

**QUALITY CHRIST-CENTERED EDUCATION**



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**2025-2026**  
**ATHLETIC HANDBOOK**  
**For Students, Parents and Coaches**

[Pray] for me, that utterance may be given to me,  
that I may open my mouth boldly to make known the mystery  
of the gospel, for which I am an ambassador in chains;  
that in it I may speak boldly, as I ought to speak. ~Eph. 6:19-20 NKJV

# **FAITH CHRISTIAN SCHOOL ATHLETIC HANDBOOK**

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## **PHILOSOPHY OF ATHLETICS**

Faith Christian School believes that all that is done in life should be pleasing to God, including athletics. The athlete, coach, and team are striving to do their best in all areas of life. Participating with actions and attitudes pleasing to Christ are of the utmost importance. Performing at one's best for the benefit of the team is primary; winning is secondary. The coach is to teach a Christian athlete how to deal with both winning and losing, as well as with the pressures in the athletic world, in a manner that is pleasing to God.

We believe the team is more important than one individual. Team unity is vital, while individual achievements are also recognized. (I Cor. 10:31; Col. 3:23)

## **GOALS AND OBJECTIVES**

1. To be Christ-like in all that we do through athletics and to always demonstrate our Christian testimony.
2. To improve the individual: spiritually, socially and athletically.
3. To teach that team unity is more important than individual achievement.
4. To develop respect for others: coaches, officials, opponents, teammates and spectators.
5. To be good stewards of what the Lord provided for us by caring for equipment, facilities, belongings, etc.
6. To provide opportunities for fellowship with teammates and other Christian schools.
7. Team Levels: Since there are different skill levels of the players within our athletic teams, it is important to emphasize different goals at each team level.
8. Therefore, our goals are:
  - A. Middle School:
    - To learn basic fundamentals of the sport.
    - To learn the individual skills of the game.
    - To learn team concepts.
  - B. Varsity:
    - To refine individual skills and team play.
    - To apply the learned team concepts, strategy and tactics.
    - To strive for team success.

## **GUIDELINES**

1. *It is a privilege* for a student to participate in interscholastic athletics. The school may revoke this privilege when the athlete does not conduct himself in an acceptable manner (lack of cooperation, poor attitude, testimony, or character, etc.)
2. The participants must maintain acceptable levels in academics, Christian character, citizenship and sportsmanship.

3. Team Size - FCS Middle School embraces a "No Cut Policy". This means that all middle school students who desire to play on a team will be members of that team regardless of ability or experience. However, it is important to understand that being a member of a team does not assure equal playing time for all members.
4. Varsity – while every effort is made to include all student athletes, from time to time, team size may need to be reduced. When a tryout is necessary, selection of a candidate may be based on athletic performance, attitude, conduct, cooperation and the desire to represent both Christ and the student body in a manner which complements the school.
5. After the season has started – students wishing to join a team after the season has started, can join the team at the coach's and Athletic Director's discretion. The student's participation on the team is also at the coach's discretion. Students wishing to join a team must participate in at least four practices prior to being eligible. Attending a game and sitting with the team counts as a practice.
6. Grade levels -
  - A. Middle School - Generally middle school teams consist of 6-8 grade students. Fifth graders are allowed to be moved up the Middle School team as long as the parents, coaches, and the Athletic Director are in agreement.
  - B. Varsity – Generally varsity consists of 9-12 grade students. Only students in grades 9 - 12 are eligible to participate at varsity level unless the minimum number of students necessary to field a team is not available. Eighth graders may be eligible to play on the varsity. The varsity coaches may request athletes to fill positions on the varsity team.

Eighth graders playing varsity sports must have:

- Written parental permission
  - Meet academic requirements
  - Middle school coach approval
  - Athletic Director approval
  - Principal approval
7. Homeschoolers - students may be accepted into both our middle school and varsity sports programs. For varsity soccer and basketball (league sports), homeschoolers are required to be enrolled in two core classes at FCS or through our online supplier. Home school athletes pay a registration fee, sports fee and refundable uniform fee.
  8. Practices and Competitions -
    - A. All athletes must be prompt and are expected to attend all practice sessions as well as all competitions. **It is the responsibility of the athlete to personally notify the coach of any practice or competition that he/she will miss including reason for missing.** If an athlete misses practice or a competition that is unexcused, disciplinary action may result from the coach or athletic director.
    - B. In order to participate in an athletic practice or competition, the athlete must be in attendance for 50% of the school day.
    - C. The athlete who played in a sport's season that just concluded is not required to attend the next sport's practices for five school days. However, if try-out practices are needed, then they must attend at least two of the try-out practices.

