



Westlake Christian Academy

Athletic Handbook

2009-2010

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Dear Westlake Christian Academy Parents,

My name is Kathy Cibrario, and I am the Athletic Director here at Westlake Christian Academy. This is my ninth year at Westlake, and my fifth serving as Athletic Director. I am excited to see where the Lord will lead our athletic program. Hopefully, this letter will help answer any questions you may have regarding the upcoming season.

Prior to participation in athletics, all students must complete and submit:

- **Athletic Permission Form**

See attached

- **Athletic Emergency Contact Form**

See attached

- **IHSA Physical Exam Form**

An IHSA Physical Exam Form can be picked up at the school office or your doctor should have the form. Students will **not** be allowed to participate in practices or games without a properly completed form, signed by the parent, signed by a doctor, dated within one year and spanning the entire season of that sport.

- **Athletic fees**

Fees have gone up for each sport to reflect rise in cost of officials and fuel. Please make checks payable to Westlake. Fees may be dropped off at the school office with attention to Rose Fleming, our Business Manager. Players will not receive a uniform until all athletic fees have been paid!

We do need your help. We cannot play sports unless we have coaches. We are in the process of looking to fill coaching positions for this coming year. If you or anyone you know is interested, please contact me at one of the numbers listed below. Join with me in praying for our coaches and that vacancies will be filled.

We highly value student participation. In the area of athletics we pay particular attention to competing and coaching in a way that reflects the character of Christ (Col 3:17). This Athletic Handbook has been written for both the student-athlete and the parents. Our goals are to bring glory and honor to our Savior, build Christ-like character in each athlete, and develop their individual athletic potential. That is a huge undertaking! To do this requires time and commitment from everyone involved (coaches, athletes, and parents).

The world of athletics provides a microcosm of life in which are students will learn valuable lessons about winning and losing, obeying the rules, being faithful through adversity, and many others. It is through prayer and encouragement that our athletes and coaches will grow to the greatest degree—spiritually and physically. We invite you to pray often for our teams!

Philosophically, at the High School level, participation in the sport does not necessarily mean playing time in the games. At the Middle School level we try to encourage the greatest level of participation. The coaches will attempt to “play” as many athletes as possible. Even though it is our goal to give everyone a chance to play in every contest, please know that in some situations some members of a team may not have the opportunity to compete.

It is a privilege to represent Christ on the athletic field. It is not to be taken lightly. Let's take advantage of every opportunity that our Lord provides to grow in Him and enjoy making some special memories along the way, some which may last a lifetime.

Grace and Peace-

Kathy Cibrario

Athletic Director

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For WCA game schedules go to:

www.HighSchoolSports.net

WCA ATHLETIC PHILOSOPHY

The only foundation for any program in a Christian school must be *God's Word*, the Bible. Biblical principles must be reflected throughout the many programs at Westlake, particularly in athletics. Daily there should be something happening in each sport, pointing to the *Word of God* and person of *Jesus Christ*. There should also be unique differences between our athletic program and that of a secular school.

Our ultimate goal is to be more like *Christ* (Romans 8:29, Ephesians 4:13) each day through our participation in athletics and life itself. Sports are a means to an end, and not an end in itself. Participating in a sport provides daily opportunities to grow in our walk through experiencing the struggles, failures, successes and relationships through a Biblical framework.

The keystone for our athletic philosophy comes out of the *Great Commission* to "make disciples of all nations. Athletics is one of many means of discipleship that Westlake uses to bring students to a deeper relationship with *Christ*. From this, the athletic program has three goals.

1. Whatever you are doing in your athletic performance, you are to do it with the total release of all your mental and physical abilities and emotional energies with *Jesus Christ* as your only audience. Colossians 3:23 says, "Whatever you do, do your work heartily, as for the Lord, and not for men." "Whatever" means anything we do, including participating in athletics. "Heartily" refers to your mental and physical abilities as well as your emotional energies. "As to the Lord" does not mean just give all you have, but to do it with *Jesus Christ* as your only audience and energy source.

2. We are to totally represent *Jesus* (as Lord) by saying and doing only those things that He would say and do. Colossians 3:17 says, "And whatever you do in word or deed, do all in the name of the Lord *Jesus*, giving thanks through Him to *God the Father*." Attitudes will reproduce themselves in actions.

3. We compete to win the contest. This winning attitude encompasses both spiritual and physical victory. 1 Corinthians 9:24-27 says, "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 not get a crown made of laurel 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 shadow boxing. 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."

These building blocks can be the foundation for truly winning in life as well as athletics. Winning from *God's* perspective is not defeating your opponent, or being ahead at the end of the contest. Winning is applying *God's* attitudes and actions through the medium of athletics. Winning is working toward that which will better "conform us to the image of His Son."

ATHLETE'S CODE OF CONDUCT:

1. Be committed to Jesus first, family second, school third, and then your team.
2. Be intense. Give maximum effort.
3. Be disciplined, self-controlled, and on time.
4. Be obedient to authority (coaches, captains, officials and others).
5. Leave the locker room, bus, court, etc., cleaner than how you found it.
6. Promote team unity.
7. Strive for excellence.
8. Treat teammates and others as more important than yourself.
9. Be an example in regards to upholding the rules of WCA.
10. Love one another.

TRANSPORTATION:

Unless stated otherwise by the coach, all athletes, statisticians and managers will travel to and from games in the school vans or parent driven vehicles, which will be driven by either the coach or another adult with the proper license. Transportation to and from practices are the responsibility of the parents.

