

HOPE CHRISTIAN HIGH SCHOOL & MID-SCHOOL

Athletic Participation
Guidelines & Procedures



Home of the Huskies
Est. 1976

“Education with Values
Revised 12/09

This handbook is designed to take athletes, parents, and coaches through a season step by step. Most of the information needed is provided. Coaches, parents, athletes, and administrators are also responsible for information in three other documents: The **Hope Student Handbook**, (which is available on Renweb and our website, www.hopechristianschool.org), the **NMAA Handbook**, and the **District Handbook** for each particular sport, (which is available at www.nmact.org). These documents are also located in the office of the Athletic Director

Refer to this handbook often: The purpose of this handbook is to provide information for parents and athletes throughout their high school athletic career. For that reason, we advise parents to refer to this handbook for all four years of their student-athletes career at Hope.

Coaches, parents, and athletes are expected to become familiar with and adhere to the guidelines, rules, and regulations set forth within this handbook. A set of forms and documents have been provided in the back of this handbook. These forms and lists are for your use throughout the school year. An explanation of how these forms are to be completed and utilized will be contained within this handbook.

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INTRODUCTION AND PHILOSOPHY

I Corinthians 9: 24-25 “Do you not know that those who run in a race all run, but one receives the prize? Run in such a way that you may obtain it. And everyone who competes for the prize is temperate in all things. Now they do it to obtain a perishable crown, but we for an imperishable crown.”

The major goal of an interscholastic athletic program is the same as for any other educational program: To provide students with the opportunity to develop to their maximum potential and to teach life skills. At the same time at Hope Christian School we strive to honor God in all we do. With this in mind I would like to include an excerpt from an article by Dr. Paul A. Kienel entitled, “It’s Only a Game”.

Athletics are certainly not worth doing anything which might damage the testimony of the school. Players, coaches, and spectators must remember that when our opponents and their fans are Christians, they are our brothers and sisters in the Lord, and they should be treated as such. When our opponents and their fans are not Christians, they need to know our Savior, and our testimony for the Lord becomes all the more important.

The athletic philosophy of our school flows naturally out of our educational philosophy. Therefore, the primary goal of our athletic program is to bring glory to God through encouraging our teams to perform to the best of the ability the Lord has given them.

There are a number of goals based on Biblical principles which flow naturally out of this primary goal. First of all, we want to teach respect for authority. Players need to respect coaches, while coaches, players, and fans need to respect officials. Second, we want to teach the principle of putting aside individual desires and goals for the good of the team. Third, we want to teach players to realize that often their true character will come out in the heat of competition, and that there are valuable lessons to be learned and adjustments to be made.

If winning comes about as a result of aiming at these goals, that is great. If we lose, it is not the end of the world, and there is likely a valuable lesson to learn through it. Winning must never be allowed to become our primary goal.

In the interest of good sportsmanship and positive Christian testimony, we ask each of our fans to observe the following:

1. Show proper respect to the players on both teams. Remember that each one of them is someone’s son and daughter.
2. Show proper respect for the visiting crowd. Treat them just as you would like to be treated in their gym or at their field.
3. Show proper respect for officials and to their legitimate position of authority over the game.
4. Remember that the other team’s players, coaches, and fans are not our enemies. They are merely our opponents in a game.
5. Please do not “BOO” or otherwise show a negative reaction to an official’s decision or to a player’s performance.
6. We all need to remember that the Lord sees our actions and knows our thoughts and the intents of our hearts.

In his book, Basketball Basics: Drills, Techniques, and Strategies for Coaches, Howard Marcus made some interesting observations concerning the relationship of basketball coaches to referees which can be applied in every sport, not only to coaches, but fans as well. He says, in part:

At the beginning levels of basketball you get some beginning referees, and you get plenty of bad calls. One way to handle it is to whine and complain. I’ve tried that many times, and it feels pretty good, at least for a while. You can stomp around; you can yell at a grown person who won’t yell back. In the end, though, it sets

a terrible example for your players. How can a coach expect his immature players to conduct themselves like adults on the court while the coach himself acts like a two-year-old throwing a temper tantrum?

Another way is to explain to your players that referees are people who really enjoy sports and are out there doing their best, and a lot of them aren't that experienced. Sure they blow calls, but I blow calls as a coach, too. The refs don't scream that I've messed up.

Sometimes, in the heat of a highly contested athletic event between two rival schools it is difficult to accept the maxim, "It's only a game." For better or worse, games become a test of character. Most often, the overall results are positive. An opposing coach wrote the following note to Coach Johnson at the Christian Academy in Chester, Pennsylvania after a soccer game:

You have succeeded in motivating your players and extracting from them full effort for an entire game. This is, as you know, a coach's dream. How did you do it? Also, how do you instill in your boys the high level of good sportsmanship that I witnessed time and time again during the game? Even after the game ended, your players were the first to run over to shake hands with my team. In this high tension, competitive age, it was refreshing to see maximum effort link up with care and respect for the opponent. In the final analysis, you guys were the real winners. After all, the winning team is really the one with the right attitude and focus. Your team has something special.

That, of course is the commentary we like to hear about sports at Hope Christian School.

OBJECTIVES OF ATHLETICS

Development of Physical Fitness: The student who participates in athletics will improve physically and mentally while learning activities that will maintain a high level of physical fitness.

Development of Skills and Mental Alertness: A sport is a learning activity. The rules, the principles, the individual skills, the cooperative effort, the making decisions under stress and learning to think quickly and react to changing conditions all are a part of the sport experience.

Development of Character Qualities:

- A. Identify with the team members and the school
- B. Learn self-discipline
- C. Develop Leadership Skills
- D. Develop good sportsmanship and conduct
- E. Development of : Trustworthiness, respect, responsibility, fairness, caring, citizenship, etc.
- F. Learn Teamwork

