Eagle Athletics Handbook

2020-2021

Christ our Hope

Hebrews 10:23-24

Jupiter Christian School
700 S. Delaware Blvd.
Jupiter, FL 33458

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DEPARTMENT OVERVIEW

MISSION

Jupiter Christian School is committed to excellence in teaching the mind, reaching the heart, and inspiring servant leaders who will impact the world for Jesus Christ.

PHILOSOPHY

To develop Christian leaders through the pursuit of competitive excellence. We will accomplish this through:

Developing Christian Leaders – We believe that athletics is an excellent environment to grow in our relationship with Jesus Christ and become more like Him through the testing of our faith. Interscholastic athletics should foster and cultivate traits of Christian character including diligence, responsibility, courage, loyalty, cooperation, self-discipline, good sportsmanship, competition, team play, and striving towards excellence. Moreover, we endeavor to show love, unity, mental toughness, respect, integrity, encouragement, and enthusiasm both in and out of the athletic arena. Athletics provides a venue to build, to test, and to reveal these Christ-like characteristics as we strive to love God and love others.

Competitive Excellence: This demands commitment, places team before self, accepts reality, yet pursues daily improvement for the glory of God. The pursuit of excellence through daily commitment creates an environment of competitive excellence by asking the question: "How can I be better than I was yesterday?" Winning becomes a by-product of this pursuit of excellence and not the end goal. Learning to "run the race" and "fight the battle" to the best of each players ability and role will be defined in our pursuit of excellence in the competitive arena. Winning at league, district and state levels should be one of our goals, but we recognize that losing can represent a beneficial learning experience. We will learn to give our best regardless of the score or opponent.

ATHLETIC AFFILIATIONS

FLORIDA HIGH SCHOOL ATHLETICS ASSOCIATION

JCS is a recognized member of the FHSAA that serves as the authorized representative of the Department of Education in the supervision and control of interscholastic athletic activities. The FHSAA regulates or oversees; contest officials, sport administration, post-season championship tournaments, eligibility, safety guidelines and parameters, etc.

SUNSHINE STATE ATHLETIC CONFERENCE

JCS initiated membership in the SSAC beginning with the 2015-16 school year. The SSAC was formed in 2008 as an alternative for schools who sought to compete in the sport of football against other like-minded schools. Currently, the conference has 37 schools with a shared mission to "Compete without compromise." Current JCS affiliations with the SSAC are in the sports of Football, Basketball, and Beach Volleyball.

ATHLETIC ADMINISTRATION

Athletic Director	Whitney Bailey
Assistant Athletic Director	Scott Loud
Athletics Administrative Assistant	Michelle Williams
Sports Information Director	Chris Deitrick

SPORT OFFERINGS

FALL SPORTS

Cross Country
Men's Varsity
Women's Varsity

Football
Varsity
Middle School

Golf
Men's Varsity
Men's Junior Varsity
Women's Varsity

Volleyball
Women's Varsity
Women's Junior Varsity
Girl's Middle School

Swimming
Men's Varsity
Women's Varsity

WINTER SPORTS

Basketball
Men's Varsity
Men's Junior Varsity
Boys' Middle School – A
Boys' Middle School – B
Women's Varsity
Girls' Middle School

Soccer
Men's Varsity
Boys' Middle School
Women's Varsity
Girl's Middle School

Wrestling
Varsity

Cheerleading
Varsity
Middle School

SPRING SPORTS

Baseball
Varsity
Middle School

Lacrosse
Men's Varsity
Boys' Middle School

Softball
Varsity

Track & Field
Men's Varsity
Women's Varsity

Beach Volleyball
Women's Varsity

Information on Intramural Programs will be made available on the Athletic Website

WEBSITE AND SOCIAL MEDIA

The JCS Athletic Department has many ways to keep our families and fans informed. With the use of technology our families and fans are able to stay up to date with current athletes, coaches, games and outcomes. We update our website and social media pages often to ensure that our community stays in the know.

WEBSITE

Now in it's 6th season of JCS Athletics, SportsEngine is our webhost, team communication tool, game tracking app and athlete registration. Each year, more options are made available to our JCS Athlete Families to keep them up to date with the latest information for their student's team.

