



Weatherford Christian School

Parent and Student

Athletic Handbook

2023-2024

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Weatherford Christian School

ATHLETIC HANDBOOK

Introduction

This handbook is designed to give basic rules, regulations and important information concerning Weatherford Christian School's athletic program. These rules and regulations are not intended to punish, nor to restrict, but to protect and uphold the integrity of Weatherford Christian School and its sports program. These guidelines will help the students, parents, faculty and administration to be more aware of procedures and regulations concerning WCS athletics.

Please keep in mind that this handbook is simply a guide and not totally inclusive. As situations arise throughout the school year, the administration will make decisions concerning those occurrences. The rules included are basic and are to be used in conjunction with other regulations in the school program.

Purpose of WCS Athletics

Weatherford Christian School involves its athletes in interscholastic sports in order to first and foremost, glorify and honor God with the talents and abilities He has given. We also believe athletics is a great tool to build Christian character, teach discipline, and to learn to face adversity and challenges. Athletes are to display Christ like character and honor the Lord throughout their participation.

Participation

Participation in athletics is a privilege. This privilege may be lost as a result of improper conduct. The responsibility for choosing each team is left up to the coach and his/her staff. Players as well as parents must recognize the commitment level that will be needed to participate in the school athletic program. A commitment to a team requires time. A student on a school team is agreeing to make the commitment to practice each day throughout the season and to keep absences from practice and games minimal.

Character Education and Athletics

We expect our athletes, parents, and coaches to exemplify the character of Christ as we compete in athletics. In order to accomplish this, there must be a high level of accountability. Athletes have both the privilege and responsibility of representing our school. Athletes are always representatives of Christ to those who see them. This increased visibility demands that the athletes be held to a higher standard of conduct that is glorifying God, both in school and out of school.

"So that you may become blameless and pure, "children of God without fault in a warped and crooked generation. Then you will shine among them like stars in the sky; as you hold firmly to the word of life. And then I will be able to boast on the day of Christ that I did not run or labor in vain." (Philippians 2:15 – 16, NIV)

To the Athlete

Your participation in the athletic program is completely voluntary. It is not required for graduation. However, those of you who tryout and are chosen must understand the commitment you have made. You not only represent yourselves, but you participate as representatives of your fellow students, family, school, church and community. For this reason, you must assume certain ethical and moral obligations and standards of citizenship and conduct. You must be willing to set goals of excellence and invest the energy and time necessary to attain those goals.

When you are willing to discipline yourself, make the necessary sacrifices, and strive for the highest level of performance of which you are capable, the result will be excellence. You will have the privilege of participating in a program that will be a lifelong source of satisfaction and pride.

WCS Athletic Mission/Philosophy

WCS Athletics is driven by the school's mission "to provide a Christ-centered educational environment where children are equipped for lives of Christian leadership and service." The WCS athletic department believes that Christian principles and values taught at home, in the classroom and through the church can also be put into practice through competition.

- Our athletes demonstrate respect for opponents, officials, fans, and coaches in the highest standards of Christian character and sportsmanship.
- Coaches, players, and parents conduct themselves with humility and high character. We will win with dignity and honor. If we lose, we will do so with class and respect.

- Through athletics we are able to learn the concept of hard work, humility, grace, as well as a team concept that teaches “the team” over “the individual”. WCS athletes will maintain a selfless devotion to each other and the program.
- Excellence in the classroom takes precedence over athletic endeavors.
- Endure and persevere in the face of hard work and pressure. Keep your eyes fixed on the goal at hand.
- Play with everything you’ve got. Give 100% effort all the time in everything you do.
- Be grateful that God has given you the ability to play a game you love.

Non-discriminatory Clause

Weatherford Christian School admits students of any race, color, national and ethnic origin to all of the rights, privileges, programs and activities generally accorded or made available to students at the school. It does not discriminate on the basis of race, color, national and ethnic origin in administration of its educational policies, admissions policies, scholarship programs, athletic, and other school-administered programs.

Physicals

ALL Elementary, Junior High, & High School Athletes are required to have an updated physical exam on file with the WCS Athletic Department. Athletes may not compete in practices (including tryouts) or games without a physical on file completed by a physician within the last 12 months. Due to insurance compliance, a one-week grace period is given from when the athlete’s physical expires and when a new one is required.

The physical needs to be completed by your doctor on the Tapps PREPARTICIPATION PHYSICAL EVALUATION PHYSICAL EXAMINATION form which can be found in your Rank One account and/or the WCS web page under Athletics. Please note that the Medical History form may be (or is required to be) completed electronically on your Rank One account. It is imperative that both forms are filled out completely. All physicals are to be uploaded to RankOne (Instructions provided by the athletic department).

Athletic Fees

All athletes are required to pay athletic fees prior to participation in Weatherford Christian School sports. Athletic fees go to offset some of, but not all, the cost that is required for WCS to have a sports program. In some instances, athletes may be required to purchase equipment or uniform items. Managers are not required to pay athletic fees.

HS Athletic Period Policy

The WCS high school athletic period begins at 8:00 AM Monday - Thursday. All WCS athletes, whether in-season or in off-season, are required to arrive to their designated athletic period location by 8:00 AM, or earlier if their practice schedule dictates. Tardiness to the athletic period will result in a strike for every morning the student-athlete is late.

Practice Policy

Practices are specifically designed to sharpen skills. These skills cannot be applied to contest situations if attendance at practices is inconsistent. Coaches spend valuable time preparing for practices and attendance is absolutely necessary. **NO TEAM MAY PRACTICE ON SUNDAYS!**

- Players and managers must attend all practices unless cleared by the coach.
- Coaches must be contacted if any athlete or manager must miss a practice due to illness or family emergency.
- Make up work may be assigned and decided upon by the coach.
- Any player or manager who misses more than two unapproved practices may be removed from the team.
- Missed practices may result in loss of playing time and will reflect in the athletic grade.
- All athletic practices must end by 5:15 p.m. on Wednesday evening.

Hazing/Peer Harassment Policy

Hazing or peer harassment that recklessly or intentionally endangers the mental health, physical health, or safety of a student for the purpose of initiation or membership in affiliation with any team will not be tolerated. All athletes must be given the opportunity to compete without the threat of any type of abuse. Coaches have a responsibility to maintain a safe and positive environment for all athletes. Students are encouraged to notify coaches or other school personnel if there are any instances of hazing or harassment.

