

Fayetteville Christian School

Athletic Handbook

2017 Edition

Training Students To
Think, Live, And Lead As Christians
Based On A Biblical Worldview

PARENTS

We at FCS find interscholastic athletics to be an important function of the school. We encourage all students to participate in sports and /or extra-curricular activities. We believe that participation in sports provides a wealth of opportunities and experiences for the students. We pray that your family would take an interest in our sports programs because it is an important phase in the total education process. It is our hope to maintain a program that is sound in purpose and will further each student's educational, physical and spiritual maturity.

A student who participates in athletics is voluntarily making a choice of self-discipline and self-denial. Failure to comply with team or school rules of training and conduct, or failure to maintain academic requirements may lead to a suspension from the team. There is an expectation that each student will discipline his/her mind and body for rigorous competition. We believe God calls us to strive for excellence, and we do not want our athletes to compromise or accept mediocrity.

Parents play a vital and critical role in the development and the overall success of their young person's involvement in athletics. It is important that all parents realize and understand this role. Many do not, and therefore athletes sometimes experience difficulty and frustration. Parents provide a key ingredient in the development of young athletes.

SUPPORT AND COOPERATION

It is important for parents to attend as many games as possible. Being at the game is very important to your child. Try to be objective. Avoid the syndrome of seeing your child as the best player on the team or as flawless. All players, no matter how capable, need correction, redirection, and occasional discipline.

As parents, we must believe in and support the coach's judgment, character, actions, strategy, and overall philosophy and help your child do the same. In contrast, criticism and constantly questioning the coach's actions and overall program will likewise affect the student athlete. The attitudes and ideas communicated in the home will often be carried out in the heart and mind of the athlete.

To question is not necessarily to criticize. It's all in the frame of mind and approach. Be tactful and positive. Confrontation is sometimes necessary and can be healthy if timing and method are appropriate. It is better to confront an issue in love rather than let it build up into unnecessary hard feelings. It is also better to confront a coach the day after a game and not immediately following the contest. Let your child know that you are supportive, and that you believe in them regardless of the individual or team performance.

Be flexible whenever possible. We realize that sometimes conflicts occur in scheduling events. Please keep in mind that games are scheduled carefully and any change causes problems in the schedule. Be prepared for such changes, ready to make necessary adjustments.

Build up, rather than put down other team members. Everyone plays an important role on each team. Regardless of skill level and ability, all are a vital part of the team. Please be sensitive to those around you as you watch a contest. Be loud and supportive of your child and their team in all contests but do it in good taste. It is important to show sportsmanship and respect to all opponents.

COMMUNICATION

It's important to keep an open line of communication with the coach. We realize that there are some unavoidable circumstances that might result in an athlete missing a contest and /or a practice. We ask that you contact the coach as soon as possible when such events occur. We ask that you also recognize and understand the team's policy on such events.

If you have a valid question concerning the overall athletics of FCS, speak to the Athletic Director. Please call in advance and set up an appointment with the AD. If you have a question concerning a team, please direct your question to the appropriate person (most likely the coach). We ask you choose an appropriate time (not immediately following a game) and do so in a positive manner. Remember the coach is the designated person in charge. You may not agree with some of his/her philosophies or decisions, but be willing to give the benefit of the doubt and show your support.

We ask you follow the following guidelines for handling parent/coach concerns. First, the athlete should work with the coach. All coaches appreciate an open line of communication with their athlete regarding the team or individual status. A coach will not “hold it against” an athlete for wanting to talk about a situation. If a parent would like to speak to a coach about a situation, it should be done via an appointment. If the problem continues to exist, the parent should then contact the Athletic Director.

Our athletic department is committed to the following obligations and responsibilities toward all participants:

- To provide adequate equipment and facilities
- To provide capable and Christian coaches
- To provide equalized contests with certified officials

EVALUATION

It is the role of the athletic department, in conjunction with the school administration, to make rules and regulations that govern the spirit of competition at FCS. These rules need a broad base of support, which is achieved only through communication to the parent. It is our hope to accomplish this task through this publication.

