



**New Life Christian School
Co-Curricular/Athletics Handbook**

Table of Contents

New Life Administrative Personnel.....	3
New Life Mission Statement.....	4
New Life Athletics Core Values	4
Goals of New Life Athletics	5
Three Tiers of Development:	5
Whole-Person Development	6
Sportsmanship Statement.....	7
Athletic Programs Offered.....	8
League Affiliation.....	8
Culture of Conduct.....	9
Academic and Behavioral Eligibility	9
Age Compliance.....	10
Culture of Communication	10
Student-athlete Expectations.....	10
Uniform Policy.....	12
Cell Phone Policy.....	12
Coach Expectations.....	12
Post-season Evaluations.....	13
Parent / Spectator Expectations.....	13
Scheduling / Navigating the Athletics Website	14
Game Cancellation.....	14
Transportation Expectations	15
New Life Athletics Awards Banquet	15
Accountability of Expectations.....	16
Receipt of Student-Athlete Handbook.....	17

New Life Administrative Personnel

Rev. Abe Pfeifer

New Life Church Pastor
New Life Superintendent

Jo Anne Boles

Principal

Jeannie Hoffman

Dean of Students

Debbie Robold

Administrative Assistant
Director of Admissions

Brooke Morley

Athletic Director

ALL students and parents are responsible to know and adhere to the policies and procedures of this handbook, in addition to that of the New Life Christian School student handbook.

This handbook will apply to all co-curricular activities sponsored by New Life Christian School.

Interpretation of this handbook, as it applies to all co-curricular activities at New Life, will be made final by the Administration.

New Life Mission Statement

New Life Christian School's mission is to partner with families to provide a quality academic program with a distinctly Biblical worldview, in order to equip students with the tools to integrate their knowledge and faith into the church, community, and the world.

We believe that co-curricular activities will help New Life Christian School fulfill our mission of partnering with families and to help our students' become more well-rounded individuals that will serve the Lord in our community.

New Life Athletics exists to provide support to the mission of New Life Christian School (aforementioned), as well as of New Life Church: "...To help people experience the abundant life of God."

New Life Athletics is an avenue to uniquely represent New Life Christian School and New Life Church, and this is done in four ways:

1. Love God; 2. Love Others; 3. Pursue Excellence; 4. Choose Joy.

New Life Athletics Core Values

Adopted from New Life Church

LOVE GOD

"...We strive to love God with all our heart, soul, mind, and strength. It is both with and through a growing relationship with Him that we lay the foundation of who we are."

LOVE OTHERS

"We want to be extravagantly generous to all people in everything we say and do. From expressing gratitude and showing love, to taking time and spending resources, we want to be a tangible representation of Jesus in every interaction."

PURSUE EXCELLENCE

"In all we are, and all we do, we give every effort to do the best we can every time. It's not about being perfect, having all the answers, or never being wrong. Rather, we give our best each time and continually seek ways to improve."

CHOOSE JOY

"Life isn't perfect, nor does it always go our way. Still, in every disappointment, we have the opportunity to choose how we will respond...God is always faithful and always for us, so we make it a point to see the good and choose joy in every circumstance."

Goals of New Life Athletics

1. Represent Jesus on-and-off the field/court (our sanctuary)
2. Develop the whole-person
(academically, athletically, emotionally, relationally, spiritually)
3. Develop leadership qualities
4. Develop teamwork practices
“Teamwork is working together to accomplish a common goal.”
5. Develop competitive and competent student-athletes

Three Tiers of Development:

Middle School:

Goal: Foundational Development

This level of competition exists to provide foundational skill development for student-athletes. Additionally, student-athletes learn how to incorporate teamwork into the context of competition.

Junior-Varsity:

Goal: Extended Preparation

This level of competition exists to be a building block to the Varsity level. Student-athletes learn how to compete in an environment where they can be successful, grow their leadership qualities, and contribute to competition.

Varsity:

Goal: High-Level Competition

This level of competition exists to provide a platform to represent New Life at its highest level. Student-athletes grow in their leadership development, as well as advanced athletic development.