Games

Attendance at games is highly important to the success of the WCS athletic department.

- Players and managers must attend all home and away games.
- Coaches must be contacted if any athlete or manager must miss a game due to illness or family emergency.
- Parents should not discipline their child by not allowing them to participate in games or practices for WCS athletic teams which they have committed to.
- Any player or manager that misses a game, tournament, etc., without permission from the coach, may be removed from the team.
- Missed games may result in loss of playing time and will be reflected in the athletic grade.
- The WCS athletic department will not tolerate any ejection, technical foul, or other misconduct penalty during a game. If such an incident occurs, the player will be subject to punishment deemed necessary by the WCS athletic department up to removal from the team. Any HS athlete ejected from a contest, will also receive a fine from TAPPS and will be responsible to pay that fee.
- Athletes and managers will ride the bus to and from games. If any athlete or manager needs to ride home from a game with their PARENTS, the parent must inform the coach in writing or in person.
- Some overnight travel may be required. If overnight travel is required the athlete or manager will be responsible for any additional expenditures. The student's FACTS account will be billed.
- If an athlete is suspended from WCS they are not eligible to practice or play with the team. The student will not be eligible to participate in any extracurricular activities on the day of ISS (In School Suspension). The student will be eligible after 12:01

a.m. the morning after ISS. Some makeup work from the coach may be required at that time.

Game schedules will be published prior to the start of each season. While changes will occur from time to time, the WCS athletic department will try its best to avoid changing games as much as possible. If games are changed, parents and players will be informed in a timely manner.

Student pick up times

To ensure the safety of each child, a WCS coach or staff member is required to be on site until everyone has been picked up. Out of respect for our coaches, athletes must be picked up from practices and games as soon as these events conclude.

Dress Code

Dress Code for practices and travel to the games will be as follows:

- No tank tops that exposes any undergarments
- Shorts must be appropriate length
- Sports bras for girls' basketball and track must be white, black, or navy blue. No bright colors.
- No profanity or inappropriate gestures, words, or pictures should be on any clothes worn during practices or to games.

Equipment and Uniforms

A majority of the expense for the WCS athletic department comes from the purchase of uniforms. To help cut down on the cost of

replacing uniforms we ask that all uniforms be properly maintained and returned to the coach as soon as the season is completed.

- Please wash all uniforms on machine wash cold/warm with mild detergent (no bleach) with lettered/numbered uniform pieces turned inside out.
- Please hang dry all uniforms. Do not use a dryer to dry uniforms as it causes numbers to deteriorate.
- Athletes are responsible for replacement of any uniform that is not returned or is not returned in good condition.

WCS athletic uniforms are only to be worn during athletic contests unless directed by the coach.

Athletic Injuries

All injuries must be reported to the coach immediately. Injured athletes are expected to attend all practices/games unless approved otherwise through the coach. Injuries requiring medical attention need medical clearance for further participation.

Team and School Rules

A coach has the right to establish team rules. The pre - approved rules must be communicated to the team. These rules include, but are not limited to, practice attendance, tardiness, and care of uniforms.

The Student - Athlete Handbook applies to all athletes and parents in all sports. These rules will be followed.

Athletic Department Chain of Command

The Athletic Director oversees the entire athletic program. The AD works with the Administrators to provide a quality program. Each Assistant or MS Coach reports to the Head Coach of his or her sport, and all Head Coaches report directly to the Athletic Director.

Questions or concerns about a specific team should first be addressed to your son's/daughter's coach. If your questions are not sufficiently addressed, feel free to make an appointment with the Athletic Director.

Parents are strongly encouraged to support the decisions of the coach. While you may not agree with every decision of a coach, how and when you express your feelings may have a negative effect on your child on the team. The time immediately following a contest is an emotional time, please follow the "24 hour rule" immediately following a game. This time will allow coaches, players, and parents to let emotions subside and have a calm conversation at the appropriate time. A standard to follow is "right time, right place, and right spirit."

NCAA Clearinghouse

If any athlete desires to further their athletic career in a Division 1 or Division 2 college, they have certain responsibilities. Information concerning who needs to register with the Clearinghouse and what documents will be submitted can be found in The Guide for College Bound Student Athletes on the NCAA website, www.ncaastudent.org.

Attendance Guidelines

A student must be present for half of the school day in order to participate in practice or a game that day. Exceptions will be made for medical or dental appointments. Please bring a note to the school from your doctor when you have an appointment.

Academic Eligibility

Students who participate in athletics must meet the following standards:

1. No student may participate in practices, games, etc. on any school - related team until such time as they have been formally admitted to Weatherford Christian School.
2. No student may practice or participate in contests if not in school $\frac{1}{2}$ of the school day (not including Saturday).
3. All students must have submitted the required physical form prior to participation in any practice or contest.
4. Before participating in any athletic contest, each athlete must be in practice with the team and coach for at least one week (in primary sport). This shall be two weeks for football due to the physical contact nature of the sport.
5. *If an athlete is deemed ineligible due to grades, they are still required to fulfill their commitment to the team and finish out the season.*
6. Grade checks will be done following the sixth week and at the end of each quarter. If an athlete is determined to be ineligible at the end of the Six Week or Quarter grade check (a grade below 70% in one or more classes), the athlete will be ineligible for a three week period. In order to be reinstated, the student must have a numeric average of 70, or higher, in the class that the student failed at the end of the grade check. If the student is still failing the subject at the three week mark, he or she will remain ineligible for the next three weeks when grades will be checked again. Grades will continue to be checked each three

weeks until the grading period is over. Grades will be checked on Monday at 8:00 am. If passing the subject that the student failed during the previous grading period, the student may gain eligibility back at 8:00 a.m. the morning of the three week grade check date. Please refer to the Athletic Eligibility Dates form located in your Rank One parent portal for specific dates that these grade checks will take place.

