



MIDWAY COVENANT CHRISTIAN SCHOOL

STUDENT ATHLETIC HANDBOOK

REVISED 2022

Midway Covenant Christian School
4635 Dallas Highway
Powder Springs, GA 30127
(770) 590-1866
www.midwayschool.org

ATHLETIC HANDBOOK FOR STUDENTS AND OTHER PARTICIPANTS

PURPOSE OF THE HANDBOOK

In order to achieve excellence in our athletic program, policies, regulations, and principles have been defined in this Athletic Department handbook. It has been developed as a reference and resource for those involved in MCCA athletics. A heartfelt thanks goes to all who contribute their enthusiasm, dedication, and commitment to the athletic program at MCCA.

*“And whatever you do in word or in deed, do all
in the name of the Lord Jesus, giving thanks through
Him to God the Father”.*

Colossians 3:17

PHILOSOPHY OF ATHLETICS AT MCCS

MCCS provides a Christ-centered education through the teaching of Christian principles. The athletic program serves as an integral part of the total education program.

Participation in a sound athletic program produces many positive qualities within the athletes who compete. The MCCS athletic program serves as a channel to develop, above all else, a strong Christian character in lives of the athletes. Participation fosters the spiritual growth of an individual and team. The MCCS athletic program may contribute to the athlete's development of good sportsmanship, positive self-image, dedication, and commitment to personal and team goals, physical fitness, athletic skills, emotional maturity, and social interaction. Romans 12:1 "Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God- this is your spiritual act of worship."

Through athletic participation, the athlete learns how to work with others to attain a goal, how to take adversity without complaining, how to be gracious in defeat or humble in victory, and how to treat others with respect and consideration. The athlete will learn the value of discipline, emotional control, and compliance to the rules. Philippians 2:5 "Your attitude should be the same as that of Christ Jesus."

Athletes are encouraged to view their abilities as gifts from God and to seek out ways in which they can minister to others through participation in sports. Athletics is a powerful tool for ministry. Coaches and athletes are challenged to consider practical ways in which they can serve and witness to others using sport as a platform for their ministry.

MCCS is committed to excellence in athletics. The educational benefits of an excellent athletic program develop a balanced lifestyle in the spiritual, mental, physical, and social dimensions of one's total being.

As educators, coaches try to meet the emotional, spiritual, and personal needs of the athlete. Midway coaches are encouraged to provide opportunity for skill development in their particular sport for their athletes out of season. While this out-of-season participation is NOT MANDATORY, athletes are encouraged to develop their God-given talents and with the counsel of their parents, participate in off-season workouts when appropriate.

MIDDLE SCHOOL PHILOSOPHY

The middle school athletic program should meet the needs of the middle school child. Special concern must be given to the unique emotional, physical, and mental stages of the 10-14 year-old child. The primary goals of a middle school athletic program should be:

1. Participation – Our desire is to involve as many students as possible in athletic activities. To accomplish this, we will field “JV” and “V” teams whenever possible. Developing skills is as important as winning games at the middle school level.
2. Positive Attitudes – We want to teach responsibility and positive attitudes. Christian character, sportsmanship, team effort and enthusiasm are more important in the big picture of sports and life than specific athletic skills.
3. Physical Development – Because this is an age of intense physical changes, coaches should monitor physical training carefully. While some middle school students have gone through puberty and their physical development is similar to an adult, others are still children in physical development. The physical training for middle school teams should be less intense than that of high school teams. Teaching health habits of proper rest, balanced diet, etc., is also part of middle school coaching.

Cutting at the middle school level is always a major concern, and should be done with great care. When cuts are needed, consideration should be taken to avoid singling out one or two individuals.

GENERAL ATHLETIC POLICIES

The athletic program is a visible entity of our school. It is vital that our athletes represent MCCS in a positive way. Hence, athletes are expected to conduct themselves in a manner, which will not embarrass the individual, MCCS, or our Lord. These policies apply to all participating athletes, whether or not they are enrolled at MCCS.

ELIGIBILITY

Age: An athlete may not have reached his/her 15th birthday by June 30th immediately preceding the school year, and must meet age or grade requirements specific to the participating sport.