You can see how critical and important your role is to the success of your young person’s athletic involvement. Please take the time to carefully consider and evaluate how your attitude and actions are presently influencing your child. Most parents desire to enhance the athletic experience of their children. This can only be done with a Christian attitude that is constantly positive.

The school administration, athletic department, and, most of all, the athletes are the chief beneficiaries of parental involvement and appreciate your effort of support, communication, and sportsmanship.

ATHLETES

Being a member of FCS athletics is a privilege and with it carries certain traditions and responsibilities that must be maintained. Athletic traditions are not built overnight. They require hard work put forth by many people over many years. As a member of FCS athletics, you have inherited the tradition built by this school and the past athletes that were a part of it. You are now challenged to uphold and build upon it.

The tradition FCS has kept is to glorify God by winning with honor and losing with grace. Our desire is to win, but only if in doing so we glorify God. Such a tradition is worthy of the best effort and commitment of all that are concerned. When you don the blue and white of FCS, we assume that you not only understand our tradition to glorify God, but are also willing to assume the responsibilities that go with it. Your contribution to this tradition should be a satisfying accomplishment for you and your family.

RESPONSIBILITIES TO GOD: Christians are Ambassadors for Christ and the light of the world. As a member of an athletic team in a Christian school, your most important responsibility is to be a good representative of God.

RESPONSIBILITIES TO YOURSELF: You have a responsibility to broaden yourself and develop strength of character. You owe it to yourself to get the best possible education you can and the greatest good from your high school experience. Sports, along with all other high school experiences, help in preparing you for adulthood and molding your character into that which will make you a productive member of society.

RESPONSIBILITIES TO YOUR SCHOOL: Another responsibility you assume as a team member is to your school. FCS cannot maintain its position of having an outstanding school unless you do your best in whatever activity you wish to engage. By participating in athletics to the maximum of your ability, you are contributing positively to the reputation of your school.

You assume a leadership role when you are on an athletic team. You are on stage with the spotlight in your direction. The student body, the community, and other communities judge our school by your conduct and attitudes, both on and off the field. Because of this leadership role, you can contribute greatly to school spirit and community pride. By your faithful exemplification of these ideals, you make both FCS and the Christian community proud of your example.

RESPONSIBILITIES TO THE TEAM: You are not alone. Your teammates depend on you to fulfill your responsibility. Do everything in your power not to jeopardize your ability to remain a member of the team.

RESPONSIBILITIES TO OTHERS: As a team member, you also bear a responsibility to your family and friends and others around you. As a high school athlete, younger students will watch you, and they will copy you in many ways. So, work hard to set a good example for them.

THE SPORTS PROGRAM

All sports are participated in at the varsity level. When we have the number of students to form a junior varsity and /or middle school team, they will also be added. The sports in which we participate are not limited to the following, and may change depending on the level of participation.

<p>FALL – GIRLS</p> <p>Volleyball (MS, JV, V)</p> <p>Cross Country (V)</p> <p>Cheerleading (Football) (V)</p> <p>Tennis (V)</p>	<p>FALL – BOYS</p> <p>Soccer (MS, JV, V)</p> <p>Football (JV, V)</p> <p>Cross Country (V)</p>
<p>WINTER – GIRLS</p> <p>Basketball (MS, JV, V)</p> <p>Cheerleading (Basketball) (MS, JV, V)</p>	<p>WINTERS – BOYS</p> <p>Basketball (MS, JV, V)</p>
<p>SPRING – GIRLS</p> <p>Softball (V)</p> <p>Soccer (MS, JV, V)</p> <p>Golf (V)</p> <p>Track (V)</p>	<p>SPRING – BOYS</p> <p>Baseball (V)</p> <p>Golf (V)</p> <p>Tennis (V)</p> <p>Track (V)</p>

** As interest and coaches become available, we will add activities for the students**

Club-wrestling 5 years old and up

GOVERNANCE

FAYETTEVILLE CHRISTIAN SCHOOL

The administration of FCS is responsible for all school policies and delegates their fulfillment to the school staff.

The responsibility of the overall athletic program is to insure that the School Administration and the Athletic Director work together to make sure the athletic programs at FCS operate in a smooth fashion. The day-to-day responsibility of the athletic program is assigned to the Athletic Director. Each participant is directly responsible to his/her coach who is responsible to the Athletic Director who in turn reports to the Head of School.