7. Attendance is taken at ALL practices and games. Athletes must maintain an 85% attendance to receive credit for participating in the sport. An excused absence must be discussed with the coach and AD prior to the absence. If a player misses the practice the day before a game, they may lose playing time.
8. During the ineligible period, the athlete is not allowed to compete in any games, meets, or scrimmages with the team though THEY WILL BE REQUIRED TO PARTICIPATE IN PRACTICE, GO TO HOME AND SPECIFIED AWAY GAMES, AND SIT WITH THE TEAM DURING THE GAME. Ineligible athletes will not be allowed to be dismissed early from school for athletic events during the ineligible period and will not be required to attend specific away games.

Athletic Grades

Junior High and High School will receive PE/Athletic grades, which will be given by the coach or PE teacher. These grades are based upon attendance, attitude, and effort in practices and games.

Travel

All secondary student athletes will travel with the team to away games. Coaches may allow athletes to ride home with their parents, but the coach must be aware of this, in writing or by email. No athlete may ride home with another family unless written or email

permission had been given to the coach prior to the game. Please inform the coach before leaving from any away contest.

Coaches will provide parents with expected arrival times for away games. It is expected that parents will respect the coaches' time and be prompt in picking up their children after home and away games.

Sportsmanship Standards

The Apostle Paul stated in I Corinthians 10:31, "So whether you eat or drink, or whatever you do, do it all for the glory of God." Athletics can be used to develop many positive qualities in athletes, parents, and spectators. We must maintain a Christ-like testimony while in the midst of competition. The following guidelines have been developed to help us maintain a Godly walk and testimony.

For the Coach...

- Exemplify Godly character, behavior, and leadership at all times.
- Abide by and teach the rules of the game in letter and spirit.
- Display modesty in victory and graciousness in defeat.
- Respect the integrity, judgment, and authority of the officials. Show respect to the officials.
- Only the Head Coach may question or ask for clarification of a situation. This must be done in a Christ honoring spirit.

For the Athlete...

- Accept the responsibility of representing Weatherford Christian School.
- Treat opponents and teammates with self - control and respect.
- Avoid actions and words that demean or taunt opponents.
- Display modesty in victory and graciousness in defeat.
- Respect the integrity and judgment of the officials.
- Shake hands with the opponents after the game regardless of the outcome in a Christ like attitude.

For the Spectators...

- Remember that you are at an athletic contest involving school students. They are not adults or professionals.
- Show respect for opposing players, coaches, spectators, and cheerleaders.
- Respect the integrity, judgment, and authority of the officials.
- Avoid personal contact with the officials.
- Avoid booing, taunting, and sarcastic and personal comments directed at the opposing players and referees.
- Recognize and show appreciation for an outstanding play by either team.
- If any fan can not adhere to the aforementioned rules, he or she may be asked to leave the athletic event .

Parent/Coach Relationship

Both parenting and coaching are difficult tasks. Parents and coaches must have an understanding of the expectations and philosophies of one another. Clear communication is important.

Communication you will expect from the coach:

- Philosophy of the coach
- Expectations the coach has for team members
- Locations and times of all games and practices
- Approximate return times for all away games
- Team requirements, i.e. fees, special equipment, off - season conditioning

Communication coaches expect from parents:

- Notification of any schedule conflicts well in advance
- Specific concerns in regard to a coach's philosophy and/or expectations

Appropriate issues to discuss with a coach:

- The treatment of your child, mentally, physically, and spiritually
- Ways to help your child improve
- Concerns about your child's behavior

Issues NOT appropriate to discuss with a coach:

- Playing time
- Team strategy
- Play calling
- Other student athletes

Booster Club

Weatherford Christian Booster Club serves to support all WCS athletics. The booster club provides financial and organizational support to our athletic department. We encourage all parents or supporters of WCS to get involved in the WCS Booster Club.

Athletic Lettering Policy

Wearing the WCS letter jacket is considered both an honor and a privilege. Students who wear these jackets represent Weatherford Christian School, which is a representation of our Lord and Savior. Therefore, awarding letter jackets is up to the discretion of the administration of Weatherford Christian School.

Requirements for Lettering:

- Must be on a varsity roster
- Must be in 9th – 12th grades
- Must attend all games and practices, except when cleared by the coach.

- Must complete the entire season beginning to end. An athlete may not order a patch and/or jacket until the completion of the season.
- If any academic ineligibility or injuries occur during the season, the coach's discretion will be used to determine if the athlete's contribution to the team was significant enough to be awarded a letter.

Quitting a Team

There will be a one-week trial period for any athlete at the start of a season. If within that one-week time period the athlete decides the sport which he or she is in does not fit their schedule or ability they may leave the team with no recourse. If the athlete decides to quit the team after the said one-week period, they will be ineligible to participate in another sport for a full season.

For instance, if a player quits volleyball half way through the season, that player will be deemed ineligible to play basketball for WCS the following winter season. If the player sits out of the basketball season and would like to run track or play golf during the spring season, then that player can do so. Also if the player quits volleyball half way through the season but does not play basketball but wants to run track, the athlete will have to sit out of track.

(sign form)

Behavior

When participating in a sport for WCS, remember that you not only represent yourself, but also your team, school, and Jesus Christ. Your behavior as a WCS athlete does not stop at the playing field or court. It also extends to the halls of school, around town, and social

media. Any behavior that is deemed detrimental to the school or team may result in actions up to but not limited to dismissal from the team.

"In the same way let your light shine before others, that they may see your good deeds and glorify your Father in heaven." Matthew 5:16

Locker Room Policy

Cell phones and other mobile devices with recording capabilities, including voice recording, still cameras, and video cameras increase the risk for some forms of abuse or misconduct. As a result, the use of a mobile device's recording capabilities in the locker rooms is not permitted at any time. Team photos before or after games or practices are permitted in situations where coaches assure that all present are appropriately dressed and it is clearly announced that photographs will be taken for each team. The head coach and/or team managers shall be responsible for compliance with the locker room supervision requirements of this policy.

Student-Athlete Code of Conduct

Speech:

Proverbs 16:23, "The hearts of the wise make their mouths prudent, and their lips promote instruction." (NIV)

- Choose your words and your timing wisely. Questionable language or "slang" words will not be tolerated. The athlete will never engage in any language that can be termed "trash talking" or profanity. This includes all sports and classrooms.
- The athlete will address the coaches and officials with respect. The athlete will address the coach as "Coach" or "Mr., Miss, or Mrs." And will take concerns or complaints directly to him or her at the appropriate time.
- Never criticize the officials or coaches. Coaches and officials represent the authority figure. Obedience to authority is not optional and is not predicated on whether or not you agree with it. All authority is God - given, and disobedience to authority is disobedience to God.

