



HOLY TRINITY CLASSICAL CHRISTIAN SCHOOL **MIGHTY LIONS**

ATHLETIC HANDBOOK

2021-2022

INTRODUCTION

The purpose of the *Holy Trinity Classical Christian School Athletic Handbook* is to provide an understanding and appreciation for the athletic programs and to enhance communication among the coaches, athletes, and parents. This handbook contains policies and regulations that govern extracurricular athletics at Holy Trinity. The policies in this handbook are reviewed and revised annually by the Headmaster and the Athletic Director.

In order for a student to participate in any games or races at Holy Trinity, the parents/guardians must fill out a google doc affirmatively viewed by the athletic director, Josiah Tobin, at jtobin@htccs.org stating that they (both the student and parent) have read and will abide by the policies, procedures, and regulations in this Athletic Handbook.

Participation in sports can be an integral part of a student's educational experience, and HT strives to provide extracurricular sports opportunities for all students who wish to participate.

PHILOSOPHY OF ATHLETICS

Holy Trinity is developing a program of interscholastic sports designed to:

- Glorify God with the physical talents and abilities with which He has blessed us.
- Provide a unifying activity open to the entire school community through participation as a team member or spectator.
- Provide an atmosphere for personal growth and development among students.
- Contribute to the development of school spirit.

At HTCCS, athletic excellence shall include the following personal benefits:

- Develop the concept of teamwork, which prioritizes cooperation and team goals above personal achievement.
- Develop confidence and control of emotions in tense situations.
- Develop the ability to handle both success and failure with class and humility.
- Provide athletes with a thorough knowledge of fundamental skills and impress the value of consistent preparation and effort.

SPORTSMANSHIP

The athlete agrees to:

- Be courteous to opposing teams and respect the integrity and judgment of officials by accepting their decisions.
- Recall that athletics are an extension of Holy Trinity and therefore the Code of Conduct still applies to all situations including practices and games.
- Respect the facilities of the host school and extend hospitality to any visiting our facilities.
- Not give up, quarrel, cheat, or grand-stand (showboating).
- Encourage their teammates and speak highly of them when talking to others. Holy Trinity does not tolerate bullying of any kind.
- Be modest when successful and gracious in defeat.

The coach agrees to:

- View coaching as an opportunity to disciple athletes and point athletes to Christ through the vehicle of athletics.
- Honor God with his/her behavior.
- Demonstrate the highest ideals and attitudes in personal behavior and good habits of courtesy while demanding the same standards of the players.
- Recognize that how one coaches is more important than a final score or season record.
- Remember that the most important values are derived from playing the game fairly and to teach players that it is better to lose fairly than to win unfairly.
- Maintain self-control at all times, demonstrating to players how to work with officials to improve performance without being disrespectful.

The parents/spectators agree to:

- Be supportive and encouraging of athletes, coaches, and officials. Refrain from and shut down any form of gossip.
- Remember that HTCCS coaches are spending their time helping young athletes, and they need to be respected and appreciated.
- Respect the judgment of officials, realizing that decisions are based on their vantage point during a fast moving game.
- Understand that good sportsmanship involves applauding good team play, individual skill, and outstanding examples of sportsmanship and fair play exhibited by either team.
- Treat visiting teams and officials as our guests- extending to them every courtesy.

ORGANIZATIONAL AFFILIATION

Holy Trinity is a member of the South Carolina Independent School Association (SCISA). As such, SCISA rules and requirements apply in applicable sports and contests. However, not all Holy Trinity athletic competitions fall within SCISA domain. Any needed clarification can be provided by our Athletic Director, Mr. Tobin.

SAFETY

The Athletic Department strives to provide students a safe and enjoyable environment in which to participate. It is vital to understand that participation in athletics involves inherent risks. Coaches and administrative personnel will act in a prudent manner to prevent accidents and injuries through CPR and First Aid training in addition to SCISA required NFHS courses. Holy Trinity ensures that all coaches and volunteers are background checked. We have a zero-tolerance policy for any type of abuse, inappropriate behavior, or harassment.

ORGANIZATIONAL STRUCTURE AND COMMUNICATION

The Athletic Director and Head Coaches directly schedule all Holy Trinity sports practices and games. Head Coaches (or the Athletic Director) will send out emails to parents during the season with any issues they need to discuss (including last minute changes to the practice schedule).

While the Headmaster and the Athletic Director serve as the supervisors of all Holy Trinity coaches, we ask that parents and players address any concerns and attempt to resolve any issues with the head coach of the team first.

1. Player/Parent → Head Coach

If the situation cannot be settled adequately at the team level, then the following steps should be followed;

2. Parent → Athletic Director → Headmaster

CANCELLATION OF GAMES AND PRACTICES

Athletes should always come to school prepared to play or practice that afternoon. It is better to be prepared than not. Do not assume a cancellation based on the weather in the morning.

Cancellations of games due to inclement weather will normally be made by 1:30 p.m. Cancellations of practices will normally occur via an e-mail by 2:30 p.m. Decisions about cancellations after 3:00 pm will be made at the game/practice site.

Lightning and Thunder Policy: The lightning policy is in accordance with the National Athletic Trainers Association and Beaufort County. Our coaches will be monitoring lightning and thunder activity using the “My Lightning Tracker” app. Coaches have the ability to receive notifications of incoming storms. When lightning is within 12 miles, everyone must take cover indoors or in a vehicle immediately. We will not return outdoor until 30 minutes after the last hit on the thunderbolt detection unit within the 12 mile range.

