

Trinity Christian School

Athletic Policy Manual

2016-17

School Mission Statement

The mission of Trinity Christian School is to provide a quality education for each child in a safe, diverse, God-centered environment. We are dedicated to the preparation of our students for a life of maximum contribution to the cause of Christ either in Christian service or in living a successful and meaningful life in a secular field where honesty, discipline, and awareness of others guide daily life. The school strives to foster Christian excellence in scholarship, leadership, sportsmanship, and character.

Athletic Mission Statement

In accordance with the mission statement of Trinity Christian School, the Trinity Athletic Department exists to facilitate athletic extra-curricular opportunities for Trinity students. The Athletic Department at Trinity is dedicated to the total development of each student-athlete as a maturing Christian first and then as an improving athlete. The pursuit of these outcomes is achieved through an emphasis on discipline, Christian character building, quality sport instruction, and encouragement.

Athletic Statement of Belief

- We believe that athletic opportunities exist to enhance the total school experience for each student and to provide opportunities for Christian growth that academics cannot.
- We believe each student-athlete can improve and is important to his or her team's success.
- We believe the success of the team has more significance than the success of the individual.
- We believe that agreement in what is taught at home and at school provides the best possible opportunity for success in athletics and in life.
- We believe that our athletic endeavors should be done "heartily as to the Lord and not unto men" so as to give God the utmost honor and glory (Colossians 3:23).
- We believe that, through their actions, coaches should consistently communicate these beliefs to all constituents.

Athletic Philosophy

Colossians 3:23 states: "And whatsoever you do, do it heartily as to the Lord and not unto men." There are two parts to this verse. To do an activity "heartily" requires a complete commitment physically, mentally, emotionally, and spiritually. The second part, "as to the Lord..." provides motivation for the effort. A Trinity student-athlete should strive to honor God and not seek man's praise.

The goals of the Trinity Christian School athletic department:

1. Promote the development of a personal relationship with Jesus Christ by all student-athletes.
2. Teach the skills to maintain a high level of performance.
3. Encourage student-athletes through positive coaching.
4. Develop and maintain an atmosphere conducive to good sportsmanship.

Elementary Athletic Philosophy

The purpose of the elementary athletic program is to develop a passion for the respective sports, and to provide a solid foundation of fundamental skills and concepts.

Middle School Athletic Philosophy

The purpose of the middle school athletic program is to integrate the individual's passion for the game and the understanding of the skills and concepts within the team setting. The middle school program will also begin the development of the complete player mentally, physically, and spiritually. This phase will strive for total participation for each student-athlete. In addition this phase should never upstage the Junior Varsity or Varsity teams. This includes games scheduled, awards given, banquets, tournaments, or media exposure.

Junior Varsity Athletic Philosophy

The purpose of the junior varsity athletic program is to continue the integration of individual skills into a team concept. We want to maintain a balance in the concepts of competitiveness and participation with a focus on preparation for competitive varsity participation. Once again, this phase should never upstage the Varsity level programs. We will continue to develop the complete player mentally, physically, and spiritually.

Varsity Athletic Philosophy

The purpose of the varsity athletic program is to completely integrate the individual skills into a team concept. To compete for and obtain as many regular season and post season wins as possible. To develop life long learning habits for academic, athletic, vocational, and spiritual growth through focused discipline and learning of principles from God's Word. This final phase of athletic competition will be the highest level of recognition and media exposure.

Admission

2016 - 2017

	Regular Season Region	State Play-Offs	Student Price for STATE
BASEBALL	\$6.00	\$7.00	\$4.00
BASKETBALL	\$7.00	\$8.00 Adults/ \$6.00	\$10.00 Finals
CHEERLEADING	\$6.00	\$7.00	\$4.00
CROSS COUNTRY	\$5.00	\$5.00	\$3.00
FOOTBALL	\$7.00	\$8.00	\$10.00 (Mercer Price)
SOCCER	\$6.00	\$7.00	\$4.00
SOFTBALL	\$6.00	\$7.00	\$4.00
SWIMMING	\$6.00	\$7.00	\$4.00
TENNIS	\$5.00	\$5.00	\$3.00
TRACK	\$6.00	\$7.00	\$4.00
VOLLEYBALL	\$6.00	\$7.00	\$4.00
WRESTLING	\$6.00	\$7.00	\$4.00
ALL OTHERS	\$5.00	\$5.00	\$3.00

GISA PASSES ARE HONORED, BUT ALL OTHER, INCLUDING STUDENTS IN GRADES 1 and UP MUST PURCHASE ADMISSION TICKETS.

STUDENT TICKETS WILL BE SOLD AT GISA STATE EVENTS FOR APPROXIMATELY 1/2 THE ADULT ADMISSION PRICE. REGIONS **MAY** CHOOSE TO DO SO AT THEIR REGION TOURNAMENTS AS WELL.

**** \$6.00 STUDENT TICKETS** WILL BE SOLD FOR THE REGION TOURNAMENT AND 1ST & 2ND ROUNDS OF BASKETBALL. HOWEVER, STUDENT TICKETS WILL NOT BE SOLD FOR THE FINAL FOUR IN BASKETBALL.

