

CORNERSTONE FAMILY SCHOOLS ATHLETICS POLICIES

The “*Saints*”
(*Revised July, 2009*)

So then you are no longer strangers and aliens, but you are fellow citizens with the saints, and are of God's household, having been built on the foundation of the apostles and prophets, Christ Jesus Himself being the cornerstone, in whom the whole building, being fitted together, is growing into a holy temple in the Lord, in whom you also are being built together into a dwelling of God in the Spirit.

Ephesians 2:19-22

Philosophy and Purpose:

Cornerstone Family School (CFS) believes that God has entrusted to parents the great responsibility and authority to see that our children are educated and trained according to his unique design for each child. As an independent educational organization, CFS is dedicated to assisting Christian families who have chosen to train their children at home by providing a structure of accountability, support, and encouragement. A variety of group activities and enriching options are available which are intended to educate and train young men and women to work in and minister to the world with the character and love of Christ.

*And Jesus increased in wisdom and stature,
and in favor with God and man.*

Luke 2:52

The CFS Athletics program has been developed and continues to grow with the purpose to promote student development spiritually, mentally, socially, and physically through Christ-centered athletic competition.

Students are offered the opportunities to participate in Girls Volleyball, Boys Soccer, Cross Country, Girls and Boys Basketball, and Track and Field. Teams are formed at the Junior High, Junior Varsity, and Varsity levels according to the numbers and ages of participants and the availability of coaches and facilities. Elementary students interested in athletics are encouraged to form teams with other home schooled children and to participate in local recreational leagues under the leadership of godly coaches.

Guidelines:

Can two walk together, except they be agreed? Amos 3:3

CFS is a member of the Mid-America Association of Christian Schools (MAACS), the Metro Christian Athletic Association (MCAA), and is a Kansas State High School Activities Association (KSHSAA) approved school. As members, we agree to subscribe to rules and regulations set forth by these bodies. Guidelines have been designed by the CFS Athletics Committee to ensure the spiritual and physical safety, and development of the athletes. In an effort to be above reproach, CFS players, coaches, families, and fans are expected to comply with the following guidelines.

Player Eligibility:

1. Only enrolled CFS students are eligible to represent CFS in athletics. CFS has determined those who are eligible for membership, which includes a required minimum time of education in the home and a maximum allowed level of involvement with public school programs. (please see CFS Policy)

2. Age requirements:

Junior High- 7th-9th grades Must be at least 12 years of age on or before September 1st of the school year in which they are participating. (Age limits may apply in particular tournaments.)

Varsity- 9th-12th grades Must not be 19 years of age on or before September 1st in the school year in which they are participating.

Exceptions may apply according to the number of participants available and the team composition each year. That decision will be made by the coach and athletic director, sport coordinator and/or Athletic Committee. If a team is to be opened up to younger players due to lack of appropriate age participants, then all CFS families should be notified as opposed to selective calling and consideration. If 6th Graders are allowed to participate, only those who are at least 11 years of age on or before September 1st of the school year in which they are participating are eligible.

3. Commencing in the 2007-08 school year, once a student/ athlete is registered in a grade on any CFS Team, that student must advance one grade each year for purposes of participation on all CFS Athletic Teams, regardless of age or academic level. An athlete is limited to four consecutive years of eligibility once registered in a sport as a 9th grader.
4. An athlete may not be married or divorced.
5. All athletes must have a “C” average, and may not receive an “F” in any subject they are presently taking. Due to the nature of home schooling, parents are responsible for balancing the academic and athletic needs of their children. The coach should be notified two days prior to a game if athletic restrictions are necessary due to academic performance.
6. No student will be given scholarships or grants in financial aid of any kind, purely for athletic purposes.
7. An athlete who does not behave in a manner which glorifies God will become ineligible.

Teams:

The participation year is from August 1 through May 15 of each year. Each team sport shall be limited to approximately the following number of players. The coaches will determine the final number of players each season. Tryouts may be necessary any time the number of interested participants exceeds these numbers. The coaching staff will conduct all tryouts and make selections based on desire, determination, dedication, and skill development. While it is the desire for the Junior High teams to be developmental and the Varsity teams to be competitive in nature, playing time is left to the discretion of the individual coaches.