Beginning in the 2020-21 School Year, each Athlete and their Family is required to create a SportsEngine account. Rosters will be assigned through the registered athletes and team communications will begin. To get the full experience, download the SportsEngine app in your app store, search Jupiter Christian School and favorite (*) the JCS teams you wish to follow. By following the team, you will receive live updates on game outcomes, game changes and news articles about the team.

SOCIAL MEDIA

Be sure to follow the JCS Athletic Department's Social Media accounts. Utilizing the social media platforms, the department is able to engage with the students with post game highlights, coach and player interviews, encourage the athletes and more!

Instagram: @jcs_eagles_athletics
Twitter: @eagleJCS

PRE-SEASON PREPARATION

Prior to participating in athletic training or on any interscholastic team at Jupiter Christian School, all eligibility guidelines must be met.

ACADEMIC ELIGIBILITY

A student who is performing unsatisfactorily may be placed on academic contract. The intent of such action is, not to discourage, but to prompt change leading to both the short and long-term success of the child.

Academic Probation: A student will be placed on Probation if:

- the 7th-8th grade student's GPA, calculated at the end of a semester, falls below 2.3
- the 9th-12th grade student's cumulative high school GPA, calculated at the end of each semester, falls below a 2.3, or a student receives one or more failing grades at the end of the semester.

A student on Probation

- and their parent(s) must meet with a member of the Guidance Office and teachers for review of his/her academic status,
- must attend a minimum of one Guided Practice per week for all, or select courses, as determined by the terms of the probation,
- may be required to obtain and submit written update reports from his/her teacher(s) on a weekly basis.
- may be restricted from participation in extra-curricular activities (athletics, fine arts, etc.).

Academic Restriction: A student will be placed on Restriction if:

- a 7th-8th grade student's GPA, calculated at the end of a semester, falls below 2.0,
- a 9th-12th grade student's cumulative high school GPA, calculated at the end of the semester, falls below a 2.0
- at any point in the semester when the status of a student's academic progress causes distinct concern in the ability of the child to pass a class(es)
- a student receives more than one failing grade at the end of the semester.

A student on restriction:

- and their parent(s) must meet with the Guidance Counselor and teachers for review of his/her academic status
- must attend a minimum of one Guided Practices per week for all, or select courses, as determined by the Guidance Counselor
- will be required to obtain and submit written update reports from his/her teacher(s) on a weekly basis
- will be restricted from participation in extra-curricular activities (athletics, fine arts, etc.)

A student on academic contract will remain on contract for the entire semester unless otherwise stated. At the completion of the semester, a student may have the terms extended, reduced, eliminated, or changed. Academic progress will be considered in assessment for readmission. The Upper School Principal is empowered to review each student's academic progress and place or remove students on/from probation/restriction as deemed best fitting for the well-being of the student.

FHSAA Required for Academic Eligibility. A middle/junior high student must have 2.0 GPA, or the equivalent of a 2.0 GPA based on a 4.0 scale, at the conclusion of each semester. A high school student must have a cumulative 2.0 grade point average on a 4.0 unweighted scale, or its equivalent, at the conclusion of each semester to be academically eligible during the next semester (§ 1006.15(3)

JCS complies with all policies of the FHSAA which may be viewed at www.fhsaa.com .

REGISTRATION/ELIGIBILITY DOCUMENTS

Prior to participation of any kind (summer, pre, post, or during any JCS athletic season), the following documentation must be completed and submitted to the athletic office. Links and additional information about each form, course and sign-up can be found on the Athletic Website: athletics.jupiterchristian.org/forms

1. Register on SportsEngine (All 20/21 Students)
2. Sign-up for the Sport of Interest: workouts, open gyms, tryouts, etc. (SportsEngine)
3. Submit the following FHSAA eligibility forms
    a. EL2 – Pre-Participation Sports Physical*
    b. EL3 – Athletic Eligibility Packet (PlusPortals)
4. **GA4 Affidavit of Compliance with Policies on Recruiting
5. Home Education Athletes only
    a. EL7 – Home Education Participation
    b. EL7V – Home Education Verification
    c. Copy of Birth Certificate
    d. EL 9 – Academic Progress Report due at the end of the first semester
6. Covid-19 Athletic Department Waiver
7. Complete the following NFHS education courses – nfhslearn.com
    a. Sudden Cardiac Arrest
    b. Heat Illness Prevention
    c. Concussion in Sports
8. Additional Sign-ups may be required and will be communicated through email by the Athletic Department.