NORTH CAROLINA INDEPENDENT SCHOOLS ATHLETIC ASSOCIATION (NCISAA)

Fayetteville Christian School is a member of the NCISAA. The NCISAA is a group of independent secondary schools sharing a belief that athletic interaction through statewide activities should be a positive experience. The NCISAA endeavors to promote a variety of educationally sound athletic programs culminating in a state championship.

Therefore, NCISAA activities are governed by the following principles:

- All activities shall be founded on accepted principles of sportsmanship.
- All activities shall be conducted without discrimination.
- Interruption of academic schedules and travel time and expense should be minimized.
- Equitable competition based upon variations in school enrollment should be provided.
- Financial aid in any form in return for athletic performance should be prohibited.
- The business affairs of the NCISAA should be conducted by a group equally representing the entire constituency.

As a voluntary, non-profit organization, the NCISAA operates with the belief that the basic integrity of each member school is the most vital part of the organization.

The SANDHILLS ATHLETIC CONFERENCE (SAC)

Fayetteville Christian School is a member of the Sandhills Athletic Conference (SAC). We will uphold the rules of this conference and represent it in a Christ-like manner for all activities. The member schools in the SAC are as follows:

- Village Christian Academy, Fayetteville, NC
- Northwood Temple Academy – Fayetteville, NC
- Trinity Christian School – Fayetteville, NC
- Fayetteville Christian School – Fayetteville, NC
- Cape Fear Christian School, Erwin, NC
- Freedom Christian Academy, Fayetteville, NC

The SOUTHEASTERN MIDDLE SCHOOL ATHLETIC CONFERENCE (SEMSAC)

Middle School only is a member of the Southeastern Middle School Athletic Conference (SEMSAC). The member schools in the SEMSAC are as follows:

- Sandhills Classical, Southern Pines, NC
- Fayetteville Academy – Fayetteville, NC
- Liberty Christian Academy – Fayetteville, NC
- Village Christian Academy – Fayetteville, NC
- Fayetteville Christian School – Fayetteville, NC
- Northwood Temple Academy – Fayetteville, NC
- The O'Neal School – Southern Pines, NC
- St. Patrick's Catholic School – Fayetteville, NC
- Freedom Christian Academy – Fayetteville, NC
- Berean Baptist Academy – Fayetteville, NC

The SAC is responsible for arranging conference schedules, and they meet regularly with Athletic Directors from each school to discuss conference business.

ATHLETIC POLICIES

**Please remember that failure to comply with the following policies may put students or FCS programs at risk. Violations may cause game suspensions and /or removal from the team. **

REQUIREMENTS FOR PARTICIPATION

Academics

ATHLETIC ELIGIBILITY

Students with a grade below 70 in any class will be evaluated on a weekly basis by the teacher in whose class they have the low grade. If the student is making progress and is working hard, although the average for the week may remain below 70, the student will be allowed to participate in sports the following week. If the student is not working in class, is not prepared, etc., he/she will not be allowed to participate in any games.

First quarter:

- Administrators will check grades on Powerschool at mid-quarter (4 ½ weeks).
- Students with a grade below 70 for a mid-quarter average will receive a weekly evaluation by their teachers.
- Teachers will complete an evaluation form each week for the students to indicate that the student is/is not :
 1. completing assignments on time
 2. engaged in class by taking notes and participating in discussions
 3. prepared with appropriate books and supplies
 4. attending tutoring sessions that may be offered by teachers
- The teacher will indicate in a written evaluation that a student is making good progress in the class and should participate in sports or that the student is not making good progress in the class and should not participate in sports. The form will be turned in to the administrator each Monday and will be an assessment of the previous week's effort.
- The policy applies to all athletes at Fayetteville Christian School, whether new or returning.

