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WAYSIDE  
CHRISTIAN  
SCHOOL

ATHLETIC  
**HAND  
BOOK**

*Revised 2022*



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**WAYSIDE CHRISTIAN SCHOOL**

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## Note from the Administrator

The Wayside Christian School Athletics Handbook is a reference guide for coaches, student-athletes and parents concerning the policies that govern interscholastic athletics at Wayside Christian School.

The coach of an athletic team reports to the Athletic Director and Principal and is primarily responsible for the compliance by his/her team members to the rules, regulations, and policies governing Wayside Christian School.

Sound reasoning, good judgment, and adherence to the school's core values will be the standard by which situations outside these stated rules and regulations are determined and evaluated.

Interscholastic athletics is a voluntary program. Students are not obligated to participate and participation is not required for graduation. Thus, competition in high school athletics is a privilege and not a right. Accompanying this privilege is the responsibility to conform to standards established for the school athletic program. This privilege may be revoked if the athlete fails or refuses to comply with the rules

Thank you for your participation in our athletic program. May God bless you as you use your God-given athletic abilities and desire to serve Him in this integral part of school life.

Pastor Donald Helman - WCS Principal

*"I believe that a true winner always does his best, never to the glory of self but always to the glory of God. With the Lord's help, I will strive to be a true winner today."*



# Introduction

## Purpose of Athletics at WCS

The purpose of Wayside Christian School athletics is to provide an atmosphere where student-athletes can develop their physical, mental, social, emotional and spiritual gifts through the avenue of competition. The mission of our athletic department is to develop our students so that they are pliable to God's will in submitting their lives to pointing others to Christ. This cannot be accomplished without structure and order, and this goal remains consistent in the athletic program. There is little to gain from exercise, sports, and competition if these activities are not accomplished in a godly way. The athletic program shall proceed with this priority as a driving force so that win or lose; the athletic program will bring glory to God and always endeavor to point others to Christ.

The interscholastic athletic program at WCS is an extension of the classroom where we pursue our school's mission and vision through athletic participation. It is never to be thought of as being separate from, above, or beneath any program of our school. Our work on the athletic field and court gives students an opportunity to discover and embrace a Biblical worldview and put it into practice. Sportsmanship, hard work, teamwork, positive attitudes, and commitment to improving are exemplified and reinforced in all we do.

## Philosophy of Christian Athletics

Competitive sports take a substantial position in our culture today and challenge those of us in Christian education to know and understand their redemptive value. To compete means, "To strive in opposition." By definition it requires a desire and an effort to win, without which there would be no competition. Therefore, the WCS athlete has the intent to win. While this must be the competitor's intent, the Christian athlete must have a higher purpose in competing.

Athletics has become an invaluable window to the soul. Playing games is physical, emotional, and spiritual – all at once – and consequently provides experiences that mirror life itself with its struggles, battles, disciplines, rewards, successes, failures, disappointments, and challenges. Seeing athletics in this light brings out its

purpose and value, perhaps more so for the Christian than for anyone else. To pursue athletics in this way is to make it a practice field and testing ground for the growth and establishment of God's character in us and in our children.

## **Parent/Spectator Code of Conduct**

Remember that our athletic events are just games. Be honest about your child's ability, competitive attitude, sportsmanship and actual skill level. Be the parent not the coach. Be supportive from the stands. Let the coach do the coaching. When a parent coaches from the bleachers your input may be contrary to the coach's direction. Be supportive of the coach in the stands and at home. If you undermine the coach eventually this undermining will appear in your child.

Parents and spectators are to never enter the field or court of play during a game unless asked by administration. Parents and spectators are asked to never approach the officials in a negative way before, during, or after a game. Failure to comply may result in disciplinary action by administration.

## **Chain of Command**

The chain of command is in place to best answer questions that may arise during the season. Coaches are the best contact for day to day questions. If you have a question about athletic department philosophy please feel free to contact the Athletic Director or Principal directly.

## **Playing Time Philosophy**

Athletes at Wayside Christian School should strive for excellence and play to win each and every game within the parameters of a Christ-like attitude. This means that in each game both the coach and the players put forth their best effort. At the high school level, the coach's decision to play an athlete will be based on their attendance to practices (both pre-season and in-season), the effort put forth during practices, and the skill level the athlete currently possesses. At the elementary and junior high levels we understand that athletes have had less experience in the sport and will need both practice and game time to properly develop and refine their skills. There is no set formula that works for all sports when it comes to playing time, but consideration for both competitiveness and participation will be weighed by the head coach.



# Conference Affiliations

Wayside Christian School is currently independent and unaffiliated with any specific athletic conference.

# Participation and Eligibility

## Sports Season

Once a student has participated in a practice, scrimmage or contest a student is considered an athlete of Wayside Christian School. Student-athletes and parents of the student-athlete are governed by the policies of the athletic handbook as well as the school's handbook until the end of the school year.

## Locker Rooms, School Vehicles, & Sports Equipment

The neatness and cleanliness of locker rooms, vehicles, hallways and other team facilities is the joint responsibility of student-athletes, coaches, athletic director, advisors and appropriate school personnel.

Improper behavior, horseplay, vandalism, roughhousing, harassment, hazing/ bullying of others and improper care of equipment are examples of activities related to locker rooms and team areas for which disciplinary action would be appropriate, including denial of participation. Incidents are to be reported to a staff member immediately.

## Eligibility

Academic:

The only students eligible for extra-curricular activities at WCS are those who demonstrate that the extra-curricular activities do not interfere with their academic development. This is done by maintaining a "C" average with no failing grades. Eligibility will be checked for all junior and senior high student-athletes and determined every two weeks. The first eligibility check for each school year will take place two weeks into the first quarter.

Attendance:

Student-athletes may not participate in a practice or game if the student was absent for more than half the school day unless approved by administration prior to the absence. Student-athletes that leave school early because of an illness cannot

participate in any school activity that day unless approved by administration.

Behavior:

A student may also become ineligible due to inappropriate behavior and disciplinary actions. The administration or parent may also limit a student’s participation in sports for disciplinary action in accordance with the Student Handbook. Not adhering to the mentioned sportsmanship rules will result in a conference with the athletic director or administration.

**Ineligible Students**

Ineligibility of the student-athlete should come as no surprise to the student-athlete nor the parent. Student-athletes that are ineligible may participate in practice but may not dress for games. Student-athletes that are ineligible may not travel to away games on school nights (excluding Friday) or travel to tournaments. They may, however, attend home games at their parent’s discretion. Ineligible student-athletes that attend home games must sit at the end of their team’s bench in school dress.

If subpar grades persist, parents will be consulted, and the ineligible student-athlete may be dismissed from athletics until such a time as it is deemed reasonable that the student has continued and will continue to maintain satisfactory grades. Student-athletes must be eligible and in good standing to participate in any official team function such as tournaments, senior night etc.

**Homeschool Students**

Home schooled students that are associated with the ministry of Wayside Chapel and are active in services will be eligible to participate in interscholastic school sports. They must pay the current Athletic Fee for that sport before participation will be allowed. In addition, homeschool students who are taking a minimum of one academic course from WCS will be eligible to participate in interscholastic sports.

# Athlete Expectations

## Practice

Athletes are expected to attend all practices. Every effort should be made to schedule appointments during non-practice times. Players must inform the coach personally when they will miss a practice. Work is not an excusable reason for a student playing sports to miss a scheduled practice or game. If there are going to be consistent issues between athletic involvement and work, the student may have to choose one or the other. These decisions will be left up to each individual coach. Failure to comply with this rule may result in diminished playing time or suspension from future games.

## Games

Athletes are expected to attend all games. Players must inform the coach personally when they must miss a game.

Early dismissal from school or overnight stays may be necessary due to travel distance or tournament schedule. These games will be approved by the administrator and athletic director.

If a student-athlete has a question regarding playing time, you may ask the coach but only at the conclusion of a practice. Under no circumstances should a parent ask this type of question before or after a game.

## Uniforms

Players must wear the complete uniform for their sport, if he/she does not have their own uniform they will not be permitted to play in that game. Uniforms will be passed out prior to the first competition and are expected to be turned in the week after the last game of the season.

Student-athletes are required to take care of laundering their uniform. Any damage or discoloration will result in a fee being assessed for repair or replacement. Most uniforms should be washed in cold water and either dried on low heat or by hanging on a plastic hanger.

Lost or damaged uniforms are the responsibility of the athlete. If a uniform is damaged beyond that of normal wear and tear, the student will be billed the current cost for a replacement uniform plus shipping and handling. Uniforms are the property of the school. The school will purchase all uniforms; therefore, they must be turned in and inventoried at the conclusion of each season.

## **Practice Dress**

Student-athletes, in all grade levels, must wear attire that follows the Wayside Christian School handbook. All practice attire, both guys and girls, should closely approach the top of the knee. Loose fitting athletic pants or sweatpants may also be worn, but no leggings, yoga pants, or spandex style pants that are tight fitting are permitted to be worn for athletic attire unless a pair of shorts are worn over top. Shirts should not contain any inappropriate material or sayings on them. Gym shoes are only to be worn while practicing on the gym floor. Cleats are never to be worn inside of the building.

## **Game Day Dress**

On game days, regular school dress is expected during the school day. Athletes may wear loose fitting, plain sweat pants over uniform shorts on the way to games, between games, and on the way home from games. The pants should have no writing. A Wayside T-shirt or hoodie, jacket, or uniform top may also be worn. If a student chooses to not wear Wayside apparel during travel then regular school dress is required.

## **Behavior**

Students participating in interscholastic sports are, by nature of their activity, in the public eye and are de-facto role models. Because of this, WCS expects its student athletes to display only the highest level of Christian conduct. Any student who cannot maintain a Christian demeanor while executing his or her duties as a team member will be dropped from the squad.

## **In-Game Discipline**

If a WCS athlete is charged with an unsportsmanlike penalty resulting in a yellow card or technical foul or ejected from a contest, the athletic director and principal

will meet with the coach and player the following day to discuss the penalty and the ramifications thereafter.

- First violation: suspension for portion of the next game (amount will be determined by athletic director and principal based on seriousness of the offence).
- Second violations: suspension for an amount of games (amount will be determined by athletic director and principal based on the case against the player).

An ejection is a definite call; therefore, there are no appeals.

## **Physical and Release Forms**

Student-athletes must have a valid physical form filled out and signed by a physician with an attached emergency form that is current for the entire season. Parental permission form must also be on file in the athletic office before the season begins. Athletic forms are available on the school's website.

# Parent Expectations

It is important that parents show support towards the athletic program and the coaches. Parents play a vital role in the success of a student athlete. It is our expectation that all parents be positive, supportive and encouraging to all players, coaches and opponents. Parents and spectators should cheer not only for the goals and shots made, but also for the successes of all players no matter how big or small.

A mandatory parents meeting will take place at the beginning of each athletic season. At least one parent for each student athlete must be present. In the event that a parent is unable to attend the scheduled meeting, an individual meeting with the coach may be scheduled.

## Practice and Games

Please see that your child is at practice on time. Parents should help their children be dependable and accountable by communicating with them about practice and game schedules and encourage your child to be prepared for home and away games.

## Addressing Coaches

Parents should be a support system to the coaches and frequently ask how they can help. Parent/coach conflicts should be handled gently, privately and with a prayerful heart. Discussing issues with others before you discuss them with the coach often results in making the conflict more difficult to resolve. Also, gossiping with other parents about the faults of the coach and/or other players is beneficial to no one and will not be tolerated.

Parents with questions or concerns are to make an appointment to speak with the coach. Please do not attempt to confront the coach before, during, or following a game or practice. These are emotional times for both the parent and the coach, which may cloud objective analysis of the situation.

If you would like to meet with a coach, please follow these guidelines:

- Pray

- Wait a minimum of 12 hours
- Call and make an appointment

Coaches will be willing to meet with you, but please understand that WCS coaches are typically volunteers and work other jobs outside of the school. Be respectful of the fact that they have busy schedules. If a problem arises at any time, please make the coach aware of the issue and we will do our best to resolve it.

Appropriate concerns to discuss with the coach include:

- Treatment of your child, mentally and physically
- Skill improvement and development
- Concerns about your child's behavior

Inappropriate topics for discussion with the coach include:

- Your child's playing time
- Team strategy
- Play calling
- Other student athlete's abilities

If the situation cannot be resolved with the coach, call and set up an appointment with the athletic director and principal to help resolve the issue.

## **Sportsmanship**

Wayside Christian School insists that its parents, and all fans attending on behalf of WCS, exhibit exemplary sportsmanship. Parents should set an example not only to the student body, but to our community, which judges our school by the actions and attitudes of our athletes and our parents. It is without apology that the administration expects parents to abide by the same standards of sportsmanship placed before the students. The administration will politely, yet firmly, ask parents, and all fans attending on behalf of WCS, who violate the standards to leave the athletic event.

## **Concessions Stand and Gate**



It is required that the parents of any student that desires to participate in athletics at WCS help in the concession stand and gate during each sport season. The concession stand and gate is the main means by which we are able to continue to offer an athletics program.

Before a student is eligible to play in any games for WCS the parent/guardian needs to be signed up for a date to serve. If the parent does not show up for the date they are to work than the student(s) will no longer be allowed to participate in the athletics program at WCS. If for some reason the date you signed up for will no longer work for you, it is your responsibility to try to find someone who will trade dates or cover your time. It is also expected that you will inform the office about this change.

## **Lindsay's Law**

Lindsay's Law, Ohio Revised Code 3313.5310, 3707.58 and 3707.59 went into effect in 2017. In accordance with this law, the Ohio Department of Health, the Ohio Department of Education, the Ohio High School Athletic Association, the Ohio Chapter of the American College of Cardiology and other stakeholders jointly developed guidelines and other relevant materials to inform and educate students and youth athletes participating in or desiring to participate in an athletic activity, their parents, and their coaches about the nature and warning signs of sudden cardiac arrest.

Each year, parents and student-athletes must watch the required video on sudden cardiac arrest, read an informational handout, and sign a required form before the student can participate in any athletic practices or games.

# Coach Expectations

Coaches are the leader of their team. Although WCS coaches are typically volunteer, we still expect our coaches to genuinely have a love for God and the confidence to represent Him at all times both on and off the court. Coaches should also have a love for their athletes, work hard to improve team skills, and model leadership and humility to everyone they come in contact with.

## Coaching Positions and Coaching Staff

Head Coaching positions are typically volunteers and will be filled by the Athletic Director and must be approved by the principal and WCS School Board. All volunteer coaches must fill out a Volunteer Coaching application and must obtain a background check. Individuals will be interviewed to ensure proper knowledge of the sport they will be coaching, as well as to determine if they will be a positive, Christ-like role model to the athletes. The Head Coach may select their assistants, however, they must be approved by the school principal and will also need to fill out a volunteer application and obtain a background check. Background checks should be completed every three years.

In addition, all coaches at WCS must complete the NFHS Concussion in Sports Course and the NFHS Sudden Cardiac Arrest Course each year. CPR and First Aid training should be completed by all head coaches and is strongly recommended for all assistant coaches.

A mandatory meeting with the school administration will take place with all coaches prior to the start of each athletic season.

## Professional Conduct

It is the responsibility of every coach to provide a safe, secure and encouraging environment for each athlete. Coaches are held to the highest standard of professional conduct, on and off the playing field or court. Be aware of placing you or your staff assistants in "questionable" circumstances when working with athletes. Adhering to the WCS code of conduct is mandatory. The integrity of our coaches is of utmost importance whether it is during a school related sports time or **personal time**. For the safety, protection and ability to remain above reproach, we are asking

that you follow these procedures:

- **Cell Phone** - Always keep parents in the loop with any communication you have with athletes or students. If texting, always include the parents in the text message.
- **Conversations** - It is strongly recommended to have a third party present during any conversation with an athlete. Please request the presence of another coach, captain or student athlete.
- **Locker Rooms** - If the head coach is of the opposite gender of the student athletes, an assistant coach or adult of the same gender must be present for all team meetings whether in the locker room or in another meeting room.
- **Road Trips** - You must have at least two student-athletes with you at all times. Coaches must never be alone with an athlete during transportation or hotel stays. If the head coach is the opposite gender of the athletes, he/she must have at least one assistant coach or adult present in the van that is the same gender as the athletes.
- **End of Practice** - Coaches may not be alone, at any time with an athlete. Coaches may not provide transportation for an athlete of either gender if they will be alone with them in the vehicle.

It is our desire to always have an adult chaperone (a person that is at least 21 years of age AND has been out of high school for a minimum of 4 years) of the same sex as the student-athletes be present at all gatherings of the team when the Head Coach is of the opposite sex.

In addition, all coaches are expected to abide by the following guidelines found in the faculty handbook:

**Physical Contact:** It is not our desire to become a school that prohibits all hugging or physical contact out of fear. There are times when a student needs a hug, and (done appropriately) it can be a healing, bonding experience. However, boundaries are necessary to ensure that our conduct is above reproach.

- **Appropriate Contact:** Handshakes, fist bumps, high fives, or pats on the shoulder are all examples of physical contact that are almost always acceptable. These are also acceptable between staff of the opposite sex. Of

course, if a student does not want to be touched, you should not touch them.

- **Borderline Contact:** This type of contact may be appropriate in some situations, but not others.
  - K-4th Grades - Teachers of younger, elementary grades should feel the freedom to hug their students or place a hand on their back/shoulder while talking. Children respond well to positive, affirming touch. Many times, these interactions will be initiated by the students and should be limited in length.
  - 5th-12th Grades - Once students reach 5th grade, they begin to experience life changes and our interactions with them must change as well. Male staff should stick to the "appropriate contact" described above in most interactions with female students. Female staff members have more freedom when dealing with female students.
- **Inappropriate Contact:** Frontal hugs between staff and students of the opposite sex (5th-12th grades) are prohibited. Kissing of any kind is prohibited. Any type of physical contact with private or semi-private body parts is prohibited. If a parent or student ever informs you that they are not comfortable with your contact, stop immediately and discuss with the school administration.

**Prohibited Interaction:** Below are specific examples of situations that are prohibited even if no physical contact is involved.

- **Unaccountable Alone Time:** Staff members should always look to avoid being alone with a student of the opposite sex inside or outside of school. If a conversation needs to be in private, find a way to speak out of earshot, but within sight-lines of other staff or students. A staff member should NEVER be alone with a member of the opposite sex.
- **Counseling:** One of our jobs is to provide Biblical counsel and comfort to students who are in distress. Primarily counseling should be male staff to

male student and female staff to female student. In the event that a male staff member needs to counsel with a female student, a female staff member should also be present.

- **Medical Treatment:** In non-life-threatening situations, be mindful how you touch a student who you are trying to assist. When possible, female staff should assist females and male staff should assist males. This is especially applicable in athletics. Male coaches should not touch female athletes in the following ways: lifting and carrying an injured player off the court, rubbing or massaging injured areas, “popping” a back (or any other treatment that requires full body contact). When assistance is needed in these areas, other staff of the same sex, the student’s parents, teammates, etc. are better options to assist.

While we believe our staff to be dedicated servants of Christ with the best of intentions these guidelines are put in place to protect you and the school and to demonstrate to students and parents that we take their safety and security seriously. We will do everything in our power to keep us all safe.

## **Communication**

Coaches should communicate the following information to parents and student athletes at the beginning of each sports season:

- Game and practice schedules
- Specific training rules and regulations as well as game rules and regulations
- Coaching philosophy
- Expectations for the team; respect, responsibility, etc.
- Requirements such as special equipment that may be needed

The coach or athletic director is also responsible for conducting a parent/athlete meeting prior to the start of the season to fully explain the athletic policies and to advise, caution, and warn the parents and students of the potential for injury. The Lindsay’s law video should be shown and informational sheet handed out to parents during this meeting. Parents will need to sign the form stating that they have completed the Lindsay’s law requirements.

## **Handbook Violations**

WCS coaches are expected to enforce all the policies in this handbook and the WCS student handbook. In the event an athlete fails to comply with the school handbooks, coaches should confront the athlete and make the school principal aware of the situation. If an athlete continues to not comply, WCS will assume the athlete does not have sufficient desire to participate in the athletic program. Therefore, the athlete will be denied the privilege of participating. The precise period of participation denial will depend on the violation as well as the attitude of the athlete and parents. Repeated or flagrant violations may result in total denial of participation from the WCS Athletic Program.

## **Practice Guidelines**

After each practice please make certain that all the equipment has been gathered and stored appropriately. Also, all trash and belongings should be removed, lights should be turned off and doors should be locked if it is the final activity for the facility.

No practices may be scheduled for Wednesday nights and practices should never be longer than 2 hours on a school night.

## **Accident/Incident Reports**

Coaches are required to turn in a completed Accident/Incident Report to the school office within 24 hours of any injury or accident. Accident report forms can be obtained in the school office.

# General Information

## **Inclement Weather**

Activities will not be conducted on days when school is not in session due to severe weather unless approved by the principal

## **National Anthem**

We ask that anyone associated with Wayside Christian School, who is able, please stand for the National Anthem. All coaches and athletes will stand during the National Anthem and show respect to our country, those that fought for our freedom, and most importantly those that paid the ultimate price for our country, their life.

## **Transportation**

All student-athletes must ride to the game via the school's transportation unless permission is given by the athletic director, principal, or coach. Student-athletes may ride home with an adult provided that the parent provides written permission via email notification to the student-athletes coach. Students that do not have permission to ride home with another adult after a game, must ride the school-provided transportation back to the school. We will do our best to provide you with an accurate return time, but this is often hard to predict due to length of games, etc.

The teams will typically stop at a fast food restaurant when returning from away games. Students are expected to have money with them to purchase their own meals. If an overnight stay in a hotel is necessary, the cost of the hotel will be divided evenly between each student-athlete. Parents will be made aware of where students are staying and an adult chaperone will be present in each hotel room.

All school functions that require an overnight stay must be approved by the school administration. In the event that the administration chooses not to allow an overnight stay for a tournament or any other two-day event, students will be expected to return in the school-provided transportation unless staying with a parent.

Students may have their cell phones or tablets in the vans while traveling, but the content for which the phones/tablets are being used must remain appropriate for everyone in the van. Anyone that uses their phones/tablets in any way that is deemed inappropriate will have their phone/tablet confiscated until we have returned from the trip and may also receive a demerit penalty.

No headphones or earbuds may be used in the school vans while traveling for school functions.

## **BCSO Tournament Rules**

When WCS participates in a tournament for another school or organization like the BCSO, the tournament rules supersede the rules of this handbook. Any differences in rules will be communicated by the coaches to parents and student athletes.

## **Sports Banquet and Awards**

Wayside Christian School Athletics holds an all sports banquet at the end of the athletic year. The banquet usually takes place in late March or early April. The details for each year will be shared in advance. The Athletic Director is responsible for organizing this event.

Each player will receive a participation award (Certificate) for each sport they participated in. Additionally, other awards may be given at the coach's discretion such as: MVP, Offensive/Defensive Player of the Year, Most Improved, Character, Spirit, and Sportsmanship, etc. These awards will be given to the player the coach feels most deserving. Students in 9<sup>th</sup>-12<sup>th</sup> grades who play in over 50% of the varsity games and are in attendance for at least 90% of the practices will also receive their Varsity Letter. Varsity letters are awarded as follows: A letter and ball for the first qualifying sport. A ball for each sport thereafter the first time they letter in that sport. A bar is then given for each succeeding year a student-athlete letters in each sport. (4 years would result in a ball and 3 bars for a sport)







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