Whole-Person Development

Athletics participation is far more than solely the development and gateway for athletic development. While Athletics serves as the platform for investment, the natural outcomes of participation are the development of the whole-person; otherwise referred to as holistic development.

Academically: New Life Athletics programs require student-athletes to maintain grades above one F or two Ds in all academic courses, upon a two-week checkpoint scale.

Athletically: Coaches implement methods that allow student-athletes to develop athletic skills.

- Practices, and games are executed with the student-athletes' best interest in mind, and as a means of challenging their athletic development.

Emotionally: Coaches aim to foster an environment where student-athletes feel free to voice and process deeper-level circumstances, both to the coaching staff and teammates.

- Team devotions are designed to engage student-athletes' emotions, and to challenge their understanding and perspective of life.

Relationally: A natural result of the amount of time each program spends together (both on and off the playing court or field), social relationships between the student-athletes are encouraged and fed, with facilitated "down time" within the spectrum of team participation.

- Peer relationships have the potential for great influence.
- Sometimes, the influence of a teammate can resonate more powerfully with a student-athlete, rather than that of an authority figure, such as a teacher or coach.
- Fostering space for peer relationships is a critical piece to student-athletes' holistic development and growth.

Spiritually: Student-athletes are challenged to engage spiritually through weekly team devotions and conversations that facilitate discussion on spiritual dimensions/topics.

- Coaches are encouraged to lead sessions with authenticity and vulnerability, knowing that their impact on student-athletes is significant.

Leadership Development: "Attitude reflects leadership" —Matthew Reisberg, Basketball Coach

- Athletics are designed to develop the individual leadership of the student-athlete, by providing opportunities to grow in peer leadership. This occurs significantly with student-athletes who are selected to serve as team captains.
- Everyone has a role. Whether you are a starter, support player, or manager. Operating within your role, to the best of your ability, is the most effective way to develop leadership qualities.

Sportsmanship Statement

“In support of the Mason Dixon Christian Conference and the Maryland Independent Athletic Conference, New Life Athletics exists to allow student-athletes to compete in interscholastic athletics in a positive, Christ-centered environment.

Student-athletes, coaches, officials, and spectators are encouraged to respect each other by operating within your respective roles, by cheering positively *for* your teams, and by refraining from interfering with the play of the game with your personal conduct.

Inappropriate behavior/language will not be tolerated. A verbal warning will be given to those who do not uphold the content of this statement, followed by an invitation to leave the campus.

Thank you for entering into New Life’s sanctuary, a place to worship God by the way we participate in Athletics.”

Athletic Programs Offered

Fall Sports

Varsity Boys Soccer	Grades 9-12
Varsity Girls Volleyball	Grades 9-12
JV Girls Volleyball	Grades 9-12
Middle School Boys Soccer	Grades 6-8
Middle School Girls Volleyball	Grades 6-8

Winter Sports

Varsity Boys Basketball	Grades 9-12
Varsity Girls Basketball	Grades 9-12
Middle School Boys Basketball	Grades 6-8
Middle School Girls Basketball	Grades 6-8

Spring Sports

Varsity Boys Baseball	Grades 9-12
Varsity Girls Soccer	Grades 8-12
Middle School Girls Soccer	Grades 5-8

*In the event that a Varsity program requests to roster an 8th grade student-athlete, the decision will be upon the discretion of the administration.

League Affiliation

New Life Varsity (and Junior-Varsity) programs are members of the Mason Dixon Christian Conference, which includes Christian schools from Maryland, Pennsylvania, Virginia, and West Virginia.

The New Life Middle School programs are members of the Maryland Independent Athletic Conference, which consists of private and Christian schools in the Frederick/greater-Baltimore area.

All teams compete under National Federation Rules.

Each team (except for Junior-Varsity) competes in a post-season conference tournament, based upon season record/standings. According to Conference standards, if your team earns the right to compete in post-season games, participation is mandatory. A team who forfeits will owe a \$25 fine to the Conference.