*EL2 - Department of Health or other physical evaluation forms will not be accepted.
**GA4 forms are required by any student who began attending JCS after the first day of their freshmen year and completed as part of #1 – SportsEngine Registration

ATHLETIC FEES

The athletic fees assist JCS with various administrative costs including, but not limited to: Uniform maintenance and acquisition, FHSAA registration and membership, transportation, equipment, etc. Leaving a team does not relieve the student-athlete from his/her financial obligations. The athletic fee is established by the JCS Board of Directors.

Varsity - $300 Jr. Varsity - $250 Middle School - $250

FEES ARE APPLIED FOR EACH SPORT PLAYED

Information on additional or required financial responsibilities are addressed under Quitting and Uniform.

CODE OF CONDUCT

Every JCS student-athlete is considered a representative of themselves, their family, the school, and the community. Therefore, they should act accordingly. Jupiter Christian School seeks to have an exemplary reputation. Conduct and decorum that supports that endeavor is greatly appreciated. JCS reserves the right to prohibit, remove, or disallow any person or activity, which it views, may violate the spirit or letter of the philosophy or written policies in all JCS issued handbooks.

DISCIPLINE

Discipline is viewed as a vital part of a student-athlete's life and training. Any time a student-athlete breaks training, team, or school rules, the coach or administration is afforded the opportunity to disciple that student-athlete through each circumstance. Part of that mentoring process may well involve discipline. The following guidelines will enable all to handle discipline fairly, yet effectively toward responsible action:

- Each student-athlete is subject to school rules and policies. Student-athletes, as ambassadors of the school, will be held to standards beyond that of a traditional student. Discipline for conduct during school, related to academic affairs, or discipline administered by school personnel may have a direct impact on a student's co-curricular activities. Discipline, such as, detentions, suspensions, etc. may prohibit an athlete from participating in practices or contests, regardless of the value or significance of the athletic events occurring on the day(s) of disciplinary action. A student required to serve detentions, in-school suspensions (ISS), or out-of-school suspensions (OSS) may not participate in ANY athletic activity during the entire time of detention, or the ENTIRE day in which the suspension is being served. Additionally, these unexcused absences from team activities may result in additional team or Athletic Department consequences stemming from violation of team and/or department policies. (For Example. A student earns a suspension from school resulting in an unexcused missed practice or game, the student may also be subject to team discipline such as additional loss of playing time or privileges as a result of missing time from the team when serving the suspension from school.)
- Any student-athlete who remains unresponsive to the disciplinary action taken by a coach or flagrantly violates a JCS rule in a practice, contest, or related activity (fighting, cursing, blatant disrespect toward a coach, official, or opponent) will be referred to the Athletic Director. Parents will be notified of the situation and dismissal from the team may be considered. The Athletic Director, or a member of his administrative staff, reserves the right to assist any coach in a disciplinary matter with an athlete.
- **The FHSAA and other governing agencies use monetary fines as a deterrent to unsportsmanlike conduct in athletics. The parent/legal guardian shall be financially responsible for any fines assessed to Jupiter Christian School as a result of the conduct of their child.**

Our primary goal as an athletic department is to glorify God in words and actions. The school and athletic administration reserves the right to remove and/or suspend indefinitely any student-athlete who has proven, through their words and actions, to be a significant hindrance to the attainment of that objective.

CONTROLLED SUBSTANCES

If there is reasonable suspicion, knowledge or evidence that a student is using or in possession of alcohol, tobacco, drugs, anabolic steroids, vaping or other controlled substances, Jupiter Christian School will require that the student immediately take a drug test from a certified lab at the parent's expense. Random drug checks, regardless of suspicion, may be performed at the school's request. Failure to comply with a request for a random drug check is grounds for dismissal from the team.

ALCOHOL, TOBACCO, AND DRUGS

Jupiter Christian School and the Eagle Athletic Department desire to maintain an alcohol, tobacco, and drug-free environment at all times. The use of these substances and similar products by student-athletes is prohibited and is a direct violation of school policy. The athletic administration will work with the school administration to properly address any violations.