Cross Country-	Junior High	-unlimited
	Varsity	-unlimited
Volleyball-	Junior High Girls	-9 players
	Varsity Girls	-9 players
Soccer-	Junior High Boys	-16 players
	Varsity Boys	-16 players
Basketball-	Junior High Girls	-12 players
	Junior High Boys	-12 players
	Varsity Girls	-12 players
	Varsity Boys	-12 players
Track & Field-	Junior High	-unlimited
	Varsity	-unlimited

Appearance:

All players, coaches, and fans shall dress in a manner that honors God, and not drawing attention to oneself.

Girls- Will wear loose fitting culottes or shorts that are not shorter than 2” above the kneecap in a standing position or loose fitting sweats, *except for track and field, for which shorts may be shorter if compression shorts are worn underneath.* Appearance should always be feminine with the emphasis on a meek and quiet spirit.

Cheerleaders' uniforms will be culottes or skirts that come to the top of the kneecap. Modest , feminine attire will be the standard.

Boys- Uniforms and sweats are to be sufficiently loose fitting.

Hair shall be off the eyebrows, ears and collar, trimmed neatly.

No facial hair. Sideburns may go to the bottom of the ear lobe.

Note: On some occasions, such as the MAACS chapel and tournament, a specific dress code may apply.

Scheduling:

Recognizing that CFS families and students are involved in a variety of activities, the Athletic Director will follow guidelines similar to those set forth by the Kansas State High School Activities Association to limit the number of games and tournaments scheduled per sport. Guidelines are as follows:

Cross Country-	Junior High	Six meets
	Varsity	Eight meets, exclusive of regional and state meets
Volleyball-	Junior High Girls	Fourteen days of competition and no more than three tournaments (exclusive of post-season competition)
	Varsity Girls	Sixteen days of competition and no more than three tournaments (exclusive of post-season competition)
Soccer-	Junior High Boys	No more than fourteen games and two tournaments (exclusive of post-season competition)
	Varsity Boys	No more than sixteen games and three tournaments (exclusive of post-season competition)
Basketball-	Junior High Girls	No more than twenty games plus those played in tournaments and no more than two tournaments (exclusive of post-season competition)
	Junior High Boys	same as above
	Varsity Girls	No more than <i>thirty games total, including those played in tournaments, per season.</i>
	Varsity Boys	same as above
Track & Field	Junior High	Seven meets, exclusive of regional and state meets (9 th grade students follow Varsity regulations)
	Varsity	Nine meets, exclusive of regional and state meets

Games are generally scheduled on Tuesday and Friday afternoons/evenings to the extent possible. Times will vary according to travel distance and the number of games scheduled.

Conduct of Players, Coaches, Spectators:

*And whatsoever ye do in word or deed,
do all in the name of the Lord Jesus,
giving thanks to God and the Father by him.
Colossians 3:17*

As representatives of CFS and as ambassadors for Christ, it is necessary that the behavior of the players, coaches, and all spectators demonstrate loyalty to Christ and a servant's heart. It is said that an individual

Christian may be the only “Bible” that some nonbelievers ever read. Likewise, misbehavior of professing Christians could be a hindrance to faith for unbelieving observers.

It is the responsibility of the coaches to encourage compliance to the conduct guidelines during and after games by dealing with team violations. Each CFS family is responsible for the conduct of their own members. Failure to comply will result in disciplinary action by the Athletics Committee.

Players:

- Agreement with referee calls
- Edifying remarks to others
- Helping own and opposing team players when they have fallen
- Thanking referees at the end of the game
- Congratulating opposing team at the end of the game
- Praying for opposing teams before and during games
- Leaving visiting school’s facility in as good or better condition than when you came

Coaches:

- More emphasis on spiritual training than athletic accomplishment
- Promote, encourage and demonstrate Christian fellowship with other schools
- Consistently discourage divisive rivalries
- Support academic standards set by parents
- Promote safety at all times
- Be a spiritual leader, no matter what the cost
- Teach and train student athletes
- Respond rather than reacting to players

Spectators:

- Be a faithful and loyal supporter of teams both home and away
- Always be encouraging with expressions, comments and attitudes toward players, coaches, officials, and other spectators
- Greet and get to know opposing team members’ parents and spectators
- Help clean up the facility at the end of each game
- Promote safety and act responsibly.
- Immediately clear the court or field when teams arrive for warm up.