Attendance/Practice/Game

Each student-athlete is expected to attend every practice and game. The student-athlete must inform the head coach prior to his or her absence to be granted an excused absence. Missing practices or games without granted permission may result in disciplinary actions as determined by the head coach. Student-athletes who are injured are expected to attend all practices and games unless they are physically unable to attend. Student-athletes and parents should make every effort to schedule all other events around game and practice schedules.

All Star Participation

Several GISA sports have all star games at the conclusion of the season. These games usually require a participation fee to be paid for housing, food and/or uniforms. Each participant must initially pay this fee to the GISA. Once the event is over and all equipment is returned to Trinity Christian School, the student-athlete will be reimbursed.

Apparel (Coaches)

All coaches' apparel must be approved by the Athletic Director before being ordered. Each year, an attempt will be made to provide complimentary apparel to athletic personnel.

Apparel (Student-Athletes)

All students-athletes are expected to be in practice gear or appropriate apparel when practicing with teams. All student-athletes must wear a school-issued or school approved practice uniform for all practices. A sports program may use the TCS physical education uniform for a practice uniform if desired. All students-athletes involved in conditioning activities on campus during the summer must wear TCS shorts and t-shirts. The shorts must be of appropriate length. Travel attire for teams will be determined by the Athletic Director and the coach. Should a team desire to have a t-shirt the slogan must be approved by the Athletic Director. T-shirts purchased for varsity teams may be paid for through the team's budget. T-shirts purchased for junior varsity and middle school teams must be paid for by the individual athletes. Typically, any article of

clothing or equipment that is to be permanently kept by the student-athlete must be paid for by the student-athlete.

Awards

Trinity Christian School values the commitment by each student-athlete who participates in interscholastic athletics. The Trinity administration and family understand that this dedication produces quality experiences for the participants and presents Trinity Christian School with a positive image to the spectators who witness each interscholastic event.

In an effort to acknowledge this commitment and demonstrate appreciation to those student-athletes, Trinity will consistently provide athletic award recognition events each year. All student-athletes are encouraged to attend these events.

Award Recognition Events

Within two weeks of the completion of a season and prior to an award recognition event, each head coach will submit to the Athletic Director a written season summary to include the following information:

- Brief overview
- Results of each contest in date order
- Rosters indicating participants, letter winners, captains, coaching staff and support staff
- Award winners (individual, team, region, state, etc.)
- Individual and team statistics

1. Individual Awards

- a. Based on the number of participants, the following varsity sports will give four (4) awards: baseball, basketball, cheerleading, competition cheerleading, football, soccer, softball, track and field, volleyball, and wrestling. The approved size for all varsity awards is a 7x9 plaque. Extenuating circumstances will be determined by the Headmaster and Athletic Director.
- b. Based on the number of participants, the following varsity sports will give three (3) awards: cross-country, golf, swimming, and tennis. The approved size for all varsity awards is a 7x9 plaque. Extenuating circumstances will be determined by the Headmaster and Athletic Director.
- c. Junior varsity sports will give three (3) awards.
- d. Based on the number of participants, the following middle school sports will give three (3) awards: baseball, basketball, cheerleading, competition cheerleading, football, soccer, softball, track and field, volleyball, and wrestling. Middle school awards will be in the form of a certificate.
- e. Based on the number of participants, the following middle school sports will give two (2) awards: cross-country, golf, swimming, and tennis. Middle school awards will be in the form of a certificate.

2. Varsity Lettering

- a. Participation certificate—for non-letter winners
- b. Letter certificate—each time letter is earned (must complete season as a member of team)
- c. “T” chenille letter—First time letter winner
- d. Pin—first time letter winner for respective sport
- e. Bar—repeat letter winner

All students who have lettered in a varsity sport are eligible to purchase a letter jacket. Letter jackets are ordered two times a year once in the fall and once in the spring. The official Trinity letter jacket is royal blue (body and sleeves) with white chenille “T” trimmed in royal blue. The provisions or criteria to be met for earning a letter will be furnished to the athlete by the coach in that sport prior to the beginning of the season.

3. Team Awards

Individual team members may purchase patches representing region or state accomplishments that they have earned through the athletic department. All teams that achieve a region championship, state championship, state runner-up, or final four appearances (for those sports which recognize this achievement) will be honored on the gymnasium wall. Each respective program may honor region championship teams by displaying the years won at the respective venue. Each sports program may honor state championship teams by displaying the years won and team members at the respective venue.

4. Senior Awards

- a. Presentation will be at the final recognition event each year.
- b. Recipient must have participated and lettered in a sport at Trinity a minimum of two years.
- c. Recipient must be on schedule to graduate from Trinity.
- d. The approved size for all senior awards is a 7x9 plaque.

5. Senior Night

All senior student-athletes will be honored on senior night in each season. On a selected date in the fall all student-athletes of fall sports programs and their parents will be recognized during a home football game. During the winter, each winter sports program will honor all its seniors during a selected basketball game. In the spring, each spring sports program will honor all its seniors during a selected spring event. The athletic department will provide one rose for each athlete’s mother and/or stepmother. These roses will be distributed during the official senior night. Upon approval by the Athletic Director, each individual sport will also be given the opportunity to honor its respective senior student-athletes at each individual venue.

