

Stillwater Christian School Athletic Handbook



STILLWATER
COUGARS

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**School Colors: Royal Blue, Black and White
School Mascot: Cougar**

Welcome

As I think about another season of athletics at Stillwater, I get excited. I look forward to seeing athletes come back for another season of sports. There is always a sense of anticipation for the coming season.

It is such a privilege to be involved in High School Athletics, and it is a time that is over too quickly. However, the memories, the life lessons, and the friendships will last a lifetime.

We are all blessed to be a part of Cougar Athletics. Cougar Athletics is more than just a sports program, it is a family. As with any family, there are good times as well as bad times, but it is a blessing to be able to go through all these times together as the Stillwater Family.

I look forward to another great year at Stillwater Christian School. Thank you for the privilege of working with your young athletes.

God Bless,

Mark Pond
Athletic Director

Scripture Focus

“Your attitude should be the same as that of Christ Jesus.” Philippians 2:5

One of the goals of Cougar Athletics is to help students develop Godly Character. Our attitude is often a reflection of our character. As we strive to have the attitude of Christ, our character will also become more like His.

Athletic competition tests our character as much as, or perhaps even more than, anything else we do in life. Our attitudes are on display for all to see. Sports create situations for a bad attitude to develop: not enough playing time, “bad calls,” a disagreement with a fellow teammate, an obnoxious fan, the coach, and many other situations.

It is my challenge to all of us - coaches, players, and parents- to choose to have the attitude of Christ when these situations come up this year.

None of us will be perfect, but if each of us works to have the attitude of Christ, then this will be a great and successful year.

Absences

Any team member who is unexcused for a practice will miss the next game. A second unexcused absence will result in dismissal from the team. This applies to all managers and players. Unexcused absences include any absence from which the coach is not informed in advance, unless a student is absent from school. Work is not a reason for missing practice and will be considered unexcused. ***Students must be at school by 10:00AM to be eligible to participate in practice or games on a school day.**

Academic Eligibility

- GPA of 2.0 or above
- maximum of one "D"
- **Students must be at school by 10:00AM to be eligible to participate in practice or games on a school day.**

Grades will be evaluated at frequent intervals during the quarter. If a student is ineligible he or she will become inactive the following Monday after the grade checks are issued and will continue until the next grade check. Ineligible athletes are required to attend all practices and home games. They may not participate in games or travel with the team to away games. ****Note:** If an athlete becomes ineligible for a third time during a season, he or she will be dismissed from the team. The ineligibility periods do not have to be consecutive.

Affiliations

SCS is a member of the Montana Christian Athletic Association. SCS is not required to adhere to the regulations set forth by the Montana High School Athletic Association, but does play in accordance with rules established by the MHSA.

Athletic Council

The role of the Athletic Council is to interpret rules, exceptions to policies and any other issues that arise during the course of a season. The council will consist of the athletic director, the superintendent and the coach of the sport in question. If the athletic director is the coach, another head coach will serve on the committee.

Athletic Objectives

- Compete in a manner pleasing to God
- Develop relationships through athletics
- Be a witness to our competitors
- Develop good sportsmanship that will last beyond high school
- Develop godly character

Athletic Philosophy

Every person has unique talents and abilities. Through sports, these abilities are put into action for the ultimate reward of serving the Lord. Thus, athletics at Stillwater Christian School reflect I Corinthians 10:31, "So whether you eat or drink or whatever you do, do it all for the glory of God."

Athletic PTO hours

Parents are encouraged to sign-up for PTO hours in the areas of concessions and gate keeping. Hours are to be posted at the time the work is done.

Award Letters

The requirement for any lettering sport is that it must be a recognized varsity sport of the school with all members of the varsity squad being from the SCS student body. The coach of each varsity team will award letters based on the following objectives:

- a contributing member of the varsity program
- eligibility
- positive attitude
- team-focused

Awards Night

At the end of each season, a night will be held in recognition for those high school students that participated in athletics. Parents, staff, coaches, and players will come together to honor all athletes for their hard work and dedication.

Characteristics of the Stillwater Christian Athlete

- *Attitude* - like that of Christ Jesus - Philippians 2:5
- *Work Ethic* - 100% all the time
- *Authority* - those who inspire us and make us better - 1Timothy 5:17
- *Respect* - something that is not given to us but earned by our reputation - Luke 14:11
- *Desire* - competition; either winning or losing that brings us back for more - Hebrews 10:36

Christmas Break

Christmas break is a great time for family, it is also an important time for basketball practice. There will be scheduled practices during Christmas break. Athletes are required to be at these practices. Absences may be excused for family events or out of town travel, if the **Coach** is informed at least one day before the absence.

Coaches

Coaches are held to the highest level of conduct. They are required to set an example to players, future athletes, fans, and parents by showing true Christian sportsmanship. Coaches should exhibit Christian character, care for the players, a competitive spirit, a desire for constant improvement of team character, and a team spirit of glorifying Christ through athletics.