9. Team/Student commitment – In order for a team to be successful, athletes and their parents must remain committed for the duration of the season. For this reason, once a two-week trial period is complete, and the team has been established, team members are not permitted to quit. Students and their parents must carefully pray and consider the many ways that their involvement will affect them (time, academics, transportation, etc.) before they commit to join the team.

If a student quits or is removed from a team before the season is complete, disciplinary action may be taken which could include loss of awards.

10. Parents' commitment – We respectfully ask parents not to withhold practices and/or games as a disciplinary action as this hurts/affects the entire team and the coaches.

11. Miscellaneous

- A. Parents are responsible to see that their children are picked up promptly after practices and games. There will be a charge of \$10.00 for every half hour a parent is late in picking up their student with a grace period of the first 15 minutes. This money will go directly to the person supervising the students at that time. For example, if a sports practice is posted to end at 4:00 p.m., the student should be picked up at 4:00 pm, but there will be no charge if picked by 4:15 p.m. If the student is picked up 16-30 minutes late, there is a \$10 charge. If the student is picked up 31-60 minutes late, there is a charge of \$20. While waiting for practices that do not begin immediately after school (late practices), parents are responsible to ensure their children are supervised if they remain on school property.
- B. Students are **not** to use electronic equipment during practices or competitions.
- C. Athletes are expected to adhere to the school dress code for all athletic events. When there are alterations to this policy, the coach and/or Athletic Director will give directions concerning what may be worn to these events.
- D. Dress for Athletic Practices
  - Any color sneakers (not ripped/torn, must be properly laced) styled or decorated in a manner consistent with school policy.
  - Athletic sweatpants – no writing across the backside
  - Modest shorts may be worn. Shorts may not be form-fitting and no shorter than the fingertips when standing straight with arms at the side.
  - No sleeveless tops for boys or girls
- E. Any player dismissed from a team for disciplinary reasons may not compete in that particular sport until further notice from the coaching staff involved, the Athletic Director and Principal.
- F. Athletes who are in 2 sports may opt out of gym (to qualify, you must have “banked” a previous year of being in 2 varsity sports). To qualify, the athletes are expected to attend all practices and games/meets unless pre-approved by their coach. If an athlete has 2 unexcused absences in a practice, game or meet, then the coach will notify the AD who then will file the paper work for a schedule change to enroll them back into gym class. This promotes a commitment of the athlete to their sport plus it teaches them the responsibility of pre-arranging an absence.

## **ELIGIBILITY REQUIREMENTS**

1. Attendance Eligibility: In order to participate on the day of an athletic practice or competition, the athlete must be in attendance for 50% of the school day.
2. Behavioral Eligibility: Proper behavior must be demonstrated whether in school or during competition. The consequences of improper behavior may be temporary or permanent suspension from a team as determined by administration.
3. Academic Eligibility: All athletes must meet academic eligibility. The principal will check grades when progress reports and report cards are issued. After that, grades of ineligible students will be evaluated each week, usually on Tuesday, and ineligibility will go from Wednesday through the next Tuesday. If an athlete has one F or two D's in any subject, the athlete will be ineligible to play. Athletes may attend 2 practices that week but may not participate in official competitions, attend competitions in team uniform, or take team transportation (bus or vehicle).

Students, parents, and coaches are strongly encouraged to make frequent checks of academic progress to avoid ineligibility.

## **AWARDS**

All students who participate for an entire season with an athletic team will be eligible for awards.