6. Annual Awards

- a. Presentation will be at the final recognition event each year.
- b. Awards will be voted on by the current Trinity Christian School Head Varsity Coaches, Athletic Director, and Headmaster.
- c. The approved size for all annual awards is a 7x9 plaque.
 1. Male and Female Athlete of the Year
 2. Male and Female Coaches’ Award
 3. Male and Female Christian Athlete of the Year
 4. Julie Hall School Spirit Award—The Julie Hall Spirit Award was established in memory of a former Trinity Christian School student, Julie Hall. Julie graduated from TCS in 1982 and lost her life in a fatal car accident the following year. She was active in cheerleading and loved Trinity. Each year the Trinity Athletic Director and coaches select a senior who has demonstrated the type of school spirit that reflects the spirit demonstrated by Julie Hall.

7. At the conclusion of each season (fall, winter, spring), varsity coaches will designate an occasion to recognize each player and to announce award recipients. JV teams will be included in these events and will receive their awards at this time. All varsity athletes will receive their awards at an all-sports banquet near the end of the school year. Every varsity team will be recognized and award winners will receive plaques for individual sports, all region, all state,

senior awards, and annual awards. Middle school will have their awards ceremonies after each season is completed on a scheduled Wednesday afternoon beginning at 2:40PM.

8. Championship Rings

Any individual or team that wins a GISA approved state championship is eligible for a championship ring. All varsity team members, managers, statisticians, and coaches of such a team are eligible to receive a ring. Individual state champions are recognized in cross-country, tennis, track and field, and wrestling. The booster club will pay \$50.00 toward the purchase of the championship ring for each student-athlete. The booster club provides full payment for championship rings for coaches. Ring design is to be determined by the head coach and approved by the Athletic Director. Supporting cheerleaders are allowed to purchase state championship pendants without the reimbursement by the school.

9. Alumni Recognition (Jersey Retirement)

After a period of ten years, a Trinity Christian School graduate is eligible for jersey retirement if the following criteria are met:

- A. Graduation from Trinity Christian School
- B. Success in high school athletics
- C. Participation on a state championship team while attending Trinity
- D. Achievement of a college athletic scholarship OR election in a professional league draft
- E. Success in college/professional athletics
- F. Graduation from college if attended
- G. Representation that brings honor and distinction to Trinity Christian School
- H. Recommendation to the Board of Directors
- I. Approval by the Board of Directors

Booster Club

The Trinity Christian School Board of Directors has approved the operation of an Athletic Booster Club. This club is responsible to operate in cooperation with the Athletic Director. The Athletic Director will serve as the facilitator of all Booster Club activities. The Booster Club is a vital fundraising arm of our athletic program. The officers of the club are selected by the membership to serve a two-year term. The members actively participate in the operation of the concession stand, revenue-generating projects, and other activities for the enhancement of TCS and its athletic program.

2016-17 Booster Club Membership Levels

Blue Level	\$300	Gold Level	\$1500
Bronze Level	\$400	Platinum Level	\$3500
Silver Level	\$600		
Crusader Level	\$25		

2016-17 Booster Club Officers

President	Greg Williams
Vice President	Jay Mason
Treasurer	Lori Hill
Secretary	Charles Coleman
Membership Coordinators	Amy Gay/David Fennell
Concession Coordinators	Aaron George

Catastrophic Insurance

Each year Trinity Christian School enrolls in catastrophic insurance for students participating in sanctioned GISA interscholastic events (athletic or literary). This insurance provides medical coverage for catastrophic events in excess of \$25,000 or other such reasonable amounts as may be approved by the GISA Executive Committee. This coverage is mandatory and is included in annual dues.

Communication

Communication between the athletic department, coaching staff, and parents is essential to insure the appropriate levels of success of each student-athlete. The athletic department recognizes the importance of encouraging the parents and the coaching staff to work together in the best interest of the child. The following methods of communication are encouraged:

1. Electronic mail- Each coach at Trinity Christian School is afforded access to e-mail and can usually be reached quickly through this method of communication. A teacher's email address is the first initial of their first name and their last name @tcsmail.org. For example, tsmith@tcsmail.org.
2. Phone call- This method of communication is difficult during the school day because of teaching schedules, but is available for all teachers.
3. Conferences- On rare occasions, it will be necessary for a coach or parent to initiate a conference concerning a student-athlete's progress. In the event that a parent would like to schedule a conference, the parent should call or email the coach to request the conference. Care should be taken to schedule the conference during the school day. Conferences should never occur immediately after a game.

A parent who has a concern about a situation involving their child should first contact and meet with the appropriate coach about the situation. A coach has the prerogative to limit the times and lengths of meetings that question playing time and strategies. If the issue can not be resolved at that level, a meeting with the parent, the coach, and the athletic coordinator should be arranged. A coach or administrator may also require the student-athlete to attend the meeting with the parent.

Ejections

Any athlete or coach who is ejected from an athletic event is required to pay the GISA a fine of \$50.00. The check will be written to Trinity Christian School. TCS will then pay the GISA. In accordance with GISA rules, any player, fan, or coach that is ejected from an athletic event will be suspended from the next athletic event. Any fan that is arrested or dismissed from the premises during a game may also be fined and suspended by the administration of Trinity Christian School and/or the GISA.