Second, Third, and Fourth Quarters:

- Administrators will check grades on Powerschool at the end of Quarters 2, 3, and 4.
- Students with a grade below 70 will receive a weekly evaluation by their teachers.
- Teachers will complete an evaluation form each week for the students to indicate that the student is/is not :
 1. completing assignments on time
 2. engaged in class by taking notes and participating in discussions
 3. prepared with appropriate books and supplies
 4. attending tutoring sessions that may be offered by teachers
- The teacher will indicate in a written evaluation that a student is making good progress in the class and should participate in sports or that the student is not making good progress in the class and should not participate in sports. The form will be turned in to the administrator each Monday and will be an assessment of the previous week's effort.
- The policy applies to all athletes at Fayetteville Christian School, whether new or returning.

Grade Levels Permitted To Participate In Conference Sports

Students in grades 7 through 12 may participate in Varsity sports at FCS according to conference rules (exception is football). FCS requires that 7th and 8th graders must have approval through the Athletic Director for participation in JV/Varsity sports. 6th graders can only participate in middle school sports, such as the SEMSAC basketball teams. 6th graders cannot be managers of any sports teams. Middle schoolers are not allowed in the weight room.

**School policy states that any middle school student on campus after school for any reason must check into After School Study Hall (ASSH) unless the activity in which they are involved begins by 3:10. Student athletes whose practice begins within an hour of dismissal from school must sign into ASSH but will not be charged. Additionally, all middle school athletic participants must check in to ASSH upon completion of the game or practice if not supervised by the team coach or parent. **

Attendance

A student absent half of a school day (three and one half hours or more) will be considered absent and may not participate in athletic events or practices scheduled for that day.

Physical Examination

Prior to the first practice for participation in interscholastic athletics, a student shall undergo a thorough medical examination and be approved for participation by the medical authority. The physical examination is good for 12 months. Students **WILL NOT** be allowed to try out for a team without first having a current sports physical.

See Form II

Athletic Registration Form

Completed annually by parent/guardian – includes permission, assumption of risk, and responsibility to have personal injury insurance.

See Form I

Parent Acknowledgement of Athletic Policies

A copy of this handbook will be posted on line. Each parent/guardian shall read the material and certify that they understand the eligibility rules and policies of the athletic department and the school.

See Form IV

Insurance

The school does not carry athletic insurance to cover student athletic injuries. All athletes must have proof of insurance on file, before being allowed to participate in a sport.

Risk of Participation

All athletes and parents must realize the risk of serious injury, which may be a result of athletic participation. FCS will use the following safeguards to make every effort to eliminate injury: Instruct all athletes about the dangers of participation in the particular sport; maintain continuing education program for coaches to learn the most up-to-date techniques and skills to be taught in their sport; and provide safe and state approved transportation.

Financial Obligation and Equipment

A sports fee will be assessed annually. The expectation is that the sports fee and other income to the athletic department will cover all costs required by the program; however, a team may choose to raise funds for special items after consultation with the Athletic Director.

Athletes will be responsible for the proper care and security of equipment issued to them. School-furnished equipment is to be worn only at approved times. In other words, no game uniforms are to be worn during practices or as a school uniform. All equipment not returned in good condition at the time requested at the end of the season will be subject to a financial penalty. Report cards will be held and no other uniform or equipment will be issued to the athlete until all previous accounts are cleared.

ATHLETIC CODE OF CONDUCT

SPORTSMANSHIP

Athletes: All athletes shall abide by a code of ethics which will give God the glory and respect all competitors in interscholastic sports and activities. Any conduct that results in dishonor to God, the athlete, the team or the school will not be tolerated. Intimidation or forms of “trash talk” will not be tolerated. FCS athletes should be diligent in preparation, relentless in effort, disciplined by nature, respectful in action, self-controlled with words, humble in spirit, and aggressive in pursuit of excellence, without regard to score, opponent, time, referees, etc. As Christian athletes display these characteristics, good things usually happen: teams are successful; players are motivated; fans are supportive and enthusiastic; parents are proud; perspective athletes want to participate; and a clear testimony for Christ is presented.

Parents and Spectators: It is important to make guests to our school activities feel welcome. All visitors should feel as though they have been treated fairly and dealt with in a sportsmanlike way. The skills of the visiting team should be recognized and appreciated. Everyone needs to work together to create a positive Christlike atmosphere at FCS. The Administration asks that

all people associated with FCS refrain from the following behaviors during a contest: booing or jeering, mocking or taunting, yelling negative comments to referees and/or opposing teams. It is unacceptable to confront a referee or other participants during or following a contest. If there is a problem, students/parents should inform the school administration and let them deal with the situation. A game official or school administrator (or their designee) has the authority to remove any person from an athletic contest for unsportsmanlike behavior.