TRANSPORTATION

Holy Trinity currently has one small team bus that is capable of transporting 14 students. Our various teams will have opportunities to utilize this bus for practices and games on a rotational basis. Any usage of the team bus will be communicated ahead of time via e-mail.

We also ask that all parents sign an athletic transportation waiver to allow athletes to ride on the bus, or with coaches, or with other parents, and at times, with responsible high school teammates. Coaches will communicate with parents and players as to when rides will be provided. Otherwise, parents should plan on being responsible to arrange for transportation to and from practices and games as applicable.

Athletes will need to be picked up immediately after a practice or game. Coaches are required to supervise athletes until they are picked up. We request that you understand that coaches should not be asked to wait for an extended period of time. Please call your coach if you are running late.

CELL PHONE USAGE

Holy Trinity allows students to only use cell phones at appropriate times. This means that an athlete should never use a cell phone during a practice or at a game (includes on bench). High school athletes will be allowed to use a phone on the bus at the coach and/or AD discretion. Middle school athletes are not allowed to use a phone on the bus or through school arranged carpools to/from practices/games.

PLAYING TIME

Players are expected to attend ALL practices and games. Every attempt should be made to schedule medical appointments around the scheduled practice/game sessions. Since academics are the priority of this school, it is expected that student athletes take responsibility to complete their assignments in a timely manner that does not conflict with the team's schedule. It is the *student's (or parent's)* responsibility to inform the coach and athletic director of other obligations (play practice, tutoring session, medical appointment, family emergency, etc.) that may interfere with practices or games with advance notice when possible.

Playing time is a privilege and at the discretion of the Head Coach. Playing time is not guaranteed. Coaches will attempt to provide some playing time throughout the season to everyone on the team, provided players are regularly attending practice and abiding by team rules. However, game situations and strategy may determine if all players play in each contest.

APPAREL

Practice Apparel

Players should wear modest and proper athletic attire to all practices. Forgetting shoes or athletic apparel on a consistent basis will result in less playing time. Soccer players are expected to wear shin guards at all practices unless otherwise specified by the coaches. Athletes should also come to practice with a full water bottle.

Game Time Arrival and Athletics Dress Code

All athletes should arrive at their game sites with sufficient time to warm-up. Specific times will be communicated to parents and players from the head coach. Players should arrive to the venue in uniform with appropriate outerwear. The only parts of the uniform that should still require attention at the game site are shoes and/or protective gear.

Uniforms

Uniforms (excluding anything purchased: socks, shorts with lining, and warm-ups) are the property of HT and must be returned at the end of the season in good condition. Parents and players assume the responsibility for care during the season. Uniforms should be washed with like colors in cold water and hung to dry (**NEVER** dry school jerseys in a dryer). Parents/players are expected to replace any uniform that is lost or returned in unacceptable condition.

PARTICIPATION

Class Attendance/Sickness/Athletic Eligibility based on Academics

In order to participate in an athletic contest, students must be present at school unless they have permission through the office (excused absences). Students need to be present at school for at least the second half of the school day (arriving no later than 11:30 am). For safety reasons, if a student leaves school due to sickness, the student will not be able to participate in practice or an athletic contest for that day.

Student athletes must maintain at least a 2.5 G.P.A. and have no grade lower than a 70% to be eligible to play. The AD will check grades 4 weeks into each trimester and then hold meetings with students as necessary.

Athletes will be given a two week warning period to meet requirements. If requirements are not met, athletes will be suspended from sports until the next two week grade check where they will have the opportunity to be reinstated if they now meet requirements.

If a student ends a trimester (1st or 2nd) not meeting the requirements, the AD will check grades 4 weeks into the following trimester with no two week warning period if standards are not met.

CONCUSSION POLICY

1. Every Holy Trinity coach is required to take the NFHS Concussion Course each year. This free course can be found at www.nfhslearn.com.
2. Each student-athlete must complete a Concussion Awareness form with his/her parents. Any questions regarding the information can be directed to the Athletic Department.
3. Concussion prevention: While there is an inherent risk of concussions, HT coaches will do their best to instruct students on proper athletic techniques in an effort to prevent concussions.
4. Player Injury Evaluation: If a player is suspected of a concussion during a practice or a game, the coach will remove the athlete from play. The coach will then direct the player to medical personnel on site if available. If not available, the coach will look for signs and symptoms of a concussion to decide on whether or not the player can continue to compete. When in doubt, we will keep the athlete out of play. Parents will be notified during this process to follow up with medical professionals as appropriate.
5. If a player is diagnosed with a concussion by the athletic trainer or a designated medical professional, they will be required to complete the SCISA Concussion Return to Play Form before returning to athletic participation.
6. While HT coaches are trained on how to identify possible signs of concussions, players are responsible for reporting head injuries immediately to a coach or athletic trainer.

VARSITY LETTERS

The awarding of a varsity letter is based on the guidelines set up by the respective varsity coach in his or her sport. These guidelines may include items such as the student-athlete's attitude, effort, and participation in practice and games. In general, varsity letters will be awarded to athletes that compete in at least 75% of the varsity athletic competitions for a specific season.

First-time varsity letter winners will receive a monogram (letter) and pin representative of the sport in which the letter was earned. Student-athletes will receive the letter only once during their HT career. A student-athlete will receive a pin denoting his/her sport for the first letter year, and a gold bar for each letter year thereafter.