ATTENDANCE:

1. An athlete must be counted present for a minimum of 3 hours in order to participate in a game or meet during that school day.
2. If an athlete is absent from school during a semester for a total of 15 or more days, the athlete will lose his/her eligibility until he/she has been in attendance for a total of 60 school days following the 15th day of absence.
3. An athlete must not be tardy to school for more than 3 times in a semester to maintain eligibility.

CONSENT OF PARENT OR GUARDIAN

An athlete is eligible only if there is a signed permission and commitment form for the particular sport involved on file in the office.

PRE-PARTICIPATION PHYSICAL EVALUATION

An athlete is eligible only if he/she has participated in a pre-participation physical evaluation performed by a licensed physician of medicine or osteopathic medicine, a certified registered nurse practitioner, or a certified physician assistant before an athlete's first sports season's first practice day of that school year. Before each subsequent sports season's first practice day of that school year, the athlete must be re-evaluated or certified that his/her condition is satisfactory before he/she commences practice for the sport. The pre-participation physical evaluation for fall sports shall not be performed earlier than June 1st. The re-evaluation or certification for all other sports shall not be performed earlier than 6 weeks prior to the first practice day for each applicable sport.

Prior to the first day of sport participation, each athlete must have a MCCS Athletics Physical Form on file in the school office. Only one physical is required per school year regardless of the number of sports in which an athlete participates. The physical must be on file prior to the athlete's first day of sport participation.

Coaches must verify that the appropriate information for each of their athletes is on file in the school office.

ACADEMIC AND CURRICULAR REQUIREMENTS

1. An athlete must pursue a full-time curriculum.
2. An athlete must be passing at least 4 subjects and not failing 2 or more subjects or the equivalent as of each Friday during the grading period. If an athlete fails to meet this weekly accountability requirement, he/she will lose his/her eligibility from the following Sunday through the Saturday immediately following the next Friday as of which he/she meets this requirement.
3. An athlete must have passed all core subjects each grading period, and must maintain a 2.5 GPA. Eligibility for the first grading period is based on the final grades for the preceding school year. If an athlete fails to meet this requirement, he/she will lose his/her eligibility for 15 school days of the next grading period, beginning on the first day report cards are issued.

4. Academic eligibility is reviewed and determined every 4.5 weeks at the mid-point and conclusion of each marking period. The Athletic Director will inform the athlete of ineligibility. The athlete may no longer participate the day following the actual determination of ineligibility.

PROBATION

1. Behavioral Probation: A student becomes ineligible for sports if he/she is placed on behavioral probation. Behavioral probation is established as a result of the faculty and administration recommendation.
2. Academic probation: A student becomes ineligible for sports if he/she is placed on academic probation.

Athletes who are removed from a team for academic or behavioral probation will not be eligible to receive a team award. They are not eligible to be recognized at athletic assemblies or banquets.

QUITTING A TEAM

Quitting should not become common in the MCCS athletic program. Quitting is harmful to both the individual and the team. If an athlete contemplates quitting a team during a season, the coach should counsel the athlete not to do so because of possible consequences. The coach should counsel, encourage, and pray with and for the athlete as the decision is being made. Parents will be called to discuss the situation before any decision is made. Prior to the next season in which the athlete desires to participate, a conference will be held between the athlete, coach, parents, and an administrator. This meeting will be used to determine the athlete's understanding of the obligation in being a team member and commitment to fulfill this obligation. Athletes who quit will not participate in the awards assembly.

1 Corinthians 9:24-27 "Do you not know that in a race all the runners run, but only one gets the prize?"

2 Timothy 4: 7-8 "I have fought the good fight, I have finished the race, I have kept the faith. Now there is in store for me the crown of righteousness, which the Lord, the righteous Judge, will award to me on that day – and not only to me, but also to all, who have longed for His appearing."

ABSENCE POLICY

There are two standards that must be upheld when making policy and administering policy regarding excused and unexcused absences from practices and contests.

1. The athlete makes a commitment to the team when he joins the team and is responsible to fulfill this commitment by being at team practices and contests and any preseason training sessions that are required.
2. The athlete must communicate with the coach as early as possible when absence is anticipated or a problem arises.

Illness or a death in the family may always be considered an excused absence. Other reasons may seldom be considered excused such as family vacations, trips, or outings etc. Other reasons will never be considered excused absences such as not showing up at a practice or contest without notifying the coach. Each coach will determine the guidelines for his/her team and will explain them to the athletes at the pre-season team meeting.