Eligibility

1. To be eligible for athletics, the student-athlete must be in compliance with the Georgia Independent School Association (GISA) rules and regulations. A student who has passed 5 units for the first semester (approximately one-half of the academic year) is eligible for the second semester. A student who passes 5 unit subjects, or their equivalent, for the second semester or for the year is eligible for the following year. If a school is on the quarter system, a student must pass 5 unit subjects, or their equivalent, for the first quarter (approximately one-third of the regular academic year) in order to be eligible for the second quarter. A student must pass 5 unit subjects, or their equivalent, for the second quarter to be eligible for the third quarter. A student must pass 5 unit subjects, or their equivalent, for the third quarter or for the year in order to be eligible for the first quarter the following year. Of the 5 unit subjects, 3 must be in the following

subject areas: Language, Science, Social Studies, Mathematics; and Business Education. Excluded for any credit are the following: teacher's aide, office aide, or their equivalent. The athlete must also be in compliance with the athletic eligibility and policies of Trinity Christian School.

2. According to GISA rules, once a student enters ninth grade, he or she has eight consecutive semesters of eligibility. Additionally, only seniors who have not attained their 19th birthday prior to May 1st preceding the school year of participation meet the GISA age requirements.

Employment

A Trinity Christian School student-athlete shall not obligate himself or herself to a job that in any way interferes with practice time or regular competition times.

Equipment Purchase

When equipment needs to be purchased, the varsity coach should submit a purchase order request (green form) and updated budget folder to the Athletic Director. Equipment may be ordered only after the purchase order is signed and returned to the coach. Middle school and junior varsity coaches should communicate any needs to the Varsity Head Coach and the Athletic Director.

Equipment/Uniforms

All student-athletes are responsible for all equipment and uniforms issued to them. If an athlete fails to return the equipment or uniform the athlete will be required to pay to replace it. All athletes will be required to return equipment and uniforms issued to them at the conclusion of the season before they are allowed to participate in another sport. At the conclusion of the school year, any athlete who has not returned athletic equipment will not be allowed to take final exams, receive report card, or graduate until equipment is paid for or returned. It is the responsibility of the head coach of each sport to collect the team's equipment. Coaches should remind players that all equipment and school uniforms are school-issued and should only be worn at practices or games. Coaches are required to have a uniform issued list for their team. This list should be used when items are issued to players prior to the start of the season and then used at the end of the season when uniforms are returned. Typically, any article of clothing or equipment that is to be permanently kept by the student-athlete must be paid for by the student-athlete.

In addition to the season summary form, the head coach will submit an athletic uniform inventory document to the Athletic Director at the conclusion of the season.

The Athletic Department provides a uniform purchase schedule which is produced and updated by the Athletic Director. The head coach must consult with the Athletic Director before proceeding with any uniform purchase.

Facilities Usage

The facilities of Trinity Christian School are for the primary use of the school and its athletic teams. The use of the school's facilities by outside individuals or groups must be approved in advance by the Athletic Director and Headmaster through the submission of a facilities usage form and the payment of a \$200.00 deposit **and applicable fees**.

Field/Gym Maintenance

The responsibilities of facility planning, repair and maintenance are placed under the authority of the Athletic Director. Coaches have the delegated responsibility of general field and gym

maintenance for their sport including a mandatory pre-season work day to be scheduled in coordination with the Athletic Director.

Fire Safety

When a fire alarm sounds in any building, that building is to be evacuated immediately until an “all clear” message is given.

Inclement/Severe Weather

1. In the event of inclement/severe weather the school follows the GISA regulations which include on-site lightning detectors. The school administration and appropriate game officials will decide whether or not a contest can be played. Practices will follow similar procedures (See Appendix A).
2. A tornado warning indicates that a tornado has developed and presents a real threat or danger to the area. All practices will be cancelled. If students are on campus they will be requested to remain in the locker rooms in the F building. No students will be allowed to be outside.
3. A tornado watch indicates that conditions exist in which severe weather could develop. Regular practices can be held; however, coaches should be alert to sudden changing weather conditions.
4. High temperatures (See Appendix B).

Insurance

The school, during the school term, does provide school day only accidental insurance through National Security Insurance Company for full-time students, teachers, and administrators. This covers the student during the entire school day and for all sports except football. Additional 24 hour coverage may be purchased for \$35.00 a year per student. Support personnel such as bus drivers, etc. can obtain accidental insurance benefits during the school day only for \$15/year or 24 hour coverage for \$35/year. In addition to the school accident coverage, National Security offers **football insurance at the rate of \$55.00 which covers the athlete for fall and spring football**. Additional information and applications can be obtained through the Athletic Director’s office.

Loyalty

It is expected that all coaches and student-athletes be loyal to their school and their team.

Media Outlets

Newspapers:

Dublin <u>Courier Herald</u>	478-272-5522
Macon <u>Telegraph</u>	800-342-5845
	478-744-4411

Radio:

WKKZ 92.7 FM	478-272-9270
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Television:

WMAZ 13	888-557-1393
TV35	478-275-4444
	478-275-7777

Media Relations

One of the benefits Trinity Christian School is provided by supporting and funding interscholastic activities is the opportunity to promote the school and its programs. To that end, each head coach must strive to provide information to appropriate outlets about his or her sports

program all game results as a bare minimum. Remember these general guidelines to follow when speaking to the press:

1. Understand that everything is “on the record”.
2. Shed a positive light on Trinity’s behalf.
3. Realize results must be reported even after a difficult loss.
4. Speak to members of the media with proper grammar.
5. Present yourself as a professional ambassador.
6. Journalists are always looking for good human-interest stories. We have a lot to offer them.