Basic Eligibility for Participation in Athletics

1. Student participation in interscholastic activities plays a significant role in personal and educational development. I understand that athletic participation is a privilege and not a right. Competition is intense for positions on varsity teams at Hope Christian. Because of limitations of space and coaches, team size may require that athletes be eliminated from the program. It is the responsibility of each athlete to prepare themselves for the opening day of their seasons.
 - A. Fall Sports : Generally two weeks before the first day of school
 - B. Winter Sports: Generally the first week of November
 - C. Spring Sports: Generally the first week of February
2. Eligibility is based on New Mexico Activities Association (NMAA) policies and guidelines.
 - A. Pre-Competition Practice: Fall sport athletes must have 10 days of practice prior to competition. Winter/Spring sports athletes must have 10 days of practice unless they participated in the most immediate previous season.
 - B. Semesters of Attendance. A student shall be eligible for no more than 8 semesters in grades 9-12; or 10 consecutive semesters if starting at the 8th grade level.
 - C. Age: A student becoming 19 years of age after August 31 of the current school year is eligible for the entire school year.
3. Athlete must have a completed athletic physical
 - A. Dated after April 1
 - B. Must be submitted before the season or any pre-season or off-season training.
 - C. All signatures must be affixed.
 - D. All physicals are turned into the Athletic Trainer at the High School Office
 - E. All physical forms must be accompanied by the required Catastrophe Insurance fee of \$5.00.
4. Academic requirements:
 - A. Must have a 2.0 GPA
 - B. A student who receives an “F” in any subject, but still has an overall average of 2.0 or better, is eligible to continue participation. However, the student will be on academic probation. The student must have no lower than a “C” in the class in which the “F” was received within three weeks after that marking period. If the grade is below a “C”, the student will be dismissed from the team.
 - C. Academic ineligibility means an athlete can not play or practice, until the next report card.
5. Catastrophic Insurance must be paid by each athlete for the school year. \$5.00 should be turned into the Athletic Trainer at the High School Office along with the sports physical form which is good for the whole year. (Do not turn this into your coach.)
6. Athletes are to live by a code of conduct that includes:
 - A. Abstinence from the use of tobacco, alcohol, and drugs
 - B. A positive role model on campus and in the community
 - C. Live a morally and Godly life reflecting Hope Christian’s Mission Statement.
 - D. Must be in harmony with Hope Christian School Community
7. Attendance: A competing student must be present in school on the day he/she is to participate in an athletic activity. Of course, this does not apply if the student is away on official school business (field trip, etc.). Satisfactory overall attendance is required of all athletes. Any exceptions need to be cleared with the Athletic Director prior to event. (Students must attend a minimum of 4 classes in order to practice or play that day.)
8. Athletic participation does entail some inherent risks. The athlete and their parents must be willing to accept the risk of athletic participation as well as the benefits from the opportunity to participate.
9. Transfer Student: A student who transfers to Hope will follow the guidelines established by the NMAA. Basically, a student has his/her initial open enrollment choice and then will follow these rules:
 - A. Ineligible for varsity competition for 90 school days/365 calendar days.
 - B. Eligible immediately for sub-varsity level competition. Senior transfer students may not compete on the sub-varsity level.
 - C. A student shall be in good standing and eligible at the previous school.
 - D. If a student transfers after participation in a sport season has begun, regardless of change in residence, the student will be ineligible for the remainder of that particular sport specific season.



NCAA FRESHMAN-ELIGIBILITY STANDARDS QUICK REFERENCE SHEET

KNOW THE RULES:

Core Courses

- **NCAA Division I requires 16 core courses as of August 1, 2008.** This rule applies to any student first entering any Division I college or university on or after August 1, 2008. See the chart below for the breakdown of this 16 core-course requirement.
- **NCAA Division II requires 14 core courses.** See the breakdown of core-course requirements below. Please note, Division II will require 16 core courses beginning August 1, 2013.

Test Scores

- **Division I** has a sliding scale for test score and grade-point average. The sliding scale for those requirements is shown on page two of this sheet.
- **Division II** has a minimum SAT score requirement of 820 or an ACT sum score of 68.
- The SAT score used for NCAA purposes includes only the critical reading and math sections. The writing section of the SAT is not used.
- The ACT score used for NCAA purposes is a sum of the four sections on the ACT: English, mathematics, reading and science.
- **All SAT and ACT scores must be reported directly to the NCAA Eligibility Center by the testing agency. Test scores that appear on transcripts will not be used. When registering for the SAT or ACT, use the Eligibility Center code of 9999 to make sure the score is reported to the Eligibility Center.**

Grade-Point Average

- Only core courses are used in the calculation of the grade-point average.
- **Be sure** to look at your high school's list of NCAA-approved core courses on the Eligibility Center's Web site to make certain that courses being taken have been approved as core courses. The Web site is www.ncaaclearinghouse.net.
- **Division I** grade-point-average requirements are listed on page two of this sheet.
- **The Division II** grade-point-average requirement is a minimum of 2.000.

DIVISION I 16 Core-Course Rule	
<u>16 Core Courses:</u>	
4	years of English.
3	years of mathematics (Algebra I or higher).
2	years of natural/physical science (1 year of lab if offered by high school).
1	year of additional English, mathematics or natural/physical science.
2	years of social science.
4	years of additional courses (from any area above, foreign language or non-doctrinal religion/philosophy).

DIVISION II 14 Core-Course Rule	
<u>14 Core Courses:</u>	
3	years of English.
2	years of mathematics (Algebra I or higher).
2	years of natural/physical science (1 year of lab if offered by high school).
2	years of additional English, mathematics or natural/physical science.
2	years of social science.
3	years of additional courses (from any area above, foreign language or non-doctrinal religion/philosophy).

PLEASE NOTE: Beginning August 1, 2013, students planning to attend an NCAA Division II institution will be required to complete 16 core courses.

OTHER IMPORTANT INFORMATION

- Division II has no sliding scale. The minimum core grade-point average is 2.000. The minimum SAT score is 820 (verbal and math sections only) and the minimum ACT sum score is 68.
- 14 core courses are currently required for Division II. However, beginning 2013, students will be required to complete 16 core courses.
- 16 core courses are required for Division I.
- The SAT combined score is based on the verbal and math sections only. The writing section will not be used.
- SAT and ACT scores must be reported directly to the Eligibility Center from the testing agency. Scores on transcripts will not be used.
- Students enrolling at an NCAA Division I or II institution for the first time need to also complete the amateurism questionnaire through the Eligibility Center Web site. Students need to request final amateurism certification prior to enrollment.

For more information regarding the rules, please go to www.ncaa.org. Click on "Academics and Athletes" then "Eligibility and Recruiting." Or visit the Eligibility Center Web site at www.ncaaclearinghouse.net.

Please call the NCAA Eligibility Center if you have questions:

Toll-free number: 877/262-1492.

