



Trinity Christian High School
Established in 2008

Sports Manual

2016-2017



XI. Prayer

- A. Coaches are encouraged to lead TCHS teams in a spiritual manner. This may include times of prayer together as a team at the coach's discretion.
- B. TCHS teams are discouraged from holding joint prayers with opposing teams.
 - 1. TCHS has no control over the other team's concept of God or how He is to be worshipped.
 - 2. This is a violation of state sanctioning rules.

XII. Letters

- A. TCHS athletes who achieve a level of commitment, effort, and contribution to their varsity team will be awarded a 'letter' from the school.
- B. Requirement: playing time in 50% of varsity level competitions.
- C. Pins will be awarded in lieu of letters after the first has been awarded.

VII. Concussion Sheet

- A. Every student athlete must turn in a signed concussion sheet before the first practice. This sheet can be downloaded from the IHSA and IGHS AU websites or obtained from the AD.

VIII. Physicals

- A. According to Iowa law, every athlete must have an annual physical.
- B. TCHS works with area clinics to provide physicals at a nominal cost.

VIII. Substance Abuse

- A. No TCHS athlete should participate in the use or possession of any tobacco product, alcohol, illegal drug, or performance enhancing material.
- B. Punishments
 1. 1st offense—serve a 1/3 season suspension (if less than 1/3 is remaining, the balance is made up the following season.
 2. 2nd offense—one calendar year of ineligibility.
 3. 3rd offense—forfeiture of all extracurricular activities at TCHS.

IX. Membership /Conference

- A. TCHS is a sanctioned member of the Iowa High School Athletic Association (IHSA) for boys and the Iowa Girls High School Athletic Union (IGHS AU) for girls.
- B. TCHS is affiliated with the War Eagle Conference.

X. Early dismissal

- A. Regular season events may not be scheduled that require a student to leave school more than one hour early.
- B. This does not apply to post-season tournament play.

Purpose: the purpose of extracurricular athletics at Trinity Christian High School (TCHS) is to provide students an opportunity to develop their minds and bodies beyond the regular curriculum.

I. Participation/Playing Time

- A. Participation in athletics is encouraged at TCHS.
- B. To encourage participation, coaches will have the following guidelines:
 1. At the freshmen and junior varsity level, coaches should give as much time as is reasonable to encourage the player's development.
 2. At the varsity level, this will translate into the coach playing the best player at each position and using substitutes according to his/her judgment. Coaches, parents, and athletes should be sensitive to maintain team unity and avoid an 'elitist' environment.
- C. Parents and athletes who have questions or concerns about the amount of playing time may address this issue with the AD. It may not be addressed publically. All parties must maintain a brotherly spirit.

II. Attendance

- A. Athletes who are not in school the 2nd half of the school day (which would involve periods 5-8) due to illness are not allowed to practice or compete in athletic events on that day.
- B. Athletes must be at each scheduled practice or game on time unless they have notified the coach in advance of their absence.
- C. Coaches have the discretion to weigh the athlete's diminished contributions to the team on account of tardiness and absences when determining playing time.

III. Keeping Sports in its Proper Role

- A. Academics must be in order before a student may participate in school-sponsored athletics. The IHSAA/IGHSAU requires that a student must maintain a passing grade in each subject in order to be eligible to participate. A failing grade will result in a student being ineligible for a minimum of 10 school days. During this period the student has the opportunity to raise his/her grade. Should the student receive a passing grade, he/she becomes eligible. If a passing grade is not achieved, the student remains ineligible for the remainder of the marking period. If a passing grade is achieved at the conclusion of the marking period, the student will be eligible. TCHS requires in addition that a student maintain a 2.0 GPA at the end of the 9 week marking period. Failure to maintain this standard will result in the student-athlete being ineligible for 10 school days beginning the date that report cards are issued. If at the conclusion of the 2 week period of ineligibility the GPA has been raised to 2.0 or higher, the student will be termed eligible to play.
- B. While TCHS rather rigidly avoids putting things on Wednesday nights or other evenings that would conflict with church life, sometimes there are conflicts beyond TCHS's control. In July of 2009, the TCHS Society approved the following:

That any unresolved conflicts in scheduling between any athletic event, whether it be regular season or tournament, and a part of the instituted life of the church (for example, calls to worship & catechism) be handled by cancelling or forfeiting the athletic event.

Notice that this does not apply to the organic life (Bible society meetings or YP outings) of the church, even though TCHS will try to show sensitivity to that important aspect of our spiritual life also. Also notice the language "unresolved." TCHS will first try to resolve the conflict before cancelling or forfeiting. The school Board's direction has been to try to resolve the conflict by working with the other schools and the IHSAA/IGHSAU, and not by asking consistories to change dates of calls to worship or catechism.

IV. Conduct

- A. Players, coaches, and spectators are expected to show the Fruit of the Spirit in all aspects of athletics. Respect must be shown to game officials, teammates, coaches, and opponents at all times. Failure to so govern one's actions will be dealt with case-by-case by the AD and the Board.
- B. The second ejection from a game by a referee or official for misconduct will result in a one-season suspension for any offending player, coach, or spectator.

V. Transportation

- A. TCHS owns no vehicles. Families of participating athletes will be assigned games for which they are responsible for transporting athletes and coaches. Families must find their own replacement if they are unable to do this on the assigned date.
- B. Athletes must ride in the school arranged transportation to away games. They are free to ride home from the game with family members upon notifying their coach.

VI. Uniforms

- A. TCHS provides uniforms for each athlete. They are the responsibility of the athlete until they are returned. Lost or damaged uniforms must be replaced at the student's expense.
- B. Uniforms must be returned clean.
- C. TCHS uniforms are held to the same standard as the school day dress code as outlined in the Parent-Student handbook.
- D. Modesty
1. In practice and in game situations, athletes must exercise modesty in their appearance.
 2. Sports bras and other undergarments are not be publically displayed.
 3. Athletes must change into and out of uniforms in designated private places.