Responsibilities

*Let all things be done decently and in order:
1 Corinthians 14:40*

Athletes:

1. Pray regularly for the team, families and leaders.
2. Participate in devotions and/or prayers before practices and games.
3. Attend all scheduled practices on time unless prior arrangements have been made with the coach. Notify the coach at least 24 hours in advance unless there is an emergency.
4. Team sports require teamwork. Individual goals must support the goals of the team.
5. Treat team members and coaches with respect. Encourage one another as you play “*For God’s Glory*”.
6. Take your concerns to the coach at a time which does not interrupt practice or game times.
7. Practice and game facilities are rented by CFS. Observe all rules and avoid behavior which might lead to damage of the facility or any equipment.
8. Respect the equipment and belongings of the team and of other players.
9. Follow the care instructions on uniforms carefully to minimize wear and tear. Team uniforms must be returned promptly at the end of the season. (Senior players may be offered the opportunity to purchase their uniforms if replacements can be ordered.)

10. Arrive at home and away games at least 30 minutes prior to the start of the game, in uniform and ready to warm up.
11. Bring a water jug or bottle and an alternate jersey or CFS T-shirt to each game in case of color conflicts.
12. Assist the coaches in gathering equipment and cleaning up after practices and games. Players may be assigned clean up duties at the end of home games.
13. Observe the dress code of the host school.

Parents:

1. Pray regularly for the families, athletes, and leaders.
2. Attend home and away athletic events to support the teams.
3. Transport or make arrangements for transportation to practices and games for your child. Students should not drive to sporting events out-of-town unless prior arrangements have been made with the coach. Seat belt use is required by all riders.
4. Encourage your child and the other athletes to love and serve the Lord in all they do.
5. Show support for the coaches and Athletics Committee members who volunteer their time and gifts.
6. Assume volunteer duties and responsibilities as opportunities arise.
7. Resolve matters of dispute with the person or persons involved, and follow the biblical instruction found In Matthew 18:15.
8. Pay fees or submit a payment plan by the date of the first game.

Coaches or designee:

1. Pray regularly for the athletes, families, and leaders.
2. Determine the team roster according to the guidelines.
3. Calculate costs, set fees, collect fees, and maintain accounts.
4. Inventory uniforms and equipment.
5. Arrange for practice dates, times, and facilities.
6. Organize parent volunteers for: assistant coaches, timekeeper, scorekeeper, statistician, game set up, admissions, programs, concessions, clean up, and transportation.
7. Communicate with parents regarding practice times/locations, game times/locations, travel departure times/locations, athletes' performance, concerns, and needs.
8. Attend Athletics Committee meetings.
9. Submit annual summaries and financial reports to the Athletic Director.
10. Promote the spiritual development of athletes with prayer, devotions, scripture memory, and application of precepts to situations during athletic practices and games.
11. Direct practices or arrange for an assistant coach to assume the duties in the coach's absence.
12. Teach and train the athletes to play to the best of their abilities individually and as a team.
13. Make all game and team decisions.
14. Ensure all equipment and facilities are maintained and secured after practices and games.
15. Delegate responsibilities to assistant coaches and parents according to their gifts.

Participation Costs

*For the administration of this service not only supplies the need of the saints,
but it is abundant also by many thanksgivings unto God.
2 Corinthians 9:12*

Costs are calculated according to projected fees for practice and game facilities, referee and equipment expenses, league and tournament fees, and pro-rated uniform replacement fees. The cost for each sport will be determined and announced by the *coordinator as the total Participation Fee per student.*

Payment of a non-refundable Commitment Fee of \$30 shall be made by the first scheduled practice, which payment shall be credited towards the Participation Fee. If not paid by the first practice, a Late Fee of \$10 shall be added, which shall not be credited towards the Participation Fee.

The balance of the Participation Fee shall be paid prior to the first game of each season, unless other arrangements have been made in advance with the Coordinator. Requests for refunds for non-participation shall be considered on a case-by-case basis by the Athletic Committee.

Athletes and their immediate families receive free admission to home games for the sports in which they are participating. The MCAA league admission for visitors is \$3 for adults, \$2 for students ages 5-18, with a \$10 maximum per family. Visiting players, coaches, cheerleaders, and team managers receive free admission.