Culture of Conduct

All student-athletes/members must remember that they represent New Life Christian School, their families, and most-importantly Jesus in the way they behave during competition/productions. One of the most critical ways this is displayed is through speech, both on and off the competition field and court.

Any violation of conduct may result in game suspension or suspension from the team/club/activity by the Coach, Club Director, Athletic Director, Principal, or Superintendent.

All student-athletes/members are expected to not be involved in any illegal activities during participation in Athletics programs/clubs. These activities include: alcohol, tobacco or drugs of any kind. Any student-athlete/member found to have been using these substances will be dismissed from the athletic program/club. Re-entry will be upon the discretion of respective Program Directors.

Students who receive an in-school or out-of-school suspension will be ineligible for the day of their suspension, and the 9 consecutive days that school is in session. If a weekend tournament/activity/performance occurs during the ineligibility period, students are not permitted to participate. Students who earn a suspension must meet with their advisor (athletic director, drama coach, worship team director, etc.) during their ineligibility, before they can resume their co-curricular activity.

Academic and Behavioral Eligibility

The following policy pertains to all students who participate in co-curricular activities, in the form of: Athletics, Drama Team, Worship Team, and Student Government Association.

“Grade checkpoints are made every 2 weeks, per quarter. Students must maintain grades above:

*One “F” in any class

*Two “D’s” in any two classes

*Inappropriate conduct

A student-athlete whose grade(s) fall below the required academic eligibility standard will be considered *ineligible* until the following grade checkpoint, and may not participate in practices or games. Instead, the student-athlete will be required to use practices and game times to complete homework assignments, and work with the teacher of the failing class to recover academic eligibility. The purpose of restricting athletic participation is to provide academic support to student-athletes who may find particular academic courses challenging. By providing required academic support, the goal is to reinsert student-athletes into participation of practices and games, with eligible academic standing”.

Assessment of academic eligibility will be made and communicated via email to student-athletes and parents on Monday afternoon following the academic grade checkpoint, and will be made effective on Monday night at 11:59pm, and the following 9 consecutive days that school are in-session. This grace period exists for the purpose of ensuring student-athletes and parents are aware of the eligibility status, prior to the ineligibility period being in-effect.

***Regarding conduct:**

Students who receive an in-school or out-of-school suspension will be ineligible for the day of their suspension, and the 9 consecutive days that school is in session. If a weekend tournament/activity/performance occurs during the ineligibility period, students are not permitted to participate.

Students who earn a suspension must meet with their advisor (athletic director, drama coach, worship team director, etc.) during their ineligibility, before they can resume their co-curricular activity.

The administration reserves the right to extend the length of ineligibility, and/or to dismiss a student-athlete from any/all co-curricular activity (activities) at any time.”

Age Compliance

In order to participate in co-curricular activities at New Life, you cannot be 19 years old before September 1st of the school year.

Student-athletes in grades 8-12 are eligible to try-out for Varsity Athletics programs (refer to Pg. 8).

Student-athletes in grade 8 will not lose a year of eligibility when entering grades 9-12.

Unused eligibility in grades 9-12 will not transfer to additional high school years.

Medical Compliance

Student-athletes must have a current physical examination, on-file, in order to participate in New Life Athletics practices and games.

Physical forms are valid for one year, following the exam date.

New Life Christian School does not claim liability for an injury of a student-athlete during participation in Athletics practices, games, or events. Participation in Athletics is voluntary, and upon the consent of the parent(s)/guardian of the student-athlete who chooses to participate.

In the event of an injury during participation in New Life Athletics, all medical expenses will be covered by the parent(s)/guardian of the student-athlete.

Culture of Communication

The most effective way to communicate is to be direct *and* approachable. Don't simply talk *about* your coach or teammates. Talk *to* them. If you are interested in learning how to improve and/or see more time on the court/field, *ask your coach*. If you are in-conflict with a teammate/coach, don't talk about them (causes division), but rather to them (builds up/unifies). Be approachable to your coach/teammates.