NCAA Eligibility Center
05/07/08 LK:cr

NCAA DIVISION I SLIDING SCALE CORE GRADE-POINT AVERAGE/ TEST-SCORE New Core GPA / Test Score Index		
Core GPA	SAT Verbal and Math ONLY	ACT
3.550 & above	400	37
3.525	410	38
3.500	420	39
3.475	430	40
3.450	440	41
3.425	450	41
3.400	460	42
3.375	470	42
3.350	480	43
3.325	490	44
3.300	500	44
3.275	510	45
3.250	520	46
3.225	530	46
3.200	540	47
3.175	550	47
3.150	560	48
3.125	570	49
3.100	580	49
3.075	590	50
3.050	600	50
3.025	610	51
3.000	620	52
2.975	630	52
2.950	640	53
2.925	650	53
2.900	660	54
2.875	670	55
2.850	680	56
2.825	690	56
2.800	700	57
2.775	710	58
2.750	720	59
2.725	730	59
2.700	730	60
2.675	740-750	61
2.650	760	62
2.625	770	63
2.600	780	64
2.575	790	65
2.550	800	66
2.525	810	67
2.500	820	68
2.475	830	69
2.450	840-850	70
2.425	860	70
2.400	860	71
2.375	870	72
2.350	880	73
2.325	890	74
2.300	900	75
2.275	910	76
2.250	920	77
2.225	930	78
2.200	940	79
2.175	950	80
2.150	960	80
2.125	960	81
2.100	970	82
2.075	980	83
2.050	990	84
2.025	1000	85
2.000	1010	86

General Guidelines and Procedures:

Dual Participation

An athlete that has committed to a high school sport is governed under the New Mexico Activities Association Dual participation rule. The rule has two components.

- 1) According to the NMAA handbook, athletes are allowed to participate in a specific number of scrimmages and contests. An athlete who participates in more than the mandated number of contests will cause his/her team to suffer consequences outlined by the NMAA that may include suspensions and forfeitures.
- 2) During an interscholastic sport season, athletes are not to participate in outside sports without the permission of the coach and written permission from the principal. This means that during the school year, while participating in a sport, an athlete must have permission to participate in an outside sport program.

It is the responsibility of the coach to be familiar with the NMAA handbook and inform all members of the program about their obligations under the Dual participation rule.

Dual Participation at Hope

If an athlete wants to participate in two sports during the same season he/she must fill out the Dual Participation Form and get special permission.

Photographs - Team Photos

Hope Christian contracts with a photographer to take team photos that will appear in the yearbook. Those interested in purchasing individual or team photos must see the photographer.

Tryouts / Selection Procedures

At the high school level and also at the middle school level because of space limitations and safety some athletes may be eliminated from teams. At the middle school level all students can make a team; either the travel teams or intramurals teams. At the high school level an established tryout and selection procedure should be part of each coach's team information. The coach may share this with parents and players, however, that is at the coach's discretion. It will be required to inform athletes as to the criteria used to make team selections. These procedures must fall within established guidelines for participation in a sport and cannot be discriminatory on the basis of sex, age, race, religion, etc.

Team and Practice Policies

Pre-Season Meeting: Each sport will hold a meeting prior to each season (Fall, Winter, and Spring) for all parents and athletes. Rules and policies will be discussed. Expectations to any policies will be outlined. The parents and the students will be informed of the inherent risks in sport participation. The staff will outline risks specific to that sport, and any other expectations or requirements for tryouts, and/or the season.

In-Season Practice: Practice sessions are vital for both the student athlete and the team. For this reason, the student athlete should meet all attendance requirements designated in the NMAA handbook. It is the responsibility of the parent to notify the coach prior to an absence and to present a valid reason for non-attendance. This should be made clear to all athletes and their parents at the beginning of the season.

Official practice starting dates are established by the NMAA for each sport and should be understood by the head coach. These are available in the NMAA handbook, www.nmact.org or from the Athletic Director.

Off-Season and Summer Participation: Specific guidelines governing off-season and summer participation and coaching are thoroughly covered in the NMAA handbook. Section 7.8.1 states:
During the school year, but outside a particular sport season (off-season), a member school may allow participation in that particular sport during an athletic period. The participation may not last longer than the allotted class time (equivalent of a regular school period or 55 minutes, which is less.) For schools not having an athletics period/class, a block of one (1) hour time may be used each school day for sports participation. Interschool competition/scrimmages are prohibited during the off-season.

Section 7.9 states:

Summer camps, recreation programs and other programs which are outside the conventional school year are restricted to the period between the end of the second (spring) semester and the beginning of the first (fall) semester of the following school year, or until the official practice season for that sport begins (as stated in the NMAA handbook for each sport), whichever comes first.

Sunday Practices: Sunday practices and competitions for Hope teams are highly discouraged. Sunday is a time devoted to God and families. In most circumstances Sunday should be avoided, but when there is conflict, decisions should be made by those families and coaches involved, with permission from Headmaster and Athletic Director.

Out of Town Athletic Trips

Teams and parents that travel to games outside of Albuquerque are expected to behave in a positive way that reflects Hope Christian School ideals. Students are expected to return on the bus. Students that desire to go home with their parents may do so if they communicate with their coaches and sign out. Students may go home with another parent only if the coach receives written permission from parents. **In no circumstance may a player go home with another student.**

Hazing

Hazing is an act committed or threatened against a student or a student is coerced into committing an act that creates a substantial risk of harm to the student or to any third party. This includes any activities that involve physical harm, sexual overtones, extreme and unreasonable levels of embarrassment or humiliation, or violation of any rules or laws. Hazing is not permitted as part of any team or activity as an initiation or rite of passage. Hazing in any form will not be tolerated at Hope Christian School.

Orientation Night for New Students to Hope Christian

At the end of each summer (first two weeks of August) a mandatory orientation meeting will take place in the main gym. If your son or daughter plans to participate in sports this year it will be required for one parent to attend. The orientation will be a general meeting. During this time the Athletic Director will discuss the basic eligibility requirements and some of guidelines from the Hope Athletic Handbook. After a short discussion, students and parents will be given the opportunity to visit with individual coaches stationed around the gym.

School/Team Athletic Awards

Awards presented to the athlete at the end of the season and paid for by the school are restricted to the following items:

Letters - athletes will receive only one Chenille letter per career. This applies to all sports. Subsequent letters in another sport will receive certificates.

Sport Pins - a specific sport emblem will be awarded to the athlete the first year in which they letter in a particular sport.

Letter Bar - a letter bar will be awarded to the athlete for the subsequent years in which they letter in a particular sport.

Participation Certificates - are provided for athletes who did not letter or who participate at the JV or C team level.

