Electrocardiogram website.

15.2 SCA AGREEMENT

As a parent, it is important to recognize the signs, symptoms, and behaviors of Sudden Cardiac Arrest (SCA). Your signature on the required MHCS Athletic Statement of Permission & Athletic Handbook Acknowledgement Form indicates agreement that you have been informed of the condition, signs/symptoms, and the risks involved to your child, including understanding:

- The common signs, symptoms, and behaviors of SCA. I agree that my child must be removed from practice/play if an SCA is suspected.
- It is my responsibility to seek medical treatment if a suspected SCA is reported to me (parent/guardian).
- That my child cannot return to practice/play until I provide written clearance from an appropriate health care provider to his/her coach.
- The possible consequences of my child returning to practice/play too soon.

Section 16: Concussion Information and Agreement

16.1 CONCUSSION INFORMATION

Everyone involved with school athletics must be alert for potential injuries on the field and be able to recognize the signs and symptoms of concussion.

What is a concussion?

A concussion is a type of traumatic brain injury that interferes with the normal function of the brain. All concussions are brain injuries. A concussion is most commonly caused by a direct blow to the head, but can also be caused by a blow to the body. Even what appears to be a mild blow to the head or body can result in a concussion. It is important to know that loss of consciousness is not required to have a concussion. In fact, less than 10% of athletes lose consciousness. A concussion is a complex physiologic event that causes problems with brain functioning (energy use and communication between nerves) but does not cause swelling or bleeding that affects brain structure. Therefore, CT/CAT scans and MRIs are usually normal in athletes with concussions. Imaging studies are not

Concussion Information and Agreement

indicated for most concussions but may be needed in some instances to rule out more severe injuries like brain bleeds. Research has shown that adolescent concussions take longer than previously thought to heal, with 20% of high school athletes taking over four weeks to fully recover. Athletes must be fully recovered before considering medical clearance to return to full participation.

What warning signs during exercise should athletes/coaches/parents watch out for?

These are some SIGNS of concussion (what others can see in an injured athlete):

- Dazed or stunned appearance
- Change in the level of consciousness or awareness
- Confused about an assignment
- Forgets plays
- Unsure of score, game, opponent
- Clumsy
- Answers more slowly than usual
- Shows behavior changes
- Loss of consciousness
- Asks repetitive questions or has memory concerns

Concussion SYMPTOMS are often categorized into four main areas:

1. Physical – This describes how they feel: headache, nausea, vomiting, dizziness, tiredness, and loss of consciousness (which is uncommon in concussion). Vision and balance problems are also recognized as potential signs and symptoms of a concussion.
2. Thinking – Poor memory and concentration, responds to questions more slowly, and asks repetitive questions. A concussion can cause an altered state of awareness and thinking.
3. Emotions – A concussion can make a person more irritable or sad and cause mood swings.
4. Sleep – Concussions frequently cause trouble falling asleep and may wake athletes up overnight, which can make them more fatigued throughout the day.

Injured athletes can exhibit many or just a few of the signs and/or symptoms of concussion. However, if a player exhibits any signs or symptoms of concussion, the responsibility is simple: remove them from participation. An athlete should never return to play on the same day. “When in doubt sit them out.”

16.2 CONCUSSION AGREEMENT

As a parent, it is important to recognize the signs, symptoms, and behaviors of concussions. Your signature on the required MHCS Athletic Statement of Permission & Athletic Handbook Acknowledgement Form indicates agreement that you have been informed of the condition, signs/symptoms, and the risks involved to your child, including understanding:

- What a concussion is and how it may be caused. I also understand the common signs, symptoms, and behaviors. I agree that my child must be removed from practice/play if a concussion is suspected.
- It is my responsibility to seek medical treatment if a suspected concussion is reported to me.

Parental and Student Consent

- That my child cannot return to practice/play until I provide written clearance from an appropriate health care provider to his/her coach.
- The possible consequences of my child returning to practice/play too soon.

Section 17: Parental and Student Consent

Prior to participation in any school sport, parents and student-athletes must:

- Read the MHCS Athletic Handbook and agree to abide by the policies and principles listed.
- Fill out all paperwork prior to the first practice. These documents may be found either in this Handbook or on the school website at www.mounthorebchristian.org. Forms on the website are located under “School Life” and then under “Athletics”. The “Required Athletic Forms” tab on the side panel gives access to the three forms. Those forms are:
 1. Athlete Interest Form/Sign-up Form
 2. Student Agreement signature via the MHCS Athletic Agreement*
 3. Parent Agreement signature via the MHCS Athletic Agreement*
 4. Either a Physical Form signed by a physician **OR** an Alternate Year Card*

*Items 2, 3, and 4 are once-a-year forms

MHCS Athletic Agreement

Section 18: MHCS Athletic Agreement

_____ has my permission to participate as a member of the basketball/volleyball/ track/softball/football/cross country team at Mount Horeb Christian School. Additionally, by signing below, we (parent/guardian and student-athlete) acknowledge and consent to the following:

I have read the requirements established for student-athletes and will assist in every way to see that they are enforced. I hereby release Mount Horeb Christian School (Life Church), its employees, agents, and representatives, from and in connection with any claim arising out of the participation by the undersigned's child in interscholastic sports sponsored by the school, whether held on or off of school premises.

I have been informed of the condition of Sudden Cardiac Arrest (SCA), including signs/symptoms and behaviors, and have been informed of the risks involved.

I have been informed of the condition of concussions, including signs/symptoms and behaviors, and have been informed of the risks involved.

The undersigned confirms that the child has insurance coverage and grants permission for any medical treatment deemed necessary while such child is under the supervision of the school as a participant in such activities. If such a child becomes ill or sustains an injury while involved in interscholastic sports, the undersigned gives permission to those in charge of such activity to take whatever steps are necessary to stop any bleeding and administer first aid to such child. The undersigned also consents to an x-ray examination, anesthetic, medical, dental, or surgical diagnosis and treatment and hospital care, and the administration of drugs or medicine to be rendered to such child, which is recommended by a duly licensed physician.

The undersigned agrees that this consent for medical treatment shall apply to all emergency situations and that a copy of this consent is as valid as the original. The purpose of this consent for medical treatment and release is to allow emergency treatment of such child in the event that the undersigned cannot be reached to authorize such treatment.

Signed forms may be turned in to the MHCS office or the athletic director.

Student-Athlete Signature

Date

Grade

Parent Signature

Date

Insurance Company: _____ Policy # _____