STEROIDS

The use of anabolic steroids or other performance enhancing drugs is not permitted and against school policy. A student-athlete will be removed from participation in all athletic events until medical evidence can be presented to verify the student-athlete's system is free of those substances.

Violation of this policy may require that the FHSAA be notified and could involve significant financial penalty. The parent/guardian of a student-athlete in violation of this policy will be financially responsible for any fines assessed to Jupiter Christian School.

ATTENDANCE

The words that make up the term "student-athlete" have been placed in order of importance. The athletic administration strongly encourages each JCS family to maintain the appropriate perspective of academics above athletics. The following guidelines have been put in place to reinforce this perspective:

- Student-athletes must sign into school by 9:40 AM in order to participate in athletic practices or contests that day. Excused absences or tardiness due to approved appointments (medical, dental, etc.) do not apply.
- Student-athletes returning late from a contest **will not** be excused for any tardiness or from assignments/tests given the following day.
- **Midnight Rule:** If an athletic team arrives back on campus after midnight on a school night, the athletes that participated in that event must sign into school by 9:40 the following morning. Student-athletes are responsible for any missed work. The Athletic Director or his/her designee must approve the Midnight Rule.

DRESS CODE

The Athletic Director will set the dress code for student-athletes while they are representing JCS. It is encouraged that no alterations be made to any apparel items with Jupiter Christian School logos or text. Given the diverse nature of sports, the dress code may vary based on the activity. The following dress code guidelines are presented in accordance with the activity.

GAME DAY ATTIRE

Head coaches will determine the team's game day attire. All team members are expected to participate and dress accordingly. Approved game day attire include: game jerseys, team shirt, and other team apparel as approved by the athletic department. Game day attire is only permitted on game day.

WEIGHT ROOM AND GENERAL ACTIVITY

All student-athletes must wear a shirt, shorts with an elastic waistband, and tennis shoes (sneakers) with socks.

VOLLEYBALL

Spandex may be worn during practices and contests. Shorts or pants must be worn over the spandex upon completion of the volleyball contest or practice.

SWIMMING

JCS swim team members must cover their suit at all times except on the pool deck.

ATHLETIC UNIFORMS AND EQUIPMENT

All equipment and uniforms must be returned and checked into the athletic department within five (5) business days of the season's end. A $25.00 late fee will be assessed 10 business days after the season's end and complete replacement fee 15 days after the season's end. Participation in another sport's contests will not be permitted until all items from the previous sport have been returned.

Any apparel items issued by Jupiter Christian School and required to be returned (uniforms, sweat suits, helmets, etc.) are considered part of the team uniform. These items may be worn only during times approved by the coach. Lost, stolen, or items damaged outside of these parameters that must be replaced will be the financial responsibility of the parent/guardian of the student-athlete to whom the items were issued.

GENERAL PARTICIPATION GUIDELINES

TEAM SELECTION

Tryouts will take place during the first week of practice in each sport. During the tryout period, should a student-athlete choose not to participate in that sport, he/she must meet with the head coach in person to inform him/her of their decision. The head coach must submit a final roster to the athletic office when tryouts are complete or seven days after the first day of practice, whichever comes first. Teams beginning practice before the first day of school must submit their final roster fourteen (14) days after the first practice.

Any student-athlete wanting to try out for a sport for the next season while currently participating in a sport will be given an opportunity to try out during the tryout period for that sport. It is the student-athlete's responsibility to make known to the coach or athletic department of their intention to try out. Coaches of sports that overlap will agree upon a mutual date and time for the student-athlete to try out and communicate the date and time to the athletic department and interested student-athletes. ***All student-athletes are expected to fulfill their commitment to their current sport before moving on to the next sport. Student-athletes may participate in one sport per season.***

CUT POLICY

Cuts become necessary in sports where the number of players who wish to play exceeds the number of spots available on the team. The head coach will handle cuts individually and with sensitivity and compassion. Rosters will be posted on the team page of the athletic website and/or outside of the athletic office.

PRACTICE

Practice attendance by all team members is essential to building a successful team in terms of skill development, relationship building, and unified team strategy.