Coaches determine how many of the above awards are needed at the end of the season. A checklist is to be submitted to the Athletic Director within one week after the conclusion of their respective season. Any other awards deemed necessary are to be funded out of individual sports account. Each coach will determine the number and specific awards but a general guideline used for years at Hope might be helpful: (three individual awards per team and a plaque, medal, etc. for each member if team wins a state championship.)

Special Recognition Awards

Media Recognition Awards may be given throughout the year for accomplishments of our athletes. (Athlete of the Week, etc.)

All-State/All-District: These awards are presented by the District/Media/ or specific sport association upon recommendation from coaches. The Hope administration will recognize, but has no input into the selection or recommendation process.

Special Honors or Scholarships: Awarded upon recommendation or upon application on the part of a coach, teacher, counselor, parent, or student-athlete.

Senior Male and Female Athlete of the Year: This presentation is awarded to the outstanding male and female athlete selected from all sports. A committee made up of the Athletic Director, one coach of a male sport, one coach of a female sport, the Principal, and the Headmaster. The criteria will include athletic performance-50%, academic performance- 25% and citizenship - 25%.

Lettering: An athlete must be a student in good standing at Hope Christian School and member of a Varsity Athletic Team to letter. All information regarding team rules and policies apply to all teams and team managers. Varsity team managers must be involved and participate throughout the season to be eligible for a letter.

Varsity Letters are a significant reward given to Hope student-athletes. Lettering criteria will be determined by each Head Coach and should be significant to make earning of a varsity letter an honor. Players who have been part of junior varsity program and have made significant contributions to the varsity program, may be awarded a varsity letter.

Banquets

After the season when a sport has ended, a banquet honoring the athletes and the coaches may be held. Banquets are funded by each individual sport. Banquets may include the athletes, their parents, and other invited guests. Whoever is in charge of the banquet should adhere to the following guidelines:

- Every attempt should be made to schedule the banquet within the first three weeks after season ends.
- In attempt to keep cost down it is highly suggested to hold the banquet in the MPB at the school.
- Effort should be made to assure that the banquet does not conflict with other school activities.
- Coaches need to submit a calendar request to the Headmaster's office.

Booster Club: Fund Raising Guidelines

The name of this support organization shall be: *Hope Christian High School Athletic Boosters (HCHS Boosters)*.

Objectives: To promote the educational value of athletic participation by Hope Christian High School students, and for that purpose:

- a) to stimulate and sustain enthusiastic interest among parents, athletes, student body and citizens of the community in Hope Christian High School athletics;
- b) lend all possible support, moral and financial, to athletic programs of Hope Christian High School;
- c) to support and co-operate fully with the Headmaster and the Athletic Director of Hope Christian High School to maintain the highest possible degree of success and achievement in athletics.

Membership: Regular membership in this organization shall include any person interested in the progress and development of the athletic programs of Hope Christian School. Members must be in harmony with Hope Christian School.

Officers: The officers of the HCHS Boosters shall be: President, Vice President, Secretary/Treasurer, Athletic Director, and the Headmaster.

The Booster Club's function is to "booster" each sport and the over all athletic programs of Hope Christian School. Primarily through finances the Booster Club will aide each program as best it can. The primary two fund raisers the Booster Club does to receive monies is the Innisbrook Gift Wrap Sales and the Hope Boys and Girls Basketball Tournament. Because each program benefits from these two events we need each team to fully participate in these ventures.

Each year on or by December 1st \$1000 will be put into each sport's account from the Booster Club. Each team can count on the \$1000 increment each year, but that will be all the money given to teams and each

team will need to budget, plan, and fund raise for other expenses. If your team needs new uniforms, equipment, etc. the Booster Club will not pay for these items. To be consistent each sport will receive the same allotment each year.

The Booster Club will budget the (approximate \$1000 cost) each year for necessary medical supplies and first aid kits. (It is important that supplies are not wasted so the Spring sports have enough of the necessities.) General Athletics pays the officials, referees, bus transportation cost, etc.

Each Team probably will need to fund raise or collect money from team members for extra items, whether trip expenses, sweats, bags, practice gear, etc. Coaches will try to keep cost as reasonable as possible and make sure the monies benefit those it is meant for. Each coach must tell the parents before each season the cost for participation. Cheerleading and Drill Team have special budget needs and students and parents should understand and accept before deciding to participate.

Coaches: All fund raising ideas must be put on the “Approval for Fund Raiser” form in the office and turned into the Headmaster and Business Office for approval before beginning your fundraiser.

Assumption and Consent of Athletic Risk

Parents and athletes must acknowledge the risk inherent in sports. There is a potential for catastrophic athletic injury; however, the incident of such injury is rare. It is important that both the parent and athlete understand that:

- It is the athlete and parent’s responsibility to provide insurance and medical coverage for the participant.
- It is the athlete’s responsibility to follow rules and procedures.
- Athlete must wear and maintain equipment and attire.
- Understand that proper technique can minimize injury but cannot completely eliminate injury.
- Practice attendance is an important aspect for the development of skills necessary to participate, and provides proper technique to minimize injuries.
- Catastrophic injury may include any of the following (This list is not all inclusive):
 - Life threatening injuries that may lead to death
 - Neck, head, or back injuries that may lead to paralysis
 - Fractures/dislocations that may result in lifelong problems
 - Injuries that could lead to the loss of an organ, limb, sight
 - Injuries, infections, or situations that may require medical attention and/or hospitalization.

Parents and athletes will attend a meeting in which coaches explain the nature of participation in a particular sport or activity. You are the Judge: Are the rewards of athletic participation worth the risk?

National studies and research indicates that:

- Participation in athletics and activities promotes citizenship.
- The typical student involved in student activity programs has a higher GPA than non-participants.
- Students involved in activities have a better attendance record.
- Only 4% of high school dropouts were involved in activities.
- The Scholastic Aptitude Testing Service states that participation in school activities is one of the most accurate predictors of success after college.

Ejections

Ejection is the removal or termination of participation in a contest for violations of the conduct rules, fighting or unsportsmanlike conduct.

A player removed by an official is ineligible for the next regular season scheduled contest. This includes any contest at any level; Varsity, JV, C, Freshman. A coach must sit the next contest if he/she is ejected. If an ejection occurs in the last regular season game, the participant/coach is ineligible for the next game (post season or the first game of the next season.) Subsequent ejections will require more significant consequences and be administered by Hope Administration.

Summer Athletic Camps

Information regarding the Athletic Camps will be available around the first of April. Information will be sent home with students in Pre-K4 through 8th grade.