Prior notification to a coach concerning an anticipated absence does not automatically guarantee that the absence will be considered excused.

CODES OF CONDUCT

Athletics is a visible entity of our school. It is vital that our athletes represent the Lord and MCCA in a distinctive way. Hence, athletes are expected to conduct themselves properly.

1. The use of alcohol, tobacco, or any harmful drug is strictly forbidden.
2. Verbal abuse of officials, opponents, or coaches will not be tolerated.
3. Athletes are expected to respect MCCA faculty, staff, students, property, and parents on a consistent basis.
4. Hazing will not be tolerated. Any student athlete who participates in the hazing of another individual will receive appropriate discipline as deemed necessary by the coach, Athletic Director, and Principal.

If an athlete's actions violate this code, the following procedures will ensue:

1. The use of alcohol, tobacco, or drugs shall immediately terminate the athlete's privilege to participate in the remainder of that season. The athlete may return to participate only through the consent of the Principal, Athletic Director and the present coach.
2. The coach shall govern verbal violation and disrespect of property of individuals. If any action continues, the athletic director reserves the right to remove such player(s) for an indefinite period of time.
3. Athletes will abide by school codes and regulations. If an athlete is consistently disregarding school regulation, he/she may be dismissed from participation.

PARENTS' CODE OF CONDUCT

Parents attending athletic contests are expected to speak and act as representatives of the Lord and MCCA. Expectations of fans can be no less than those for players, coaches, and officials as they respond to the events of the contest.

1. Parents are expected to support not only their children but also the team, the coach, and MCCA. Parents should not be verbally arrogant or verbally abusive to any person at a contest.
2. Parents are expected to deal with their concerns with the person most directly involved before taking their concerns to the Athletic Director.
3. Parents are expected to help their children learn dependability, promptness, and accountability by being aware of the practice and game schedule and other responsibilities.

WE WANT NO “ONE-MAN” PLAYERS, NO “STARS”

No chain is stronger than its weakest link, no team is stronger than its weakest player. One player attempting to “grand-stand” can wreck the best team ever organized. We must be “one for all” and “all for one” with every player giving his very best every second of the game. The team is first, individual credit is second. There is no place for selfishness, egotism, or envy on our squad.

We want a squad of fight, afraid of no club, not cocky, not conceited, a team that plays hard, plays fair, and plays to win – always remembering that “team that won’t be beaten, can’t be beaten”. We want our players to believe that “a winner never quits and a quitter never wins”. Make up your mind before the game that you won’t lose, that you can outsmart and outfight the opposing team; in other words, if you have confidence in your team’s ability to win, you will be plenty tough to whip.

Others may be faster than you are, larger than you are, and have far more ability than you have – but no one should ever be your superior in team spirit, fight, determination, ambition, and character.

John Wooden

A coach can only do his best, nothing more, but he owes that not only to himself but also to the people who employ him and to the youngsters under his supervision. If you truly do your best and only you will know – you can consider yourself successful. The actual score will be immaterial.

John Wooden

“No it is required that those who have been given a trust must prove faithful.”

1 Corinthians 4:2

“There is no profound secret. It’s plain, hard work with lots of fundamentals. We concentrate on basics every day”.

Jerry Kindall

Keep yourself in training for a godly life. Physical exercise has some value, but spiritual exercise is valuable in every way, because it promises life for the present and for the future.

1 Timothy 4:7-8

“Faith makes me be a good steward of the mind and body I’m blessed with. If faith merely made me accept defeat and failure, it would be a crutch – a weak, sad alibi. Christians who are less competitive have missed the point of the faith. To call myself a Christian and then not strive to be the best I can do the most I can, with what has been given to me would be the height of hypocrisy. Being a Christian is no excuse for mediocrity or passive acceptance of defeat. If anything, Christianity demands a higher standard, more devotion to the task.”

Orel Hershiser

Dear Athlete,

Welcome to the Midway Covenant Christian School Athletic Program. You have been given a copy of the Student Athlete Handbook. This must be read by you and your parents. Please sign below stating that you have read, understand and agree with the Handbook. The Athletic Physical form is also included in the back of the Handbook for you to take to your physician for completion.

Return this signed form along with your Athletic Physical form by _____ to be eligible to participate.

Signature of Athlete

Signature of Parents

Date _____

PREPARTICIPATION PHYSICAL EVALUATION HISTORY FORM

(Note: This form is to be filled out by the patient and parent prior to seeing the physician.)

