FLORIDA CHRISTIAN SCHOOL 2026-2027

ATHLETICS HANDBOOK

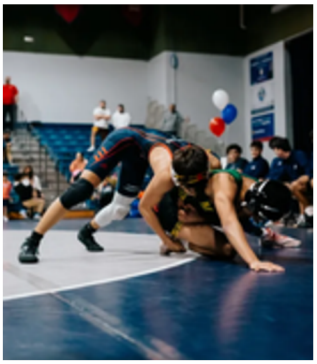


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DEAR PATRIOTS,

Welcome to another exciting year of athletics at Florida Christian School! Whether you're stepping onto the field, court, or mat for the first time or you're a returning Patriot, we're thrilled to have you as part of our athletic family. Thank you for choosing to represent FCS and for embracing the opportunity to compete with purpose, character, and faith.

At FCS, we believe athletics is more than a game—it's a powerful opportunity to grow as students, as teammates, and as followers of Christ. Our athletic program is committed to developing well-rounded student-athletes who pursue excellence not only in competition, but also in the classroom and in their walk with the Lord. We want our athletes to carry the lessons learned on the field into all areas of life, living out their God-given purpose long after the final whistle.

The Patriot Nation Way calls us to a higher standard—one that values integrity, discipline, humility, and service. Whether in victory or defeat, we strive to reflect Christ in our attitude, our effort, and our interactions with others. Every practice, game, and team moment is an opportunity to build character, sharpen leadership, and deepen our faith.

This Athletics Handbook outlines the expectations and responsibilities that guide our program. These standards—covering everything from eligibility and conduct to preparation and teamwork—are designed to create a safe, unified, and Christ-centered environment where our athletes can thrive.

Thank you for your dedication, your discipline, and your commitment to honoring God through athletics. We are proud of the legacy you are building at FCS, and we look forward to a season filled with growth, perseverance, and purpose—on and off the field.

Let's make it a great year, as we compete, lead, and live the Patriot Nation Way.

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OUR MISSION

Our mission is to develop well rounded students through excellent academics and extracurricular activities, while seeking to win the lost to Christ and equip Christians with the skills and the knowledge to change the world for Christ.

OUR HISTORY

In June of 1968, a group of Christian parents met together and prayed that God would direct them in the establishment of a new Christian school in Miami. Pastor Miller, along with seven board members, and about 100 students, came together and Florida Christian School was born. The school purchased an old church building which housed the entire student body of first through twelfth grade. In 1972, a new two-story classroom building was completed in 1972, and additional property was acquired. The population of the student body grew to 750 students by the late 70's and included preschool and kindergarten. At the end of the 1981-82 school year, Dr. Robert Andrews became the school administrator.

A new school cafeteria was completed in 1994, and a gymnasium-auditorium complex was finished in 1997. In 1998, FCS purchased a 16-classroom school building with a 4.5-acre parcel of land which directly adjoins the western boundary of the main campus. This addition increases the maximum number of students allowed by zoning regulation to 1,420 students. In the fall of 2005, a new classroom/media center building was added to our facilities. During the summer of 2011, the first phase of the cafeteria remodel on the main campus was completed. During the summer of 2012, all classrooms received Smart Boards and other technology, leading to the implementation of an iPad initiative as part of FCSMART.

In 2014, new playground equipment was installed on the main campus, and the west campus received its required 40-year re-certification (including parking lot lighting). Summer 2015 brought a campus beautification project with a new look for our buildings and grounds. All of the restrooms were updated on both campuses, along with new classroom furniture, lighting, and technology. In 2020, Dr. Robert Andrews retires after 39 years as Headmaster. In total, he had 49 years of educational experience with 47 of those years at Florida Christian School. Today, Florida Christian School is one of the leading private Christian schools in Dade County. The stability and experience of the school board and administration have proven to be a key element in the growth and development of the school.

Together, we develop well-rounded students through excellent academics and extracurricular activities to change the world for Christ.

STATEMENT OF FAITH

We believe the Bible to be the inspired, infallible, Word of God, final in content and complete in revelation.
II Timothy 3:16

We believe that there is one God eternally existent in the persons of the Father, Son, and Holy Spirit.
I John 5:7

We believe in the deity of our Lord Jesus Christ who took on human flesh, lived a sinless life, was crucified, buried and rose again, who ascended back to Heaven to make intercession for us, and who will return in power and glory.
II Corinthians 5:21

We believe that all men are sinful by nature and are in need of God's salvation.
Romans 3:23, Romans 6:23

We believe man is saved by grace through faith in what Christ has done for us on the cross, not by anything we can do; it is a gift of God.
Ephesians 2:8-9

We believe that the child of God has been given a new nature at the time of salvation and is enabled to live a Godly life only by the power of the indwelling Holy Spirit.
John 3:3-7, Galatians 5:17-26

We believe the obedient Christian has followed the Lord in believer's baptism and is actively serving in the ministry of the local church.
Hebrews 10:25, Philippians 1:3-6

We believe that God wonderfully and immutably creates each person as male or female.
Genesis 1:26-27

We believe that the term "marriage" has only one meaning: the uniting of one man and one woman in single, exclusive union, as delineated in Scripture.
Genesis 2:18-25

PHILOSOPHY OF CHRISTIAN EDUCATION

The philosophy of Florida Chirstian School is based upon a biblical world view, that God is the Creator and Sustainer of the universe, the ultimate reality and the source and essence of all goodness and truth. God has revealed Himself through nature, circumstance of human life and history (His Story), but most explicitly through His Son, Jesus Christ, as recorded in Scripture. The highest good is realized in the exercise of His will and on the part of humankind in conformity to that will.

We believe that each student is uniquely created, gifted, distinctly individual, and possesses a particular purpose in God's providence. We believe that a biblically governed education will produce students of Christian character, industry, faith and charity.

Therefore, the objective of Christian education must be to help all students realize their full potential in God's perfect will for their lives. Each student must be helped to become a whole, complete (fully equipped) person in Christ (II Timothy 3:16-17).

As ultimate reality and absolute Truth, God's Word sets the standard and is central to every subject or activity. A biblical worldview permeates the entire school program, including curriculum, athletics, and relationships of all within the school

Florida Christian School exists to develop well rounded students through excellent academics and extracurricular activities, while seeking to win the lost to Christ and equip Christians with the skills and the knowledge to change the world for Christ.

FCS core values are centered on *Faith, Character and Success.*

Faith: As a school grounded in Christian principles, we believe in nurturing faith that empowers our students to become beacons of hope and light. We encourage bravery and courage as they embark on their journeys to become world changers for Christ.

Character: Character development is at the heart of our mission. We are dedicated to cultivating students with integrity, compassion, and a sense of purpose; leading them to grow up just as Jesus did, in wisdom and in stature, and in favor with God and man. (Luke 2:52). Our core values instill in them the bravery to stand up for what is right and the courage to lead with kindness.

Success: True success is measured not only by academic achievement but by the impact our students have on the world. We strive to provide an environment where each student's potential shines brightly, preparing them to be leaders who make a difference; however, we believe that success for all our students is ultimately measured in their conformity to the will of God.

PHILOSOPHY OF CHRISTIAN EDUCATION

While helping our students grow in their faith and character is paramount, we do not foster those pillars at the expense of academic success. In fact, we believe that excellence should be the mark of every Christian. We understand that doing things with excellence not only allows us to honor God with our abilities, but it creates a pathway to success that provides a platform from which we can influence our world for Him.