Athletic Camps have limited space and are first come/first enrolled. Students must have current immunizations and be covered under a 24-hour accident/hospitalization policy.

Enrollment is done with the Admissions Office before the camp begins. Coaches may take registration forms.

2009-10 Hope Christian Huskies Coaching Staff

Hope Christian School
8005 Louisiana Blvd. NE
Albuquerque, NM 87109
(505) 822-8868

Hope Christian School Web Site: www.hopechristianschool.org

Administration:	Superintendent:	Sandi Black
Athletic Director: Jim Murphy	HS Principal:	Terry Heisey
MS AD: Travis Dunn	MS Principal:	John Kubica

Fall

Girls Soccer

Dan Greinel
(cell 837-1914)

Boys Soccer

Bobby Alvarez
(cell 828-1276)

Girls Volleyball

Jessica McCall
401-0774

Boys - Football

Darrel Kindig
453-4284

Cross Country

Phil Guengerich
(cell 822-8868)
Kyle Skartwed
(cell 239-6788)

Golf(Fall/Spring)

John Lehman
(cell 263-1248)

Winter

Girls Basketball

Terry Heisey
(cell 292-5442)

Boys Basketball

Jim Murphy
(cell 401-1805)

Swimming

Eddie Evans

*Drill Team

Sandi Williams
(cell 280-9324)

*Cheerleading

Kelly Grice
(cell 235-3397)

Spring

Softball

Kent Gray
(cell 228-5729)

Baseball

Sean Anthony
(550-7452)

Girls Track

Kyle Skartwed
(cell 550-0373)

Boys Track

Phil Guengerich
(cell 822-8868)
Kyle Skartwed
(cell 550-0373)

Tennis

Jim Willsie
(cell 710-2811)

* *These are Year long activities*

Coaches' Code of Ethics

National Federation Interscholastic Coaches Association

- The coach must constantly uphold the honor and dignity of the profession. In all personal contact with the student athlete, officials, athletic directors, school administrators, the state high school athletic association, the media, and the public, the coach shall strive to set an example of the highest ethical and moral conduct.
- The coach shall promote the entire interscholastic program of the school and direct his or her program in harmony with the total school program.
- The coach shall take an active role in the prevention of drug, alcohol, and tobacco abuse and under no circumstances should authorize their use.
- The coach shall be thoroughly acquainted with the contest rules and is responsible for their interpretation to team members. The spirit and letter of rules should be regarded as mutual agreements. The coach shall not try to seek an advantage by circumvention of the spirit and letter of the rules.
- Contest officials shall have the respect and support of the coach. The coach shall not indulge in conduct which will incite players or spectators against officials. Public criticism of officials is unethical. Proper channels shall be followed when poor officiating warrants attention to the proper organization.
- The smart coach learns that it is not necessarily the super player, but the good, consistent athlete, who will exhibit a positive attitude in practices and games. This is the kind of athlete every coach wants: the player who has self-discipline and self-confidence, who is dedicated to winning and who is willing to make the commitment to achieve his maximum potential.
- The coach shall be a consistent, fair disciplinarian, a strong motivational leader, and an excellent leader. He must be thoroughly conversant with psychology. The players, administration, faculty, and community must have respect and faith in him.
- Coaches shall/must work at getting along with others within the profession. They must subordinate their egos and personality conflicts. They should lend encouragement and support to other programs within the school whenever possible.

Hope Christian Schools Expectations of Coaches

- 1) Relationship with the Lord must be right.
 - a. Be in the Word and Prayer daily.
 - b. Be obedient in your walk.
- 2) Nurture your relationship with your spouse and children.
- 3) Student Athletes placed above the game
 - a. Academics first
 - b. Never allow the game to become bigger than your players or your values.
- 4) Teach the fundamentals
 - a. Explain why you are doing different drills so the athlete understands.
 - b. An athlete who is not in shape will never reach their full potential.
- 5) Live and teach integrity and discipline.
 - a. Your athletes will mirror your actions.
 - b. Implement Godly principles into your daily coaching, parallel disciplines of your sport with Biblical principles.
- 6) Teach team over individual.
 - a. Team effort wins.
 - b. Treat each individual remembering they are a child of God.
- 7) Strive to play with high intensity.
 - a. Play to win; do not play “not to lose.”
 - b. Never set goals to win by so many points. Focus on giving 100% at all times.
 - c. Never be afraid of losing.
- 8) Set your goals and devise a plan to reach them.
 - a. In your daily practices have a detailed practice schedule.
 - b. Transfer your drills to game-like situations.
 - c. Demand 100% effort from all your athletes.
 - d. Challenge your players.
- 9) Play a balanced, challenging schedule.
 - a. Have a desire to play teams of equal or greater talent.
 - b. Do not set a schedule to win all games or to lose all games.

Coaches have a tremendous opportunity to have a positive influence over the young men and women they get to work with each year. Be a model for those that see us each day and trust we can make a difference for tomorrow's leaders.

1 Corinthians 11:1 “And you should follow my example, just as I follow Christ’s.”

Articles on Coaching:

Parents want what is best for their son or daughter and to see them disappointed after a tough game or lack of playing time is extremely hard. Because of this many coaches have to put up with disgruntled parents and leave the coaching field. Coaches are professionals. They make judgment decisions based on what they believe to be the best for all students involved. I am including two articles to help each of us see a better perspective.

“Let Players Play, Coaches Coach”

By

Nancy Lieberman-Cline

When parents try to help their children the most, they sometimes don't realize they hurt them the worst. I'm thinking of all the parents who call their kid's coaches to demand more playing time, the ones who move their "families" to new neighborhoods so their budding student-athlete can switch high schools. Their intentions are always the best, but what a terrible message they're sending.

I hear all the time from parents whose children supposedly are being mishandled by a coach in one way or another. For example, the coach is yelling at their daughter or prodding her in a drill or they think she should be starting on the team. In truth, most of these kids need a change in attitude not a change of scenery. They need to try to improve their situation, not escape to one they hope will be better.

I used to serve as a volunteer coach for the SMU women's basketball team. The parents of one of the players was extremely supportive, but during the games was charting their daughter's shots and screaming down to her, "You've only taken four shots! How are you going to hit your average?" At halftime, no matter who was winning, the first thing that player wanted was a stat sheet. That attitude really hurt her game, and it came from parents who wanted to help their daughter in the worst way, which is pretty much what they did.