The same is true of parents. This model of communication is designed to help student-athletes understand how to handle conflict Biblically. The best way for you to support this Biblical model is to encourage your student-athlete to talk directly with the person in offense: teammate, coach, athletic director.

Student-athlete Expectations

1. In order to participate in practice or a game/production on any, the student-athlete/member **must** be in school for a **full day**.
 - a. Exceptions to this expectation are (documentation of):
 1. medical appointments
 2. funerals/bereavement
 3. mission/service-oriented trips/activities

- b. If the student-athlete is attending bereavement or missions/service-oriented activity, they must be present at school for a minimum of 4 course periods.
 - c. All student-athletes are expected to be on time to school the day following a (home and/or away) game.
2. Each Athletics season is preceded by a mandatory information meeting, which must be attended by the student-athletes and (at least one) parent(s).
 3. Participation in Team travel is a privilege (not a right), and is upon the discretion of the Coach/Athletic Director, as well as expectations regarding academics and behavior conduct.
 4. Practice attendance is mandatory. Not attending practice will affect travel/playing privileges.
 5. Travel with the team is required, unless otherwise arranged prior to departure with the Coach
 - If a student-athlete would like to travel home from an away game with a person other than his/her parent(s), written permission must be given prior to starting the game.
 6. If a student-athlete is ejected from a game by a referee, he/she will be suspended for the next two games by the Athletic Director, in accordance with the Athletic Conference.
 - Re-entry into play is based upon the discretion of the coach and athletic director.
 7. Student-athletes must be supervised by a coach, athletic director, or parent when in athletic complexes (gym and/or field).
 8. Student-athletes are required to wait 24 hours post-game to engage in a conversation with the coach and/or athletic director regarding playing time and/or playing status.
 9. It is the responsibility of the student-athletes to assist the athletic director and coaches in the set-up/tear-down of the gym and field for all home games and events.
 - Volleyball nets/basketball hoops in-position
 - Chairs/Benches/Bleachers in-position/properly stored
 - Scoring station prepared/properly stored
 - Water coolers filled/properly stored
 - Floor is swept and mopped
 - Locker rooms/storage cubbies/floor space are presentable
 - Trash is removed (to dumpster)
 10. The student-athlete is responsible for bringing his/her uniform and equipment for practices and games.

Uniform Policy

Student-athletes are responsible for properly caring for uniforms issued to them during season.

Uniforms will be distributed by the coach prior to the first regular-season game.

At the close of each season, student-athletes will have one week to return their uniforms to the coach.

- Do not return the uniforms to the athletic director.
- Uniforms must be returned to the coach, for the purpose of organizing and inventory, to ensure all uniforms have been returned.

After one week, the student-athlete will be billed a \$50 late fee (via FACTS), with a \$10 weekly increase.

Cell Phone Policy

Coaches and student-athletes are responsible for the communication that they exchange via cell phone (texting, phone calls, GroupMe, social media, and the like). It is best practice to limit conversations to the distribution of information from the coach, and to clarify program-related content. Communication regarding personal matters is discouraged, and New Life Christian School and New Life Athletics will not claim liability for personal conversations exchanged between coaches and student-athletes.

Use of cell phones is prohibited while student-athletes are attending or participating in practices, home and away games, while working a home game or event, and at team meals. Be present/engaged.

Cell phones may be used during team travel. Music selections must be appropriate/honoring to God and those hear the music.

Coach Expectations

1. Organize and execute preseason, practices, and team meetings.
2. At least one coach must be present on the bus, both to and from away games.
3. In the event of an injury of a student-athlete, coaches are responsible for being the first responder:
 - Communicate with parents
 - Communicate with athletic director
 - Complete and submit an injury report (supplied within medical kit)
4. Properly store equipment used during practices, and home and away games.
5. Remain on-campus until each student-athlete has been picked up from practices and games.
6. Maintain a record of game and student-athlete statistics. Submit to athletic director, to be read on the following morning's announcements.
7. Submit game statistics to the local newspaper: Frederick News Post (301-662-1179)
8. Nominate student-athletes for All-Conference and All-Tournament standings.
9. Maintain regular communication with athletic director, student-athletes, and parents.