At Florida Christian School, our priority is to cultivate a community where students are encouraged to grow in faith, character, and success. The Patriot Nation Way is about nurturing the whole person: academically, spiritually, and socially. Our students are not just part of a school; they are part of a family that values integrity, service, and lifelong learning.

At Florida Christian School we understand that even the most well-intentioned goals and achievements are meaningless unless the Gospel of Jesus Christ is the guiding priority. We exist to carry out the Great Commission (Matthew 28:19-20) in the lives of our students and families by winning the lost to Christ and equipping our students with the knowledge and skills necessary to be able to grow and make an impact in the world for Jesus.

By engaging students through biblical curriculum, weekly chapel sessions, service opportunities, retreats, and other events, we help them understand that a belief in God is not just compartmentalized into a small corner of their lives, but rather, it encompasses every aspect of the human experience. Florida Christian aims to partner alongside families, churches, and local ministries to help nurture and mentor young men and women so that they may shine a bright light for Jesus in a culture that so desperately needs Him.

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The Florida Christian Athletics website and Patriot Athletics App provide quick access to schedules, forms and links to Hudl, MaxPreps, GoFan and more. Follow us on Instagram @FCSPatriots.Athletics for the latest Athletic Dept announcements and information.

Introduction

Welcome to Patriot Athletics! Our Athletic Department is honored to be able to serve our families. We thank you for allowing your student-athlete to participate in our athletic program. Our Athletic Department is committed to honoring the Lord in a positive Christian atmosphere where our students work with coaches who have a passion for striving to be the best! We follow the scripture teaching where Paul wrote, "Whatever you do, do it enthusiastically, as something done for the Lord and not for men, knowing that you will receive the reward of an inheritance from the Lord (Colossians 3:23). Patriot Athletics operates in conjunction with our school mission, and we believe that interscholastic athletics is an extension of the classroom experience at Florida Christian School. The purpose of this handbook is to provide each of our families with information pertinent to the upcoming sports season. We share these items with you so that you may familiarize yourself with our Athletic Department expectations, policies, and procedures. It is truly our hope that each parent would be encouraged to know that our coaches and staff will diligently pursue a safe, competitive, and Christ-like environment for your student-athlete.

Go Patriots!

Philosophy of Christian Athletics

Florida Christian's approach to athletics comes directly from the school's MVPs – mission, vision, and core principles along with our philosophy of Christian education. FCS Athletics develops well-rounded student-athletes, committed to excellence and success in the classroom, in their faith, and in their sport, living out their God-given purpose long after the game is over. The athletic department strives to instill positive Christ-like character qualities that are expressed openly through the medium of athletics. It exists for the purpose of developing physical, personal, and spiritual skills of the student-athlete that will have lifelong benefits. Coaches are committed to building eternal values in their athletes and therefore stress attitudes and actions in relation to God's Word. The major purpose is to cause athletes to think, speak, and act like Jesus Christ. Coaches strive to develop the spiritual part of the athlete so that the Holy Spirit is in control and directing the mind and body (I Thessalonians 5:23). In providing opportunities for interscholastic competition, the athletic department seeks to support the overall mission of the school, and to promote the biblical ideal that everything should be done to glorify God (I Corinthians 10:31). In the context of athletic activity, the student is exposed to many spiritual concepts including the importance of self-discipline (I Corinthians 9:27), respect for others (Ephesians 4:32), proper use of God-given abilities (Matthew 25:14-30), striving for excellence (Colossians 3:23), time management (Ephesians 5:16), citizenship and putting others first (Philippians 2:3-4), and submission to authority (Romans 13:2).

Athletic Department Staff

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Administrative Supervision
All varsity contests on campus will be supervised by an FCS administrator who is responsible for maintaining a safe and organized environment. Sub-varsity contests might at times be overseen by coaches. Responsibilities include, but are not limited to:

- Oversee gate and concession operations
- Resolving facility issues
- Crowd control
- Public Address

Programs Offered
Fall Sports
Boys - Cross Country, Football, Golf
Girls – Sideline Cheer, Cross Country, Golf, Indoor Volleyball
Winter Sports
Boys - Basketball, Soccer, Wrestling
Girls - Basketball, Soccer, Wrestling, Competition Cheer
Spring Sports
Boys - Baseball, Lacrosse, Track & Field
Girls - Softball, Tennis, Track & Field, Beach Volleyball

Affiliations
The middle school football team is a member of the Tri-County Middle School Football League and the varsity football team is a member of the Sunshine State Athletic Association. The remainder of the middle school programs are members of the South Florida Middle School Conference (SFMSC). The high school is a member of the Florida High School Athletic Association (FHSAA). Florida Christian School will strictly adhere to the policies and regulations set forth in the FHSAA handbook.

Academics
Athletic competition is a privilege at FCS. Athletes are students first and foremost. Coaches will work with teachers to help student-athletes be successful in the classroom. If a student has a scheduled after-school help class, the student will not be penalized for being late to practice provided the student-athlete communicates directly with the coaching staff. Students participating in athletics should anticipate the demands on their time and plan accordingly. Student-athletes should be present and prepared for class regardless of game and practice schedules.

Academic Eligibility
The FHSAA has mandated that student-athletes must meet the academics listed below to continue athletic participation. GPAs are calculated at the end of each semester. Students who do not meet the academic requirements below will be ineligible for participation for at least one semester and for each subsequent semester until the GPA requirement is met.
High School: Student-Athletes in grades 9-12 must maintain a Cumulative Unweighted Grade Point Average of 2.0. Florida Christian's report cards post a weighted GPA. To calculate an unweighted GPA, use the following point values for all high school courses taken: A=4; B=3; C=2; D=1; F=0.

Middle School: Middle School student athletes in grades 6-8 must maintain a semester GPA of 2.0 or better on an unweighted scale. To calculate a semester GPA, use the number values above for each class taken in the semester. Additionally, the athletic department will generate bi-weekly academic reports for the coaching staff. Middle school student-athletes that repeatedly fall below a 70 in the bi-weekly academic reports for any class may not be permitted to leave school early for contests until they raise their grade. This policy is in place to help train student-athletes to manage their time and develop positive study habits that will benefit them as they enter high school.

Attendance

School Attendance: Students must be present at school to participate in that day's practice or game or present Friday, if the participation is for a weekend tournament or contest. To be counted present for the day a student must be in school at least 4 class periods otherwise, he/she will be considered absent and will be unable to participate in that day's extracurricular activities. School attendance will be in accordance with the policies outlined in the Florida Christian School Parent-Student Handbook. A student-athlete's attendance record may impact eligibility and participation in athletics, travel, and other extracurricular activities. Exceptions: Note from medical / dental appointments, funerals, etc. (cosmetic appointments not included) or Early dismissal for approved school activities (field trips, athletic events, etc.)

Athletic Attendance: Student-athletes are expected to attend all practices and games. Those who sustain an injury are still a member of the team and should attend all team activities unless they are undergoing treatment. Every effort should be made to eliminate potential causes for missing team activities, including medical or dental appointments; family vacations; or school disciplinary action. FCS athletics must take precedence over any other outside groups, such as travel ball or AAU teams. If an athlete anticipates missing a practice or a game, prior notice should be given to the coach. Student-athletes are expected to remain until the conclusion of the contest and until all assigned team responsibilities have been completed, including assisting with tournament duties or game-day responsibilities for their team or another team within their program. Excessive absences could result in removal from the team.