At the other end of the spectrum are Jim and Colette Evert, whose daughter, Chris became a champion tennis player and role model. The Evert's were the perfect little league parents; they helped their daughter acquire the tools she would need to win; cheered her on; consoled her in defeat; but otherwise stayed out of her way. They never screamed at coaches or officials; never berated her. They supported their daughter but always deferred to the experts.

Unfortunately, this is the age of coddling. We have high school kids almost dictating to their coaches where and how much they should play--- and parents who are equally demanding. I know of one area high school coach who was sued for yelling at her players in practice. The parents called it abusive; I call it coaching. It's OK for parents to yell and instruct; we do it at home with own kids. It doesn't mean we don't care.

Open Letter to the Parents of Football Players
by Jeff Shutter
Quarterbacks Coach, Franklin and Marshall College
Publication: Coach and Athletic Director
Date: Saturday, January 1 2005

Every coach wants his team to be successful. Every coach worth his whistle is a student of the game he coaches. The coach has probably spent years developing a philosophy and a "teaching style." The average workweek for a high school coach is 25-35 hours on coaching duties alone. Out-of-season (there is never an off-season) the good coaches attend clinics, read books, watch videos, and attend college spring practices.

Many coaches, because of their competitive natures are emotional and intense. Fans see these coaches as "screamers" who spend too much of their time yelling and chastising players. But the great majority of these coaches are completely loyal to their athletes. They are strong advocates and willing mentors for all of their players.

Parents, in particular, can be critical of coaches. A coach has perhaps 50+ players and 10 assistant coaches to consider with every decision he makes. The greater good of the football program itself is a prime consideration.

Parents on the other hand, are concerned about only one athlete. When their son is unhappy or the parent believes that he isn't being treated fairly, conflicts can occur. Too many fine coaches have left the sidelines because of parental interference.

Parents would do well to remember a few simple facts:

- * The coaches are in a better position and certainly more knowledgeable in determining who plays and how much.
- * The best players play.
- * Even the players who do not start or play many minutes are important to the team.
- * Hard work and discipline have their own rewards.
- * Commitment and self-discipline are not "bad" words.
- * Parents, not coaches, set the standard for their son's behavior.
- * Unless you have actually spent time studying the game (and not just watching it on TV), don't presume you know enough to be critical of the coaching staff.

Coaches are visible, and their work is put on public display weekly. Many people watch football on television and think they understand the sport. How many parents would like people going to their place of work, observing their performance, and then publicly and privately criticizing the job they do?

When players complain to parents, and parents react by being negative about the team or the coach, they are undermining team cohesiveness and discipline. In our "Me First" society, some parents seem to prefer being their son's friend rather than his parent. Your son has plenty of friends. He needs a parent to provide discipline and guidance. Parents who really wish to be a positive factor in their son's athletic experience would be best served making sure their son does his part. Understand that few players will be "scholarship" athletes. Don't overestimate your son's potential and form unrealistic expectations. Help reinforce that in a team sport, the team is the top priority and personal goals come second.

I am always confounded when players make a bad decision and are punished and parents complain or try to intervene on their son's behalf. Parents often make excuses or point out other players in an attempt to justify the behavior in question. Why not make your son accountable for his decisions and help teach him that in life he will be judged by his actions.

Know who your son's friends are and what they are doing. When your son does make a mistake, hold him accountable for his actions. Making excuses or ignoring unwanted behavior only encourages it. Being strict with your son now will save much regret later. Reinforce the coach's philosophy and encourage your son to get involved in all team activities. Understand that football is a hard game with intense physical and mental demands.

Under no circumstances should you allow your son to quit! Once a person begins the process of quitting whenever he is challenged, quitting becomes a habit that gets easier and easier to repeat. Have a house rule that if your son starts an activity he must finish it.

Anytime a problem has to be addressed by the parent and the coach, make an appointment to see the coach personally. Find out the coach's view of the situation. The story you heard from your son may or may not be completely factual. Parents and coaches should act in concert to help in the development of the athlete.

As a parent no one has a bigger role to play or a better opportunity to affect positive behavior from a son than you do.

Coach Jeff Shutter is currently the quarterbacks coach at Franklin and Marshall College in Lancaster, PA. He coached high school football for over 20 years before joining the Diplomats' staff. In his tenure as a high school assistant and head football coach he has witnessed the deterioration of the parent/coach relationship and would like to share his views on the problem with other parents and coaches.

Graduation Requirements At Hope Christian School

School: Pre-K, K-12 independent, coeducational, college-preparatory day school founded in 1976; evangelical, interdenominational; selective admissions; predominantly college-educated families with business and professional backgrounds.

Accreditation/Affiliations: New Mexico State Department of Education; International Christian Accrediting Association; Association of Christian Schools International; The College Board; National Association for College Admission Counseling; National Association of Secondary School Principals; Association for Supervision and Curriculum Development; New Mexico Association of Nonpublic Schools.

Graduation: In addition to one year of Religious Studies for each year of attendance at Hope, beginning with the class of 2005, all students are required to earn 24 credits.

English	4
Foreign Language	2
Mathematics.....	4
Social Studies.....	3½
(U.S. History & Geography.....)	1
(World History & Geography.....)	1
(U.S. Civics/Economics.....)	1
(NM History.....)	½
Science (one must be a lab)	3
P.E.....	1
Fine Arts.....	1
Practical Arts.....	1
Communication Skills	½
Electives.....	4

Hope offers the following honors courses: English II, III, IV; Algebra II, Advance Math, Pre Calculus, Biology, Civics, US History. AP class offerings are Calculus, Physics, and Chemistry. Students may currently take AP tests in the Spring.

Testing

College Entrance Tests

1. **PLAN** - 10th graders - pre-test for the ACT which gives students information on their strengths and weaknesses to help them prepare for the ACT.
2. **PSAT/NMSQT** - 11th graders - qualifying test for National Merit Scholarships as well as National Achievement Scholarships for Outstanding Negro Students, and the National Hispanic Scholar Recognition Program.
3. **ACT** - 11th and 12th graders - required for admission to colleges and universities and accepted at all New Mexico schools.
4. **SAT I/SAT II** (Former SAT/Achievement Tests) - 11th and 12th graders - required for admission to some out-of-state colleges and universities.
5. **Advanced Placement Examinations** - selected 11th and 12th graders - may be taken to receive college credit and/or advanced placement in the college program.