10. Filter questions/concerns directly with athletic director, prior to engaging in conversation with student-athletes and parents
11. Conduct end-of-season/exit meetings with student-athletes.
12. Complete post-season evaluation, provided by the athletic director.

Post-season Evaluations

Post-season evaluations exist as tools to measure the growth and development of the student-athlete, as well as the coach. Together, the Athletics program can rise to a standard of excellence.

The athletic director will conduct a post-season evaluation for the coach, in addition to asking the coach to evaluate his/her own experience as part of the New Life Athletics staff.

The coach will conduct a post-season evaluation of each student-athlete.

The aforementioned method exists to provide goals and expectations for student-athletes and coaches, to ensure out-of-season time is used grow and develop individual skills and leadership qualities.

Parent / Spectator Expectations

1. Each Athletics season is preceded by a mandatory information meeting, which must be attended by the student-athletes and (at least one) parent(s).
2. Athletics Participation fees will be charged to the student-athletes' account via FACTS.

Varsity Participation Fee: \$285/season

Junior-Varsity Participation Fee: \$235/season

Middle School Participation Fee: \$185/season

*In the event that a student-athlete has a season-ending injury, his/her Athletics Participation Fee will be refunded until the halfway point of regular-season games.

3. Parents play a huge role in the success of running home game events.
 - Ways to serve include: admissions, concessions, scorekeeper, clock runner, line judges, etc.
 - Coaches/Communications people/Concessions Coordinators are responsible for organizing volunteers for their respective teams' home games (typically via Signup Genius).
4. Support your student-athlete/the team/Athletics program.
 - Your role is to spectate, encourage, build-up; not to coach.
 - If you are in opposition of a decision made by a coach or athletic director, your responsibility is to respectfully and constructively confront.
 - "Clarify the context before coming to a conclusion". —Coach Morley
 - Parents/spectators are required to wait 24 hours post-game to engage in conversation with the coach and/or athletic director regarding conversations of potential conflict.
 - We are the models of Biblical communication, in the context of conflict. Go to the source.
5. Encourage your student-athletes to communicate directly with his/her coach and/or athletic director.

- An integral element of Athletics is teaching and modeling effective communication. Before taking it upon yourself to contact the coach/athletic director, encourage your student-athlete to communicate with him or her directly.
 - If, after that communication, you feel the need to communicate, first contact the coach, then athletic director. This approach exemplifies the Biblical model of “going to the source”.
6. Be punctual when picking up your student-athlete from practice and games.
 7. When necessary, be available to drive student-athletes to games.

Scheduling / Navigating the Athletics Website

- The website is the most reliable source for information regarding:
 - Practice times
 - Game times and locations
 - Transportation for away games
 - Facility details and addresses for away games
 - Dismissal and departure times
 - Post-game scores
- The New Life Athletics website is: <https://newlifechristianathletics.bigteams.com>
- For information on your student-athlete’s team, select either:
 - Fall / Winter / Spring / Year-Round
 - Then select level of play: Middle School / Junior-Varsity / Varsity
 - Then select the gender: Boys / Girls
- Information for each game can be found by selecting the “i” icon next to each game.
- Be sure to scroll through the entirety of the information, to be accurately informed.
- If you are unable to find all of the information needed for the game, contact the coach, athletic director, or school office for the remainder of the desired information.

Game Cancellation

In the event that a game is cancelled for weather-related purposes (school cancellation, driving conditions, field conditions), the game cancellation will be confirmed between the athletic directors of both teams.

The process of communication from the athletic director:	<ul style="list-style-type: none"> Inform school office Inform coaches Inform officials Inform bus driver (away games) Inform student-athletes Coach will inform parents via email Update the Athletics website Communicate via social media
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According to the MDCC handbook, “Canceling a game due to field conditions is able to be protested” (2018). So long as lightning and thunder do not impede the safety of student-athletes, coaches, officials, and spectators, outdoor games will be played. Prior to the start of an outdoor game, it is the discretion of the athletic directors from each team, as to move forward with the game. Upon the official start time of outdoor games, it is the discretion of the game officials.