SUBSTANCE ABUSE

The Athletic Department will not tolerate any form of substance abuse by a student athlete at any time. All student athletes are subject to drug testing. Refusal to submit to such a test will result in immediate suspension from the team..

HAZING

Hazing is not to be a part of the FCS athletic program. Hazing is defined as an initiation process conducted against a player or prospective player of a team. Any behavior directed toward another that endangers the mental or physical health or safety of the student for the purpose of initiation or admission into or continued membership on any team is not acceptable behavior.

APPEARANCE

It should be understood that all FCS athletes represent our school and that modesty should guide all clothing decisions. Our athletes are representatives of our Lord, their families, FCS and its Athletic Department. In order to promote team unity, each athlete should adhere to the following athletic dress code:

Game Day Dress Code

GIRLS

During school hours, girls must wear a long or short-sleeved button-down shirt with the school logo and school uniform slacks/shorts/skirts. During travel to and from games, girls may wear their warm-ups; however, the entire team must dress the same.

Cheerleaders must travel to and from games in their warm-ups. It is not optional.

BOYS

During school hours and travel to the game, boys must wear their school pants with a long-sleeved button-down shirt with the school logo and a tie. Boys must wear shoes. (No flip flops or sandals)

During travel from the games, the school uniform, with the exception of the tie, or warmups can be worn; however, the entire team must dress the same.

Note: Teams will be allowed to wear their uniforms during travel when locker rooms are not provided by the opposing school.

PARTICIPATION

Generally, an athlete may participate in only one sport per season. If a student desires to participate in two sports during the same season, the athlete must have the support of the coaches of both sports and work through the Athletic Director to coordinate both sports and to gain approval for dual participation.

EQUIPMENT

School equipment that is checked out to the student athlete becomes his/her responsibility. The athlete is expected to keep it clean and in good condition. Equipment/practice gear/uniforms are to be used only in contests or practice or as directed by the coach. It is not to be worn in PE classes or at other times unless directed by the coach. Game uniforms are not to be worn during practice. Loss of any equipment is the financial obligation of the athlete. Fees may be charged for equipment returned late. No athlete will be allowed to participate in a sport until all previously issued athletic equipment and uniforms have been returned or proper restitution is made.

MISSING PRACTICES/CONTEST – REMOVAL FROM A TEAM

When an athlete joins a team, the commitment is made not only by the athlete but the parents as well. It is hard work scheduling around an athlete's schedule for a season. There will also be occasional scheduling difficulties that may occur with

makeup games due to weather, etc. An athlete is expected to attend all scheduled practices and games. If an athlete is going to miss practice or a contest, the coach should be consulted as far ahead as possible. If a family finds it necessary to be gone for an extended time during the season, it is important to work with the coach so he/she can plan ahead. Missing a practice or a contest will generally result in some consequences. Please keep in mind that when a scheduling conflict occurs, the athlete has chosen to be a part of the team. Missing practices or games affect every other team member and the team's road to success.

If a parent deems it necessary to remove his/her student from an athletic team temporarily or permanently, the parent must realize that these actions penalize the entire team. It is suggested that this course of action be viewed only as a last resort and used only when other disciplinary methods have been exhausted. Regular consultation should be maintained with the coach if removal from a team is a consideration. Removal from a team for any reason will result in a suspension of participation in the next season's sports.

TRAVEL

Out of Town Games - All athletes are expected to travel to away contests in transportation provided by the school (This includes parent-driven cars, if needed). Any exceptions must be prearranged with the AD by the athlete's parent or guardian. Athletes are also expected to return back to the school by the same transportation means. However, coaches will have a travel roster in their possession at all contests; a parent will be able to sign their student out once the contest is over. Any athlete wishing to ride home with another parent will be released if and only if the parent of the athlete has signed the travel roster prior to departure or has made personal contact with the AD or coach indicating which parent their child can ride with. Any other arrangement must be prearranged with the AD. No athlete will be permitted to ride with another student.