The Hope Christian School counselors recommend the following schedule for students:

- Sophomores (all) take the PLAN in October
- Juniors (interested and motivated) take the PSAT in October for consideration/qualification for National Merit Scholarship Program as well as National Achievement Scholarships for Outstanding Negro Students, and the National Hispanic Scholar Recognition Program.
- Juniors take ACT and/or SAT I in April and/or May
- Seniors retake ACT and/or SAT I in October to raise score.

History of Hope Christian School

Hope Christian School is a private, non-denominational Christian School that is located on the corner of Louisiana and Palomas in the northeast heights of Albuquerque, NM. The school was established in 1976, and was the original idea of the founder of the school, C. Wayne Ehlert. He and his wife, Alma Ehlert, were very instrumental in the establishment and growth of the school.

After sixteen years in public education, Wayne Ehlert felt the Lord leading him to begin a Christ-centered school. He had spent the last two years praying with two fellow teachers, Howard Stansell and Dave Eggers; and sharing with his home church this vision. At the end of a church service, Wayne was presented with over \$4,000 for the establishment of a new school.

In July, 1976 a church property on Arizona Street was secured and set up for classrooms. Hope High School opened its' doors to students in September and during the first year of classes, there were 54 students enrolled. In May of 1977, four students received diplomas at the first graduation ceremony.

In September of 1981, middle-school grades were offered. In 1982, Hope moved its' campus to a six acre parcel of land on Palomas Avenue and opened classes to elementary students. In 1993 Hope High School was officially renamed HOPE CHRISTIAN SCHOOLS, INC. From 1993 to 2002 lower level classes were offered on a campus in Rio Rancho, NM and from 1997 to 2002, there were classes offered in the East Mountain area.

Today Hope Christian School has students in Pre-Kindergarten, Elementary, Middle School and High School with an enrollment of over 1,400 students, with over 130 employees housed on over 18 acres of land.

From the vision first given to Wayne Ehlert and continuing with his commitment and sacrifice, along with so many other servants such as Alma Ehlert, Dave Eggers, Howard Stansell, and many, many others too numerous to mention, a Christ-centered school became a reality. A school that is fully accredited and academically challenging continues to provide a program in which students, parents, and faculty alike can be proud to be a part.

One of the principles that has guided this organization through the years is a quote from a banner that hangs today in the Barry Ehlert Gymnasium: "Attempt something so big that unless God intervenes, it is bound to fail."

May we always give God the glory for the great things He has done!

Orientation/Open House

August 14

6th Grade.....3:00-5:00 PM

August 17

Pre3(MWF), Pre-K, & Grades 3-5.....10:00-11:00 AM

Pre3(TTh),K-1, K thru 2.....11:30 AM-12:30 noon

Grade 7.....8:00-10:00 AM

Grade 8.....12:00-2:00 PM

9th - 12th grade.....3:00 - 5:00 PM

AUGUST 2009

Aug 11-17Teacher In Service

Aug 13Athlete/Parent Orientation

Aug 14 & 17 Orientation/Open House (see above)

Aug 18First Day of Classes

Aug 21M/S Retreat Grade 6

Aug 25Senior Parent College Night

Aug 26 - 28H/S Retreat Grades 10-12

SEPTEMBER 2009

Sept 7Labor Day NO SCHOOL

Sept 2-4M/S Retreat Grade 8

Sept 8Junior Parent College Night

Sept 10- 11.....M/S Retreat Grade 7

Sept 23 -25H/S Retreat Grade 9

OCTOBER 2009

Oct 1.....Senior Presentation

Oct 9.....Pre-School - 8th grade NO SCHOOL

Oct 9.....High School - 1/2 Day

Oct 9.....Coronation

Oct 9.....Football Homecoming Game

Oct 10.....Soccer Homecoming Games

Oct 14.....Grades 9, 10, 11 Testing

Oct 15.....End of 1st Quarter

Oct 16.....In Service NO SCHOOL

Oct 19.....Fall Break NO SCHOOL

Oct 20.....Christian College Fair 6:30-8:30 pm

Oct 23.....Report cards on RENWEB

NOVEMBER 2009

Nov 25.....Junior Practice ACT - 1/2 Day all grades

Nov 26, 27.....Thanksgiving Break

DECEMBER 2009

Dec 4.....M/S Drama Program

Dec 8.....M/S-H/S Music Program

Dec 7-14.....Finals review

Dec 15.....Full Day / Finals

Dec 16-18.....Finals - 1/2 days all grades

Dec 17.....Elementary 1st - 3rd Music Program

Dec 18.....End of 1st Semester

Dec 21 - Jan 1.....Christmas Break



Hope Christian School
2009-2010 School Year Calendar

JANUARY 2010

Jan 4classes resume

Jan 8.....Report cards on RENWEB

Jan 18.....MLK Day NO SCHOOL

Jan 20.....H/S Parent Night NM Colleges

Jan 22Science Fair

FEBRUARY 2010

Feb 15.....President's Day NO SCHOOL

Feb 19.....Returning Student Registration Deadline

MARCH 2010

March 5.....End of 3rd Quarter

March 10.....OSLAT testing Grades 1,3,5,7

March 12.....Report cards on RENWEB

March 15 - 19.....Spring Break NO SCHOOL

March 23 - 26.....Standardized testing Grades K-11

APRIL 2010

April 2 and 5Easter Break NO SCHOOL

April 16Walkathon

April 26.....Junior Parent Meeting re Senior Year

April 26 - May 20.....Senior internship

MAY 2010

May 3-7.....Festival of the Arts Week

May 10.....HS Awards Night

May 11.....MS Awards Night

May 21.....Full Day / Finals

May 22 - 26.....Senior Trip

May 24 - 26.....Finals - 1/2 days all grades

May 26.....Last day of school for students

May 27.....Teacher Check Out

May 27Commencement 7:00 PM



REV 11/17/09

FORMS FOR HOPE CHRISTIAN ATHLETICS

1. Physical/Medical Examination Form
2. Dual Participation Form
3. Sports Transportation Release Form
4. Student Athlete Contract



HOPE CHRISTIAN SCHOOL
8005 Louisiana Blvd., NE
Albuquerque, NM 87109
(505) 856-2709

Medical Examination Report for Interscholastic Athletic Participation

Physical exams are required by NMAA for all athletic, cheer, and drill participants. The physical must be dated April 1st or after to be valid for the following school year.

This form should be returned to the High School office with the \$5 catastrophic insurance premium.

Student Information

NOTE TO PARENTS OR GUARDIANS: In order that the best plans be made for the athlete, it is necessary that we have your cooperation in filling out this questionnaire accurately BEFORE the athlete can participate in Hope Christian interscholastic competition sports.