Captain Selection Criteria

At Florida Christian School, the role of team captain is a position of service, not status. Captains are expected to lead by example as servant leaders, following the model of Christ who came not to be served, but to serve others (Mark 10:45). A captain may be selected by the coach, the team, or a combination of both, depending on the program. The selection and use of team captains will vary by program and will be determined by the coaching staff. This is not a popularity contest, nor is it reserved for the most talented athlete. The primary consideration is the individual's commitment to putting the team first, encouraging others, and representing Christ on and off the field. Grade level, seniority, or years in the program are not determining factors in the selection of team captains.

Clearance to Participate

All student-athletes must receive clearance from the Athletic Department before participating in any athletic activities on the FCS campus. To begin the process, visit www.athleticclearance.com. All required documents, waivers and permissions must be submitted electronically through this platform. The documents required for traditional FCS student-athletes are as follows:

1. FHSAA EL1 – ECG required for all 9th graders and new student-athletes in 10-12th grade
2. FHSAA EL2- Athletics Physical
3. FHSAA EL3 - Waiver of liability (E-Signatures on Athletic Clearance)
4. FCS Student and Parent Sportsmanship Agreement - (E-Signatures on Athletic Clearance)

5. NFHS Certificate of Completion for Sportsmanship, Concussion in Sports, Heat Illness and Sudden Cardiac Arrest Video Tutorials
6. UHealth Consent Form (E-Signature on Athletic Clearance)
7. Proof of Primary Insurance (copy of card uploaded to Athletic Clearance)
8. FHSAA GA4 - Affidavit of Compliance with FHSAA Policy on Athletic Recruiting
   *Required for all student-athletes who begin attending FCS after the start of 9th Grade.

Coaches Responsibilities:

- Coaching at FCS is an integral part of the ministry.
- Coaches should be proficient in their sport.
- Coaches are contract employees of the school. Therefore, the coaches will, at all times, carry out all school policies and standards of behavior for faculty and students set forth by the administration.
- Coaching contracts are offered on a seasonal (fall, winter or spring) basis. Completion of a contract is based upon all compliance with the following:

Forms

The following list of forms must be turned in by the date stated on the Athletic Calendar:

Initial & Final Rosters:	Asst. Athletic Director
Award & Letter Winners:	Asst. Athletic Director
Season Summary:	Asst. Athletic Director
Uniform Inventory:	Asst. Athletic Director
Report Ejections & Disqualifications:	Athletic Director
End of Year Evaluations/Conference:	Athletic Director

Game Day Management

Secure a scorekeeper/statistician for each game
Secure a scoreboard operator for each game
Secure an announcer for each game
Assist with set up and tear down for games

Incidents and Injuries

All incidents and injuries must be reported to the Athletic Director and the Athletic Trainer. The athletic trainer will fill out the accident/injury report with input from the coaching staff.

Reporting Information

Scores must be reported to the website manager, morning announcements, max preps, and the Miami Herald immediately following the conclusion of each contest.

Equipment and Uniforms

All equipment used by FCS athletic teams is the property of the school. At the beginning of each season, the coach will be given an inventory of the equipment and uniforms checked out to him/her. The care of the equipment is the responsibility of the coach. After each practice and game, a careful check should be made to make sure that all equipment is accounted for. The equipment should be locked and secured at FCS or go home with the coach. No equipment should be checked out to students for personal or home use. At the end of the season equipment should be returned within one week of the final game to the Athletic Director. All Head Coaches of every sport will communicate with student-athletes and parents a date, time, and location for clean uniforms to be collected. Uniforms are not under any circumstances to be returned to the front office, athletics office or PE locker room, but should be returned on collection day.

Middle School

Middle school student-athletes are to be supervised at all times. If a late practice is scheduled, coaches need to supervise student-athletes starting after school until practice starts. Additionally,

if practice is cut shorter than the practice time communicated to parents, then coaches will need to supervise student-athletes until the end of the set practice. Otherwise, middle school student-athletes not picked up from school will need to attend Patriot Place from 3:15 PM - 6:00 PM on days when they do not have a practice or a game.

Sportsmanship

Any coach ejected from a game or issued a technical foul, flag, or red card is subject to disciplinary action or possible dismissal. Ejected parties will be responsible for paying any fines and must meet with the school administration before rejoining the team. Head coaches may make inquiries of a game official, during the appropriate time, on a rule or game administrative procedure.

Communication

Communication Parents Should Expect From Their Child's Coach

- Philosophy of the coach
- Professing believer in Jesus Christ
- Expectations the coach has for the student-athlete and team
- Locations and times of all practices and contests
- Team requirements will be announced during the pre-season parent/player meeting (i.e. special equipment, off-season conditioning, tournaments, volunteer needs, expenses, etc.)
- Procedures if an athlete is injured during practice/contest

Communication Coaches Should Expect From Parents

- Parents' commitment to be an agent of unity and community, not one of division or gossip
- Notification, well in advance, of any schedule conflicts
- Medical or physical limitations of their child

As children become involved in athletic programs, they will experience some of the most rewarding moments of their lives. It is important to understand that there also may be times when things do not go the way athletes or their parents wish. At that time, discussion with the coach is encouraged.

Appropriate Matters to Discuss with Coaches

- The treatment of the student-athlete: spiritually, relationally, and emotionally
- Concerns about the student-athlete's behavior

It is very difficult for parents to accept their child's not playing as much as they may hope. Coaches are professionals. They make judgment decisions based on what they believe to be the best for all athletes involved.

Issues Not Appropriate to Discuss with Coaches

- Playing time
- Team strategy
- Other student athletes

There are some situations that may require a conference between the coach and parents. These are to be encouraged. It is important that both parties involved have a clear understanding of the other's position. When these conferences are necessary, the following procedures should be followed to help promote a resolution to the issue of concern.

- Parents should contact the head coach by email or direct message through the team communication platform to request a meeting. Please allow coaches reasonable time to respond, especially on weekends or outside of normal school hours.
- Rants, public complaints, or confrontational messages in team communication platforms or email are strictly prohibited. If there is a concern, parents should schedule an appointment with the head coach.

- Do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution.
- A 24-hour waiting period is encouraged to allow time for reflection and prayer and to promote respectful communication.
- If a concern remains unresolved after meeting with the head coach, parents may schedule an appointment with the Athletic Director.

Conflict Resolution:

- Parents will first encourage their student-athlete to speak to their head coach when there are concerns about playing time, their role on the team, or other issues regarding the team.
- Parents who are not in agreement with the coach will first set up a scheduled appointment to meet with the coach before sharing their grievance or concerns with the administration. Note: Unscheduled meetings with coaches to discuss playing time or coaching strategy, especially at the end of a contest, are strictly prohibited. Parents are not to be on the team sidelines at games, nor the locker room before, during or after a practice or game.
- The purpose of this process is unity and resolution, not necessarily unanimous agreement. Differences of perspective are expected and should be addressed through respectful dialogue.
- Email and text communication are not the preferred method for resolving concerns, as they often do not lead to constructive dialogue. In-person scheduled meetings are strongly encouraged.
- Parents who have first met with a coach and feel their concerns have not been resolved may only then set up an appointment with the Athletic Director to seek resolution.
- Only after meeting with the Athletic Director, may a parent seek further resolution with the Principal or Head of School where a final resolution to their concerns will be decided.
- Parents who do not specifically adhere to the resolution protocol may forfeit their student-athlete's ability to continue participation in the athletic program. Egregious behavior by a parent may lead to being banned from home contest and the student being dismissed from the team.