Local "Away" Games - Athletes/families are responsible for transportation to and from ALL local games starting at 5:00 pm or later. Transportation TO athletic contests starting before the 5:00 pm deadline will be provided by FCS. However, athletes are responsible for a ride FROM the site after the game.

- Village Christian Academy, Fayetteville, NC
- Northwood Temple Academy – Fayetteville, NC
- Trinity Christian School – Fayetteville, NC
- Fayetteville Christian School – Fayetteville, NC
- Cape Fear Christian School, Erwin, NC
- Freedom Christian Academy, Fayetteville, NC
- Fayetteville Academy – Fayetteville, NC
- Liberty Christian Academy – Fayetteville, NC
- St. Patrick's Catholic School – Fayetteville, NC
- Berean Baptist Academy – Fayetteville, NC

All buses must be kept clean at all times. Noise level should be kept to a minimum. Boys and girls will not be permitted to sit with one another while traveling on the buses. Students are responsible to the coach, driver and all other adults on the bus.

Food stops – When stops are scheduled before or after an event, appropriate behavior is expected. Every effort will be made to get the team home early from away games Monday-Thursday. Upon return, a coach must wait with all students until all have been picked up, so it is important to arrange transportation on time. Student athletes are instructed to call their parents when they are 30 minutes away from school. Coaches will have their duties completed 10 minutes after the return and are ready to go home too. Please do not make them wait. A fee will be charged for every minute after the initial 10 minutes.

COLLEGE RECRUITMENT

It needs to be understood that a very small percentage of athletes in the entire state of North Carolina will gain "full ride" athletic scholarships. The purpose of athletics at FCS is not to prepare athletes for college level. Preparation for college athletics is a byproduct of participation in high school athletics. It is important for an athlete to work with his/her coach who will aid in making contacts with college programs. Any athlete who anticipates competing at an NCAA Division I or II College must register with the NCAA Clearinghouse.

CONFLICTS IN EXTRACURRICULAR ACTIVITIES

Inevitably, in a school situation, scheduling conflicts will arise between athletic events and other school activities. When the athletic schedule is published, care will be taken by the AD to avoid conflicts, if possible. **In some instances, a student will have to choose prior to the season whether he/she will play on a team or take on some other extracurricular activity.** Missing scheduled meetings, practices or games without prior arrangements may result in the student's inability to participate in the next game.

For students participating in a number of activity programs both on and off campus, scheduling conflicts will occur. It is important that the student keep a calendar of events for his/her activities and, if a conflict is found, the student needs to immediately inform all sponsors/coaches involved. In order to deal with each participant fairly, a consistent policy is necessary. If left unattended, unresolved and undisclosed, the student athlete is often placed in a difficult position between the athletic coach, activity sponsor and the parents. It is the policy of the athletic department to use the following priorities to handle any activity scheduling conflicts.

Priority I - A classroom required activity where attendance is mandatory for grade

Priority II - A regularly scheduled, planned activity

Priority III - A rescheduled performance or contest

Priority IV - A rescheduled practice

Athletes are required to fulfill the full schedule of their respected sports season, to include all conference and state tournaments. Failure to do so will result in consequences, including not lettering in the varsity sport. Exceptions will be made for emergency situations.

The headmaster and AD will oversee any appeal for decision as a result of this policy. However, with proper communication between parties most conflicts should be easily managed.

RELEASE FROM CLASS

If a student misses classes because of an athletic contest, it is the responsibility of the student to turn in **ALL** work **BEFORE** leaving school. Scheduled tests and quizzes must be taken before leaving unless other arrangements have been made with the teacher.

SQUAD SELECTION/PLAYING TIME

In accordance with the FCS philosophy of athletics and the school's desire to see as many students as possible participate in the athletic program at FCS, coaches keep as many students on each team as possible without affecting the integrity of the sport. Time, space, facilities, equipment, personal preference and other factors will place limitations on the most effective squad size for any particular sport. It is the decision of the athletic department in conjunction with the coach regarding the number of players to be named to a team in a given season.