Relationships:

John 15:12, "My command is this: Love each other as I have loved you." (NIV)

- Develop good relationships and a good rapport with teammates, classmates and coaches. God has placed you in this situation for a purpose. You have an opportunity to develop lifelong friendships. If sports become all about you, you should not participate.
- Develop relationships and good rapport with students from other schools. Never miss an opportunity to share Jesus Christ with others.

Unity:

I Corinthians 12:12, "Just as a body, though one, has many parts, but all its many parts form one body, so it is with Christ. (NIV)

- Develop unity within your team. It is amazing what can be accomplished when no one cares who gets the credit.
- Develop unity with our school family. God has called each one of us to this school. Each of us has different responsibilities, abilities, and

- roles. Never be jealous or envious of someone else's role. Be busy fulfilling your role.
- Develop unity within the Kingdom. We must establish our philosophy with other schools in order for our ultimate purpose to be met to further the Kingdom of God. It will take other Christian schools to be successful. Pray for them as you pray for Weatherford Christian School.

Motives:

I Corinthians 10:31, "So whether you eat or drink or whatever you do, do it all for the glory of God." (NIV)

- Be motivated by the love of God. Live for Him, because He gave His life for us.
- Strive for victory in order to glorify God. Athletics is simply a means to an end and not an end unto itself. "Perfection is what you are striving for, but perfection is an impossibility. However, striving for perfection is not an impossibility." John Wooden
- Demonstrate Christ in our lives by abiding by the rules of the game in letter and spirit. Tactics that promote unfair "gamesmanship" will not be tolerated.
- Be committed to excellence. Be committed to excellence in all areas: faith, academics, practice, and game preparation. "Commit to the Lord whatever you do, and he will establish your plans." Proverbs 16:3 NIV
- Play and act like a CHAMPION!

Behavior:

I John 2:6, "Whoever claims to live in him must live as Jesus did." (NIV)

- The athlete will maintain a good reputation. The athlete's character will be in good standing with the administration, faculty, and staff. The athlete will refrain from the use of profanity, suggestive or threatening language or innuendos.
- The athlete will meet all eligibility requirements.
- The athlete will know and understand all requirements. The athlete will know all of the expectations of his/her team and will follow them both in action and in spirit.
- The athlete will show respect for all coaches and all staff personnel. This includes the game plans, methods, and philosophies.

- The athlete will show respect for his/her teammates. The athlete will respect the seriousness of his/her commitment by attending all practices, meetings and games as prescribed at the beginning of the season and by working together to accomplish a common goal. Help to hold your teammates accountable for their actions.
- The athlete will maintain a high standard of appearance. He/she will adhere to the strictest interpretations of the school dress code and the team dress for all games.
- The athlete will demonstrate Christlike character. Both in and out of the arena, the athlete will show respect in speech and in actions for game officials, opponents, and those associated with our opponents.
- The athlete will never engage in fighting. The athlete will maintain self - control at all times. Unsportsmanlike conduct, penalties, and technical fouls will not be tolerated and will be penalized. Penalties include, but are not limited to, suspension or dismissal from the team, extra conditioning, and loss of playing time. Any ejections from a game will have an additional game suspension.
- The athlete will know and understand our philosophy. The athlete will respect the eternal effects of his/her speech and actions as he/she represents him/herself, his/her family, his/her church, and ultimately the Lord and Savior Jesus Christ.

I have read and understand the Athlete's Code of Conduct and agree to abide by its principles and guidelines at Weatherford Christian School sporting events. I fully understand that I may not participate without a signed copy of the document on file in the athletic office.

_____ _____ _____
 Print Student Name Student Signature Date

Parent Code of Conduct

Speech:

Proverbs 16:23, "The hearts of the wise make their mouths prudent, and their lips promote instruction." (NIV)

- Choose your words and timing wisely. Questionable language or "slang" words will not be tolerated. Anything negative or insulting must be avoided.
- Be positive and encouraging. Lift your student and others up. Let them know that they are important. Let them know the importance of being a member of a team.
- Never criticize the officials or coaches. Coaches and officials are representatives of authority. This is a great opportunity to teach your child how to respect a person in authority. All authority is God - given, and disobedience to authority is disobedience to God. Insist that your child address the coaches and officials with respect.
- Never speak negatively around the students or other parents about:
 - The School - Negativity can be contagious. Instead, create an atmosphere of gratitude.
 - Other Students or Parents – Speak to parents only about your students and their students. Speak to other students only in an encouraging manner. The only time another student's parent's name will be mentioned is in a genuine complimentary manner.
 - Officials and Coaches - Students easily pick up on an adults attitude toward an official or coach. In order to promote respect for authority, refrain from voicing negative opinions concerning coaches and officials around students.
- Never criticize your child's teammates. Remember to teach your child team attitude.
- Always resolve differences with your coaches out of sight and earshot of students and other parents. Call to set an

appointment to speak with the coach privately. Pray about what you will say and what is motivating your discussion.

Relationships:

John 15:12, "My command is this: Love each other as I have loved you." (NIV)

- Develop relationships and a good rapport with team and team coaches. God has placed you in this situation for a purpose. You have an opportunity to minister and be an encouragement to others. If sports become all about you and your student, you need not participate.
- Develop relationships and a good rapport with other parents. You will need their prayers and support as much as they will need yours.
- Develop relationships and a good rapport with parents from other schools. Never miss an opportunity to share Jesus Christ with others. Promote your school and your students. The relationships you develop are a reflection of our entire ministry.
- Develop relationships with the coaches. Get to know the coaches. Pray for them. Communicate with them with an open heart and mind. Be open, honest, and use gentle words.

