

Parents/Guardians of the student athlete:

Please read the Quad Cities Christian Extra-Curricular Criteria with your student. It is imperative that we follow the guidelines set forth. Please sign where it is indicated below and return your completed forms to your coach. Your student will not be eligible to participate without proper documentation. This contract is valid for all sports in the 2018-2019 school year.

I have read and understand the expectations and information related to sportsmanship. I understand that I am a role model for my son/daughter and that I represent Quad Cities Christian School and our community when I attend an activity. I also understand that if I do not comply with the above listed responsibilities that I may forfeit my privilege of attending future activities involving our school.

If you have any questions/concerns, do not hesitate to reach out to your coach, Mrs. Cummings, or me.

Ashley Brookhart  
Athletic Director

Alicia Cummings  
Administrator

---

We have read, understand, and agree to the extra-curricular criteria and agree to follow them to the best ability.

We have also read, understand and agree to the concussion information sheet.

Parent/Legal Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

Student: \_\_\_\_\_ Date: \_\_\_\_\_

Contact information

Parent name: \_\_\_\_\_

Number: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_



## **Quad Cities Christian School**

### **Extra-Curricular Criteria**

#### **General Statement**

Student athletes are expected to be positive role models for other students. They are expected to demonstrate positive attitudes and not be involved in misbehavior, detentions, suspensions, or any other negative situations. They are expected to follow all school rules in all settings, including, but not limited to their school day, practices, and games. These expectations will be in place throughout the entire school year, not just while the student is involved in a sport or activity.

An athlete should be an exemplary role model as a spectator of school events by positively supporting teams in every manner possible, including content of cheers and signs. They should respect fans, coaches, and participants. Athletes should also encourage desired crowd response without antagonizing or demeaning opponents. They should treat an opposing team and fans with respect, while maintaining enthusiasm and composure. QCCS is a member of the NICC conference, the IHSA, and the ACSI conferences. We follow the NICC constitution first, contest rules follow the National Federation of State High School Association, and season rules and starting dates follow the IHSA. When participating in an ACSI event, we will follow the rules of ACSI.

#### **NICC Conference**

QCCS is a member of the NICC conference. Sportsmanship is to be emphasized at all competitions. NICC athletes should clearly reflect the spirit of our Lord, Jesus Christ. Each athlete and coach has an obligation to maintain conduct that is pleasing to the Lord. In the heat of competition, players and coaches alike must conduct themselves in a Christ honoring fashion in their relationships with game officials, spectators, on both sides of the play area, and with the opposing team players. Christian athletes should perform with a total release of their mental and physical energies to the glory of God.

“And whatever you do in word or deed, do all in the name of the Lord Jesus, giving thanks to God the Father through Him.” –Colossians 3:17

#### **Severe Infractions**

- A. No student athlete shall use, consume, possess, purchase, sell or give away alcohol, marijuana, steroid, or any controlled substances or tobacco product, regardless of quantity, at any time during the school year.
- B. It shall not be a violation of these rules for a student to use or possess legally defined drug specifically prescribed for the student’s own use by his/her physician.
- C. Consequences will be to the discretion of the athletic director/principal or a combination thereof.

## **Rules**

- A. Profanity or improper language, (written down, stated or gestured), is not acceptable under any circumstances. Consequences will be to the discretion of the coach, athletic director, or principal, or a combination thereof.
- B. In order to participate in an event, the athlete must be in school the same day as the event, for a minimum of ½ day. Pre-arranged and excused absences will be handled on an individual basis by the administration.
- C. On game/practice days, athletes MUST participate in regular PE class. If the athlete does not dress/participate in PE, due to illness or injury, he/she will not be permitted to take part in any school sports of that same date. If a study hall is not available the athlete will not be able to use this option.
- D. Junior and Senior students who do not have a study hall during their regular school schedule, they may omit their PE class and enroll in an available study hall. This will only be acceptable during said student's event season. During off seasons, they must return to PE class. (If a study hall is not available the athlete will not be able to use this option.)
- E. The coach will make all decisions regarding which athletes will play during each game, in accordance with the school rules and conference by-laws.
- F. Any player who goes to be examined by a physician or at a hospital for any type of injury must have a written release from the physician in order to resume activity.
- G. All students will be required to ride the bus to all away games including tournaments. Parents may sign students out and take them home from the game.

## **Attendance at Practices**

- A. It is imperative that your child be at every practice. If he/she is not going to be at practice they must notify their coach in advance, not the office. It will be up to the coach's discretion how the player shall be penalized for unexcused absences at practice. Unexcused absences can affect game assignments.

## **Detentions and Suspensions**

- A. Detentions must be served regardless of practice times/days. Student will need to inform their coach that they will be late to practice in order to serve their detention. If the detention falls on a game day, the student is to serve the detention at school and consequences from the coach will be issued.
- B. In-School/Out of School Suspensions:  
If students are suspended, they will not be allowed to attend practice or game on the day(s) of the suspension.