It needs to be understood that students who make a team will not necessarily experience equal playing time. No amount of playing time is guaranteed to an athlete on any team at any level. Playing time depends on the skill, experience, attitude, level of competition, and the blending of those attributes with the rest of the team and the level of competition. At all levels below high school varsity, it is generally expected that an athlete will participate in each competition but there may be occasions when this does not happen.

COACH'S POLICY

Each coach may establish other rules or standards for the team or program in which they work which go beyond what is listed in this handbook. They may be unique to that sport or program. The coach's policies will be consistent with and not contradict other school practices and policies. The coach will file a copy of the rules with the Athletic Director. Following approval by the AD, the supplementary rules will be distributed to all team members.

DISCIPLINE POLICY

The coach will have the freedom to discipline the athletes as long as it is consistent with the school, conference, and state policy. Some of the options that are available to the coach will be warnings, removal from game, practice, and even removal

from the team. Repeat offenders and/or more serious offenses, such as sexual misconduct or drugs, will be handled by the school administration and the Athletic Director.

Sports participating in: _____

Player's Name _____

EXAMINATION

(To be completed by a physician)

Height _____ Weight _____ Blood Pressure _____

Age _____ Birthdate _____

Comments

1. _____ Eyes _____
2. _____ ENT _____
3. _____ Heart _____
4. _____ Lungs _____
5. _____ Abdomen _____
6. _____ Genitalia (Males) _____
7. _____ Musculoskeletal _____
8. _____ Neurological _____
9. _____ Skin _____

I certify that I have examined this student and find him medically (qualified, not qualified) to complete in interscholastic sports.

Licensed to practice medicine: Yes _____ No _____

Physician or Provider's Signature: _____

Address: _____ Date: _____

If student is not qualified to complete in interscholastic sports, list reasons for disqualification: _____

Please note the following conditions: acute infections, obvious growth retardation, diabetes, jaundice, severe visual loss, history of convulsions, or concussions, absence of one kidney, eye, or testicle; disqualify the student from participating in school athletics until medical and parental releases are obtained.

Player's Name: _____

Medical History

(to be completed by parents)

Is there a known history of:

- | | | |
|--|----------|---------|
| 1. Birth Deformities (one eye, one kidney, etc.) | Yes_____ | No_____ |
| 2. Known past illnesses of more than one week's duration | Yes_____ | No_____ |
| 3. Medical conditions currently under treatment | Yes_____ | No_____ |
| 4. Fractures or other disabling injuries | Yes_____ | No_____ |
| 5. Any permanent deformity or disability | Yes_____ | No_____ |
| 6. Mental disorder or convulsions | Yes_____ | No_____ |

Explain any above questions answered yes _____

Medications now being taken:

Player is allergic to these medication and substance:

List any unusual Health information:

Parent Signature _____ Date _____



Driving Permission Form

Student Name: _____ Date: _____

Your son/daughter has asked for and will receive permission to drive (alone) to _____
Practice at _____, and all home games throughout the _____ sports
season. Permission to drive will be granted when this form is returned to the athletic offices
signed. All players must drive safely to the specific location. Any violation of the law or other
action that brings negative attention to the team while driving will revoke this privilege.

Please indicate your acknowledgement and approval with your signature below.

Athletic Director

Parent

Student

Date

Date

Date



PLEASE DETACH AND RETURN TO THE ATHLETIC OFFICES

I have read the Fayetteville Christian School athletic handbook for co-curricular activities including the rules, regulations and policies. I fully understand its meaning and consequences and support its enforcement by persons responsible.

Please sign and return this page to the athletic office. This form will be for the current school year and kept in the office. Thank you for your cooperation and support.

Date _____

Signature of athlete _____

Signature of parent/guardian _____

Received in the athletic office on _____

Student-Athlete & Parent/Legal Custodian Concussion Statement

**If there is anything on this sheet that you do not understand, please ask an adult to explain or read it to you.*

Student-Athlete Name: _____

This form must be completed for each student-athlete, even if there are multiple student-athletes in the household.

