

VisionWay Christian School Sports

Participation in extracurricular activities is "NOT a RIGHT" of VisionWay Christian School students, but rather a "PRIVILEGE" which must be earned by maintaining acceptable grades and behavior. VCS athletics strives to provide students with the opportunity to develop to their maximum potential and to teach life skills.

1 Corinthians 9:24-25 "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."

Just as we are encouraged to fully seek after God with all of our hearts, we should fully seek to drive ourselves toward excellence in all aspects of life, at all ages.

All students, including home school students, who participate in VisionWay athletics, are bound by the following eligibility policy.

Participation Requirements

1. Players should have an up-to-date physical on file at the school before the player is allowed to attend practice, and it **MUST** be on file before playing in a game.
2. A participation fee of \$50/athlete is due **BEFORE** the first game. If a student plays in multiple sports the participation fee for each additional sport is \$25.
3. A parent and the athlete **MUST** read and understand the school sports handbook and sign and return an agreement to comply to the expectations outlined within.
4. One parent of each player is **REQUIRED** to work the admission door or concessions and clean up for at least two games during the season.
5. VCS has a "24 hour" rule: Parents, players, family and friends who may have a question about something that occurred in the game, must wait 24 hours before approaching the coaches, school administrator or school board.

Participation Expectations

1. All practices are mandatory and necessary for teaching and improvement of athletes. Please schedule personal appointments around the practice and game schedule. Notice should be given to a coach (NOT another player) at least 24 hours in advance if a player will be absent from practice.
2. An unexcused absence from practice will result in forfeit of starting/game playing time.
3. Athletes are expected to be dressed in appropriate practice wear and ready at the scheduled start time. If practice clothes or shoes are not worn, the practice will be considered unexcused. Please be responsible and be prepared.
4. Practices are open to parents for **OBSERVATION** only. A sibling may be in the practice area if they sit with and are supervised by their parent. Siblings will not be allowed to join in during practice.
5. If a student is absent from school, they are considered ineligible to participate in practice or a game the same evening or weekend, unless prior notice has been received and approved by the administrator.

Notification must be received by 10 a.m. the day of the game. Sickness or a prearranged excused absence from school will also be counted as an excused absence from a practice or game.

6. Students who are medically excused from P.E. or do not participate in P.E. class for injury or illness, may not practice or play in games during the same period of time.

7. A coach is not required to play a player who is not present at the designated time before a game or a player who has not attended a sufficient number of practices prior to a game.

8. Game participation will be determined by the coaches. Equal playing time is **NOT** guaranteed; however, every effort will be made to allow participation in all games. Coaches have the right to eliminate playing time in the event of: Strike violations, lack of cooperation, lack of interest, lack of respect, and lack of motivation to express effort and determination on the part of the player.

Academic Expectations

1. Good grades and a positive attitude contribute to winning athletes. Players must maintain a C- average or above in all subjects. Eligibility will be checked 2 weeks into a new quarter and every week thereafter on a Monday-Monday schedule. Parents of home school students must supply VCS with a weekly academic report upon request.

2. Three total weeks of academic ineligibility will result in dismissal from the team.

Behavioral Expectations

1. Each athlete will be held accountable for his/her actions in the classroom, during school hours and during team participation at practices and games.

2. Continual negative attitude or behavior will result in the removal of the player from the team by the AD and/or Administrator.

3. Each detention/office referral will result in suspension from 1 quarter of a game in basketball, 1 match in volleyball, and 1 event (of the coaches' choice) in track.

4. An in/out of school suspension results in the loss of one athletic event and the student may be subject to dismissal from the team.

Uniforms

Uniforms are issued at the beginning of the sports season. Uniforms must be returned at the end of the season clean and in good condition. Parents are responsible for the replacement cost of any uniform that is deemed damaged or is not returned.

Concussion Information Sheet

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or to a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly. In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:

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| <ul style="list-style-type: none">• Headaches• “Pressure in head”• Nausea or vomiting• Neck pain• Balance problems or dizziness• Blurred, double, or fuzzy vision• Sensitivity to light or noise• Feeling sluggish or slowed down• Feeling foggy or groggy• Drowsiness• Change in sleep patterns | <ul style="list-style-type: none">• Amnesia• “Don’t feel right”• Fatigue or low energy• Sadness• Nervousness or anxiety• Irritability• More emotional• Confusion• Concentration or memory problems (forgetting game plays)• Repeating the same question/comment |
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Signs observed by teammates, parents and coaches include:

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily or displays in coordination
- Answers questions slowly
- Slurred speech
- Shows behavior or personality changes
- Can’t recall events prior to hit
- Can’t recall events after hit
- Seizures or convulsions
- Any change in typical behavior or personality
- Loses consciousness

What can happen if my child keeps on playing with a concussion or returns too soon?

Athletes with signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling

(second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often fail to report symptoms of injuries. Concussions are not different. As a result, education of administrators, coaches, parents, and students is the key to student-athlete's safety.

If you think your student has suffered a concussion:

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The Return-to-Play Policy of the IESA and IHSA requires athletes to provide their school with written clearance from either a physician licensed to practice medicine in all branches or a certified athletic trainer working in conjunction with a physician licensed to practice medicine in all its branches prior to returning to play or practice following a concussion or being removed from an interscholastic contest due to a possible head injury or concussion and not cleared to return to that same contest. In accordance with state law, all schools are required to follow this policy.

You should also inform your child's coach if you think that your child may have a concussion. Remember it's better to miss one game than miss the whole season. And when it doubt, the athlete sits out.

For current and up-to-date information on concussions you can go to:

<https://www.cdc.gov/headsup/youthsports/index.html>