Athletes who travel in a car other than their own family's should pay the driver \$3 per player to help defray the costs of gas, turnpike fees, and other travel expenses. Arrangements should also be made to bring a sack lunch or money as needed to cover eating expenses when traveling.

CFS Athletics does not carry liability insurance at this time. Families are responsible for their own medical insurance coverage.

Letters of Recognition

*Everyone who competes in the games
Exercises self-control in all things.
They do it to receive a perishable wreath,
But we as imperishable
I Corinthians 9:25.*

CFS does not wish to exalt the temporal in any endeavor; however, if we are training our children to seek God's glory first and not their own, recognition of accomplishment may be appropriate. Ideally, recognition would be based upon not only athletic ability or even effort, but also demonstration of Christ-like character as a teammate and competitor. At this time, CFS has left the decision of how one achieves that recognition in the form of a "letter" up to the individual coach for each team. The standards for earning a letter of recognition are to be disseminated by the coach at the beginning of each season so that the players and parents will understand the goals of that coach.

Volunteer Opportunities:

*But the manifestation of the Spirit
Is given to every man to profit withal.
I Corinthians 12:7*

All CFS activities exist only to the extent that there are volunteers to organize, direct, and perform those activities. Please consider your unique gifts as you peruse the following list of opportunities, and indicate your interests on the volunteer form.

Athletics Director	Head Coach	Assistant Coach	Team Manager
Scorekeeper	Time Keeper	Statistician	Equipment Manager
Calling Coord.	Concessions Coord.	Transportation Coord.	Hospitality
Sport Coordinator for each sport: volleyball, soccer, cross country, basketball and track and field			
Program Printing	Photographer	Videographer	Announcer

Leadership Selection

*For the perfecting of the saints,
for the work of the ministry,
for the edifying of the body of Christ
Ephesians 4:12*

Athletic Director:

The Athletic Director will be appointed by the CFS Board from a list of nominations provided by the Athletic Committee. The Athletic Director will be a member of the CFS Board Activities Committee and will be the chairperson of the Athletics Committee. Duties are as follows:

1. Act as the CFS Athletics contact person for outside schools and organizations.
2. Coordinate the scheduling of athletic events; confirm dates, times, and locations.
3. Provide maps to visiting groups and for CFS travel to away events
4. Publicize athletic opportunities in the *Turning Hearts* newsletter and by e-mail.
5. Submit player information to coaches.
6. Lead Sports Committee meetings. The Sports Committee will have open quarterly meetings on the second Thursday of August, November, February, and May. The meetings will be publicized on the calendar.
7. Participate in arranging for the Awards and Recognition ceremony.
8. Keep the master list of athletic letters and awards presented.
9. Submit annual summary and financial reports from each sport to the CFS Board.

If there are no nominations for Athletic Director, a suggested structure follows:

1. Scheduler and league representative
2. Treasurer
3. Sports Committee Chairperson – elected by the Sports Committee
4. Team Coordinator for each sports team – oversees everything that is involved in the function of that team and will delegate responsibilities to team committee members. Each family will be obligated to contribute by cooperating with the team coordinator.

Head Coaches:

1. Each person who seeks to be considered for the position of Head Coach of a team shall make their intentions known by completing the Leadership Interest Form, available from the Athletics Committee. When there is more than one applicant, the head coach shall be selected by a vote of the parents of eligible team members for their individual team, each set of parents having one vote. The vote shall take place in an open, publicized meeting organized by the Athletic Director or Sport Coordinator. If that vote results in a tie, the tie will be broken by a vote of the Athletic Committee.
2. The Head Coach shall be a professing follower of Christ and shall without reservation sign the CFS Statement of Faith. The Head Coach will agree to make devotions with the team an integral part of their season. The Coach will agree to conduct himself/herself in a manner that upholds Christian character.
3. For all single-gender teams, any person of the opposite gender selected as head coach must be a parent of a team member and, in such situations, there must be at least one assistant coach of the same gender as the students.

Assistant Coaches:

1. Each person who desires to be an Assistant Coach of a team shall make their intentions known by completing the Leadership Interest Form, available from the Athletics Committee.
2. Assistant coaches will be nominated by the head coach of the team, and approved by the Athletic Committee.

All CFS head and assistant coaches shall sign a statement verifying that they have read and will comply with the CFS Policy before coaching in any practice or competition.