Medical Policies

An ambulance and an athletic trainer will be on call for all football games. An athletic trainer will also be available for some home events. The head coach for each sport is responsible for the inventory and stocking of a medical kit. Any requests for medical supplies should be made through the Athletic Director.

Multi-Sport Athletes and Same-Season Participation

A player committed to a sport for a particular season may not practice for another sport until the first season is concluded. Alternate arrangements (considering athletes’ future plans) may be made by the consent of the head coaches of the two sports.

All coaches should encourage all student-athletes to participate in as many sports as possible at Trinity Christian School. A student may participate in two sports during one season if permission is received from both coaches and the athletic director.

Parental Behavior

Parents are reminded that their example can be the most powerful form of education for their child. Because of this, it is important that each parent:

1. Encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game, practice, or event.
2. Recognize that the school’s mission causes an awareness and concern of behavior as not to be detrimental to the cause of Christ and Trinity Christian School.
3. Demand an environment for each child that is free of drugs and alcohol, and refrain from their use at all athletic events.
4. Treat other players, coaches, fans and officials with respect.

Parent Communication

All coaches are required to have a pre-season parent meeting to communicate philosophy, goals and rules of the program.

During this time, the following parent guidelines should be established:

1. During the games, the sideline/bench area is for game personnel only (coaches, players, statisticians, managers, etc.)
2. Parents should not try to have a conversation with their child during the game, although remarks of encouragement are welcome.

3. Parents should not approach coaches with concerns immediately after the game. Parents are encouraged to make an appointment to meet with the coach at a later time.
4. Parents should not enter the playing field or court. If a child is injured, the parent should allow the coaches or medical staff to attend to the injury. If needed, a coach will call the parent to the field.
5. Parents are reminded to be courteous to the officials, opposing fans, and players.

Participation

All coaches should encourage all student-athletes to participate in as many sports as possible at Trinity Christian School. A student may participate in two sports during one season if permission is received from both coaches and the Athletic Director.

Personal Appearance

Each coach will determine the team dress for travel to and from games. It is important to remember everywhere we go we represent our school. Make sure to represent yourself in a disciplined and modest manner.

Playing Time

Coaches are evaluators and decision-makers and are solely responsible for decisions regarding playing time for each team member. A false sense of entitlement is developed when parents believe they have influence regarding the amount of game participation time that their child deserves. This attitude may occur due to contributions (work, monetary, goods) a parent provides. It should be understood that ethically a coach may not be privy to this information, therefore it is not his/her responsibility to make decisions based on anything besides their own evaluative ability.

Physical Education

All student-athletes that are enrolled in a physical education class are expected to perform any and all assignments required in the class. Participation on an athletic team does not and will not exempt an athlete from the physical education class requirements. Coaches should not request athletes to be exempt from participation in the physical education class due to games or practices that follow the school day. Consideration will be given by Physical Education teachers during busy times to be practical concerning varsity athletes' participation levels.

Physical Examinations

Annually, prior to any participation in athletics at TCS, all student-athletes are required to have a signed physical examination form on file or they will not be able to participate in athletics at Trinity Christian School. For the convenience of the student-athletes, Trinity Christian School will arrange a "Physical" day annually at the school. This opportunity may be used by any student-athlete to receive his or her physical examination.

Programs

Our physical education program provides exposure to the athletic teams that Trinity offers. Elementary athletic programs are designed for students in grades one through five. As time and personnel allows, the school will offer these sport opportunities:

Male

Baseball – Grades K4-5
 Basketball – Grades 2-5 (Intramural)
 Football – Grades 3-5

Female

Basketball – Grades 2-5 (Intramural)
 Soccer – Grades K5-5 (Intramural)
 Softball – Grades K4-5

Soccer – Grades K5-5 (Intramural)
Track and Field (if possible) – Grades 1-5
Wrestling – Grades 1-5

Track and Field (if possible)– Grades 1-5

Middle School:

Student-athletes may participate in middle school athletics in grades six through eight.

Male

Baseball
Basketball
Cross-country
Football
Golf
Soccer
Softball
Swimming
Track and field
Wrestling

Female

Basketball
Cheerleading
Cross-country
Golf
Soccer
Softball
Swimming
Track and Field

Junior Varsity:

Typically, participants in junior varsity athletics are in grades eight through ten.

Male

Basketball
Baseball
Football

Female

Basketball
Softball

Varsity:

Although not very common, athletes can participate in varsity sports beginning in grade eight with the exception of football, which begins in grade nine.

Male

Baseball
Basketball
Cross-country
Football
Golf
Soccer
Swimming
Tennis
Track and Field
Wrestling

Female

Basketball
Cheerleading
Competition Cheerleading
Cross-country
Golf
Soccer
Swimming
Softball
Tennis
Track and Field

School Attendance

Students must have attended 4 periods of the school day to be eligible for interscholastic competition or practice on that particular day. Exemptions can be granted only by the Headmaster for unusual circumstances.

Sport Changes

Any student-athlete that quits a team is ineligible to join another team for games or practices until the conclusion of the respective season.

State Association

Trinity Christian School is a member of the Georgia Independent School Association.