Should there be a need for an athlete to return home after a game in a vehicle other than the team vehicle or with his/her parent (e.g. with friend), **a written note signed by the athlete's parent is needed to excuse the athlete.** Since a coach is legally responsible for all the athletes and students involved in their program it is essential that parents and athletes follow this guideline.

Please try to pick up your athlete from school as soon as possible after the finish of practice or games. We greatly appreciate your help and promptness in this area, ***as coaches must remain at school until all athletes have been picked up.***

Parents needing directions to the games may obtain them from the office bulletin board at school or at www.highschoolsports.net

SCHOOL ATTENDANCE

All athletes must be in attendance for a minimum of four class periods (1/2 day) the day of the contest. If the contest falls on a non-school day, Saturday, or on a day off of school the attendance rule applies to the preceding day's school attendance.

ATHLETIC PHYSICALS

Each athlete must have a current IHSA Physical Exam on file with the Athletic Director prior to participation in practices or games. This form must be properly completed, signed by the parent, signed by a doctor, dated within one year and spanning the entire season of that sport.

ACADEMIC ELIGIBILITY:

Grades will be checked every two weeks to determine a student's eligibility for athletics. Students will be declared ineligible for participation in games if he or she has either two D's or one F at the end of that two-week period. The student will then have the next week period to bring his or her grades up. The consequences for ineligibility are as follows:

- 1st offense: The student will be declared ineligible for a two-week period and will be allowed to participate in practices but not games.
- 2nd offense: The student will be declared ineligible for a three-week period and will not be allowed to participate in games but can practice.
- 3rd offense: The student will not be allowed to participate in the rest of that sports season.

Those who participate in sports are students first and athletes second. These guidelines support Westlake Christian Academy's philosophy that all students' academics take precedence over athletics.

LETTERING POLICY

To receive a Varsity letter in any sport the athlete must meet these criteria.

1. Must dress for every Varsity Game.
2. Must be academically eligible for the whole season.
3. Must attend all practices or have an excused absence.
4. Must follow the WCA's Athlete's Code of Conduct.

The Varsity letter will be rewarded at the end of the year.

FAMILY ATHLETIC COMMITMENT

Our coaching staff at Westlake Christian Academy is pleased that your son or daughter is contemplating the opportunity to serve our Lord and Savior, Jesus Christ, on one of our athletic teams. It is indeed a thrill to represent Jesus on the athletic field/court. We encourage this opportunity for your student to develop spiritually, physically, and mentally by joining an athletic team of his or her choice.

We believe that this decision is a prayerful one. In Luke 14:27-32, Jesus cautions us to sit down and count the cost before making a commitment. Because it is both a privilege and responsibility to compete in a sport, we hold commitment very highly—commitment to Christ first, family second, school third, and then to the coach and team.

You should know that our top priority with each athlete on our teams is to see that they have a personal relationship with Jesus Christ, and continue to grow in that relationship through the season. This is the first step in maximizing the potential of each athlete. To accurately

understand the commitment that we believe Jesus wants our athletes and parents to have, the following guidelines have been set:

- ATHLETES:
1. To participate in **all** practices and games.
 2. To eat properly and get a good night's rest.
 3. To remain academically eligible throughout the season.
 4. To properly care for uniforms and equipment.
 5. To abide by the Athlete's Code of Conduct

- PARENTS:
1. To pray and encourage your child daily.
 2. To provide balanced meals each day (particularly lunch).
 3. Eliminate scheduling conflicts with practices and games.
 4. To assist in either the set-up, take down, scorekeeping of at least one game or transportation to at least one game during the season.
 5. To meet with other parents to pray for the athletes at least once during the season.
 6. To attend Sports Informational meetings
 7. To be a positive role model at all games.

There are costs and risks involved for students who participate in all sports. Parents and athletes must be aware that injury can occur in every sport and even occasionally death may result from some unfortunate accident or unusual circumstance in the sporting activities.

PARENT SERVICE OPPORTUNITIES

*"Therefore, encourage one another, and build up one another, just as you also are doing."
I Thessalonians 5:11*

Since Westlake opened its doors over 35 years ago, parent involvement has been vital to the success of many of our programs! The athletic program is no exception.

Parents support the athletic programs financially, through work projects, donations of equipment and uniforms, and in ministry to our coaches and athletes. Each year families join the ranks to support and encourage our teams. We ask parents to serve in at least one of the following areas:

___ Athletic Boosters

___ Game Admissions

___ Game set-up/Clean-Up

___ Concessions

___ Scorekeeper

___ Team Transportation

Parents don't need to have children participating on a team in order to become involved in the athletic program! All Elementary through High School parents are encouraged to join us.

SPORT FEES 2009:

In an effort to offset some of the athletic budget, the administration has instituted a fee assessed to each athlete to participate in an interscholastic sport at either the high school or middle school level. **This fee is due the first day of practice.**

Fall

Soccer	Varsity	\$115	
	Jr. High	\$ 85	5 th - 8 th grade
Volleyball	Varsity	\$115	
	Jr. High	\$ 85	
Flag Football	5 th - 8 th grade	\$ 25	Begins approx. 2 weeks after school begins

Winter

Basketball	Varsity Boys	\$165	
	Varsity Girls	\$165	
	Jr. High Boys	\$135	
	Jr. High Girls	\$115	
	5 th and 6 th	\$ 85	
Cheerleading	Varsity Girls	\$ 85	
Jr. Cheer	5 th - 8 th grade Girls	\$ 60	

Spring

Softball	Varsity	\$135	
Baseball	Varsity	\$135	