

Knoxville Christian School



Home of the Knights

PARENT AND STUDENT ATHLETIC HANDBOOK

Anyone who competes as an athlete does not receive the victor's crown except by competing according to the rules.

II Timothy 2:5



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THE MISSION OF KNOXVILLE CHRISTIAN ATHLETICS

The mission of Knoxville Christian is to develop children and young adults spiritually, emotionally, academically, and physically with Jesus Christ as their standard and the Bible as their foundation, preparing them to be Godly representatives in their community, church and home.

The athletic department at Knoxville Christian School believes in and upholds the overall mission of the school as stated above.

In addition to physical development, athletics provides a unique opportunity for students to grow spiritually, emotionally, academically, and socially. Athletics also provide an excellent opportunity to show God's love to the non-Christian community through the examples we show while we compete. The athletic department at Knoxville Christian seeks to use the arena of athletic competition to teach each student athlete the disciplines needed to build Christian character, develop a sense of community, and to foster excellence in education, leadership, and teamwork.

As an athletic department, we pledge:

- To develop Christian leaders who glorify God in all they do.
- To develop a commitment to good sportsmanship and a respect for others.
- To develop Christian leaders who are dedicated and loyal to God, their school and their teams
- To teach student-athletes that pursuing athletic excellence as well as academic excellence is at the heart of the program.
- To model and teach character traits that include faith, integrity, enthusiasm, intensity, hard-work, perseverance, self-control, sacrifice, and discipline.
 - To develop servant-leaders
- To develop perseverance in the face of adversity and to be gracious in victory or defeat.
- To teach that the spiritual, emotional, and physical well-being of the individual athlete takes precedence over any individual or team athletic accomplishment.
- To develop God-given talents and instruct students in the rules, fundamentals, and skills of various individual and team sports.

- To develop a submissive and respectful spirit for authority that God places over us.
- To partner with parents to provide a healthy atmosphere in which student-athletes can apply principles learned in competitive sports to enhance their relationship with God and quality of life.

KNIGHTS COMMITMENT TO EXCELLENCE

Our philosophy is to “give our very best effort as we strive for excellence.” As Christians, we are expected by Scripture to always do our best. We are encouraged to give nothing less than our fullest commitment, participation, and effort. We cannot always control whether we win or lose, but we can always control whether we prepare and compete like a champion.

ATHLETIC DEPARTMENT CORE VALUES

- Commitment to Christ
- Commitment to Character
- Commitment to Academics
- Commitment to School/Team

The core values exist to remind us of the commitments we make as athletes and coaches at KCS and will be stressed in the above listed order.

COMMUNICATION

Communication is vital for success in the business of athletics and necessary for the development of this program. It is the responsibility of the head coach to communicate all the following within an adequate time allotment to allow parents, athletes, opponents, and game workers and officials time to make the necessary accommodations.

- Practice schedules (minimum Friday before week following)
- Game schedule (to be given at start of season)
- Physicals, athletic forms, fees, and other administrative paperwork
- Gate workers and scoreboard operators
- Game changes (with approval from athletic director) with parents, opponents, and school staff
- Team expectations
- Fundraising opportunities

The method of communication should be so it effortlessly can be accessed by all parties involved while also incorporating the school’s social media potential.

This method should not be based on the convenience of the coach, but what is best for the team and best understood by the team. All information should be presented in a way to be comprehended without fear of misinformation or misunderstanding.

METHOD OF COACHING

Every coach is different and brings a different learning style with them to the playing field. Coaches may teach the way they see fit for the team. With that statement in mind, all coaches are expected to conduct themselves in a Christ like manner always with both their words and actions. Words and phrases that demean or limit a student's capability will not be tolerated. Be prepared to be firm, yet encouraging, disciplined and fair in how you treat each student athlete.

SPORTS PROGRAMS AT KNOXVILLE CHRISTIAN

The following interscholastic sports are offered at Knoxville Christian School if numbers allow.

High School Offerings

Fall

- Volleyball (Grades 8-12)
- Cheerleading (Grades 9-12)
- Soccer (Grades 9-12)

Winter/Spring

- Cheerleading (Grades 5-12)
- Girls Basketball (Grades 8-12)
- Boys Basketball (Grades 9-12)
- Baseball (Grades 8-12)

Middle School Offerings

Fall

- Volleyball (Grades 5-7)
- Flag Football (Grades 5-8)
- Cross Country (Grades 6-8)

Winter/Spring

- Cheerleading (Grades 5-8)
- Girls Basketball (Grades 5-7)
- Boys Basketball (Grades 5-8)
- Co-Ed Soccer (Grades 5-8)

Elementary School Offerings

Fall

Cross Country (Grades 3-5)

Winter/Spring

Soccer (Grades 4-5)

Basketball (K-4)

MULTIPLE SPORTS

Being a small school, KCS is dependent on athletes playing multiple sports. At no time should an athlete or coach encourage a one sport only mentality. This is an individual decision and athletes and coaches must support all athletics on campus.