Transportation Expectations

1. Transportation will rely on two methods:

Bus Transportation

Team/Carpool

- Ideally, the teams will travel to away games via bus. However, there are several occasions when transportation is dependent upon the coach and parents.
 - Thank you for supporting your student-athlete’s Athletics program! If providing transportation becomes a financial burden to you, please contact the school’s Financial Director, who will walk you through the process of receiving reimbursement for miles driven outside of Frederick County.
2. Males and Females cannot sit in the same seat on the bus.
 3. Student-athletes can listen to their own music; however, content must be appropriate and honoring to God and others who hear it.
 - The coach and/or parent reserve the right to ask the student-athlete to change the music.
 4. Do not eat on the bus or in cars, unless permission is granted by the driver.
 - Honor the driver, and clean personal items and/or trash upon exiting the vehicle.

New Life Athletics Awards Banquet

- The annual Awards Banquet is hosted in the Spring Athletics season, and is open to all student-athletes and families of student-athletes who participated on a team during the current school year.
- Awards will be given to Varsity programs.
- Middle School student-athletes are invited to attend; awards will not be given at this time, as each Middle School Athletics program has an end-of-season party/gathering.
- All eligible Varsity student-athletes will receive a Varsity letter and pin/service bar(s)
- Individual student-athlete awards will be given by the coach of each Varsity program.
- The MDCC recognizes student-athletes with an All-Conference certificate.
- The Athletic Director will issue special awards that have been earned by the student-athlete.

Accountability of Expectations

Write your initials next to each statement, to indicate that you agree to uphold the expectations of participation in New Life Athletics.

- I will support the mission, vision, and values of New Life Athletics.
- I will communicate constructively and directly with the coach and/or athletic director.
- I will not communicate above the “chain of command”, until I have exhausted my efforts in handling a conflict with the coach and/or athletic director.
- I will wait 24-hours to engage in conversation (regarding playing time) with the coach.
- I understand that I am a model of Biblical communication and dealing with conflict.
- I agree to respectfully receive a verbal warning from an athletic director or official, if my conduct/speech is deemed unacceptable at home or away games.
- If I am ejected from a home or away game by an athletic director or official, I will not attend the following two consecutive conference games (home or away).
- I will participate in all Conference tournament games, regardless of seeding/travel.
- I understand and agree with the expectations regarding Academic Eligibility.
- I will support the leadership of the coach and athletic director in all areas of Athletics.

By signing this document, I signify that I, _____, agree to uphold the expectations of participation in New Life Athletics. If I fail to uphold the aforementioned expectations, I will be confronted with a verbal warning, followed by being prohibited from attending conference games, and finally, I/my student-athlete will be excused from participation in New Life Athletics. I agree to support the mission, vision, and values of New Life Athletics, and to support the leadership of the athletic director and coaching staff for the entirety of the Athletics season(s).

Student-athlete signature: _____

Date: _____

Parent/guardian signature: _____

Date: _____

Parent/guardian signature: _____

Date: _____

Receipt of Student-Athlete Handbook

I have received a copy of the New Life Christian School Co-Curricular/Athletics Handbook.

I understand that I am responsible for reading the policies and practices described within.

I understand that this handbook replaces all prior Athletics handbooks, policies, and practices of New Life Athletics.

I agree to abide by the policies and procedures contained therein.

I understand that the policies and benefits contained in this student-athlete handbook may be added to, deleted, or changed by the administration at any time.

I understand that, by signing this receipt, I agree with the school's Statement of Faith (described in the New Life Christian School Student Handbook).

If I have any questions regarding the content or interpretation of this handbook, I will bring them to the attention of the administration.

Student-athlete signature: _____

Date: _____

Parent/guardian signature: _____

Date: _____

Parent/guardian signature: _____

Date: _____