Sunday/Wednesday Practices

Practices will not be conducted on Sunday. Special permission may be obtained from the Headmaster when special circumstances arise. Wednesday practices will conclude by 6:00 p.m. unless authorized by the Headmaster.

Team Roster

Due to the nature of sports programs, it may be necessary to limit team rosters. Limitations are listed below:

<u>Middle School</u>		<u>Varsity</u>	
Softball	up to 20	Softball	up to 20
Basketball	up to 18	Basketball	up to 15
Cheerleading	up to 16	Cheerleading	up to 18 including alternates
Baseball	up to 18	Baseball	up to 20
		Competition Cheerleading	up to 18 including alternates
		Tennis	up to 10

Try-Out Parent Approval (See Appendix C)

Trinity Athletic Department Forms

**Please see the following pages for all Trinity Athletic Department Forms*

Appendix A

Trinity Christian School Lightning Policy

Lightning is a dangerous phenomenon. Athletic teams that practice and compete outdoors are at risk in inclement weather. Trinity Christian School has developed a lightning safety policy to minimize the risk of injury from a lightning strike to its athletes, coaches, support staff, parents, and fans. To monitor lightning, the Athletic department will utilize the Weatherbug app with the lightening indicator.

General Policy: The Game manager (or his/her designee) will monitor the weather and make the decision to notify the head coach or officials of dangerous situations and recommend the suspension of activity in the event of lightning. If a game manager is not available the head coach (or his/her designee) will be responsible for suspending an activity.

The decision to suspend activity will be based on two subsequent readings on the Weather bug Lightening detector in the 0-8 mile range regardless of the presence of visible lightning.

During a practice situation, activity may resume thirty minutes AFTER the last lightning strike within the 0-8 mile range on the Weatherbug Lightening App detector.

During a game situation, competition will resume once the athletic directors, game officials and/or game administrators have met and the above criteria has been met.

Appendix B

Trinity Christian School Policy on Heat Illness

Types of heat illness

Practice or competition in hot and/or humid environmental conditions poses special problems for student-athletes. Heat illness is a major concern among sports medicine personnel in the southeast region of the United States. Although deaths from heat illnesses are rare, they do occasionally occur and constant monitoring and education are necessary to combat these heat related problems.

There are three degrees of heat illness. They are heat cramps, heat exhaustion, and heat stroke. They range in signs and symptoms from mild and easily correctable to severe and life threatening if not cared for properly.

The first stage of heat illness is usually heat cramps. Heat cramps are painful muscle spasms that occur because of an imbalance between water and electrolytes. These heat cramps may be prevented by sufficient hydration prior to and during athletic activity. Water is the best way to hydrate. Some sports drinks can also be helpful. Caffeinated and carbonated drinks should be avoided.

The next stage of heat illness is heat exhaustion. This condition needs immediate attention or it could develop into a life threatening situation. A person with heat exhaustion will typically be near collapse and have profuse sweating, flushed skin, elevated body temperature, rapid pulse, and dizziness. The athlete will need to consume large quantities of cool water immediately. Also the athlete should be removed from the heat and placed in a shaded, cool environment. Ice and/or cold towels should be placed on the natural cooling areas of the body (head and neck, armpits and groin area).

If heat exhaustion progresses, a heat stroke may occur. Heat stroke is a life threatening situation that needs immediate emergency medical care. Symptoms include but are not limited to, sudden collapse, loss of consciousness, pale skin, dry skin or absence of sweating. Heat stroke can occur without warning. Every attempt should be made to cool the body's core temperature, including full body immersion in a cool water tank. An athlete experiencing heat stroke needs to be transported to an emergency facility as soon as possible.

Prevention of heat illness

1. *Gradual acclimatization.* This simply means to build up the amount of time spent outside in a playing environment. It is Trinity Christian School policy that at the beginning of fall football practice, there will be a period of acclimatization, including modification of practice gear. It is also important to recognize at-risk athletes during this period. These individuals may be overweight or may not have participated in any preseason conditioning.
2. *Wear lightweight clothing.* This will allow the skin to breathe and the body will be able to more easily eliminate heat with this type of clothing. The clothing needs to be light in color also.
3. *Unlimited access to water.* It is very important to remember that any athlete who is going to be outside for any length of time will need unlimited access to water or other appropriate fluids.
4. *Monitor weight loss and urine color.* Athletes should monitor their own weight loss and urine color. Weight loss of more than 3% of body weight that is not replaced before the next practice puts an athlete at risk for heat illness. Urine should be clear or light in color. Dark colored urine is an indication that the athlete is dehydrated.
5. *Monitor environmental factors.* Air temperature and humidity are very important factors to determine when athletes are at greater risk for heat illness. The following guidelines will be used at Trinity Christian School

Heat index

80-94

Recommended adjustments

- *Provide ample amounts of water
- *Monitor athletes for heat illness

95-104

All sports

*Mandatory water breaks every 30 minutes

*Iced-down towels for cooling

*Monitor athletes for heat illness

Football

*Shoulder pads removed if not in contact.

*Limit practice time to less than 2 ½ hours.

*Consider changing practice time to later in the day.

105-114

All sports

*Mandatory water breaks every 20 minutes

*Iced down towels for cooling

*Allow time for athletes to change into dry t-shirts/shorts.