Unity:

I Corinthians 12:12, "Just as a body, though one, has many parts, but all its many parts form one body, so it is with Christ. (NIV)

- Be motivated by the love of God. Live for Him, because He gave His life for us.
- Strive for victory as a tool to teach your students. Teach them that athletics is a means to an end and not an end unto itself.
- Teach your students to abide by the rules of the game in letter and in spirit. Tactics that promote unfair "gamesmanship" will not be tolerated.
- Use your child's experiences as a chance to be involved in his or her life. Your relationship with your child as an adult will last longer than your relationship with him/her in your home. If you want a relationship with him/her as an adult, you need to begin

building that relationship now. Athletics affords you that opportunity.

Behavior:

I John 2:6 - "Whoever claims to live in him must live as Jesus did."
(NIV)

- Maintain class and character. You are setting an example for your children. Realize that your every action reflects upon you, your family, Weatherford Christian School, and ultimately Jesus Christ.
- Always insist that your children follow instructions. Coaches must depend on a player's ability to follow orders immediately and without question. Questions will be raised at the appropriate time, such as practice or after a game.
- Be an example and a guard. Set the standard high for behavior and appearance, and do not be afraid to speak to those who are indifferent to our ultimate purpose.
- Work with the officials...don't work the officials. Badgering an official to persuade a call our way comes with too high a price – our testimony and our ability to influence others for Jesus Christ. There is never a time at any contest where a parent is afforded an opportunity to say anything to an official other than "Thank You." Without these men and women, and their willingness to officiate, no one is playing ball. It is the responsibility only of the head coach to question a call in the right spirit to any official.
- Remain in the stands. Never attempt to approach the field, court, bench area, press box, score table, or the officials, before, during, or after a ball game. Socially visiting with the coach briefly after a game is encouraged.
- Be modest in victory and gracious in defeat. Coaches, students, parents, and spectators will need to be strong in this area. Compliment the good play of students from the other school.
- Teach your children that they have a special purpose from God. It is their responsibility to accept God's purpose for them. Do not compare or contrast them to others. This limits their ability to fulfill their own unique potential and purpose.

- Have fun, touch lives, and be yourself. You have the opportunity to be a positive influence, like no one else may be able to, in the lives of your children and their peers. Games, plays, and officials will be forgotten, but your behavior and attitude will stay with your children forever.

I have read and understand the Parent's Code of Conduct and agree to abide by its principles and guidelines at all Weatherford Christian School sporting events. I fully understand that I may not participate without a signed copy of this document on file in the athletic office.

Parent/Guardian's Name (Print)

Student Name

Parent/Guardian's Signature

Date

Weatherford Christian School

Cheerleading Constitution

2023-2024

Philosophy and Purpose

Cheerleaders and mascots are student leaders who exemplify and promote school spirit, pride, and sportsmanship by participating at athletic events and extracurricular activities deemed appropriate by the campus administration and coach. Being a Weatherford Christian cheerleader is an honor and a privilege. Cheerleaders enhance a positive school climate by exhibiting leadership skills, such as respect for individual differences, building consensus, academic excellence, and modeling appropriate behaviors at all times, both in and away from school. Cheerleaders are expected to be mentally and physically fit and athletically skilled in the field of cheerleading. They are first and foremost representatives of their school. Because of these responsibilities, members of the cheerleading squad will be expected to maintain a higher standard of behavior both on and off campus than that of their peers. In or out of uniform, cheerleaders are representatives of the cheerleading squad and the school.

Commitment

Cheerleading is a time-consuming activity and it is the responsibility of each cheerleader to be present at each activity and perform to the best of his/her ability. Because of the many hours involved in practicing, planning pep rallies, painting signs, and actually cheering at games, other non-school activities will have to be limited. The cheer coach and the other coach will review school participation conflicts in an attempt to solve the problem while considering the best interests of the individual, as well as the interests of the

cheerleading squad and other school organizations. Everyone must share equally in the behind the scenes work, as well as the cheering before the crowd. Since cheerleading is a team activity, loyalty and dedication to the team is a key ingredient in gaining the most valuable elements from the association.

Membership

- All Cheerleaders are held to all WCS and TAPPs eligibility rules for grade purposes.
- A Cheerleader shall attend a summer cheerleading camp and attend all summer practice sessions.
- A Cheerleader shall have a signed code of conduct form on file with the sponsor.
- A Cheerleader shall have a current doctor's physical downloaded on RankOne.
- A Cheerleader must be a currently enrolled WCS student.
- All prospective Cheerleaders must be re-enrolled for the upcoming school year and have given WCS proper notification of cheer commitment by April 1 in order to guarantee enrollment in the cheer program.

Duties and Responsibilities

Leadership

- Cheerleaders represent WCS at all times. They must act as role models and leaders at school and in the community.
- Members will demonstrate good sportsmanship; promote school spirit and display genuine concern for others.

Academics/Eligibility - Maintenance

- The Cheerleading program will follow the eligibility requirements as outlined by the WCS Athletic Handbook.

- Any cheerleader who has been ineligible for any two grading periods during the school year may be dismissed from the squad.
- A cheerleader shall report failing grades to the cheerleading coach. A cheerleader is required to attend tutoring if failing a class.
- A student enrolled in HS Cheerleading may earn up to one credit in physical education.

Attendance and Participation

- The Cheerleading program will follow attendance procedures as outlined by the WCS Athletic Handbook.
- Special practices may be called by the coach when necessary.
- A cheerleader shall perform at all pep rallies, all football games, home playoff basketball games and any event which school sponsored transportation is provided.

Public Appearances

WCS Cheerleading is not just about cheering for the sports team. Cheerleaders will be asked to make public appearances to the community. Coaches will do their best to give ample time to prepare for these events, but sometimes it will be short notice. Each cheerleader needs to make a commitment to be at these events unless otherwise excused by the coach.

Physical Functions/Safety

The Cheerleading program will follow the physical requirements as outlined by the WCS Athletic Handbook.

Cheerleading is an athletic endeavor. A physical exam given by a doctor will be required of all new and returning cheerleaders. Cheerleading entails running, lifting weights, stretching, and conditioning similar to other athletic sports. Conditioning will vary

depending on that day's agenda. Safety is our primary concern. Members will be extremely well-trained and prepared before any stunting or pyramid building will take place. Members will also be expected to do proper stunt progressions before advancing to more difficult stunting – no matter the individual's experience. Proper warm-up, stretching, and cool-down activities will be directed and followed to prevent injuries. Members are expected to treat practices with utmost seriousness and participate to their fullest potential at all times.