ATHLETIC PARTICIPATION FEES

Every student who desires to participate in athletics at KCS is required to pay an athletic participation fee. The fee is due in full before the first game of the season, or the student-athlete will not be permitted to participate. This fee covers the costs associated with the sport, which includes but is not limited to - uniforms, officials, awards, travel, and facility use.

Fees for each sport will be posted by August 1st of each school year.

Even with team fees, team fundraisers are essential to the longevity of each program.

There are no discounts for playing multiple sports. However, our goal at KCS is to never allow finances to be a determining factor in an athlete's participation. Payment plans are available. Please see the Athletic Director if financial concerns arise.

High School Teams

On the high school level, a varsity and a junior varsity team may be offered if participation numbers allow. Coaches will make the final determination as to which team an athlete participates on.

Playing time is earned, not given. Playing time for each athlete is at the sole discretion of the coaching staff. Coaches will not discuss playing

time with parents. They will only discuss playing time concerns with the student-athlete.

Middle School Teams

On the middle school level, a varsity and a junior varsity team may be offered if our participation numbers allow. Coaches will make the final determination as to which team an athlete participates.

Playing time is earned, not given. Playing time for each athlete is at the sole discretion of the coaching staff. Coaches will not discuss playing time with parents. They will only discuss playing time concerns with the student-athlete.

8TH GRADE PARTICIPATION ON HIGH SCHOOL TEAMS

Due to the small size of our school, some teams automatically will play 8th graders on the high school varsity or junior varsity teams. Sometimes this is necessary to offer a team on the high school level. In other sports, 8th graders may be called up to help form a high school team. Teams will form from high school down to middle school. The high school coach of a sport, with input from the Athletic Director, will make the decision if an 8th grader(s) is needed to play on the high school team.

KNIGHT GEAR AND SPIRIT PACKS

Knight gear promotes team pride, team unity, school spirit and community awareness.

- Parents are responsible for the cost of the items in a spirit pack. • Students will own and keep all the attire in a spirit pack. • The fees associated with spirit packs are in addition to the team fees.
- The spirit packs are paid for through the Athletic Office. • Coaches will discuss the specific spirit pack for the team in parent meetings and through correspondence.
- Items are ordered as soon as teams are established.
- Some items will be offered to parents, siblings, and others in the school community. The cost of these items is paid by those ordering.

ATTIRE

Student-athletes and Coaches are reminded that they are ambassadors of our Lord Jesus Christ and Knoxville Christian School. Therefore, each athlete and coach is expected to dress neatly and appropriately while practicing, as well as traveling to and from athletic events. Each coach will determine appropriate dress for the team in conformity with school policy. Remember, whether we are home or away, practicing or playing a game, we are representatives of KCS and our standards concerning dress code still apply.

GENERAL CLOTHING AND APPEARANCE GUIDELINES

¹⁹ Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, ²⁰ for you were bought with a price. So glorify God in your body.

I Corinthians 6:19-20

- Modesty
 - All tops must have sleeves that cover shoulders
 - No cleavage, back or belly should show
 - Shorts, dresses, and skirts must be no shorter than 2” above the knee
 - Students wearing spandex, leggings, or yoga pants must have a skirt, dress, or shorts no shorter than 2” above the knee covering them
- Under no circumstances is it appropriate for students to write on, cut up, or deface clothing in any way. This includes frayed or stapled hems; slit or frayed pant legs.
- No hats or caps or other head covering of any kind are to be worn on the Knoxville Christian School campus during the school day (7:40am - 3:15pm). **HATS ARE NEVER TO BE WORN INSIDE THE BUILDING.**
- Jewelry and accessories in the middle and high school are acceptable if they are conservative and in keeping with the style of the uniform.
- Nose rings, other facial/body piercings (including earrings for boys), and visible tattoos are not permitted at school or at any school related functions.

Administration has the final approval on all dress code issues.

GAME DAY ATTIRE AT SCHOOL

On game days, teams may wear appropriate, modest game day attire to school. Here are the guidelines for what is appropriate: (Please see dress code in the student handbook)

- * The whole team must match completely.
- * Pants, shorts, or skirts must follow the guidelines of the daily dress code for school.
- * No sweat pants or athletic shorts allowed.
- * Jerseys, sweat shirts, hoodies or athletic team polos can be worn BUT EVERY TEAM MEMBER MUST WEAR THE SAME THING OR BE IN REGULAR SCHOOL UNIFORM.
- * Cheerleaders can wear cheer uniforms but must wear black, blue or white leggings. Each cheerleader in uniform must wear THE SAME COLOR OF LEGGINGS.
- * Shirts and ties for the boys' teams are always acceptable.