## **ATHLETIC CONTRACT. PHYSICAL EXAMS AND PERMISSION SLIPS**

1. Prior to participating in any athletic event (practice or game), both the student and his/her parent(s) must sign the Athletic Handbook Contract, indicating their understanding of and promise to abide by the policies of Faith Christian School and its Athletic Department.
2. Each athlete is required to have a physical exam every year to cover that coming school year. This physical will cover every sport played for that coming school year. This physical exam must be given by a licensed physician and reported in writing **before** the student may start practice.
3. If a student has been injured during a sport's season or has had an illness that prevents the athlete from playing that sport for an extended period of time, (a week or more) the athlete must have a release from a licensed physician **before** being permitted to return and participate in that sport.
4. Injuries: Precautions are taken to prevent injuries, but they do occur. All injuries must be reported to the coach so that proper aid may be given. It is important that allergies or other ailments that require special attention be reported to the coach at the start of a season. If an athlete is injured, the parents will be contacted as soon as possible. If necessary, emergency personnel will also be contacted. A School Accident Insurance Form is available in the school office.

Injured athletes will remain on the team, continuing to attend practices, travel to games, assist on the bench, etc. Absences are permitted for rehabilitation appointments.

## **UNIFORMS AND EQUIPMENT**

1. The team's coach will issue the team uniform. Each athlete who is issued a uniform is responsible for its proper care. It must be returned to the coach in good condition within one week of the end of the season. If it is damaged, worn beyond normal wear, lost or not returned, the athlete will pay for the uniform at its replacement price. Usually one replacement uniform costs far more than when it was originally ordered.
2. The uniform may not be worn anytime or place other than what is authorized in connection with official games.
3. All uniforms must be returned cleaned and with every piece included that was originally issued. A cleaning fee of \$20 will be charged if uniform is returned dirty or with stains.
4. All uniforms must be returned within one (1) week after the last game of that sport's season. Discipline action may be taken if uniforms are not returned on time.
5. The equipment a team uses is the responsibility of the team. Abusing equipment or supplies may result in the dismissal from the team and/or replacement of the damaged equipment by the one or ones who damaged it.

## **TRANSPORTATION**

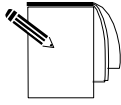
1. The school and parents will help arrange transportation for the teams to go to the athletic event.
2. After the athletic event, it is the parent's responsibility to pick-up his/her own son or daughter at the appointed time and place. This is a must.
3. Students will ride school-provided transportation. Exceptions will only be granted by prior written request from the parents involved and approval by the Athletic Director.
4. For some athletic events taking place after school or on Saturdays, there may be room for student spectators to ride the school-sponsored transportation. Student spectators must have written parental permission to travel to these events.
5. Private Vehicles: The use of a private vehicle is permissible under explicit conditions:
  - Players may not drive to away athletic events, games, and/or similar outings or excursions. Any shared transportation to home games and practices must have notes with parental permission of both the driver and the rider.
  - Student drivers need written parental permission to drive. These "Student Transportation Permission Forms" are available from the Office and are required to be completed. This permission will be granted only under special circumstances.
6. Leaving the premises of a game or practice: When a student comes to a practice or game, that student is expected to stay on those premises at all times; unless he/she has been granted permission to leave the site by a school authority. Faith Christian School is not responsible or liable if a student leaves the school property.

## **FEES**

Students playing on a Middle School team must pay a fee of \$70 per sport before he/she is allowed to participate and/or practice. No refunds will be given. Fee includes coach gift.

Students playing on a varsity or junior varsity team must pay a fee of \$80 per sport before he/she is allowed to participate and/or practice. Refunds will only be made one week after the teams are chosen - for varsity sports only. Fee includes coach gift.





## STUDENT ATHLETE AND PARENT

### FCS ATHLETIC HANDBOOK AGREEMENT

*Please read the enclosed handbook.*

*Sign and return this form by the first practice.*

**Student Athlete:** I have read and accept conditions set forth in the 2025/2026 Faith Christian School Athletic Handbook and will adhere to the standards that have been established.

_____ Student Signature	_____ Grade	—
_____ Student Signature	_____ Grade	—
_____ Student Signature	_____ Grade	—
_____ Student Signature	_____ Grade	—
_____ Student Signature	_____ Grade	—

**Parent:** I have read and accept the conditions set forth in the 2025/2026 Faith Christian School Athletic Handbook for my son/daughter.

_____ Parent Signature	_____ Date
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