*For matters of conflict involving two teammates or parents, but not related to FCS athletics, families should seek resolution together. FCS will not involve itself in conflicts unrelated to school activities.

Conduct

The highest goal of student-athlete conduct is for each person to "do all to God's glory." Principles of conduct are based on clear Biblical mandates and organizational preferences (standards outlined in the Parent-Student Handbook). Student-athletes are expected to treat their authority with respect and honor all students within the school environment. This demonstrates good citizenship and Christian living (Eph. 4:28-32; Heb. 13:17; I Thes. 5:12-13). Violations to the Parent-Student Handbook during the school day and after school can directly impact a student-athletes ability to participate in athletics.

Detention/Suspension/Behavior Contracts

Student-Athletes who accumulate an excessive number of demerits may be issued a detention or suspension. Detentions or suspension must be served on the scheduled day and time regardless of

the athletic schedule. Student-athletes placed on a behavioral contract may be ineligible to participate in athletics; eligibility will be at the discretion of the administration.

Student-Athlete Conduct

Athletic participation is considered a privilege, not a right. Florida Christian student-athletes are public representatives of FCS and Jesus Christ. Student-athletes are expected to act appropriately. Behaviors that will not be tolerated include:

1. Fighting
2. Profane, derogatory, and degrading comments or obscene gestures
3. Inappropriate use of social media
4. Alcohol, tobacco or drug use or possession (including vaping)
5. Unsportsmanlike conduct
6. Defiance or disrespectful behavior
7. Taunting opponents or officials
8. Vandalism or destruction of property
9. Hazing, bullying, or intimidation of teammates
10. Racial slurs

Student athletes who exhibit any behaviors listed above may be suspended or dismissed from athletic participation pending an investigation.

Hazing, Bullying or Peer Harassment

Hazing or peer harassment that recklessly or intentionally endangers the mental health, physical health, or safety of a student for the purpose of initiation or membership in, or affiliation with any team will not be tolerated (whether on or off campus, social media or any other electronic means including AirDrop.) All athletes must be given the opportunity to compete without the threat of any type of abuse. Coaches have a responsibility to maintain a safe and positive environment for all athletes. Students are encouraged to notify coaches or other school personnel of instances of hazing or harassment. Anyone engaging in these behaviors is subject to being dismissed from the team.

Harassment / Misconduct

Florida Christian School is committed to providing a Christ-centered environment that is safe, respectful, and free from harassment, intimidation, and misconduct. Student-athletes, coaches, parents, and spectators are expected to conduct themselves in a manner consistent with school standards at all athletic activities. Allegations of harassment, including sexual harassment, will be addressed in accordance with the policies and reporting procedures outlined in the Florida Christian School Parent-Student Handbook.

Unsportsmanlike Conduct or Contest Ejection

Athletes and coaches at FCS are to be exemplary in their display of sportsmanship during games and practices. Team members should congratulate opponents after a game with a customary handshake and kind word. Unsportsmanlike conduct of any kind will be dealt with swiftly by FCS coaching staff to prevent any further acts. Taunting and/or inappropriate language directed towards an opponent or teammate is not “part of the game” and is inconsistent with the mission of FCS. Additionally, profanity, disrespect, and threat of or actual physical violence directed toward teammates, opposing athletes, coaches or officials may result in ejection from a contest by game officials. Ejection from an FHSAA contest will result in suspension from participation for one to six weeks and financial penalty. Students who are suspended from an athletic contest with a technical foul, red card, yellow flag, ejection, disqualification, etc. from a contest, the following consequences will occur: (1) These violations are subject to suspension from the next contest or multiple contests as deemed appropriate by the Association and/or Athletic Director. (2) If the infraction is a violation of school policy, it will be subject to school disciplinary action (Example: Profanity). All ejections are to

be reported to the athletic director no later than the day after the ejection takes place. Egregious acts could result in permanent ban from high school athletic participation. Ejected parties will be responsible for paying any fines.

Team Dismissal Offenses

The removal of a student athlete from a team should be a last resort and is a result of a coach who feels that keeping the athlete would destroy the team or his/her ability to advance with the team. Behaviors that could result in dismissal could include, but are not limited to:

- Stealing
- Lying
- Cheating
- Use or possession of alcohol, tobacco (includes vaping) or illegal drugs
- Behavior that undermines the coach or team (absence, attitude, etc.)
- Inappropriate behavior in the classroom or during the school day

To remove an athlete from a team, a meeting should occur with the coach, player, and family to discuss the issue. There will be no refund of team fees or fundraising contributions if a student-athlete is dismissed from the team.

Spectator Conduct

Team meetings, practices and competitions are a part of the educational process at Florida Christian. Athletic competitions are unique in that they allow spectators to witness the educational process in action. The conduct of FCS spectators and fans is a reflection of Florida Christian and Christ to our community. Please observe the following guidelines when attending FCS sporting events.

- All cheering should be positive and supportive of the athletes involved.
- Respond to and support the efforts of Cheerleaders.
- Contest officials, opposing players and coaches should be treated with respect.
- Never express disagreement with coaching decisions or player mistakes publicly.
- Diplomatically censor negative behavior.
- Treat all property (home or away) with respect.
- Remain in designated spectator areas and do not enter the competition or team spaces. Spectators should not interfere with or attempt to manage any aspect of the game or event. All situations are to be handled by coaches, officials, staff, administration, or security.

Administrative Discipline Process

- Warning: Discrete correction by FCS Administration.
- Ejection: Removal from an athletic venue by contest official or administration
- Consequences for ejection or any inappropriate conduct or interaction at athletic events involving coaches, staff, officials, or others:
    - Required meeting with Athletic Director
    - Complete online sportsmanship course
    - Placement of the spectator on a sportsmanship contract
    - Suspension from attending athletic events until the required meeting is completed, the sportsmanship course is completed, and the spectator is in compliance with the sportsmanship contract
    - If deemed egregious or repetitive by administration, banishment from all future athletic events and potential consequences for student-athlete.

Dress Code and General Appearance

Appropriate apparel and general appearance for all students are described in the Parent-Student Handbook. Appropriate apparel should be worn for all road trips, before and after games, and practices. On Fridays, student-athletes may wear team t-shirts, polos or outerwear. Team warm-up pants or sweatpants are not to be worn during school hours. Any game day dress attire that does not conform with the FCS dress code must be approved by the principal or dean of students. There should be no visible permanent or temporary tattoos on any student at any time. All tattoos should be covered for practices or games. Additionally, boys are not allowed to have any piercings; gauges and piercing plugs are not permitted; and girls can only have piercings on their ears.

Early Dismissal

The Florida Christian Administration works hard to minimize the amount of class missed due to athletic activities. Several factors impact how and when contests are scheduled (daylight, travel time, safe warm-up time, weather, referee association, transportation etc.). Be aware of the following:

- Student-athletes are responsible for all work missed due to early dismissals and absences because of athletic contests. If a student needs extra support, it is the student's responsibility to attend help class or schedule a time to meet with their teacher.
- All missed classes due to FCS athletic participation will be excused.
- Early dismissal times are published weekly by the athletic department.
- Students should communicate in advance with teachers regarding upcoming conflicts.
- If a student is not attending a scheduled athletic contest, they must inform their coach prior to the early dismissal time, ideally 24 hour notice.
- Students who miss the team bus for any reason are expected to report directly back to class.