UNIFORMS

Team uniforms will be distributed at the beginning of the season.

Team coaches are responsible for distributing and collecting team uniforms. It is the responsibility of the player to:

- Take proper care of the uniform.
- Have the uniform ready for games.
- Keep uniform tops tucked in before, during & after practice and games.
- Clean and return uniforms promptly after the season. •
Pay for the cost of any uniform he/she loses or damages.

Any uniform piece that is not returned will result in being billed to the person who is financially responsible for the student. Report cards and records will not be released until the account of the student-athlete is cleared.

ACADEMIC ELIGIBILITY

All athletes must maintain academic eligibility with each passing semester and school year. The eligibility requirements are as followed:

- * The athlete must pass 6 credits a year to be eligible the following season and/or be on track to satisfy graduate requirements within a four-year period.
- * The athlete must maintain a 2.0 GPA each grading period. (Quarter and Semester)
- * The athlete is eligible to play on a high school team if they are repeating a grade if they do not turn 19 by August 1 of their senior year.

ACADEMIC INELIGIBILITY

The athlete will become ineligible under the following guidelines:

- * If less than a 2.0 GPA is earned at the end of a quarter, the athlete will be ineligible to practice or play for a minimum of one week. Following the one week minimum, evidence of improvement in the classes causing the low GPA must be clearly seen. The athlete will be ineligible until satisfactory evidence of improvement has been achieved. The Athletic Director clears the athlete to return to the team.
- * If an athlete has less than a 2.0 GPA at the end of a semester, the athlete is ineligible for a minimum of one quarter (9 weeks). Athletic ineligibility will continue after the 9-week period if the GPA has not risen to the required 2.0 standard.
- * If an athlete has the required 2.0 GPA at the end of the semester, but they have two F's, they are ineligible for a minimum of one quarter (9 weeks). Athletic ineligibility will continue after the 9-week period if the GPA has not risen to the required 2.0 standard with a maximum of 1 F.
- * Summer school credits can help restore eligibility for the fall semester. * The Athletic Director clears all athletes to return to their teams following the successful completion of course work.

SPORT PHYSICALS

ALL students participating in athletics at KCS must have a current physical on file with the school. Athletes are not permitted to practice or play without a current physical form (AFTER May 1st of starting new school year). The forms are available online at the school website and in the athletic offices.

REQUIRED PARTICIPATION DOCUMENTS

All Knoxville Christian athletes and their parents will be required to read and sign several documents before their student is cleared to participate or practice in a sport. documents, parents and athletes should discuss all its facets, potential risks, and level of commitment necessary for the sport.

The purpose of these forms is to ensure that all athletes and their parents have considered the level of commitment Knoxville Christian requires of its athletes. While considering these

The following forms are available on the school website: •

TSSAA Physical and Clearance Forms

• KCS Consent for Athletic Participation and Medical Care •

Transportation Permission and Release Form

• Knoxville Christian's Sportsmanship Guide

• Concussion release

Should you have any questions regarding any of the forms, please do not sign them without consulting the Athletic Director.

PICTURES

The athletic director will schedule a picture day during each sport's season. Information about picture day and an opportunity to purchase pictures will be provided to each family.

EARLY RELEASE

Because of travel, it is sometimes necessary for teams to leave school prior to normal dismissal times. It is the responsibility of the student athlete to arrange with teachers to make up any missed work.

INSURANCE

Knoxville Christian School will carry a catastrophic insurance policy on each athlete in case a catastrophic injury occurs. The deductibles for these types of policies are always extremely high and they DO NOT replace the family insurance policy. It is a secondary policy for catastrophic injuries. Please see the Athletic Director with questions about this insurance.

TRANSPORTATION

The school has one van to transport athletes to and from contests. Therefore, parents will be asked to provide transportation to away games. Should the athletes be dismissed early for a game, the school will do everything possible to arrange transportation for athletes. Coaches will be responsible for reserving the van with the Athletic Office. A Transportation Release Form must be signed and in the school office for students to use the transportation, whether provided by a school chartered company, coach, sponsor, or parent. Proof of insurance will be required to transport any students should personal vehicles be used.

Coaches will be responsible for communicating transportation to parents and students. Coaches and players are expected to keep the vehicles clean before, during, and after each use.

VANS

Students who ride in the van are responsible for cleaning the van upon arrival at the game and upon return to the school.