Facilities

We are very blessed to have some of the best athletic facilities in the Flathead Valley. It is, therefore, our responsibility to be good stewards of what the Lord has richly blessed us with. Thus, to preserve the gym floor, no shoes are to be worn in the gym that have been worn outside. In order to keep the gym neat in appearance at all times, we ask that all personal items be removed from the gym after class, games and practices. Items left in the gym will be placed in the lost and found and must be claimed in the office.

Fees

High School athletes pay a \$175.00 athletic fee. Fees must be paid by the end of the second week of practice. Coaches are responsible for the collection of athletic fees. Financial aid is available so that all students who desire may play a sport.

Home School Athletes Participation

Home School athletes may be allowed to play on SCS JV teams, if FVHS does not provide that sport. Home School athletes' participation will be subject to the Athletic Council's discretion to determine if there is room on the team. This decision will be made for the individual sport and for each new year.

Managers

Managers are a critical component in influencing the morale of a team. Managers, above all else, must have a desire to serve and create the best atmosphere possible for players and coaches. Managers should do not only what is asked of them, but go above and beyond what is asked reflecting the attitude of a servant in Ephesians 6:7.

MCAA School List

Western Division

Bitterroot Home School
Butte Home School
Flathead Valley Home School
Helena Christian School
Helena Home School
Mission Valley Christian Academy
Stillwater Christian School

Eastern Division:

Billings Christian School
Bozeman Christian School
Foothills Community Christian School
Gallatin Valley Home School
Great Falls Home School
Treasure State Academy
Yellowstone County Home School

Participation

No athlete will be allowed to participate in more than one sport simultaneously during a season without special permission given by the Athletic Council. Only high school athletes are allowed to participate in high school activities unless the Athletic Council gives special permission.

Physicals and Release Forms

All High School athletes must have a physical and medical release form on file with the athletic director **before participating in the first day of practice**. This examination must be completed and certified by a physician, a physician assistant, or a nurse practitioner. The physical examination will be kept on file with the athletic director for a period of one school year and is valid for all activities taking place during that school year. Coaches are responsible for the collection of physical and medical release forms.

Practices

Practices will begin at the designated time given by the athletic department beginning no earlier than the ending of the previous season (excluding camps). High School practices will take place at regular intervals during the week excluding holidays and weekends. Wednesday practices will be shortened to allow time for family and church activities. No required practice may be held on Sundays. Athletes are responsible for their own transportation after practices and home games. Please have your parents or siblings pick you up **promptly** after practice.

Team Selections

Team selections take place only in the event that there are more players trying out than players that will be able to contribute during the season. Unfortunately, this will happen more often as the athletic program continues to grow. Therefore, guidelines are formed on how to best decide the teams. Following are some of the criteria:

- Attitude
- Playing abilities
- Academics
- Coach-ability
- Ability as a team player

We encourage all players to try-out for sports. However, a senior trying out who does not make the varsity team will, in most cases, not be able to participate. If that program happens to be short of players, a senior may be allowed to play junior varsity. Players will be given the opportunity to try out for a team and determine if they would like to be part of the team. All players must participate in tryouts to be considered for the team.

Transfers

Transfers are also limited to a maximum of 4 years total of eligibility. Transfer students are allowed to participate in athletics beginning their first semester at SCS unless otherwise notified by the athletic director or superintendent.

Traveling

Participation in athletics will require traveling to some away games. Transportation to each of these events will be provided by bus or parents driving. However, any other expenses incurred during the course of the trip will be the student's responsibility. The costs will be announced in an informative letter on the website.

Trip Expectations

Road trips can be a very fun and exciting time for athletes, managers and coaches to enjoy time together as a team. However, there are responsibilities that go along with being representatives of Stillwater Christian School. Coaches are responsible for themselves and all players and managers to represent and maintain a positive image of Christ and SCS at all times. Therefore, athletes have a responsibility as Christians, as school representatives and as team members to make sure the spirit and nature of the road trip is set in a positive way. If an athlete should choose not to abide by an appropriate code of conduct, then it may be necessary for that player to miss some games, to remove that player from the team, or further to result in a suspension from school or another means of discipline. Please be responsible and remember that there is always something to lose by choosing the wrong act.

Idaho games

Game vs public school teams from Idaho may not include 8th grade players or players that are older than the acceptable age for MHSAA regulations.

Clean Up

It is the responsibility of the parents to help clean up after all home games. Brooms and trashcans are provided. Many hands make light work, and if your athlete plans on continuing in the SCS athletics program, helping out is expected at the JV and Varsity levels.

- * **Athletic Sports Passes** are available at a discounted price.
- * **Business Boosters** are a key component to the success of the athletic programs at SCS. Contact the school if you or someone you know might be interested in becoming a booster.



Doing it all for the Glory of God!!!