Game Admission

FCS utilizes Go Fan for purchasing tickets to all our home games. Screen shots of tickets will not be accepted. FCS students and staff may enter games at no-charge when presenting their FCS school ID, unless the contest is a tournament or FHSAA playoff game. Spectators will be able to purchase single event tickets, season passes and school-year passes on Go Fan. No cash will be accepted at the gate.

Good Cause Policy

A good cause policy is required by the FHSAA to determine the eligibility of transfer students. Student-athletes who transfer during an academic year will be evaluated on an individual basis and decided by the Athletics Director in conjunction with the grade-level principal. The following factors may play a role in how a decision is reached:

- Timeframe of the transfer and games remaining in the season.
- Number of uniforms and equipment available.
- Reasons for transfer:
    - Positive Reasons
        - Full and Complete Move
        - Hardships outside of the student/family's control
    - Negative Reasons
        - Discipline imposed from previous school
        - Poor Academic Performance

Hotels and Travel

Hotel expenses and transportation are paid by:

- Athletics Budget for FHSAA state level competition; see Athletic Director for more information.
- Parents for all regular season trips, Districts, and Regionals (unless an overnight FHSAA playoff contest)

Student-athletes will be responsible for food and any spending money and parents are responsible for their own lodging reservations. Disciplinary action for improper conduct while on an overnight trip may be intensified.

Inclement Weather / Lightning

FCS utilizes Weather Sentry powered by DTN Weather Alert System for Wet Bulb Globe Temperature (WBGT) readings, detecting inclement weather, and lightning through text messaging. Activity will be suspended for lightning strike within an 8-mile radius. All persons should seek shelter in a building or vehicle. All outdoor athletic facilities will be closed when we are under a lightening alert. FCS staff will announce lightning policies through the public address. An "All Clear" will be sent via text alert once there has been no electrical activity detected in the 8-mile radius for at least thirty minutes. Athletic Director, officials and head coaches will meet to determine the status of each game. It is understood that parents and spectators desire to know what decisions will be made. Please afford contest administration the time and space to make decisions. In the event of a hurricane or tropical storm, FCS will follow local recommendations from Miami-Dade County Emergency Management.

Injuries/Conditions/Concussions

Injury is a risk in any activity. FCS has a partnership with UHealth to provide an athletic trainer to handle athletic injuries within our student-athlete population. The following policies must be adhered to concerning student-athlete injury, conditions, or concussion:

- If a student-athlete is evaluated by a physician for an athletic injury, the student-athlete MUST turn in a doctor's note to the athletic trainer to resume participation.
- All instructions given by the athletic trainer must be observed by all coaching personnel.
- Any concern with a student-athlete must be reported to the athletic trainer directly.
- Should the athletic trainer determine a student-athlete requires referral for further evaluation, a doctor's note must be provided to the athletic trainer to return to participation of any kind.
- The athletic trainer's decisions related to student-athlete injury and participation are final.
- If your student-athlete has asthma or a severe allergy, he/she must have their inhaler or Epi-pen with them during practices and games.
- If a student-athlete is diagnosed with a concussion, the student-athlete may not return to conditioning, practices or games until they have successfully completed a return to play protocol administered by the school athletic trainer and have received the final clearance by an MD/DO or Neurologist as recommended by the athletic trainer.
    - Please note that the gradual return to play protocol is a nonlinear 6-day process at a minimum. The progression of the steps will be determined by the athletic trainer based on patient recovery, and student-athlete will be referred for further evaluation if not progressing after 10-14 days post-injury.

Concussion

What is a Concussion?

A concussion is a complex pathophysiological injury to the brain that results from traumatic biomechanical forces. Concussions can occur in any sport, but more often are the result of contact sports like football and soccer. A concussion can be caused by a direct blow to the head and neck or upper body and can cause the brain to slide back and forth. These events result in the rapid onset of various cognitive impairments and will resolve spontaneously. Loss of consciousness (LOC) may result, but it is not necessary for a concussion to exist.

Symptoms of a Concussion

Physical	Cognitive	Emotion	Sleep
Headache Dizziness Balance difficulties Nausea Fatigue Speech problems Sensitivity to light Sensitivity to noise Change in vision	Slow processing Mental fog Trouble focusing Memory problems Concentration problems Feeling confused Easily distracted Slower reading Difficulty with comprehension	Irritability Sadness Nervousness Embarrassment Anger Anxiety Paranoia More or less emotional than normal	Trouble falling asleep Trouble waking Sleeping more than usual Sleeping less than usual Altered sleep schedule

Return to Learn

A return to learn (RTL) protocol should be established to make sure the students receive the necessary academic support until they are ready to return to the learning environment without limitations. An effective return to learn management plan should include a five-step return to learn process. The five steps are intended to provide a gradual return to the classroom to ensure the athlete is fully recovered from the concussion. Student-athlete's academic adjustments will be made based on the student's needs. The student-athlete MUST comply with the return to learn protocol and directions of the athletic trainer to be able to be cleared to progress through the return to play.

Procedure

The athletic trainer will evaluate the student-athlete for a concussion. If the student-athlete is diagnosed with a concussion and is experiencing difficulties or challenges with cognitive activities, academic support may be considered. The parent(s), caregiver, or legal guardian of the student-athlete will be informed of the sustained injury. The parent(s), caregiver, or legal guardian will give written and/or verbal consent for academic adjustments to the athletic trainer, if applicable for the student-athlete. The student-athlete will be educated on the injury, procedure, and forms to be completed.

If applicable, the athletic trainer may initiate the process for academic adjustments by completing the following forms:

- Symptoms and Academic Adjustment Student Form
- Student Academic Adjustments Plan (SAAP)

Return to Play

Immediate initial period of relative rest (24-48 hours) followed by symptom limited and cognitive and physical activity as well as tolerated aerobic exercise as treatment and clinician directed activities may be appropriate.

- The student-athlete must follow up with the athletic trainer daily for assessment of symptoms.
    - Failure to report for follow-up assessment with the Athletic Trainer will result in delay of return to play or transfer of care.
- The student-athlete must participate in functional/exertional testing without return or exacerbation of symptoms. If symptoms worsen, the student-athlete will not be able to progress through the protocol (refer to protocol below).
- Once the student-athlete completes the return to play, they MUST be cleared by a UHealth physician (MD/DO or neurologist) before returning to sport.
    - Exceptions to this include; insurance not accepted at UHealth or parent(s) or legal guardians don't agree.

If a student-athlete sustains a second concussion in the same competitive season, he or she must be referred to the treating neurologist for an evaluation, treatment, and return to play prescription. If the student-athlete sustains a third concussion during the same competitive season, he or she will be excluded from competition for the remainder of that season and referred to the neurologist for further evaluation and treatment. A medical evaluation by a neurologist with a clear statement of risks and agreement to participate despite the risks will be required prior to that student-athlete returning to competitive sports the following season.

