



SONRISE CHRISTIAN ATHLETICS

HANDBOOK • 2017-18

*“But those who trust the Lord will find new strength.
They will be strong like eagles soaring upward on wings;
they will walk and run without getting tired.”*

Isaiah 40:31

**SONRISE
CHRISTIAN SCHOOL**

Where Children Grow in the Son

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FROM THE ATHLETIC DIRECTOR



Dear Students and Parents,

The purpose of Sunrise Athletics is the spiritual, physical, and social development of student athletes. Participants in Sunrise Athletics teams are called “Student Athletes” not only because of their dual responsibilities, but also because they continue their education through athletic participation. For a student athlete, learning does not stop once he or she leaves the classroom at the end of the school day. It is unlikely that a student athlete will find a relevant application of sentence diagramming or the Pythagorean theorem on the playing field. However, there are lessons that cannot be taught in the classroom that a student athlete will learn through their involvement in Sunrise Athletics.

In addition, healthy competition prepares students for their future in athletics or in the workplace. Former Sunrise athletes have gone on to play college sports, and many have used their experience to excel in the workplace. Our organized sports teams will help students develop their work ethic, learn teamwork and self-discipline, and prepare them for the future. Sunrise athletes are expected to work hard and show respect to others. The Bible tells us to honor God in everything we do (I Corinthians 10:31). At Sunrise, we want to help young men and young women become the individual that God is calling them to be. Our coaches, teachers, and administrators work together to teach our children good character, so that as they move forward from Sunrise they will continue to do right (Proverbs 22:6).

Finally, we want our student athletes to have fun! If the sports that are sponsored by Sunrise were not enjoyable, they wouldn't exist. Our athletes should cherish their experience on a Sunrise athletic team. The coaches and I will do everything within our means to ensure that the season is both memorable and enriching.

I hope that the athlete's experience, as a part of Sunrise Athletics is one that God uses to guide and reward them both now and in the years to come.

MR. JT WHEELER
Athletic Director

MISSION STATEMENT

Sonrise Christian School's Athletic Program strives to provide an experience that builds character, educates, and is enjoyable for its student athletes.

UNITY

Ideally, everyone that has a vested interest in a student athlete will work together for that student's benefit. The goal is to get Sonrise, parents, coaches, and athletes working cohesively so that both the athletic program and the student thrive. It is a circle of support: each individual is supported by those around them, the key being that the student athlete is uplifted and given every opportunity for success. Parents support athletes, administrators support coaches, parents support coaches, coaches support athletes, and so forth. Only when every relationship is functional can we optimize the experience for the student-athlete.

ELIGIBILITY

A team member will have their grades figured during Progress Report and Report Cards. Any Sonrise student desiring to participate in extracurricular activities must meet the following standards:

- Maintain a minimum grade point average of 2.0 with no grades below a D-. If a student does not maintain a GPA of 2.0 or higher or has an F in any subject, he or she will immediately be placed on Probation and not be allowed to participate in practices or games. Once the GPA is above 2.0, and the student does not have any D's or F's, the student will rejoin the team but continue to be on Probation and have their grades calculated weekly. The student will remain on Probation until the next official grading report (progress report or report card). If the GPA is above 2.0 but the student has a D or F, the student will follow guidelines in point #2 below.
- If the student has a grade of a D in any subject, the student will be placed on Sports Probation. The student will be allowed to participate in practices and games if the following criterion is met:
 - All assignments in the subject in reference to the D are completed and submitted. Incomplete assignments will result in the student not being able to participate in practice or games. The student will initiate a meeting with the teacher to receive additional support as available/appropriate.
 - The student follows the required practices of the teacher. Practices may include: attendance at after school homework help, signing of the agenda, private tutoring, make-up assignments, et al.
 - The grades of subjects which were at a D will be re-computed on a weekly basis. If the grade is not raised to a C- or higher within 3 weeks, the student will not be allowed to participate in practices or games until the succeeding grading period. If a student that did not clear their probation within 3 weeks in the previous grading period receives a D or F in any subject on the next grading report, they will be removed from the team for the remainder of the season.
- If a student, having been placed on Sports Probation previously, achieves a C- or above in each of his or her classes on the next grading report, the student will be cleared of Sports Probation for that grading period. If a student was previously on Sports Probation and receives a D on the next grading report, the student will be unable to participate in games or practices, without exception, until the grades have been raised to a C- or above.
- Maintain a proper attitude and behavior in keeping with the school philosophy. Maintain a satisfactory citizenship grade in all classes.
- One suspension of any kind will result in not playing in one game. Two suspensions of any kind will result in immediate suspension from the team.
- Students with grades lower than D- or with unsatisfactory citizenship may tryout for an athletic team but, if selected, may not be able to practice or compete until the above standards have been met. In the event of a deciding factor during tryouts, a student's grades may affect his or her ability to be on the athletic team.

COACHES

Sonrise coaches will coach from the perspective that they are shaping the minds of young men and women in Christ during their most formative and vulnerable years. Athletes will remember the example and conduct of their coach for a long time. Cursing, inappropriate behaviors, constant disrespect for officials, or actions not in line with Biblical principles are unacceptable for Sonrise coaches. A Sonrise Coach's mission is to teach, shape, and guide students in all things physical, spiritual, and technical. Sonrise Administration will hold coaches that receive unsportsmanlike penalties—such as an Unsportsmanlike Conduct Penalty in Football or a Technical Foul in Basketball—accountable.