Date of Exam _____

Name _____ Date of birth _____

Sex _____ Age _____ Grade _____ School _____ Sport(s) _____

In case of emergency, contact:
Name _____ **Relationship** _____ **Phone** _____
Medicines and Allergies: Please list all of the prescription and over-the-counter medicines and supplements (herbal and nutritional) that you are currently taking

 Do you have any allergies? Yes No If yes, please identify specific allergy below.
 Medicines Pollens Food Stinging Insects

Explain "Yes" answers below. Circle questions you don't know the answers to.

GENERAL QUESTIONS	Yes	No
1. Has a doctor ever denied or restricted your participation in sports for any reason?		
2. Do you have any ongoing medical conditions? If so, please identify below: <input type="checkbox"/> Asthma <input type="checkbox"/> Anemia <input type="checkbox"/> Diabetes <input type="checkbox"/> Infections Other: _____		
3. Have you ever spent the night in the hospital?		
4. Have you ever had surgery?		
HEART HEALTH QUESTIONS ABOUT YOU	Yes	No
5. Have you ever passed out or nearly passed out DURING or AFTER exercise?		
6. Have you ever had discomfort, pain, tightness, or pressure in your chest during exercise?		
7. Does your heart ever race or skip beats (irregular beats) during exercise?		
8. Has a doctor ever told you that you have any heart problems? If so, check all that apply: <input type="checkbox"/> High blood pressure <input type="checkbox"/> A heart murmur <input type="checkbox"/> High cholesterol <input type="checkbox"/> A heart infection <input type="checkbox"/> Kawasaki disease Other: _____		
9. Has a doctor ever ordered a test for your heart? (For example, ECG/EKG, echocardiogram)		
10. Do you get lightheaded or feel more short of breath than expected during exercise?		
11. Have you ever had an unexplained seizure?		
12. Do you get more tired or short of breath more quickly than your friends during exercise?		
HEART HEALTH QUESTIONS ABOUT YOUR FAMILY	Yes	No
13. Has any family member or relative died of heart problems or had an unexpected or unexplained sudden death before age 50 (including drowning, unexplained car accident, or sudden infant death syndrome)?		
14. Does anyone in your family have hypertrophic cardiomyopathy, Marfan syndrome, arrhythmogenic right ventricular cardiomyopathy, long QT syndrome, short QT syndrome, Brugada syndrome, or catecholaminergic polymorphic ventricular tachycardia?		
15. Does anyone in your family have a heart problem, pacemaker, or implanted defibrillator?		
16. Has anyone in your family had unexplained fainting, unexplained seizures, or near drowning?		
BONE AND JOINT QUESTIONS	Yes	No
17. Have you ever had an injury to a bone, muscle, ligament, or tendon that caused you to miss a practice or a game?		
18. Have you ever had any broken or fractured bones or dislocated joints?		
19. Have you ever had an injury that required x-rays, MRI, CT scan, injections, therapy, a brace, a cast, or crutches?		
20. Have you ever had a stress fracture?		
21. Have you ever been told that you have or have you had an x-ray for neck instability or atlantoaxial instability? (Down syndrome or dwarfism)		
22. Do you regularly use a brace, orthotics, or other assistive device?		
23. Do you have a bone, muscle, or joint injury that bothers you?		
24. Do any of your joints become painful, swollen, feel warm, or look red?		
25. Do you have any history of juvenile arthritis or connective tissue disease?		