All cheerleaders will be required to meet the following demands:

- All participants must be trained and qualified for proper landing and spotting techniques before they are allowed to stunt.
- No tumbling or building of stunts is permitted unless a cheer coach is present.
- No horseplay, laughing or general socializing will be permitted during any stunt/practice session.
- Clear diction, vocal strength, rhythm and coordination.
- Physical moves that may involve jumps, balance, agility, and upper and lower body strength.
- Stamina to endure these physical activities through the duration of the games and events.
- Ability to perform routines in both indoor and outdoor settings, in hot and cold weather.

Uniform and Appearance

All uniform and practice attire is approved by the principal and coach. While performing, each member is expected to:

- Wear proper attire as directed. The uniform is worn to official functions only, and a member may perform only if he/she is in the complete required uniform. If the cheerleader or mascot is not in proper uniform (including, but not limited to, secured hairstyle, ribbons, sweatshirts, cold weather attire), he/she will contact a family member to bring the necessary uniform. A specific uniform will also be required for each practice.

- A cheerleader is responsible to keep uniforms clean, pressed, and mended at all times.
- Reflect grooming standards during performances and practice as directed by the coach.
- ONLY WCS cheer issued uniforms, long sleeves, leggings, bloomers, bows, jackets and shoes will be allowed on the sidelines.
- White no-show socks and undergarments are to be worn unless otherwise instructed.
- Hair will be up in a pony trail at all practices and games
- Always be prepared for weather changes. Make sure you have the complete uniform at all games.
- A cheerleader should invest in a pair of rain boots. If rain is in the forecast bring both rain boots and cheer shoes to the game. Final decision is made by the coach.

Chain of Command

The Cheerleading program will follow the chain of command guidelines as outlined by the WCS Athletic Handbook.

Code of Conduct

Participation in cheerleading is a privilege and not a right, the WCS Cheerleading program is authorized to set higher standards for participants than it would for those students who choose not to participate in these activities. The expectations for extracurricular activities extend beyond the WCS Student code of Conduct, not only in the type of behavior prohibited, but also in corresponding consequences and jurisdiction for imposing discipline.

A WCS cheer member takes on the role of a respectful and disciplined athlete who should model appropriate behavior for his/her peers at all time-in school, after school, and in the community. This is a very

visual position. Along with this position comes a great deal of responsibility.

Responsibilities:

- Cheerleaders shall conduct themselves properly at all times, for they are official representatives of the school.
- Cheerleaders shall display good sportsmanship at all times.
- Cheerleaders shall conduct themselves in the classrooms and school halls in such a way that they set good examples for other students.
- Cheerleading starts at camp, which is typically held at the beginning of summer through the following Spring. If there are any infractions in that timeframe it can affect their eligibility to cheer at games and pep rallies.
- Discipline issues: Each individual situation will be reviewed by the coach. The coach will use discretion as to the punishment that is appropriate for the situation. The coach can remove a cheerleader from the squad if the behavior/situation warrants such action after discussing with the WCS administration. Reasons for dismissals:
 - Undesirable language
 - Failure to attend scheduled events
 - Unsportsmanlike behavior
 - Uncooperative attitude
 - Violations of rules and regulations
 - Excessive absenteeism
 - Causing harm to the reputation of the school
 - Respect the leadership of any assigned person
 - ZERO tolerance of disrespect to anyone
 - Bullying (will not be tolerated)
 - Any major infraction listed in the WCS Code of Conduct.

Strike System

If a strike is given the cheerleader and sponsor will both sign their demerit sheet. It is the responsibility of the cheerleader to inform their parents or guardian.

Consequences are not limited to the following:

- Late for practices, pep rallies, games or cheer events
- Improper attire
- Hair not up
- Using phones at improper times
- Unexcused absences
- Not attending cheer practices or meetings
- Undesirable language
- Undesirable behavior
- Uncooperative attitude

Strikes – Consequences

- 1 = Verbal warning
- 2 = Physical conditioning after practice and counseling with coach
- 3 = Suspended from a pep rally and physical conditioning
- 4 = Suspended from a pep rally and one game (MUST go to game uniformed and sit with the coach) and physical conditioning
- 5 = Suspended from 2 pep rallies and 2 games and physical conditioning

Excused absences include:

- Personal illness
- Funeral or death in the family
- Special school activities that are approved in advanced by the coach
- Note: Out of town trips, vacations, injuries (with exceptions), and work are not excused for missing practices, games,

performances, meetings, etc. An injured cheerleader must sit with your team.

Unexcused tardies:

- Three unexcused tardies (practices or games) will be counted as an unexcused absence.
- An unexcused tardy of 20 minutes or more is counted as one unexcused absence.
- If a cheerleader does not contact the coach BEFORE being late or absent at least 2 hours before practice, it will be considered unexcused.

Social Media

Everything posted in social media is public information – any text or photo placed online is completely out of your control the moment it is placed online – even if security settings are listed as “private”. Information (including pictures, videos, and comments) may be accessible even after removal. Once a photo or comment on a social networking site has been posted, that photo or comment becomes the property of the site and may be searchable even after being removed. Similar to comments made in person, WCS will not tolerate disrespectful comments and behavior online, such as:

- Derogatory language or remarks that may harm other teammates or coaches; other WCS cheerleaders, teachers, or coaches; and cheerleaders, coaches, or representatives of other schools, including comments that may disrespect opponents.
- Incriminating photos or statements depicting violence; hazing; sexual harassment; full or partial nudity; inappropriate gestures; vandalism, stalking; or any other inappropriate behaviors.
- Creating a serious danger to the safety of another person or making a credible threat of serious physical or emotional injury to another person.
- Indicating knowledge of an unreported school or team violation—regardless if the violation was unintentional or

intentional. Violations of the Student Code of Conduct will also be handled by campus administration in conjunction with the WCS cheer discipline process.

Practices

The Cheerleading program will follow practice procedures as outlined by the WCS Athletic Handbook.

- The cheerleader has the responsibility to work on the material outside of practice and be prepared to perform said material.

Summer Practices:

- There will be a practice schedule for the summer given at the conclusion of camp or shortly thereafter. Failure to notify the coach of missed practices will result in strikes.