Steps for Return to Play

Step	Exercise Strategy	Activity at Each Step	Goal
1	Symptom-limited activity	Daily activities that do not exacerbate symptoms (eg, walking)	Gradual reintroduction of work or school
2	Aerobic exercise: a. Light (< 55% of max HR), then b. Moderate (< 70% max HR)	Stationary cycling or walking at a slow to medium pace. May start light resistance training that does not result in more than mild and brief exacerbation of concussion symptoms.	Increase Heart Rate
3	Individual sport-specific exercise Note: If sport-specific training involves any risk of inadvertent head impact, medical clearance should occur before step 3.	Sport-specific training away from the team environment (eg, running, change of direction and/or individual training drills away from the team environment). No activities that risk head impact.	Add movement, change of direction

	Steps 4-6 should begin after the resolution of any symptoms, abnormalities in cognition function, and any other clinical findings related to the current concussion, including with and after physical exertion.		
4	Noncontact training drills	Exercise to high intensity, including more challenging training drills (eg, passing drills, multiplayer training) that can integrate into a team environment. **Note:** Physician's clearance required to return to full contact practice. Clearance obtained from physician familiar with concussion management, MD/DO or Neurologist.	Resume the usual intensity of exercise, coordination, and increased thinking.
5	Full contact practice	Participate in normal training activities.	Restore confidence and assess functional skills by coaching staff.
6	Return to sport	Normal game play	

Lockers

- Student-athletes will receive their locker assignment from the physical education coach in the locker room. Keep your locker locked at all times; FCS is not responsible for any lost or stolen items in the locker room.
- Lockers should be cleaned out by student-athletes at the conclusion of each season. All locks must be turned in with other equipment. Student-athletes will be assessed a replacement fee for locks and equipment assigned to them which are not returned or damaged.
- The neatness and cleanliness of locker rooms, weight rooms, hallways and other facilities is the joint responsibility of student-athletes and coaches. All spiked or cleated shoes must be put on and taken off outside of the school building.
- Improper behavior, horseplay, vandalism, roughhousing, harassment, hazing/bullying of others and improper care of equipment are examples of activities related to locker rooms for which disciplinary action would be appropriate, up to and including denial of participation. Incidents are to be reported to a coach or staff member immediately.

- Equipment rooms, staff offices, athletic training rooms, etc. are to be entered only after receiving permission from a coach or athletic trainer. Students are not to be in these areas at any time without supervision by appropriate school personnel.
- Students are not permitted to be in the locker room without a coach's supervision.
- Participants will not be released early from school for the purpose of dressing for practices/games or going to the training room, unless specific approval is given by school administration.

Multi-Sport Athletes

Multi-sport participation is a tremendous platform for raising a well-rounded child.

- Physically, different muscle groups are emphasized with different sports. Specializing in one sport can produce wear and tear injuries. Multi-sport participation helps prevent injury and consistent muscle development.
- Socially & spiritually, athletes often find themselves at different levels of performance. They learn humility in sports in which they are less advanced, and how to lead well where they are high achieving.

In the FHSAA, sports seasons often overlap, and may do so significantly. Should a student-athlete desire to play two overlapping sports, clear and constant communication will be required between the student, both head coaches, and the parents. The general guidelines for multi-sport participation are as follows:

- Coaches at Florida Christian will accommodate multi-sport participation as much as is reasonable. Sport specialization will not be encouraged by any FCS Coach.
- With overlapping sports (fall & winter, winter & spring), the first season will be the primary until it comes to an end. Student-athletes should communicate with the second sport coach of their intentions to try out prior to said tryouts. Coaches can then plan to accommodate a delayed tryout if necessary. Practices for the second sport are not mandatory until the primary season ends.
- The parents, student-athletes, and head coaches of the two overlapping sports should all meet prior to the start of the first season to lay out all of the factors and find agreement.
- If a student-athlete wants to participate in more than one sport during the same sport season, this must be approved by the Athletic Director.
- If a conflict does arise a final decision will be made by the Athletic Director. All parties must work in good faith to seek a reasonable solution.

Quitting a Sport

A student-athlete who quits a team after filling a roster position following tryouts or after the team's first contest if no cuts are made is ineligible to practice or participate in any other sport or out-of-season program until the sport in which he/she began has concluded its season. They also forfeit all athletic awards associated with the sport they quit. There will be no refund of team fees or fundraising contributions if a student quits the team. Exceptions may be granted in extraordinary circumstances (such as serious injury) and only upon the agreement of the head coach and the athletic department.

Media Day and Social Media Policy

At Florida Christian School, we aim to honor all our student-athletes and promote school spirit across every level of our athletic program. Team schedules for all FCS teams will be shared on our official social media platforms to encourage our fan base to attend and support teams at their games. However, game day posts and promotional content will primarily highlight varsity sports. Team media days will be reserved for varsity teams as a tradition for our upper-level student-

athletes, something we hope younger student-athletes will look forward to as they progress through the program. Students-athletes must adhere to school dress and appearance policy on Media Day, including male students not wearing earrings.

Music
Music played at sporting events may not always be Christian music, but is selected to encourage a competitive atmosphere, promote fan involvement, and improve the overall atmosphere. Any music containing profanity, vulgarity or suggestive lyrics will not be played.

National Anthem
All FCS Coaches and student-athletes are required to stand respectfully at attention during the playing and/or singing of the National Anthem at all home/away events.

NCAA Eligibility
Prospective student-athletes at a Division I or II college or university have certain responsibilities to complete before you may participate. Information concerning who needs to register with the NCAA and what documents need to be submitted can be found in The Guide for College Bound Student Athletes on the NCAA website; www.ncaa.org (click on "Eligibility Center" NCAA Eligibility Center). It is the students' responsibility to begin this process and request items from the school as needed. FCS guidance counselors are available to assist with this process.

Name, Image, Likeness (NIL) Policy
Florida Christian School follows the FHSAA's NIL policy, which allows student-athletes to earn money from their name, image, and likeness as long as certain rules are followed. These include:

- NIL agreements must be handled by the student and their parent/guardian.
- School logos, uniforms, and facilities may not be used without permission.
- NIL deals may not involve alcohol, tobacco, drugs, gambling, political content, or other inappropriate sponsors.
- NIL activity may not be used to recruit or influence school transfers.
- Violations may result in loss of eligibility.

For more information on the FHSAA's NIL policies, please refer to their official website.

Non-Traditional Student Athletic Participation
FCS is committed to ministering to families who desire to have their student-athlete participate in a Christ-centered athletic program as a non-traditional student-athlete. To be accepted, non-traditional student-athletes and their families must go through an admission process that includes completion of FHSAA forms, academic review, behavioral review and family interview with the Athletic Director. All FHSAA-required non-traditional student eligibility documentation must be completed and approved prior to participation of any kind, including pre-season activities, tryouts, practices, or contests. For homeschool student-athletes to complete the FHSAA homeschool verification EL7 form, you can contact the Home Education Office at HomeEducation@dadeschools.net or call (305) 883-5323, Ext. 2026. The Home Education Office is located at 489 East Drive; Miami Springs, FL 33166. Any student that was dismissed, expelled, or asked to leave their previous school, will not be eligible as a non-traditional student-athlete for 12 months starting from their date of dismissal. Non-traditional students and families must abide by all FCS rules and guidelines outlined in the parent-student handbook. Failure to abide by these guidelines on campus, or during any part of any athletic event, could result in dismissal from their assigned athletic team. Non- traditional student-athletes must submit transcripts at the end of each semester for eligibility purposes. Non-traditional student-athletes should not arrive on campus

during school hours unless specifically asked by a coach due to early dismissal for a sporting event. The athletic fee of $350 per family is due prior to participation of any kind (pre-season, tryouts, etc.) by payment link. Should a student not make the team, a refund will be issued upon written request.