- All practice schedules will be provided to the student-athletes by the coach. The practice site will remain relatively consistent; however, any changes will be announced through the athletic office at the direction of the head coach. The athletic department will provide transportation when possible and will communicate changes. The parent is responsible to know where and when to pick up their student.
- Varsity and Junior Varsity teams may have practices on Wednesdays. All Wednesday practices must conclude by 5:30 PM. Middle School practices on Wednesdays must be approved by the Athletic Director.
- Timeliness is expected for all team meetings, practices, and contests. Consequences for lateness will be at the discretion of the head coach and may include increased conditioning, loss of playing time, suspension, and removal from the team. It is the student's responsibility to notify his/her parents of minor consequences. Should suspension or removal be required, the head coach will schedule a meeting with the parent and athletic administration.
- Some sports practices begin prior to the start of the official school year, as set by the FHSAA calendar.
- The coach may put in place any team rules that are consistent with the vision and goals of JCS.
- Injury does not excuse an athlete from attendance of team activities.
- Any absence or tardiness to team activities must be approved by the head coach in advance.

PLAYING TIME

The value of a team member is not necessarily synonymous with playing time. Value as a team member, rather, is using the abilities that God has given them to benefit the team. Playing time is not guaranteed when an athlete is named to a roster and we do not permit meetings to discuss or dispute playing time or strategy. The following guidelines have been put in place to delineate each person's responsibilities regarding playing time:

THE COACH SHOULD:

- Value playing every player and work toward that goal.
- Push players to play with the type of intensity that requires substitutions.
- Never lose a competition due to being overly concerned about substituting.
- Go with impact players when the game is on the line.

THE PLAYER SHOULD:

- Practice so intensely that the coach feels pressure to reward him/her with playing time.
- Understand everything the team does, both offensively and defensively.
- Develop knowledge of as many positions as possible.
- Want to play, whether for long or short periods of time and be ready by staying mentally in the game while on the bench.
- If a non-starter, genuinely cheer for those who start.
- If a starter, be genuinely glad and cheer for subs when they get to play.

THE PARENT SHOULD:

- Be a "Big Picture" fan, supporting the coach and the team.
- Never be a "Sower of Dissention" (Proverbs 6)
- Encourage the athlete to talk with the coach about how they can get better.

MIDDLE SCHOOL EXCEPTION

Middle School: The coach will choose a starting team for each game based on attitude, ability, and performance in practices and games. Every effort should be made for each player to play as equitably as possible. The amount of playing time will differ from game to game, and at times significantly. Equitable playing time is a priority at this level, but the coach should maintain his/her responsibilities listed above.

Playing time may be limited due to student conduct (explained under Code of Conduct)

QUITTING

Student-athletes are strongly discouraged from quitting any team. Should a student-athlete leave a team after he/she has been selected as a rostered member of a team, the student-athlete will be suspended from participating in any aspect of the Athletic Department program (conditioning, open-facilities, etc.) for the remainder of that season and the next sport season. <u>All</u> awards and letters will be forfeited for that academic year.

No student-athlete who leaves a team under circumstances of conflict will be allowed to rejoin unless appropriate steps are taken to bring restoration to all involved parties.

Leaving a team does not relieve the student-athlete from his/her financial obligations, nor does it release him/her from the liability for returning issued equipment.

Leaving a team after sustaining an injury will be considered quitting. Injured athletes are still considered a part of the team and should continue to support his/her teammates for the duration of the season.

A parent/guardian who removes their child from a team without first discussing any concerns with the head coach and athletic director will be addressed under the quitting policy.

CONFLICT RESOLUTION

MATTHEW 18 PRINCIPLE

"If your brother sins against you, go and show him his fault, just between the two of you. If he listens to you, you have won your brother over. If he will not listen, take one or two others along so that every matter may be established by the testimony of two or three witnesses."

Matthew 18:15-16

APPLICATION

If you have a concern, do not attempt to address the coach in-person or via technology before or after a contest or practice. These times are highly emotional for all parties involved. First pray about the matter. Allow twenty-four (24) hours to pass before contacting the coach to set up an appropriate meeting time. Each party should seek to see the circumstance through the other's position and approach the meeting with an attitude of resolution. If resolution is not attained, a meeting between the coach, parent and athletic director may be set. We do not permit meetings to discuss or dispute playing time or strategy. Please do not contact the athletic office prior to having a discussion with the Head Coach.