Game Day Instructions

- Cheerleaders are expected to be at every football game and home basketball games unless otherwise instructed.
- If the cheerleader is in a WCS sport, that game is considered a priority.
- If both games are at WCS facilities, cheerleaders are expected to come and cheer once their game is completed.
- All cheerleaders will cheer all 4 quarters of the game.
- The cheerleader will take half time to eat and rest.
- A cheerleader is responsible to get food before the game unless the team stops to eat.
- Drinks are allowed on the sidelines, but not passing down food/drinks from students/parents in the bleachers.
- Cell phones will remain in bags during the game unless permission has been granted.
- All parents have the coach's phone number in case of an emergency.

Transportation

The Cheerleading program will follow transportation procedures as outlined by the WCS Athletic Handbook.

Parent/Coach Relationship

The Cheerleading program will follow PARENT/COACH Relationship policies as outlined by the WCS Athletic Handbook.

Interpretation and Change

The coaches are responsible to the WCS administration for the welfare of this organization, it is expressly understood that all student powers herein set forth are delegated by the coach and may be revoked as necessary.

Rules and guidelines are subject to change at any time due to necessary TAPPS changes or with the approval from the principal and WCS administration.

The interpretation of this constitution is the sole right of the coach and principal(s). They have the right to add or change those things they feel must be changed for the benefit of the organization.

The coach may enforce other rules as they become necessary for the benefit of this organization.

This constitution is meant to be an operating instrument and is not intended to cover every operating policy.

Cheerleading Handbook Parent/Student Acknowledgment

We have read and understand the policies, procedures, and expectations outlined in the Weatherford Christian School Cheerleading Handbook. We agree to adhere to these guidelines as a condition of voluntary participation in the cheerleading program and understand that failure to do so may result in disciplinary measures and removal from the program.

Parent's Name _____ Date _____

Parent's Signature _____ Date _____

Cheerleader's Printed Name _____ Date _____

Cheerleader Signature _____ Date _____

The WCS Cheerleading Handbook Parent/Student acknowledgement form was submitted to my office:

Coach's Signature _____ Date _____

Weatherford Christian School

Mascot Guidelines

THE FIRST RULE IS THE MOST FUNDAMENTAL: MASCOTS DON'T TALK! One of the best ways to develop a character's personality is lots of practice, both at non-critical events and in front of the mirror in full costume. Performing in a mascot costume is very physical, so you must be in good physical condition and be sure to drink plenty of fluids before the appearance.

The main job of the mascot is to meet and greet the crowd. The mascot will always focus their attention on the visitors – making sure they have a positive experience.

Performance Tips:

This section is designed to help you (the Performer) create the personality of the character. This is where you shed your own personality (and all your worries) and adopt the personality of the character; just like playing "make believe" when you were a kid. Practice first! Try out your facial expressions and body language in front of a mirror. Even though no one will see your face, it will help if you use your facial expressions in all of your actions, when trying to "speak without speaking". For instance, whenever someone is in front of the camera, they all wave and smile. Your case is no exception; it just needs to be more exaggerated. So, smile when posing for pictures and your body will "speak" for you. Becoming a mascot, does not happen overnight. It takes practice, both in and out of costume, to master walking, crouching, exaggerated motions, body language and showing emotions, etc.

Emotions:

Another crucial aspect of character development is the use of emotions. Mascots are animated figures, so their feelings must be shown through exaggerated body language. Emotions make great

improvisations to practice because they represent situations from hunger to clumsiness. Emotions will directly contribute to the mascot's success in spontaneous reactions.

- Happy – can be achieved by straightening your body up high along with your head, while giving it a little bit of a tilt or moving your body around in a “happy” manner, frolicking in a carefree way. “Hopping” is another way to show how happy you are.
- Shy – put your finger or hands over your face/mouth area, tilting your head, while twisting your body just a little, away from the person or camera.
- Sadness – can be portrayed by slouching your shoulders forward and down, while hanging your head in the same fashion. You can add a sad walk (using the same slouching technique) and give a look back at the person or camera after a few paces to sell it.
- Stressed Out – can be done by sitting or standing, putting your hands on each side of your face in a downward angle, while shaking it back and forth.
- Exhaustion – can be achieved by finding a place to sit (preferably next to someone, to play off of) resting up against a wall or tree (or even the person's shoulder), and in a very relaxed body pose – as if you're on a recliner.

Gestures (waving):

- “Hello” is a side-to-side, welcoming motion with your head held high, and position your body to appear “excited” to see them coming in or up to you. The bigger the wave, the better it can be seen.
- “Goodbye” is achieved by positioning yourself in a rather shy/meek stance, putting a hand near your eyes and making the “wiping the tear out of your eyes” motion, while holding your head in a downward position. Let them know you're sad to see them go.
- “Blowing a Kiss” is just like it sounds, twisting your body slightly one way or another, and then twist towards the direction where

- you're kissing, ending with your hand coming off your mouth and pointing towards the recipient; really "sell" the motion.
- "Beckoning" someone can be done by squatting a little at the knees and waist (so you're lower to the ground – eye level with kids), with your arms extended and motioning them to your chest for a hug or handshake. Use quick wrist and arm motions.
 - "Tilting the Head" is an effective way to show a variety of emotions, such as: surprise, being inquisitive or showing disappointment (depending on the angle).
 - "Tipping your Hat" is an age-old technique that is used to show respect to anyone, or being "chivalrous" towards women.
 - "Mimicking" the person in charge or another patron is a great crowd pleaser. All eyes will be on you, so all you have to do is pick out someone and copy their stance, how fast they're walking, arm movements (within reason). You have to be careful not to antagonize the person you're mimicking or it won't be funny, it'll be rude.

Walking Around:

There are many different styles of walking that can be used while in character. This helps evoke the attitude that you're trying to convey in different situations, such as:

- "Penguin Walking" is the most basic character style of walking. This can be done by just switching your weight from side-to-side with short forward steps; think Burgess Meredith's method of walking as "the Penguin" in the 1960's Batman T.V. series.
- The "Big Boy Shuffle" is another effective means of walking when moving a large body around. This is where you let the body pod direct you how to walk. You'll know when you are doing it right because the extra "movement" of the character's stomach will move about better, with less bumping into your legs and will feel more fluid and natural.