Participation in Sports Not Offered at Florida Christian School

If Florida Christian School does not offer a particular sport, eligible student-athletes may pursue participation through another school. In accordance with FHSAA Bylaw 9.2.2.3, students enrolled at an FHSAA-member private school are permitted to participate in sports not offered by their school at a public school within the district in which they reside, or by developing a participation agreement with another FHSAA-member private school.

To be eligible for participation at another school, the student-athlete must:

- Be in good behavioral standing at Florida Christian School.
- Maintain a minimum 2.0 unweighted GPA.
- Provide a game schedule to the administration in order to be excused from school for early dismissal.

Per FHSAA policy, if FCS offers the sport, the only option for the student-athlete is to participate in that sport at FCS. Participation at another school is only permitted for sports not offered by Florida Christian. For more information, please schedule an appointment with the Athletic Director.

Participation Philosophy

Participation in athletics at Florida Christian School is open to every student but conditioned upon meeting the criteria of academics, character, and athletic skill necessary to compete. While all teams at Florida Christian School are expected to play hard in the true spirit of competition, there is a different emphasis at each level of play.

Middle School (grades 6-8) - The athlete is provided with a learning experience and opportunity for basic individual skill development. Team concepts of play are introduced. During the regular season, participation is emphasized over winning. Team members are encouraged through active participation in games. Please note, that middle school student-athletes that are on a High School JV or Varsity roster may not "drop down" to compete in the SFMSC tournaments.

Junior Varsity (grades 6-11) - The athlete improves skills while learning team concepts that are more complex. At this level of increased physical development and better competition, there is an equal emphasis on winning and participation. A middle school student will not be added to the Junior Varsity roster unless approved by the Athletic Director and in some cases, after meeting with parents and the coach.

Varsity - The athlete is advanced in skill and physical development. Emphasis is placed upon individual and team potential. The athlete's playing time is determined by how it will best serve the team. A middle school student will not be added to the Varsity roster unless approved by the Athletic Director and in some cases, after meeting with parents and the coach.

When making cuts, the coach is responsible to evaluate each prospective athlete based on criteria such as competitive skill; attitude and character; effort and work ethic; and commitment. Communicating with each individual specific reasons why he/she did not make the team will enable the student to target areas for improvement. Cutting an athlete is the least enjoyable task for any coach. These decisions are not taken lightly and often weigh heavily on coaches. The coach is also responsible for evaluating each athlete as to his/her role on the team. There are no guarantees regarding playing time, especially on the varsity level. The coach is the sole judge on who should start and how much playing time each player should receive. Playing time, position, and role on the team are at the discretion of the coaching staff.

Playing Time Philosophy

Florida Christian Athletics is committed to putting forth competitive teams. The value of any student-athlete is not tied to their playing time. Each member of a team (coach, player, parent) is asked to sacrifice their own personal wants and desires for the benefit of the team. The following guidelines have been put in place to delineate each person's responsibilities regarding playing time. Playing time is earned and determined at the sole discretion of the coaching staff based on factors such as effort, skill, execution, attitude, and team needs. It is not based on grade level, seniority, or time in the program.

The Coach Should:

- Coach with a goal of winning!
- Never lose a competition due to being overly concerned about substituting.
- Value playing every player and work toward that goal.
- Push players to play with the type of intensity that requires substitution.
- Go with impact players when the game is on the line.

The Players Should:

- Practice so intensely that the coach feels pressure to reward them with playing time.
- Understand everything the team does, both offensively and defensively.
- Develop knowledge of as many positions as possible.
- Want to play, whether for long or short periods of time.
- Be ready by staying mentally engaged in the game while on the bench.
- If a starter, genuinely cheer for subs. If a sub, genuinely cheer for starters.

The Parent Should:

- Be a "Big Picture" thinker, especially in the early part of the season.
- Never be a "Sower of dissention" (Proverbs 6).
- Encourage the athlete to talk with the coach first on matters related to playing time.
- Determine if the child understands why he/she is not playing and what they think about it.
- Make any initial conversations with a coach a fact-finding event, based on positive assumptions about the coach's intentions.

Private Lessons / Coaching / Training

Florida Christian School does not sponsor, oversee, or provide private tutoring, coaching, training sessions, or private lessons. Any such arrangements between parents and coaches are made independently and are not part of the school's athletic program. Parents who choose to engage school coaches for private instruction do so at their own discretion and expense. These services are not supervised, endorsed, or regulated by Florida Christian School and are not considered an extension of the school's athletic program or employment duties. Participation or non-participation in private lessons or training will not be used as a determining factor for team selection, playing time, or athletic placement. Florida Christian School assumes no responsibility or liability for private instruction or training services provided outside of the school's official athletic program or school athletic department oversight.

Prospective Athletes

Prospective student-athletes (students not enrolled at FCS) will not be allowed to work out or take part in any team activity until he/she has fully completed the enrollment process. In addition, all

required forms must be submitted to the athletic department through Athletic Clearance before an athlete may participate in any FCS team practice or activity.

Senior Night Policy
At Florida Christian School, we honor our senior athletes with a Senior Night ceremony during a designated home game. The recognition date will be shared at the parent meeting at the beginning of the season, and the coach will communicate to families what is covered by the team (such as senior banners, signs etc.) Any additional plans must be approved by the Athletic Director and coordinated with the coach. Any associated costs for extras will be the responsibility of the senior families. For those planning to purchase balloon arches, please be aware that "shine" spray is not permitted to be used inside the gym or on sidewalks. Indoor fireworks, smoke machines, or similar effects are not permitted inside the gym.

Service Opportunities
Volunteers elevate the excellence of our events. The athletic department and coaches have been tasked with finding volunteers to help run each of their team's contests. Some examples of opportunities to serve include:

- Team Mom
- Gate Personnel
- Concessions
- Public Address
- Score keeper
- Scoreboard operator

If any of these opportunities interest you, please contact your student's head coach. If you are willing to serve outside of your child's team, please contact the athletics office.

Student Insurance
All students who attend Florida Christian are covered under a school secondary injury insurance policy. This coverage applies to any school activity on the school property, field trips or athletic activities sponsored by the school. This insurance is secondary in nature and is intended to supplement, not replace, a family's primary health insurance. As such, it may only cover a portion of eligible medical expenses after the student's primary insurance has been applied. The school's policy does not provide full coverage of all medical costs, and students without primary insurance may still incur significant out-of-pocket expenses. All student-athletes are required to maintain and provide proof of active primary medical insurance as a condition of participation in the athletic program. Parents/guardians are responsible for all deductibles, co-payments, and any medical expenses not covered by either primary or secondary insurance.

Supervision

- Student-athletes should be supervised at all times when engaged in athletic activities.
- Students should wait until a coach arrives to begin activities.
- Returning from a late away game at night, coaches will supervise students until they are picked up.

Practice Times

- Times of practices will be set by the coach and explained in the parent meeting at the beginning of the season. Any variation or cancellation will be communicated through the coaching staff.

- No Sunday meetings or practices are permitted unless approved in advance by the administration.
- Vacation practices and tournaments are common for varsity teams. Middle school and JV practices scheduled over school breaks should be optional.
- At times, varsity teams may schedule early morning practices before school when approved by the coaching staff and administration.
- When school is out because of hurricanes, or other natural disasters, all practices will be cancelled or postponed. Practices may resume prior to school when the campus and facilities are determined safe by the school administration.
- Any practice or contest scheduled during exam week must be approved in advance by the Principal and Athletic Director.