Football

*Practice conducted in helmets, shorts and t-shirts only

115 or above

No outside practice allowed

Temperature vs. Humidity

How to read the chart: find the temperature on the left hand side, then move to the right until you find the column for the approximate relative humidity. That number will be the temperature that it will "feel" like, Example: A temperature of 95 and relative humidity of 50% will 'feel' like 107 degrees.

	0%	5%	10%	15%	20%	25%	30%	35%	40%	45%	50%	55%	60%	65%	70%	75%	80%
115	103	107	111	115	120	127	135	143	151								
110	99	102	105	108	112	117	123	130	137	143	151						
105	95	97	100	102	105	109	113	118	123	129	135	142	149				
100	91	93	95	97	99	101	104	107	110	115	120	126	132	136	144		
95	87	88	90	91	93	94	96	98	101	104	107	110	114	119	124	130	136
90	83	84	85	86	87	88	90	91	93	95	96	98	100	102	106	109	113
85	78	79	80	81	82	83	84	85	86	87	88	89	90	91	93	95	97
80	73	74	75	76	77	77	78	79	79	80	81	81	82	83	85	86	86
75																	

Appendix C
TRINITY CHRISTIAN SCHOOL
TRY OUT FORM

On _____ tryouts will be held for _____ who wish to participate in the upcoming _____ season. Tryouts are conducted to assess skill level and make decisions that benefit both the team and the players. Please be aware that not all who signed up will make the team this year. The TCS Athletic Policy Manual states: "Due to the nature of sports programs, it may be necessary to limit team rosters." Selecting an appropriate number of players results in achieving effective practices and coaching. This selection of players allows for a coach to spend focused time with individual players and player groups, promoting growth in athletes and developing cohesiveness among the team members.

Please review the following statements with your child and return the bottom portion of this form to the coach before tryouts on _____.

1. I understand that participating in tryouts does not guarantee a place on the team.
2. I understand that coaching decisions during tryouts are made to benefit the team and players and agree to abide by the decisions made by the coaching staff.
3. I understand that only those who return the signature portion of this form will be eligible to participate in tryouts beginning on _____.

Please keep the top portion of this sheet and return the portion below indicating you understand and agree with the information provided.

I understand and agree with the information provided for
TRINITY CHRISTIAN SCHOOL
SPORT: _____

Parent Signature

Date

Player Signature

Date

(This portion must be returned to the coach prior to tryouts on _____.)

Appendix D
Eligible Bus Drivers

James Couey (478) 275-4445
Robby Foskey (478) 279-3477
Frederick Green (478) 274-0011
Mike Haywood (478) 272-9087
Krista Meadows (478) 296-9634
Rhett Spires (478) 676-3857
Walker Knowles (478) 676-3691
Bubba East (478) 290-8343
Jimmy Fields (678)245-1355

TRINITY'S GISA REGION CHAMPIONSHIP HISTORY

Sport	Girls	Boys
Baseball (11)		1983, 1986, 1987, 1988, 1990, 1994, 1999, 2000, 2007, 2008, 2014
Basketball (12) (5)	1983, 1985, 1986, 1990, 1991, 1992, 1997, 2007, 2008, 2011, 2013, 2014	1983, 1984, 1985, 1988, 1989
Cross Country (4) (4)	2005, 2013, 2014, 2015	2009, 2013, 2014, 2015
Football (11)		1979, 1980, 1982, 1983, 1993, 1995, 1999, 2003, 2004, 2006, 2007
Golf (6)		1982, 1983, 1994, 2005, 2006, 2007
Soccer (1)		2010
Softball (6)	1994, 1995, 2001, 2002, 2006, 2007	
Tennis (5) (1)	1992, 1993, 2003, 2004, 2005	2005
Track (17) (14)	1986, 1989, 1990, 1995, 1996, 1997, 1999, 2000, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2016	1983, 1984, 1986, 1995, 1996, 1997, 1998, 1999, 2003, 2004, 2007, 2012, 2013, 2014, 2015
Wrestling (3)		2009, 2010, 2011
Top School (18)	1981-82, 1982-83, 1983-84, 1985-86, 1994-95, 1996-97, 1998-99, 1999-2000, 2002-03, 2003-04, 2004-05, 2005-06, 2006-07, 2007-08, 2009-10, 2010-11, 2012-13, 2013-14	