Student Name _____ Grade: _____ D.O.B. _____

Address _____ City, Zip _____

Parents or Guardians _____

Address (if different from student) _____

Parents or Guardians Phone Numbers Home _____ Work _____

Cell(s) _____

Family Physician _____

Physician's Address _____ Physician's Phone Number _____

NOTE TO PARENTS OR GUARDIANS: After conferring with the athlete, please place your initials by each sport in which you are permitting the athlete to participate.

_____ BASEBALL	_____ DRILL TEAM	_____ SOFTBALL	_____ OTHER
_____ BASKETBALL	_____ FOOTBALL	_____ TENNIS	_____
_____ CHEERLEADING	_____ GOLF	_____ TRACK	_____
_____ CROSS COUNTRY	_____ SOCCER	_____ VOLLEYBALL	_____

MEDICAL HISTORY *(to be completed prior to medical examination by parent, guardian or athlete)*

Has the athlete ever had any of the following?:

	Yes	No		Yes	No
1. Rheumatic Fever	_____	_____	12. Slipped disc or pinched nerve	_____	_____
2. Asthma or lung disease	_____	_____	13. Weakness or paralysis of hands or feet	_____	_____
3. Heart disease	_____	_____	14. Trouble hearing with either ear	_____	_____
4. Fainting	_____	_____	15. Anemia	_____	_____
5. Convulsion, fit or seizure	_____	_____	16. Diabetes	_____	_____
6. Dental bridge or false teeth	_____	_____	17. Congenital defect of the spine or any other part of the body	_____	_____
7. Meningitis	_____	_____	18. Concussion	_____	_____
8. Bleeding in the head	_____	_____	19. Wears contact lens	_____	_____
9. Numbness in the hands or feet	_____	_____	20. Currently under doctors care	_____	_____
10. Tingling in the hands or feet	_____	_____	21. Ever had an EEG	_____	_____
11. Blurred vision, fuzzy vision, spots	_____	_____			

Continued on other side

MEDICAL HISTORY (continued)Injuries requiring medical attention (please explain, list date, and attention given): _____
_____Surgical Procedures (list date and procedure): _____

List current medications: _____

Allergies to any medications: _____

Medical Insurance Company: _____ Group/Policy #: _____ ID #: _____

PARENTAL CONSENT/ RELEASE OF LIABILITY:

As the parent or legal guardian of the participant, I give my permission for him/her to participate in the sports activities indicated on the reverse side. I understand that there is a risk of injury in athletic activities. I confirm that my child is covered by a medical insurance policy. I will be responsible for any injury incurred in participation in the program. I hereby agree to indemnify, release, defend, hold harmless, Hope Christian Schools, Inc., and staff for any expenses of liability they suffer by my child while participating in the said sports activities, unless such injury is due to gross negligence on the part of any of those entities or individuals.

I hereby give my consent for _____ to engage in interscholastic athletics as are approved by Hope Christian Schools, Inc., and represent this high school as a team member on trips. I have reviewed this history with my child and, to the best of my knowledge, it is accurate.

Signature of Parent or Guardian: _____ Date: _____

MEDICAL EXAMINATION REPORT (To be Completed by a Physician)

Date of last Tetanus Booster: _____

Height _____ Weight _____ Blood Pressure _____ Pulse _____

	Normal	Abnormal	Remarks
Respiratory			
Cardiovascular			
Abdomen(including no hernias)			
Neurologic			
Musculoskeletal			
Extremities			
Skin			
Urinalysis (sugar)			

	Normal	Abnormal	Remarks
Respiratory			
Cardiovascular			
Abdomen(including no hernias)			
Neurologic			
Musculoskeletal			
Extremities			
Skin			
Urinalysis (sugar)			

Are there any surgical scars (if so, for what): _____

Any deformities: _____

I certify that I have, on the date below, examined this individual and find him or her physically able to complete in supervised activities.

Physician's Name: _____ Phone: _____

Address: _____

Physician's Signature: _____ Date of Examination: _____

Dual Participation Form

In order for a student to participate in two sports at the same time for Hope Christian School, the student must meet the following criteria and understand the basic guidelines:

1. Student must have a 3.0 GPA or better
2. Student must make the team sport first priority.
3. Student must be able to balance his/her schedule so academics, health, family, etc., do not suffer.
4. Student must have a good attendance record.
5. Student must have the signature and agreement of both coaches involved as well as the Headmaster and Athletic Director.

Signatures Required:

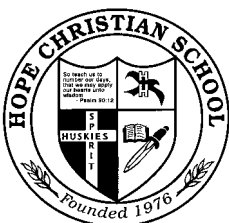
**The following signatures will allow _____
(Athlete's Name) to participate in both _____ (Sport) and
_____ (Sport) during the _____, (Year and
Season) in accordance with the Dual Participation rules.**

COACH: _____

COACH: _____

ATHLETIC DIRECTOR: _____

HEADMASTER: _____



Hope Christian Schools, Inc.

8005 Louisiana Blvd., NE
Albuquerque, New Mexico 87109
(505) 822-8868

Student Athlete Code of Ethics/ Athlete Contract

Student Athlete Contract

I, _____, while a participant on the _____ team promise to:

1. Attend all practices and meetings faithfully.
2. Contact a coach personally before the practice or meeting if I must miss it.
3. Faithfully attend all competitions and practices in uniform or practice gear. (Uniforms will be worn as designed. Rolling up of shorts and sagging of shorts will not be allowed.
4. Contact a coach or athletic director personally if I am unable to attend a competition.
5. Be a full-time student at Hope Christian School.
6. Maintain my eligibility and academic standing.
7. Avoid participating in any other sport, including any pre-season activities, if I quit the sport I started, unless I receive written permission from the A.D. or Headmaster.
8. Parent and Athlete have read and agree with the consent of athletic risk form.
9. Refrain from using drugs, alcohol, tobacco products.
10. Replace any equipment or uniform issued to me, either by payment or the equivalent of the lost article.
11. Turn in before the first practice all the necessary forms issued to me by the coach or athletic director.
12. Report any personal injury or teammate's injury to a coach immediately.
13. Follow all reasonable requests made by the athletic director and coaches, especially those involving practice, diet, rest, and competitions.

Athlete's Signature

Head Coach's Signature

Parent/Guardian's Signature

Athletic Director's Signature

(Student Athlete and Parent will read and sign contract before they begin practicing for team)