- “Skipping” can be done just as you’ve always known since you were a kid. It’s a happy-go-lucky method and will stir up the same feelings in kids or adults.

Mascot Commandments:

- Constant motion is a must! The crowd is always seeking entertainment and leadership from the mascot.
- Stay in character while in costume. Be sure to maintain a consistent walk and pay close attention to young children.
- Tactfully mimic situations. As part entertainer, the crowd will go to the mascot for comic relief. Remember, mascots are FAMILY entertainers and audiences represent every age group, ethnic origin, religion, etc. Make a special effort not to offend anyone.
- Uphold a positive image as a representative of your organization.
- Make time for regular water breaks during performances. Food high in carbohydrates such as grains, dried fruit, bread and pasta will help maintain your energy level. Try to keep in the shade on very hot days. Heatstroke is a very real possibility and can kill. Try to restrict the length of your sessions to 20-30 minutes in full costume and then get somewhere you can at least take off the head and relieve the heat.
- Keep your fluid levels up, particularly on hot days. A headache is one warning sign that you are starting to dehydrate. One of the electrolyte replacement products such as Gatorade is ideal for replacing what you’re sweating out. If this isn’t available, drink plain water. Don’t drink soda or other carbonated beverages.
 - **Heatstroke** is a potentially serious and occasionally fatal condition. Symptoms include dry mouth, fatigue, dizziness, stomach upset, back pain, headache, irritability, nausea, cramps, confusion, slurred speech, blotted or swelling hands. If you experience a lot of these symptoms at once, **end the current appearance immediately, and:**
 - Get out of costume quickly

- Get to a cool place and drink cool water (not too cold)
 - Try to avoid playing the character for the rest of the day
 - If symptoms present seek medical attention immediately
- **DO NOT REMOVE, FOR ANY REASON, ANY PART OF YOUR COSTUME IN PUBLIC.**
 - Only the mascot and assistant should see the character in transition. Find a secluded area to change in and out of the costume. Carry the costume in a large duffle bag, so it's concealed from any potential audience. Minor Crisis Situations: Once in a while, you may be on the receiving end of a sudden mascot crisis. The important thing to do is DO NOT draw attention to the situation, that'll just make the whole thing worse. Instead, try to "ad-lib" the problem.
 - If you lose an item of your costume: try to conceal the loss by hiding it in other parts of your costume body (i.e. if your glove is stolen) or use other types of "props" that may be lying around in your car, office, home, costume shop, wherever you can find something that may be considered 'funny looking' and then make sure your assistant is ready with an explanation to why you have on what you do.
 - Signal your assistant to let them know that something is amiss.
 - Don't run away from the situation, stay and finish if you can...
OR walk with your assistant to a secluded area, out of sight of the crowd (if you're not able to get back to the dressing room).

Be Prepared for the Day:

- Inspect your costume for any possible problems before putting it into the duffle bag.
- Have all your equipment and supplies ready the day before you perform. Leave your equipment in the same duffle bag and the same place, so it's routine to just walk by and pick it up. INCLUDE: a towel, clean shirt, socks, shorts, deodorant, water

- or juice bottle, small sewing kit (for costume emergencies), a wire brush for any fur areas, and a bottle of Febreze.
- Each performer should have an assistant to help them in and out of costume and to escort them around and get them out of “tense” mascot areas (if one should arise). Always try to have some “code signals” planned out ahead of time, in case you’re in need of making a quick exit.
 - Don’t “burn out” in the first half hour of being in character.
 - Pace yourself, it gets hot and you can wear out quickly. No one wants a “sloppy” character running around.
 - Do not eat anything ‘heavy’ or ‘greasy’ before a performance, this will only drain you of your energy.
 - Increase your salt intake before a performance, in order to retain water.
 - Drink plenty of fluids (water, Gatorade or juices) before, during and after your performance; you don’t want to become dehydrated.
 - Be sure to take breaks. Plan on 30 minutes in costume – 30 minutes out.
 - Try to make sure you at least get your head out of the costume, to help disperse the heat.
 - Wear a sweatband around your forehead to prevent sweat from falling into your eyes.

Storing the Costume:

- Store the costume in a clean room and off the floor.
- DO NOT store the costume in the duffle bag. If you can, try to hang up, neatly fold or lay the costume flat and not in direct sunlight.
- Allow the costume to air out between performances.
- Place the head where the least amount of stress is available, so as not to damage the shape of the head.

Performance Guidelines

Mascot may:

- Be photographed with visitors
- Hug or shake hands with parents or other adults
- Hug children with one arm wrapped around the child's shoulder and the other in plain sight

Characters may NOT:

- Talk or sing or make inappropriate noises while in character
- Pick up or hold children or infants
- Approach a child who appears scared or confused. Should stay back and let the child approach them
- Run or roughhouse while in costume or engage in horseplay
- Engage in any violent activity or behavior that may be offensive or reflect negatively on sponsor (i.e. play fighting)

Stay in Character:

- Be fully in costume anywhere the public can see you
- Act the part at all times while in public view
- Mascots don't speak human language (but do use body language)
- Mascots are excellent listeners

Stay on Schedule:

- Arrive early
- Take appropriate breaks
 - When the crowd thins
 - For rehydration
 - When overheated

Stay “on guard”/Be Aware:

- Mascots are aware of what’s going on around them
- Watch for the needs of the public (you are a goodwill ambassador)
- Be an Offensive Player: Take the initiative and make the magic happen!
- Be a Defensive Player: Watch for situations which may arise. Take action to prevent little problems escalating into big ones (keep track of rowdy kids)
- Monitor the crowd and know when to walk away and end the current set early

Role of the Escort:

- Stay with mascot lead the charge
- Insure all guidelines are upheld
- Be the eyes and ears
- Be the voice

Who am I really?

Core qualities – driving traits:

- Loveable and caring – have a great heart to help people enjoy the event
- Friendly, approachable, unassuming
- Strong, vital, energetic
- Talented although humble and imperfect
- Trustworthy, supportive friend – encourage kids to do their best
- Somewhat clumsy and don’t take yourself too seriously