## **Eligibility**

- A. Students are expected to do their best academically, even while on a sports team. Eligibility will be checked every Friday at noon. If a student is failing any subjects, or has a combined GPA of less than 2.0, they will be marked as ineligible. Each student will be given a warning for the first occurrence. The second and third occurrence will result in not being eligible to play in games for the entire following week, (Monday-Sunday). At the time of the 4<sup>th</sup> occurrence, during that sport season, there will be a meeting with the AD, coach, parents and principal to discuss the best option for that student. The student will continue to be ineligible until this meeting has happened. Students who are ineligible for any academic reason will still be expected to attend practices. They will not be able to attend games as a team member or spectator.
- B. Failing two core courses during a semester will result in a student's ineligibility for the next semester.
- C. Players turning 19 years old on or before the 15<sup>th</sup> of the month preceding the season may not compete. Home school students may be eligible to participate on a school athletic team if the student attends a minimum of one academic class, attends a school chapel at least 3 times per month or participates in state testing with our school (fee). A team may consist of students 7<sup>th</sup> -12<sup>th</sup> grades, according to the NICC by-laws.

## **Equipment**

- A. Uniforms are the responsibility of the students. Any lost or damaged uniforms must be replaced by the student. If uniforms are not returned by 3 weeks after the end of the season a fee of \$100 will be assessed. Your student will also not be allowed to participate in any further extra-curricular activities until this is settled.

## **Awards**

- A. To be eligible to receive an award, a student athlete must finish the season as a member of the team in good standing.

## **All student athletes must have on file in the office before they may play in their sport:**

- A. An athletics physical, dated within the current calendar year.
- B. The signed sports extra-curricular criteria cover page, which includes the following:
  - Student Participation and Parental Approval
  - Concussion Information Sheet
- C. Athletic Participation Fee.(nonrefundable after the first game)

## **Expectations of Parents:**

Your enthusiasm as a spectator includes a vital responsibility for good sportsmanship. Your habits and reactions determine the quality of sportsmanship, which reflects upon our school and our community. Parents are expected to:

- Know and demonstrate the fundamentals of good sportsmanship.
- Respect, cooperate and respond to cheerleaders.
- Respect school property and authority.
- Show respect for opponents and opposing coaches and fans.
- Show respect for players who are injured.
- Respect the judgment and strategy of the coach (even if you disagree)
- Respect the judgment of game officials (even if you disagree).
- Avoid profane language and obnoxious behavior at all times.
- Avoid applauding errors or penalties of the opponents.
- Refrain from heckling, jeering or distracting opponents, including distracting behavior during the shooting of free throws.
- Refrain from being critical of players, coaches or officials following a loss.
- Refrain from throwing objects on the playing area or in the bleachers.
- Avoid excessive stomping on bleachers or the use of artificial noisemakers to the point of being considered obnoxious.
- Refrain from using cheers that taunt or ridicule opposing players, coaches, cheerleaders or spectators.
- Refrain from booing or showing displeasure with game officials or game activities.

Parents will not be permitted to approach the coach, bench, sideline, or huddle of the team during the course of the game or during practices. Parents are not permitted to discipline team members during the course of the game or during practices.

Any concern/question a parent may have concerning playing strategies may not be addressed within 24 hours of the end of said game. If it is still a matter for discussion, said discussion will be arranged to take place with the parent, coach, and either the Athletic Director or Principal.

Parents and spectators will not be permitted to sit/stand on the same side as the team's bench. If this is unavoidable, parents and spectators will be asked to stand at a respectable distance from the players and the coaches.

**Concession:**

Parents are expected to sign up to help with concessions for at least one home game.

## Concussion

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

<b>Symptoms may include one or more of the following:</b>	
<ul style="list-style-type: none"><li>• Headaches</li><li>• “Pressure in head”</li><li>• Nausea or vomiting</li><li>• Neck pain</li><li>• Balance problems or dizziness</li><li>• Blurred, double, or fuzzy vision</li><li>• Sensitivity to light or noise</li><li>• Feeling sluggish or slowed down</li><li>• Feeling foggy or groggy</li><li>• Drowsiness</li><li>• Change in sleep patterns</li></ul>	<ul style="list-style-type: none"><li>• Amnesia</li><li>• “Don’t feel right”</li><li>• Fatigue or low energy</li><li>• Sadness</li><li>• Nervousness or anxiety</li><li>• Irritability</li><li>• More emotional</li><li>• Confusion</li><li>• Concentration or memory problems (forgetting game plays)</li><li>• Repeating the same question/comment</li></ul>
<b>Signs observed by teammates, parents and coaches include:</b>	
<ul style="list-style-type: none"><li>• Appears dazed</li><li>• Vacant facial expression</li><li>• Confused about assignment</li><li>• Forgets plays</li><li>• Is unsure of game, score, or opponent</li><li>• Moves clumsily or displays incoordination</li><li>• Answers questions slowly</li><li>• Slurred speech</li><li>• Shows behavior or personality changes</li><li>• Can’t recall events prior to hit</li><li>• Can’t recall events after hit</li><li>• Seizures or convulsions</li><li>• Any change in typical behavior or personality</li><li>• Loses consciousness</li></ul>	

### **What can happen if my child keeps on playing with a concussion or returns too soon?**

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often fail to report symptoms of injuries. Concussions are no different. As a result, education of administrators, coaches, parents and students is the key to student-athlete's safety.

### **If you think your child has suffered a concussion**

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours.