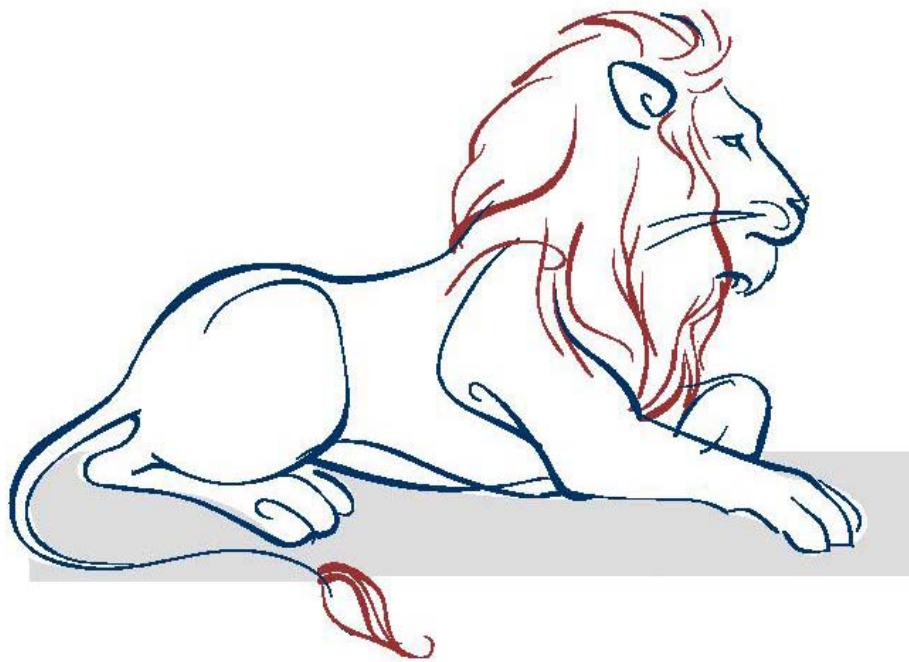


Statesville Christian School
2009~2010

ATHLETIC HANDBOOK



Member of NCISSA and CCISAA
1210 Museum Road
Statesville, NC 28625
704-873-9511
www.statesvillechristian.org

PURPOSE OF THE HANDBOOK

In order to achieve excellence in our athletic program, policies and regulations must be established. The Athletic Department has defined in this handbook these policies and the principles on which they are based. It has been developed as a reference and resource for those involved in Statesville Christian Athletics. The athletic department would like to extend a heartfelt thanks to all those who contribute their time, talents, enthusiasm, dedication, and commitment to the athletic program at Statesville Christian.

All rules outlined in the student handbook will also be enforced. The purpose of this handbook is to give a framework in which the athletic program will operate. It is not meant to be exhaustive. When situations arise that are not covered in this handbook we will strive diligently to honor the Lord as we work through it. These instances will be dealt with at the time by the coach, athletic director, and/or administrator.

ATHLETIC PHILOSOPHY

SCS General Mission Statement

The mission of Statesville Christian School is to train students, in partnership with families, to think, live, love, and lead as Christians through programs of academic excellence based upon a Biblical Worldview.

SCS Athletic Mission Statement

The SCS Athletic Department endeavors to use athletic participation as a means to train our student-athletes to more faithfully reflect their Creator. The desire is to win, but the goal is excellence, joy, and growth in Christ-like character. Athletes are encouraged to do their best, but most importantly, to do it heartily as unto God and not unto man. Col. 3:23

The goal of the Statesville Christian Athletic Department is to develop the gifts of the student-athletes in a way which brings glory to God. The athletic program serves as an integral part of the total education program.

We seek to develop not only physical skills but also encourage development of Biblical values and strong character. We seek to improve the skills of our student-athletes and bring them to their full potential - physically, academically and spiritually. Participants will develop an understanding of responsibility to each other, their coaches, opponents, spectators, parents, etc. They will learn:

- To control their actions and emotions.
- The importance of self-discipline in adherence to rules and regulations.
- That competition can be enjoyed and can aid in the development of the whole person.

Above all else, the aim of the SCS Athletic Department is to glorify God in all that we say and do.

So whether you eat or drink or whatever you do, do it all for the glory of God.

1 Corinthians 10:31

Participation in a sound athletic program may produce many qualities in athletes. SCS's athletic program serves as a channel to develop, above all else, a strong Christian character in athletics. Participation may foster the spiritual growth of an individual and team. SCS's athletic program may contribute to the athlete's development of good sportsmanship, positive self-image, dedication and commitment to personal and team goals, physical fitness and athletic skills, emotional maturity and social interaction.

Rom. 12:1 *"Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God - this is your spiritual act of worship."*

Ultimately, then, athletes compete for one of two reasons: to exalt God or to exalt self. Choosing to exalt God, SCS athletes desire to reflect our Creator. "Whatever you do, do your work heartily, as for the Lord rather than for men." Col. 3:23

More than striving to win, the SCS athlete strives to express Christ's qualities and excellence. Some of these attributes seen in Christ are joy, humility, courage, determination, endurance, and love. To pursue athletics in this way creates a testing ground for the growth and establishment of God's character in our student athletes.

Together we seek to represent the image of God in our play, we can hold each other accountable for the following qualities: a gracious spirit, respect for others, self-control, loyalty, and supportiveness.

Through athletic participation, the athlete may learn how to work with others to attain a goal, how to take adversity without complaining, how to be gracious in defeat or humble in victory, and how to treat others with respect and consideration. The athlete needs to learn the value of discipline, emotional control, and compliance to the rules. Phil. 2:5 *"Your attitude should be the same as that of Christ Jesus."*

SCS is committed to excellence in athletics. The educational benefits of an excellent athletic program develop a balanced lifestyle in the spiritual, mental, physical, and social dimensions of one's total being.

The athletic program may be likened to a pyramid. The foundation and broad base is the middle school program. The next level may represent the junior varsity program and the top level the varsity program.

The largest number of participants is at the lowest level and the number decreases at each successive level. This is representative of what naturally occurs as young people experiment with involvement in many things in middle school and make choices concerning what they most enjoy and have the most talent for as they mature.

Middle School Athletic Philosophy

The middle school athletic program should meet the needs of the middle school child. The primary goals of a middle school athletic program should be:

1. Participation. Our desire is to involve as many students as possible in athletic activities. Developing skills is more important than winning games at the middle school level.

2. Positive Attitudes. We want to teach responsibility and positive attitudes. Christian character, sportsmanship, team effort and enthusiasm, are more important in the big picture of life than specific athletic skills.

3. Involvement. Participation by many students is primary; therefore each athlete playing in each game is essential. Coaches will be encouraged to play each player some portion of each contest.

4. Physical Development. Because this is an age of intense physical changes, coaches should monitor physical training carefully. While some middle school students have gone through puberty and their physical development is similar to an adult, others are still children in physical development. The physical training for middle school teams should be less intense than that of high school teams. Teaching health habits of proper rest, balanced diet, etc., is also part of middle school coaching.

Cutting at the middle school level is always a major concern, and should be done with great care. When cuts are needed consideration should be taken to avoid singling out one or two individuals. We will not cut one student in middle school.

Junior Varsity Philosophy

In addition to the central and primary goal of developing Christ-like character, attitude and behavior in each athlete, the junior varsity program seeks to develop individual skills and team play. Practice time is longer than middle school practices because the athletes can sustain their attention longer and are physically stronger.

All players should participate in most contests, providing valuable experience. Care must be taken to ensure that substitution is carried out in a manner that will benefit the individual as well as the team.

The development of both the individual and the team are important here. Development through competition is the priority. Eighth graders will not participate on the HS level. All preseason camps and tryouts are mandatory unless announced otherwise.

Varsity Philosophy

In addition to the central and primary goal of developing Christ-like character, attitudes and behavior in each athlete, the varsity athletic program seeks to refine the player's athletic skills. The further purposes of the varsity athletic program will be to mold the best possible team for the purpose of competition and to teach the importance of understanding and performing the roles given to each member for the good of the entire team and the glory of God.

At this level, team performance and team goals are more important than at the previous levels. Each member is expected to contribute to the development of the team and the team learns that to be strong, each member and his contribution is vital. Although each individual is equally important, his contribution and role is different from others on the team. At this level SCS believes in fielding the best team possible, which generally means the best will play the most. All preseason camps and tryouts are mandatory unless otherwise announced.

Membership:

Statesville Christian School is a member of the North Carolina Independent Schools Athletic Association (NCISAA), and is in the Southern Piedmont Athletic Association (SPAA) conference. Our middle school participates in the Central Carolina Independent Schools Athletic Association (CCISAA). A majority of the competition is with teams fielded by schools belonging to these associations. As our level of competition grows, SCS athletes will be required to travel some distances. Every effort will be made to schedule long distance games on Fridays or Saturdays whenever possible.

Athletic Teams Offered At SCS (Secondary School, Grades 6-12)

Fall Program

Boys Varsity Soccer
Girls JV and Varsity Volleyball
Boys and Girls Cross Country
Girls Tennis
Middle School Coed Soccer
Middle School Girls Volleyball

Winter Program

JV & Varsity Boys Basketball
JV & Varsity Girls Basketball
Middle School Boys Basketball
Middle School Girls Basketball
Middle School Cheerleading
Varsity Cheerleading

Spring Program

Boys Baseball
Girls Softball
Girls Soccer
Boys Tennis
Golf

Number of Team Contests

This is the **optimal** range of contests (pre-playoffs) for each sport. The number is determined with concern for the athlete, the development of the program and the athletic budget.

<u>Sport</u>	<u>Varsity</u>	<u>JV</u>	<u>Middle School 5th & 6th</u>
Boys Soccer	16-20		10-16
Girls Volleyball	18-24	14 -20	10-16
Girls Tennis	10-15		
Cross Country	10-15		
Boys Basketball	20-25	18-24	10-16
Girls Basketball	20-25	18-24	10-16
Girls Soccer	16-20		
Baseball	15-20		
Softball	15-20		
Boys Tennis	10-15		
Golf	8-12		

(Alumni games will not count as a regularly scheduled contest.)

Between Seasons

The Athletes should have a minimum break of two school days (preferably five) between seasons. This is to allow for rest and "catch-up" on family, academics and mental freshness.

Team Size

Below is the **maximum** number of players to be all on a sports team at Statesville Christian. Any exceptions to these numbers must be made only with the consent of the athletic director.

Boys Soccer	22 Varsity and 22 Middle School
Girls Volleyball	12 Varsity, 12 Junior Varsity and 16 Middle School
Girls Tennis	
Cross Country	
Boys Basketball	12 Varsity, 12 Junior Varsity and 12 Middle School
Girls Basketball	12 Varsity, 12 Junior Varsity and 12 Middle School
Cheerleading	10 Varsity and 12 Middle School
Girls Soccer	22
Baseball	22
Softball	22
Boys Tennis	
Golf	

Team Membership:

Students in grades 7-12 are eligible to compete for a position on varsity teams. Students in grades 7-12 who do not make the varsity team may try out for the Junior Varsity team. Students in grades 6-8 may try out for the middle school teams. It will be up to the coach's discretion if a middle school player can participate at the varsity level. When more students desire to participate in a particular sport than spaces available, tryouts will be conducted to determine the team roster. If a student enters school after the season begins and a spot is available, they may tryout and possibly join the team. If the roster is full, they must wait until the next season to participate.

Code of Conduct:

Parents and students are asked to observe the following guidelines during sporting events. "Your attitude should be the same as that of Christ Jesus". Phil.2:6

Our Student-Athletes:

- Athletics is a visible entity of our school. It is vital that our athletes represent the Lord and SCS in a distinctive way. Hence, athletes are expected to conduct themselves properly
- The use of alcohol, tobacco, or any harmful drug is strictly forbidden.
- Verbal abuse of officials, opponents, or coaches will not be tolerated.
- Athletes are expected to respect SCS faculty, staff, coaches, students, property, and parents on a consistent basis. Every athlete is expected to maintain a good Christian testimony. At any time, an athlete not maintaining a Christian testimony on or off the field or in the classroom may be suspended or dismissed from the

team at the discretion of the Interim Director/principal or the Athletic Director/coach.

- All student-athletes should be ready to accept numerous other challenges in their pursuit of Christ-likeness, a few of which are: humility, selflessness, leadership, diligence, faithfulness, commitment to integrity, and joy in playing with excellence. These are certainly worthy commitments in order for participants in SCS athletics to pursue that high goal of “taking every thought captive to the obedience of Christ” (2 Cor.10:5).
- All student-athletes are expected to be punctual and prepared for all games and practices, to have a dedication to their team and teammates, to maintain their ongoing responsibility to academic excellence, to have respect for and responsiveness to their coaches, and to maintain Christ-like sportsmanship in all circumstances
- A student athlete who receives a detention that forces him to miss practice must serve that detention. Coaches will discipline players who are late or miss practice for detentions.
- Student athletes are expected to be examples of good conduct to other students. In that regard, after a student athlete receives a suspension from school, the student will be suspended from his/her team for a minimum of **ten school days**. Further action will be at the discretion of the Interim Director/principal and Athletic Director/coach.
- A suspended student may participate in tryouts for a team, but may not actively participate in practice or games until he has served a probationary period.
- The use of profanity, taunting, or verbal abuse towards officials will not be tolerated. The use of profanity on or off the field may result in at least a five school day suspension from the team and at least one game missed. Repeated actions will result in athletic probation.
- Fighting during athletic events will result in at least a **five school day** suspension from game play. More severe discipline action may be enacted depending upon the circumstances. A second occurrence will automatically suspend the player for the remaining season and will be placed on athletic probation for the next sports season.
- Athletes are to be good representatives of Christ and Statesville Christian School on road trips. Failure to do so may result in suspension or dismissal from the team.
- Statesville Christian School does not condone and will not tolerate “hazing” or “initiations” of athletes.

If an athlete's actions violate this code, the following procedures will ensue:

- The use of alcohol, tobacco, or drugs shall immediately terminate the athlete's privilege to participate in the remainder of that season. The athlete may return to participate only through the consent of the high school principal, Athletic Director and the present coach.
- Verbal violation and disrespect of property of individuals shall be governed by the coach. If any action continues, the Athletic Director reserves the right to remove such player(s) for an indefinite period of time.
- Athletes will abide by school codes and regulations. If an athlete is consistently disregarding school regulations, he/she may be dismissed from further athletic participation.

Parents' Code of Conduct

I Thess. 5:23 May God himself, the God of peace, sanctify you through and through. May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ.

- Parents attending athletic contests are expected to speak and act as representatives of the Lord and SCS. Expectations of fans can be no less than those for players, coaches and officials as they respond to the events of the contest.
- Parents are expected to support not only their children but also the team, the coach, and SCS. Parents should not be verbally arrogant or verbally abusive to any person at a contest.
- Parents are expected to deal with their concerns with the person most directly involved before taking their concerns to those not involved.
- Parents are expected to help their children learn dependability, promptness, and accountability by being aware of the practice and game schedule and other responsibilities.

A Word to our Parents: How to best support your student/athlete.

1. Be a source of encouragement for your child.
2. Never be negative when discussing any child's performance.
3. Realize that all players cannot be on the "starting team", but each player is important to the team's success.
4. Never criticize another child's performance.
5. Contact a coach in private if there is a question concerning a coach's policy or decision.
6. Shout encouragement from the sidelines, but never coach or condemn a child during the game.
7. Show proper Christian sportsmanship and respect at all times to officials, opponents, and SCS staff, players, parents and guests.

The best way to help your athlete is to provide encouragement and to be positive, both at home and in the stands. If there's a problem, have your child talk to his/her coach. If the

problem is not resolved or if it is of a serious nature, then call the coach yourself. If no solution can be reached at that point, then call the Athletic Director to set up a meeting with all parties involved.

Know that you are the most important person in your child's life, and that he/she wants you to be proud of him/her. Be in the stands, rain or shine, and cheer.

All families with children participating in athletics are encouraged to join the SCS Athletic Booster Club. The SCS Athletic Booster Club is the athletic booster's organization that need your time, support, and financial assistance to the athletic department to continually improve the athletic program including, but not limited to: families, athletic equipment, coaching stipends and programs.

General Athletic Policies

Eligibility

A. Age: No player shall have reached his/her 19th birthday on or before August 1 or the current school year. (For the 07-08 school year, this birth date would be 8-1-88—NCISAA Rule 1C)

B. Academics (see secondary school handbook)

Students must be enrolled as a full-time student at SCS and home-schooled students are not eligible. Student-athletes deemed ineligible will not be able to practice, travel to, play in, or dress for games.

C. Behavioral: A student becomes ineligible for sports if he/she is placed on behavioral probation. Behavioral probation is established by the faculty and administration recommendation.

Student-athletes who are removed from a team for academic or behavioral reasons will not receive a varsity letter nor will they be recognized at athletic assemblies or banquets.

D. Physicals:

It is mandatory that all students participating in the SCS athletic program have a current physical examination by a physician and have all parts of the “Athletic Participation and Examination Form” completed and signed. The exam and form will be valid for one full year. The Documentation of the exam must be in the student’s file before the first practice. Administrators may request that parents have a student/athlete tested for such drugs if use of these substances is suspected.

E. Ejections: Players or coaches that are ejected from games must attend a mandatory meeting at 7:45 am on the next school day. This meeting will be held with the Athletic Director and principal. The purpose of this meeting is to discuss the cause of the ejection and the possibility of further disciplinary action by the school.

Absence Policy

There are two standards that must be upheld when making policy and administering policy regarding excused and unexcused absences from practices and contests. The first is that the athlete makes a commitment to the team when he joins the team and is responsible to fulfill this commitment by being at team practices and contests and any preseason training sessions that are required. The second standard is that the athlete must communicate with the coach as early as possible when an absence is anticipated or a problem arises.

Some things such as illness or a death in the family may always be considered an excused absence. Other reasons may seldom be considered excused such as family vacations, trips or outings, etc. Still other reasons will never be considered excused absences such as not showing up at a practice or contest without notifying the coach. Each coach will determine the guidelines for the teams he is responsible for and will explain them to the athletes at the preseason team meeting.

Players must attend all try-out and practice sessions. Players who must miss try-out sessions should receive prior permission from the coach and Athletic Director and should understand that this could inhibit their chance of being selected to a team and will delay their opportunity to participate in games.

Prior notification to a coach concerning an anticipated absence does not automatically guarantee that the absence will be considered excused.

An unexcused absence from a practice may result in the athlete sitting out the next contest. Sitting out of a contest means that the athlete is with the team at the contest (but may not play). A second offense will result in the athlete being dismissed from the team.

An unexcused absence from a contest may result in the athlete's dismissal from the team. At the least it will result in the athlete sitting out the next contest.

Lateness to practice may result in the athlete not starting the next contest or having reduced playing time.

Each team member must be in attendance for a full school day on the day of a contest in order to participate that day, except for excuses pre-approved by the principal (i.e. funeral attendance).

Each individual coach is given the responsibility of determining excused versus unexcused absences for practice. Excused absences may also result in athletes not starting.

Coaches are responsible to communicate in written form to athletes and parents all athletic and team policies.

Concerning family vacations: The school, coach and athlete should work together to solve any conflicts. If there are scheduled contests during school or any Saturday contests, the athletes are expected to attend. If contests are scheduled over a vacation period, the athletes are expected to attend if they are in town.

Players may not join a team part way through the season, unless they have transferred to the school and their joining the squad has been approved by the Athletic Director and coach. This is also subject to NCISAA rules.

Transportation

All players will ride together to away games or practices when a school bus is available. No student will drive to a game except in extraordinary situations with permission from the Athletic Director and coach and with written permission from a parent or legal guardian. If a parent wishes for their son/daughter to ride to/from a game or practice with another family, written permission must be on file with the coach or Athletic Director. Student-athletes also may not drive to Statesville's away athletic events without permission from a parent and then they may only drive themselves and no other Statesville athletes. In the event that a student drives to an athletic competition they must stay behind and in view of the school bus at all times. If there are other parent drivers they must stay behind and in view of the parent drivers at all times.

Missing Class

If students are going to miss class due to an athletic contest (early dismissal, tournaments, etc.) they are responsible to find out what they are going to miss ahead of time and will not be excused from incomplete homework due to Statesville sporting events.

Athletic Fees

A per sport athletic fee will be charged for all high school sports. The fees must be paid in full prior to participation in regular season play. For the 2008-2009 school year, a per sport fee of \$50 will be assessed, with a maximum of 2 fees per student per year. Participation in football may require a \$100 fee.

Uniform Policy

Students are responsible for their uniforms, warm-ups, or any other team equipment. Therefore, a replacement cost will be assessed if these items are not returned or are damaged in any way beyond normal wear and tear. Each player is to return their completely washed uniform and any other school issued equipment to their coach within 5 school days after the season ends. There will also be a \$1 late charge per school day for uniforms or equipment that is returned later than 5 school days following the final contest.

Portable Music Devices

The use of Portable music devices, such as, iPods, may be used at the discretion of the coach. Portable music devices should not be used during any contest in which SCS is participating. This time should be used to support your fellow students in their contest.

Dismissal

Players, when dismissed from class are to report to their coach at a specific place (entrance to Kester Building or immediately outside the building) and wait together to depart from school. Students are not to return to the school building.

Off-Campus Policy

No student-athletes will be taken off campus during practice unless they are under the direct supervision of the head coach or his or her assistant. Exceptions to this policy will only be made if parents have given specific permission for their student-athlete to go off campus; permission slips of this nature must be signed and dated by a parent or legal guardian of the student athlete.

Attire

As outlined in the student handbook, Statesville students are expected to dress in modest attire and this will not be any different for athletics. Students should attend practice in clothing that puts our school in a positive light. Student-athletes will not be permitted to wear excessively short shorts or tight attire and coaches should not practice in "shirts and skins". Instead, coaches should make use of pinnies when differentiating teams. During all practices students are to observe school dress code. No "sophie" or

“daisy duke” shorts are allowed. Girls are not to wear spaghetti strap tops or tank tops. Boys are to wear a shirt and shorts/sweats at all times. Muscle shirts will not be allowed.

On game days chapel dress is expected at a minimum. Coaches may require shirts and ties to be worn on game days. Student athletes should remain in the proper attire until the team activity is complete or while representing the school.

Quitting a Team

Quitting should not be common in the SCS athletic program. Quitting is generally harmful to both the individual and the team. If an athlete contemplates quitting a team during a season, the coach should counsel the athlete not to do so because of possible consequences. The coach should counsel, encourage and pray with and for the athlete as the decision is being made. Parents will be called to discuss the situation before any decision is made. Prior to the next season in which the athlete desires to participate, a conference will be held between the athlete, coach(es) and Athletic Director. This meeting will be used to determine the athlete's understanding of the obligation in being a team member and commitment to fulfill this obligation. Athletes who quit will not participate in the awards assembly.

(If an athlete quits the team after their warm-up has been embroidered, they will be responsible for reimbursing the school for the entire cost of the warm-up.)

I Cor. 9:24-27: *Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. Everyone who competes in the games goes into strict training. They do it to get a crown that will not last; but we do it to get a crown that will last forever. Therefore I do not run like a man running aimlessly; I do not fight like a man beating the air. No, I beat my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize.*

II Timothy 4: 7-8: *I have fought the good fight, I have finished the race, I have kept the faith. Now there is in store for me the crown of righteousness, which the Lord, the righteous Judge, will award to me on that day - and not only to me, but also to all who have longed for his appearing.*

Overnight Stays

In the event that a sports team is required to stay overnight for an athletic event it is the policy of the school that the athletes will normally stay in rooms with other athletes only. We will strive to maintain a high number of chaperones (approximately an 8:1 athlete to chaperone ratio) but we will NOT necessarily have parents staying in rooms with athletes. In the event that parents mandate that their child have an adult in their room then the parent of that child MUST accompany the athlete themselves and pay for the additional cost of that room. If the parent does not wish to do this, the athlete will not be permitted to make the trip.

Awards

The selection of award winners is an important and difficult task. Awards mean a great deal to athletes and carry a certain amount of prestige. The coach is obligated to be fair, accurate, and impartial in making selections. The coach is responsible for selection of such awards.

An evening is set aside at the end of the year for recognizing the accomplishments of SCS middle and upper school athletes. It is a special time when coaches summarize the spiritual and physical growth of

their teams. Friends, relatives, and anyone with an interest in the SCS athletic program are encouraged to attend.

The dress code for these evenings: middle school athletic awards night is chapel dress. The upper school athletic banquet is more formal; nice dresses for the girls and coat and tie for the boys.

The following awards will be given out for each SCS sports team:

A. Christian Character Criteria

Criteria: Positive Christian Testimony/Leadership/Sportsmanship/Commitment/Industrious/Responsibility

B. Most Valuable Player

Criteria: Athletic ability/Team player/Positive Christian Testimony/Team Leadership

C. Most Improved Player

Criteria: Great growth in ability throughout season/Strong desire to learn Team Player/Positive Christian Testimony

In addition a Student-Athlete recipient will be selected near the end of each season. This award will be presented to that student that best exemplifies both the type of student and type of athlete that we desire to have at Statesville Christian School.

An athlete who no longer participates due to academic and/or behavioral problems is not eligible to receive recognition or awards at Athletic Assemblies or Banquets. This also includes athletes who quit.

KEYS TO SUCCESS - ATHLETICS AT SCS

Acknowledging our Lord

"Trust in the Lord with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths." Proverbs 3:5,6

Athletics is a special privilege. It is an opportunity to glorify God in a very visible manner.

Success

"...is a peace of mind which is a direct result of self-satisfaction in knowing you did your best to become the best you are capable of becoming." John Wooden

Enthusiasm

Enthusiasm is contagious and is essential to success! Get excited about your activity--your specific joy--your faith--your institution. You have an obligation to yourself to operate with enthusiasm! No matter what your personal or team goals are they won't be achieved unless pursued with gusto!

"And whatsoever ye do, do it heartily, as to the Lord, and not unto men." Colossians 3:23

Work

Not much was ever accomplished without work and enthusiasm. "There is no substitute for work." The opportunity to work is a tremendous blessing from God. Isn't it a great feeling to know you've worked hard? Constantly thank God for your health/bodies/mind and the ability to work.

Listen

Listening is one of our poorest skills. Players and coaches need to listen. It is essential to a successful program. (Listen, learn, follow.)

Fundamentals

Everyone needs the basic ingredients! Little can substitute for talent. Personal growth comes from desire, discipline, and direction. Coaches need to develop fundamentals at every level.

Form Habits - Gain Confidence

Turn your knowledge, preparation, practice into constant repetition and you'll get it!

REPS: (repetition)

Reps

Equals

Player

Strength

Conditioning

Mental -- be mentally prepared. Understand your role, your team, your opponent, your job. Learn about your game! Good coaches and players have good knowledge and develop themselves and transmit that to their team(s).

Physical -- be the team that is in better condition than your opponent. Understand the value of rest.

Spiritual -- grow as a team spiritually. The fellowship one receives within a Christian athletic environment is tremendous. Be sensitive to individual and team needs. Time is set aside for prayer, devotions, and spiritual growth. Devotional and prayer time with your team is essential. Participation by all involved is a necessity if real spiritual growth is to occur.

Teamwork

Coaches and players need to use every available method to develop teamwork and team spirit on the squad. Teamwork and spirit must be encouraged at every appropriate opportunity. Each player must be eager to sacrifice personal glory for the welfare of the team. Each team member should be constantly alert to prevent such traits. Success will come easier with the team concept!

Attitude

Experts in many fields of athletics believe attitude is one of the most important words in the language. Personal growth comes from positive attitudes, determination and commitment. Attitude will produce results! "Good Attitude - Good Results. Fair Attitude - Fair Results. Bad Attitude - Bad Results."

Secondly, coaches should set the example towards authority and exemplify Christ through their own character. This should filter to their players in all areas of competition and life. It is important athletes understand who is the authority and who is to be respected at all times (coaches, officials, opponents, teammates).

"Brethren, be followers together of me, and mark them which walk so as ye have us for an example."

Philippians 3:17

Goals

Every organization, every team, every individual needs to establish long and short term goals. Coaches can lead the athletes in helping develop team and individual goals during the season and planning for the off-season. Goals, obviously give something to strive for and will give better organization to the coach and team.

Organization

- If there is any one answer to the key to success, it undoubtedly is ORGANIZATION. With organization you have automatically made it possible to make the best use of that all-important factor - time.
- With organization you have made it possible to evaluate your strengths and weaknesses and thereby make needed adjustments.
- With organization you eliminate confusion and breed confidence within the whole department.
- With organization you will receive consistency.
- With organization, success has been calculated.
- Without organization success will be a stranger.