In addition, a coach is responsible for the equipment they use that belongs to Sonrise. Coaches are expected to be stewards of Sonrise equipment and uniforms. Coaches should hand out and collect uniforms in an organized fashion at the beginning and end of every season, respectively. Any equipment belonging to Sonrise should be maintained with care. Normal wear and tear is expected throughout the course of the season; misuse of the equipment, or not supervising the proper use of equipment is not acceptable. Students are also responsible for both the jerseys they receive and the equipment they use during practice. Broken equipment or damaged uniforms will be charged to the account of the student.

Coaches are also expected to organize parent volunteers to help serve the needs of the team. Scorekeeping, the scorebook, and driving to and from games are all the responsibility of the coach. It is strongly recommended that coaches hold a meeting with parents prior to the first game to help organize parents in this manner. The athletic director will hold seasonal sports meetings with parents to address the school's needs and answer questions; however, individual team meetings are strongly encouraged to help organize the help that is needed. Volunteers are the responsibility of the coach.

MATTHEW 18 PRINCIPLE

When a conflict occurs between two individuals, the athlete should first involve only the person they are in conflict with. If the other party does not respond positively, only then should a person of higher authority become involved in the situation to serve as witness to the conflict. In such cases, a coach and athletic director will sit down with the two parties to help resolve the conflict.

When the conflict involves an athlete and his or her coach, he or she should first approach the situation with the coach before or after practice. Should the athlete not feel comfortable meeting alone with the coach, a parent may accompany the child to the meeting. The student athlete must, however, be present in the meeting. If the athlete does not feel closure about the situation, the athlete should then arrange a sit-down meeting with both the athletic director and the coach. If the issue still cannot be resolved, a meeting with administration and parents will be conducted.

If an athlete becomes frustrated about playing time, he or she should personally speak with the coach about areas of improvement, his or her role on the team, or what a coach is looking for from players that receive playing time. It is not appropriate for a parent to ask such a question of the coach prior to the athlete first speaking about it with the coach personally. Coaches have been instructed not to discuss playing time with parents without 1) a prior conversation with the athlete, or 2) in the case of a second inquiry, the child present while the parent speaks to the coach. The athlete should be involved in the discussion at every stage of the conversation. Parents are not to reach out to coaches concerning playing time at any point.

FEES

All students participating in a school-sponsored sports team are obligated to pay a fee of \$150 per season. The sports fee will pay for students' insurance, coach's salary, referees, equipment, and league fees/dues. This sports fee is non-refundable including, but not limited to, if the athlete is removed for grades or conduct.

While it is understood that the cost is high, the goal is to provide a fulfilling and memorable experience for the student athlete. Sonrise is not seeking to make a profit from the sports fee. Every dollar paid for sports fees will directly contribute to the experience of the student athlete in his or her respective sport.

If the sports fee is not paid by the third game of the season, the student athlete will not be allowed to participate on the team until the fee is paid. In addition, once the student has participated as part of the team in two (2) games, they are responsible for paying the sports fee in its entirety.

STUDENT ATHLETE EXPECTATIONS

It is expected that when a student athlete tries out for a Sonrise team, they are committing to come to practice and games. It is possible that student athletes are participating in a team outside of Sonrise while playing for the school. However, it is not fair to the team or the coaches to regularly miss practices or games for the outside team. It is understandable if a student needs to leave early from or miss an occasional practice. Missing a game, however, is not fair to the teammates of the student athletes.

A valuable lesson learned in team sports is relying on others and in turn being relied upon. Missing games portrays a lack of commitment and is unfair to the other student athlete that shows up and works hard every day for practice. Sonrise student athletes sometimes participate in athletic leagues with very high levels of competition. However, when a student tries out for a team at Sonrise, they must be held to the same standards as all the other players on the team.

Acceptable reasons to miss a game or practice include sickness, family issues, or excused absences from school. Missing practices for unexcused reasons—although allowable on occasion—will affect the athlete's playing time. Homework or school projects are not excusable reasons for an athlete to miss practice. An athlete that misses a practice for any reason that is not excused will not be allowed to start the next game.

While on the field or court, it is expected that each athlete will put forth his or her best effort. Colossians 3:23-24 tells us that the work we do is not for those here on earth, but for the Lord. God expects us to utilize the abilities He has given us completely. Natural ability and skill will allow for some to perform at a higher level than others; all our coaches can ask is that the student athlete does their very best.

Sportsmanship is the number one expectation of our student athletes. It is expected that while representing Sonrise in competition, our athletes demonstrate the values upheld by the school. Sonrise athletes will display Christ-like character in class, on the practice field, and during competition. Cursing, derogatory comments or gestures, inappropriate joking, discouraging remarks, bad attitudes, and consistently poor body language are unacceptable and will be handled appropriately. Athletes are to interact with teammates and members of opposing schools in a manner that is uplifting and indicative of the Christian values upon which Sonrise was founded and continues to operate.

Repeated violations of these expectations will result in an athlete being removed from his or her team.



HANDBOOK ACKNOWLEDGEMENT

Please sign and return this portion of the handbook to your coach. Signing this acknowledges that you have read this handbook and understand the rules and expectations of participation in Sonrise Christian School Athletic Program. Parents and athletes have until the fourth game of their season to sign this form has been signed and returned to their coach.

Parent Name and Signature

Date

Student Athlete Name and Signature

Date