Parent/Legal Custodian Name(s): _____

____ We have read the *Student-Athlete & Parent/Legal Custodian Concussion Information Sheet* which follows.
If true, please initial on line

After reading the information sheet, I am aware of the following information:

Student-Athlete Initials		Parent/Legal Custodian Initials
	A concussion is a brain injury which should be reported to my parents, my coach(es) or a medical professional if one is available.	
	A concussion can affect the ability to perform everyday activities such as the ability to think, balance, and to perform well in class.	
	A concussion cannot be "seen." Some symptoms might be present right away. Other symptoms can show up hours or days after an injury.	
	I will tell my parents, my coach, and/or a medical professional about my injuries and illnesses.	N/A
	If I think a teammate has a concussion, I should tell my coach(es), parents, or medical professional about the concussion.	N/A
	I will not return to play in a game or practice if a hit to my head or body causes any concussion-related symptoms.	N/A
	The student athlete will need written permission from a medical professional trained in concussion management to return to play or practice after a concussion.	
	Based on the latest data, most concussions take days or weeks to get better. A concussion may not go away right away. I realize that resolution from this injury is a process and may require more than one medical evaluation.	
	I realize that ER/Urgent Care physicians will not provide clearance if seen right away after the injury.	
	After a concussion, the brain needs time to heal. I understand that my child is much more likely to have another concussion or more serious brain injury if he/she returns to play or practice occurs before concussion symptoms go away.	
	Sometimes, repeat concussions can cause serious and long-lasting problems.	
	I have read the concussion symptoms on the Concussion information Sheet.	

Signature of Student-Athlete

Date

Signature of Parent/Legal Custodian

Date

**CONCUSSION (keep this form for your review)
INFORMATION FOR STUDENT-ATHLETES & PARENTS/LEGAL CUSTODIANS**

What is a concussion? A concussion is an injury to the brain caused by a direct or indirect blow to the head. It results in your brain not working as it should. It may or may not cause you to black out or pass out. It can happen to you from a fall, a hit to the head, or a hit to the body that causes your head and your brain to move quickly back and forth.

How do I know if I have a concussion? There are many signs and symptoms that you may have following a concussion. A concussion can affect your thinking, the way your body feels, your mood, or your sleep. Here is what to look for:

Thinking/Remembering	Physical	Emotional/Mood	Sleep
Difficulty thinking clearly	Headache	Irritability-things bother you more easily	Sleeping more than usual
Taking longer to figure things out	Fuzzy or blurry vision	Sadness	Sleeping less than usual
Difficulty concentrating	Feeling sick to your stomach/queasy	Being more moody	Trouble falling asleep
Difficulty remembering new information	Vomiting/throwing up	Feeling Nervous or worried	Feeling tired
	Dizziness	Crying more	
	Balance problems		
	Sensitivity to noise or light		

What should I do if I think I have a concussion? If you are having any of the signs or symptoms listed above, you should tell your parents, coach, athletic trainer or school nurse so they can get you the help you need. If a parent notices these symptoms, they should inform the school nurse or athletic trainer.

When should I be particularly concerned? If you have a headache that gets worse over time, you are unable to control your body, you throw up repeatedly or feel more and more sick to your stomach, or your words are coming out funny/ slurred, you should let an adult like your parent or coach or teacher know right away, so they can get you the help you need before things get any worse.

What are some of the problems that may affect me after a concussion? You may have trouble in some of your classes at school or even with activities at home. If you continue to play or return to play too early with a concussion, you may have long term trouble remembering things or paying attention, headaches may last a long time, or personality changes can occur once you have a concussion, you are more likely to have another concussion.

How do I know when it's ok to return to physical activity and my sport after a concussion? After telling your coach, your parents, and any medical personnel around that you think you have a concussion, you will probably be seen by a doctor trained in helping people with concussions. Your school and your parents can help you decide who is best to treat you and help to make the decision on when you should return to activity/ play or practice. Your school will have a policy in place for how to treat concussions. You should not return to play or practice on the same day as your suspected concussion.

******You should not have any symptoms at rest or during/after activity when you return to play, as this is a sign your brain has not recovered from the injury.******

This information is provided to you by the UNC Matthew Gfeller Sport-Related TBI Research Center, North Carolina Medical Society, North Carolina Athletic Trainers' Association, Brain Injury Association of North Carolina, North Carolina Neuropsychological Society, and North Carolina High School Athletic Association.

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