MEDICAL QUESTIONS	Yes	No
26. Do you cough, wheeze, or have difficulty breathing during or after exercise?		
27. Have you ever used an inhaler or taken asthma medicine?		
28. Is there anyone in your family who has asthma?		
29. Were you born without or are you missing a kidney, an eye, a testicle (males), your spleen, or any other organ?		
30. Do you have groin pain or a painful bulge or hernia in the groin area?		
31. Have you had infectious mononucleosis (mono) within the last month?		
32. Do you have any rashes, pressure sores, or other skin problems?		
33. Have you had a herpes or MRSA skin infection?		
34. Have you ever had a head injury or concussion?		
35. Have you ever had a hit or blow to the head that caused confusion, prolonged headache, or memory problems?		
36. Do you have a history of seizure disorder?		
37. Do you have headaches with exercise?		
38. Have you ever had numbness, tingling, or weakness in your arms or legs after being hit or falling?		
39. Have you ever been unable to move your arms or legs after being hit or falling?		
40. Have you ever become ill while exercising in the heat?		
41. Do you get frequent muscle cramps when exercising?		
42. Do you or someone in your family have sickle cell trait or disease?		
43. Have you had any problems with your eyes or vision?		
44. Have you had any eye injuries?		
45. Do you wear glasses or contact lenses?		
46. Do you wear protective eyewear, such as goggles or a face shield?		
47. Do you worry about your weight?		
48. Are you trying to or has anyone recommended that you gain or lose weight?		
49. Are you on a special diet or do you avoid certain types of foods?		
50. Have you ever had an eating disorder?		
51. Do you have any concerns that you would like to discuss with a doctor?		
FEMALES ONLY		
52. Have you ever had a menstrual period?		
53. How old were you when you had your first menstrual period?		
54. How many periods have you had in the last 12 months?		

Explain "yes" answers here

I hereby state that, to the best of my knowledge, my answers to the above questions are complete and correct.

Signature of athlete _____ Signature of parent/guardian _____ Date _____

PREPARTICIPATION PHYSICAL EVALUATION PHYSICAL EXAMINATION FORM

Name _____ Date of birth _____

PHYSICIAN REMINDERS

- Consider additional questions on more sensitive issues
 - Do you feel stressed out or under a lot of pressure?
 - Do you ever feel sad, hopeless, depressed, or anxious?
 - Do you feel safe at your home or residence?
 - Have you ever tried cigarettes, chewing tobacco, snuff, or dip?
 - During the past 30 days, did you use chewing tobacco, snuff, or dip?
 - Do you drink alcohol or use any other drugs?
 - Have you ever taken anabolic steroids or used any other performance supplement?
 - Have you ever taken any supplements to help you gain or lose weight or improve your performance?
 - Do you wear a seat belt, use a helmet, and use condoms?
- Consider reviewing questions on cardiovascular symptoms (questions 5–14).

EXAMINATION			
Height	Weight	<input type="checkbox"/> Male	<input type="checkbox"/> Female
BP / (/)	Pulse	Vision R 20/	L 20/
		Corrected <input type="checkbox"/> Y <input type="checkbox"/> N	
MEDICAL	NORMAL	ABNORMAL FINDINGS	
Appearance <ul style="list-style-type: none"> Marfan stigmata (kyphoscoliosis, high-arched palate, pectus excavatum, arachnodactyly, arm span > height, hyperlaxity, myopia, MVP, aortic insufficiency) 			
Eyes/ears/nose/throat <ul style="list-style-type: none"> Pupils equal Hearing 			
Lymph nodes			
Heart ^a <ul style="list-style-type: none"> Murmurs (auscultation standing, supine, +/- Valsalva) Location of point of maximal impulse (PMI) 			
Pulses <ul style="list-style-type: none"> Simultaneous femoral and radial pulses 			
Lungs			
Abdomen			
Genitourinary (males only) ^b			
Skin <ul style="list-style-type: none"> HSV, lesions suggestive of MRSA, tinea corporis 			
Neurologic ^c			
MUSCULOSKELETAL			
Neck			
Back			
Shoulder/arm			
Elbow/forearm			
Wrist/hand/fingers			
Hip/thigh			
Knee			
Leg/ankle			
Foot/toes			
Functional <ul style="list-style-type: none"> Duck-walk, single leg hop 			

^aConsider ECG, echocardiogram, and referral to cardiology for abnormal cardiac history or exam.
^bConsider GU exam if in private setting. Having third party present is recommended.
^cConsider cognitive evaluation or baseline neuropsychiatric testing if a history of significant concussion.

- CLEARED for all sports without restriction**
- CLEARED for all sports without restriction with recommendations for further evaluation or treatment for** _____
- NOT CLEARED**
- Pending further evaluation
 - For any sports
 - For certain sports _____
- Reason _____

Recommendations _____

I have examined the above-named student and completed the preparticipation physical evaluation. If conditions arise after the athlete has been cleared for participation, the physician may rescind the clearance until the problem is resolved and the potential consequences are completely explained to the athlete (and parents/guardians).

Name of physician (print/type) _____ Date _____
 Address _____ Phone _____
 Signature of physician _____, MD or DO