TRINITY'S GISA STATE CHAMPIONSHIP HISTORY

	Year	Sport	Class	Coach
1	1980-81	Football (1)	Class A	Ben Snipes
2	1988-89	Baseball (1)	Class AA	Gerald Payne
3	1991-92	Girls Tennis (1)	Class AA	Glenn Jackson
4	1992-93	Girls Tennis (2)	Class AA	Dan Johnson
5	1995-96	Boys Track & Field (1)	Class AA	Ken Johnson
6	1996-97	Girls Basketball (1)	Class AA	Eddie Morris
7	1997-98	Boys Track & Field (2)	Class AA	Ken Johnson
8	1997-98	Girls Track & Field (1)	Class AA	Tommy Cain
9	1998-99	Boys Track & Field (3)	Class AA	Ken Johnson
10	1998-99	Girls Track & Field (2)	Class AA	Bill Meeks
11	1999-2000	Baseball (2)	Class AA	Ken Johnson
12	1999-2000	Football (2)	Class AA	Ken Johnson
13	1999-2000	Girls Track & Field (3)	Class AA	Bill Meeks
14	2002-03	Boys Track & Field (4)	Class AA	Krista Meadows
15	2003-04	Boys Track & Field (5)	Class AA	Krista Meadows
16	2004-05	Football (3)	Class AA	Steve Price
17	2004-05	Golf (1)	Class AA	Jon Martin
18	2004-05	Boys Track & Field (6)	Class AA	Krista Meadows
19	2004-05	Girls Track & Field (4)	Class AA	Jodie Price
20	2005-06	Golf (2)	Class AA	Jon Martin
21	2005-06	Boys Track & Field (7)	Class AA	Krista Meadows
22	2005-06	Girls Track & Field (5)	Class AA	Jodie Price
23	2006-07	Softball (1)	Class AA	Krista Meadows
24	2006-07	Football (4)	Class AA	Steve Price
25	2006-07	Golf (3)	Class AA	Chuck Carson
26	2006-07	Boys Track & Field (8)	Class AA	Krista Meadows
27	2006-07	Girls Basketball (2)	Class AA	Rick Johnson
28	2006-07	Girls Track & Field (6)	Class AA	Jodie Price
29	2007-08	Softball (2)	Class AA	Krista Meadows
30	2007-08	Girls Basketball (3)	Class AA	Rick Johnson
31	2007-08	Girls Track & Field (7)	Class AA	Jodie Price
32	2007-08	Baseball (3)	Class AA	Chuck Grooms
33	2008-09	Boys Soccer (1)	All Class	Aaron George

34	2009-10	Competition Cheerleading (1)	Class AAA	Evan Winegarner
35	2010-11	Girls Track & Field (8)	Class AAA	Krista Meadows
36	2010-11	Wrestling (1)	All Class	Jay Couey
37	2012-13	Boys Cross Country (1)	Class AA	Evan Winegarner
38	2012-13	Girls Cross Country (1)	Class AA	Evan Winegarner
39	2012-13	Boys Track & Field (9)	Class AA	Buddy Woodard
40	2013-14	Boys Cross Country (2)	Class AA	Evan Winegarner
41	2013-14	Boys Track & Field (10)	Class AA	Evan Winegarner
42	2014-15	Boys Track & Field (11)	Class AAA	Evan Winegarner
43	2015-16	Boys Track & Field (12)	Class AAA	Evan Winegarner

College Scholarship Athletes

Year	Name	Sport	College/University
1989	Chad Payne	Basketball	Georgia College
1991	Kim Ellington Sanders	Basketball	West Georgia College
2000	Terry Evans** Sam Perry	Baseball Baseball	Middle Georgia College Furman University
2001	Nolan Gottlieb Dalton Harpe	Basketball Golf	Anderson College SCAD
2002	Hannah Daniel Kristin Stuckey	Basketball Softball	Emmanuel College Gordon College
2003	Chereese Bedingfield* Donna Evans	Basketball Soccer/Softball	Mercer Darton College
2004	Stephen Byxbe* Kate Dame Brooke Pettis Tim Richards Whitney Tanner	Track Soccer Soccer Soccer Softball	Mercer Middle Georgia College Middle Georgia College Georgia Military College Gordon College
2005	Justin Martin* Jordan Price	Track Baseball	Georgia Tech Young Harris College
2006	Eryk Johnson	Basketball	Shorter College
2007	Hannah Howell Chris Rogers* Kolby Shepherd*	Softball Football Track	Georgia Military College University of Georgia/Georgia Southern Liberty University
2008	James Hobbs Laine Hobbs Colby Jackson* Kayla Lumley JP Mitchell Eric Shepherd Kassi Shepherd Jorie Walker	Baseball Soccer Football Softball Baseball Baseball Softball Softball	Andrew College Middle Georgia College North Carolina State University Andrew College Brewton Parker College Brewton Parker College Middle Georgia College Middle Georgia College/Georgia Southern
2009	Austin Frost Eli Green Dean Hester* Christian Stevens	Baseball Baseball Golf Baseball	USC Sumter USC Sumter University of South Carolina Young Harris College
2010	Nicole Benton* Carla Metts* Josh Ward	Softball Cheerleading Baseball	Georgia Southern University Georgia Southern University Toccoa Falls College
2011	Matt Alligood Jon-Luke Cannada Anna Claire Knight* Holden Shriver	Baseball Soccer Basketball Golf Football/Track	Toccoa Falls College Georgia Southwestern University Georgia Southern University Truett-McConnell College

	Matthew Weigel		Birmingham Southern University
2012	Beth Criswell Sarah Howard*	Softball Track & Field	East Georgia College University of North Carolina
2013	Katie Rose Alligood* Daniel Alligood Ryan Garew	Track & Field/CC Tennis Baseball	Mercer University Berry College Toccoa Falls College
2014	Brantley Webb	Soccer	Point University
2015	Sydney Bozeman* Brenton Rosa* Kaleb McLeod Patrick Whittle Whiatt Smith	Basketball Track & Field Track & Field/CC Football Soccer	Furman University Kennesaw University Belmont University* College of the Canyons Point University

* Indicates Division 1 Athletes

** Selected by the Cardinals out of Middle Georgia College in the 47th round (No. 1,409 overall) of the June 2001 First-Year Player Draft

This list is not exhausted, but rather a work in progress. If you are aware of any other college athletes, please inform the Athletic Department.