ATHLETIC CODE OF CONDUCT - STUDENT-ATHLETES

Knoxville Christian student-athletes are the most visible advertisement for our school, and as such, there is a responsibility that comes with it. As followers of Christ, we want to be a light to those who see us, and our goal should be to draw all people to know Christ and to make Him known. The Student-Athlete:

- Should represent God, their family, their school, and themselves with honor, good sportsmanship, and a Christian spirit. • Must remember that representing Knoxville Christian is not only an honor and a responsibility, but a dynamic ministry to those who come to watch him/her compete.
- Must establish exemplary standards both on and off the playing field.
- Must demonstrate respect for all athletes, coaches, staff, officials, and spectators.
- Must comply fully with the ruling of any official. In no way should a student-athlete demonstrate by voice, action, or gesture, his or her dissatisfaction with an official's decision.
- Must exhibit exemplary behavior in the classroom and in other non-athletic activities.
- Must maintain a balance between athletics and academics, remembering that academics is the top priority.
- Must demonstrate a commitment to the team by attending all required team practices, games, and meetings.
- Must understand that competitive rivalries are encouraged, but that disrespect for opponents is unacceptable.

PARENTS/FANS/SPECTATORS

Spectators - whether students, staff, family, friends, or visitors - bear an important responsibility to facilitate an atmosphere at games which is conducive to good sportsmanship and honoring God. Players, parents

and fans represent Jesus Christ and Knoxville Christian. People are watching to see if we are different. God's people have a responsibility to lead by example always. Athletics is a great platform for impacting the culture for Christ. We must therefore be gracious in victory as well as defeat and model behavior that exemplifies Jesus Christ our Lord and Savior always by adherence to the following guidelines:

Spectators must observe games from the designated spectators' areas. • Any action that distracts the coaches, players, or officials from doing their best is not acceptable.

- Any spectator, representing Knoxville Christian, who violates this standard of behavior, may not be allowed to attend KCS Athletic events.
- Parents who violate this standard of behavior may forfeit the privilege of their child's participation in Knoxville Christian Athletics.

RULES FOR ALL TEAMS

The following rules shall be followed by all KCS teams. Coaches may supplement these rules. A copy of all team rules must be on file with the athletic director and written team rules must be provided to each player and to all parents.

1. All players are required to attend all practices and games unless given prior permission to miss by their coach.
2. Missing a practice or game without prior permission may result in consequences set by the Coach. Repeated offenses may result in the athlete's removal from the team.
3. Players will make up excused missed practices and games in a way to be determined by each coach. (i.e. sitting out part or all an upcoming game)
4. Players are to be on time for practices, games, and team meetings. Coaches are free to penalize tardiness.
5. Players are to attend all end-of-the-year team activities. Players who do not attend may forfeit individual awards.
6. Players must maintain academic and behavior eligibility as out-lined in this handbook.
7. Players are to follow team dress standards as established by each coach.

8. Players are responsible for the proper care and return of uniforms. Players will be charged for damaged or lost items.
9. If a player is required to miss practices or games because of a doctor's instructions, KCS requires a note from the doctor prior to his/her return to participation.
10. If a player needs to get academic help after school at a time which would make him/her late to practice, he/she must notify and get prior permission from the coach. Academics come first.
11. Missing practice because of disciplinary issues at school will result in disciplinary action as determined by each coach.
12. All teams must be responsible for cleaning and upkeep on the locker rooms during their season.

SCHOOL ATTENDANCE ON GAME DAYS

To participate in a game, the athlete must attend school for at least ½ a day. A player must be in school until at least 11:30am or must arrive no later than 11:30am to participate that evening. School sponsored activities, church activities, and deaths in the family do not apply to this rule. Other issues that may arise will be dealt with on a case by case basis.

PARTICIPATION IN FUNDRAISERS

KCS athletics is responsible for raising all funds to operate the program. This is done through team fees, donations, and various fundraising events. Every team will be asked to participate in fundraisers for general athletics as well as individual sport fundraisers. This is an expectation of each sport, coach and family.

ATHLETIC BANQUET

Each team will be responsible for their own sports banquet. Banquets are to be after the conclusion of the sports season in which the team participates in. Awards, meal, reservations, etc. must all be approved by the athletic director. Banquets are optional as your team may not want to have one or you may not have sufficient funds for one.

LEAGUES Knoxville Christian School currently competes in the Knoxville Independent School League (KISL) for middle school while also playing other league teams and out of state competition. We have elected to finish our seasons at National Association of Christian Athletes (NACA) each season in Dayton, TN should a team be deserving of such an honor.



**GO
KNIGHTS!**