TRANSPORTATION

Student-athletes are expected to travel with the team to all practices and games. It is the responsibility of the parent and student-athlete to insure that he/she is on time for any departure for scheduled practices, games, or tournaments.

Any conflict that causes a student-athlete to miss the provided transportation does not excuse them from attending the activity. Parents/guardians will be responsible for getting their child to the team activity when such a case arises.

Transportation will be provided by JCS whenever possible but may be limited by vehicle and/or driver availability.

AWAY TRIPS

- The head coach will communicate departure times as necessary.
- When bus transportation is provided it is for team members and managers only. Parents, spectators, and alumni must seek alternate forms of transportation.
- Unless an exception is granted by the head coach or athletic department, all team members are expected to travel on the bus to and from practices and away contests.
- **Student-Athletes must have approval from the coach and a completed Transportation Release Form in the Athletic Office prior to the scheduled event departure if they are not riding the JCS provided transportation to and/or from an athletic practice or game.**
- If a student is given permission to drive his/her vehicle to an away contest or practice, he/she may not transport another team member.
- **No student-athlete is permitted to ride home with anyone other than a parent or legal guardian.**
- Directions are provided for all scheduled games on the JCS athletic website.
- **It is a FHSAA violation for any student-athlete to transport another student-athlete to a contest.**

Upon loading the bus to return to JCS, students should communicate with their parent/guardian regarding their estimated return time. Parents should be on campus to receive their student off the bus. A coach or administrator will wait with a student-athlete until a parent/guardian arrives. Excessive tardiness in this area could result in disciplinary action at the discretion of the Athletic Director.

TEAM PICTURES

Team pictures with players in uniform will be taken each year in close proximity to the onset of a season. The dates for these pictures will be communicated in advance through the Athletic Department. These pictures will be in the yearbook and on the athletic website. It is mandatory that everyone on the team participate in the team pictures regardless of the intent to purchase a yearbook.

ATHLETIC AWARDS

Jupiter Christian seeks to properly recognize the achievements of athletic teams and individual student-athletes, and to provide motivation for each athlete to reach his/her potential. At the coach's recommendation, varsity athletes will receive an athletic letter and a sport pin at the completion of their first year in any varsity sport. Service bars will be awarded for each subsequent year in that sport. All varsity athletes will receive a certificate of participation. An Athletic Awards Ceremony will take place at the conclusion of the school year.

GENERAL CRITERIA TO EARN A JCS LETTER

- Student-athlete must meet all academic eligibility and good citizenship criteria as outlined in the JCS Student Handbook and Eagle Athletics Handbooks.
- Student-athlete must have participated on the varsity team for at least half of the varsity regular season games.
- The student-athlete must have completed the entire season.
- The student-athlete must attend all practices unless excused by the head coach.
- Student-athlete must have returned all equipment and uniforms on loan from Jupiter Christian School.
- Student-athlete must have dressed out in all games, unless excused by the head coach.

DEPARTMENT AWARDS

Male and Female Athlete of the Year Awards may be given to one male and one female student-athlete whose athletic achievements exceed all others and whose character was evident in all they did. These student-athletes exhibited integrity both in the classroom, on their teams, and in the community. Attitude, athletic performance, behavior, and leadership are all factors. The nominee must have met all FHSAA and JCS eligibility requirements. The winner is chosen by the athletic department and coaching staff.

Eagle Pride Award is presented to a JCS student, family member or supporter who has given the time and energy to support the athletic program. This recognition is awarded to any person who is always an encouragement, a spiritual leader, and is recognized by our student-athletes and fans as a true supporter of the athletic department.

Outstanding Career Achievement Award is given to one senior student-athlete who has participated in athletics at JCS for the entire four years, grades 9-12, of high school. The recipient's career athletic achievements have exceeded all others and whose Christian character was demonstrated while representing JCS. The nominee must have met all FHSAA and JCS eligibility requirements. This award is selected by the athletic Director and the Athletic Department personnel.

All-Academic Team Award is given to the top male and female full-time JCS student-athletes from each class, grades 9-12, who have the highest *yearly* GPA and have participated in a varsity sport for the current school year. Home Education Student-athletes are not eligible for this award.

Other awards as determined by the athletic department may be presented on a year by year basis**.**