Team Meetings - Parent and Player

Each team will have a mandatory parent/player organizational meeting prior to the first game. Information covered in the meeting may include, but is not limited to:

1. Coaching philosophy and vision
2. Spiritual discipleship plan
3. Practice & game schedules
4. Team rules and expectations
5. Health and safety
6. Costs/fees/travel/spirit packs
7. Conflict resolution plan
8. Volunteer/service needs
9. Playing time

Transportation

- Transportation on school days to away games will be coordinated by the Athletics Department.
- During transport, seat belts must be worn (if available) and all students must remain seated.
- Only team personnel and players are allowed to use FCS transportation (unless otherwise approved).
- All student-athletes are expected to use school-provided transportation to and from away games.
- Parents may request an exception in writing at least 24 hours in advance if they would like their student-athlete to drive to/from a game.
    - Students are not permitted to transport other students in their personal vehicles under any circumstances.
    - Student drivers may not depart prior to school-provided transportation.
    - Students must provide proof of valid driver's license, vehicle insurance and complete the required consent form, which will remain valid for the duration of the school year.
    - This privilege may be revoked at any time for violations of transportation policies, including but not limited to transporting unauthorized passengers or failure to comply with established guidelines.
- Parents may provide written consent for their student-athlete to ride home after a game with another family.
- If a student-athlete will be using a rideshare service, such as Uber or Lyft after a game, written parental consent is required in advance.

- While food and drink are permitted on buses, coaches and players are responsible for keeping buses clean and free from trash and debris.
- Music that is played must be consistent with Florida Christian standards and should be free from profanity, vulgarity, violence, or suggestive lyrics.
- High School Parents should arrange for pick-up of their student-athlete in a reasonable time after games and practices. Middle School student-athletes must be picked up promptly after games or practices. Middle school students are not to be unsupervised.
- Coaches may not leave athletes unsupervised, whether on FCS campus or an away site, until all students have been picked up.
- Cost of transportation for contest outside of Miami-Dade County or the use of a charter bus will be at the expense of the team requesting the vehicles.

Uniforms, Equipment and Practice Gear

Uniforms

- Team Uniforms will be purchased every 3 years.
- Athletic uniforms are the property of FCS and must be returned to the head coach at the end of the season. Certain sports (such as golf, tennis, etc.) uniforms cannot be reused and will be purchased by the student-athlete.
- Any portion of the uniform that will not be collected will be paid for by the student-athlete (spandex, polos, socks, caps/visors, etc.)
- Uniforms, whether owned by the school or the individual, should only be worn for athletic activities related to that sport. Once the season has ended, items owned by the student-athlete may be worn as desired.
- Parents are responsible for lost or damaged uniforms. Individual replacement of uniforms ranges from $100 to $250 per item. If the uniform is a custom jersey/pant, then the costs would be higher due to the 5 minimum quantities required to purchase a replacement.

Equipment

- Equipment necessary for practice and competition will be paid for by the athletics budget. These include football helmets, pads, catcher's gear, etc. Batting helmets (softball/baseball) are considered a personal item and would be paid for by the family.
- Helmets and pads purchased by FCS will meet or exceed safety expectations set forth by the FHSAA, NFHS or NOCSAE.
- Personally preferred equipment, specialty equipment, or equipment that cannot be collected and reissued shall be the responsibility of the parent (caps, batting gloves, bats, personal helmets, etc).
- Parents are responsible for purchasing safety equipment for their student based on their sport (such as knee pads, shin guards, personal helmet, protection cup etc.)

Legacy Helmet Program - The legacy helmet program allows a parent to purchase a football or lacrosse helmet for their student-athlete that is at the cutting edge of safety technology. Once purchased, FCS will ensure the athlete is issued the helmet chosen for the duration of their participation at FCS. Upon completion of their senior season, the helmet is gifted to FCS for continued use.

Practice Gear / Spirit Packs - Individual athletic teams have spirit pack items required for purchase. Items may include portions of the contest uniform (items that cannot be collected or reused for another athlete), shorts, T-shirts, hoodies, bags, practice gear, etc. All spirit pack items are paid for and kept by the athlete. The nature of each sport may necessitate different amounts for each spirit pack. Coaches should be mindful of the financial burden when selecting spirit pack items. Total cost of spirit packs are in the following ranges:

1. Varsity – up to $400
2. Junior Varsity - up to $300
3. Middle School – up to $250

Note: Team shoes are not considered part of a spirit pack. Cheerleading spans two athletic seasons. As such, spirit pack fees may exceed the limits above. Team travel or personal equipment is not considered part of the spirit pack and will be an additional cost**.** Additionally, spirit pack apparel may only be worn during the school day in accordance with the policies in the FCS student-parent handbook.

Financial Collection - The following process will be utilized to collect funds toward spirit packs:

- The coaching staff will communicate the spirit pack contents and price along with a link for parents to make credit card payments. They will also create a deadline for payment.
- Financial Hardship - Per FHSAA policy, Florida Christian School is not permitted to give items to students. Families with financial concerns should contact bking@floridachristian.org to make arrangements for payment plans.
- The coach will coordinate with the athletic office to order items and account for payments.
- Families who have not paid for the spirit pack by the announced deadline may have the charge applied to their FACTS account along with a processing fee.

Weight Room

The weight room, located in M-108, may be utilized by teams provided the coaching staff has completed a facility request using the outlook calendar. At times, there may be multiple teams using the weight room at the same time. No student is permitted to be in the weight room unless under a coach's supervision.

Athletic Awards and Recognition

College Athletic Signing Ceremonies Procedures and Process - The FCS Athletic Department will host two signing ceremonies consistent with the National Letter of Intent (NLI) established dates, typically in February and May. The dates will be set by the athletic department in accordance with the NCAA signing windows. Signing days may not fall on the first day of the actual signing period but within the window to accommodate all student-athletes and families schedules. The athletic department will do its best to accommodate all signees and family's needs when scheduling. Signings will be done inside the gym or cafeteria with athletic department signage. Decorations can be supplemented by families of student-athletes (such as balloons etc.). The head coach of the sport of the athletes signing will be responsible for verifying with the recruiting college coach that the athlete is receiving an athletic scholarship. Academic or walk-on/tryout status does not count as an athletic scholarship and will not be granted a spot within the signing ceremonies unless the college can confirm they are a recruited walk-on, with a guaranteed spot on the roster. The athlete signing must be a current FCS student-athlete with good academic and behavior standing. The student-athlete must have played the sport and completed their senior season at Florida Christian School in

order to participate in the senior college signing ceremony. Any guest of the student-athlete that is not an FCS student or staff member must check in through the front office. For information regarding the NLI, visit www.nationalletter.org.

Varsity Letters & Pins

Student-athletes who participate in a varsity sport and complete a season in good standing qualify for a varsity letter and pin. The athlete will receive one chenille letter for their high school career. They will receive a sport-specific pin their first year and a service bar for each year after. To earn the letter and pin, the following criteria must be met.

1. The student-athlete and parents must honor the athletic department sportsmanship agreement and be in good standing.
2. Must have completed the season including all conference and state postseason play.
3. Must have competed in at least 50% of the contests and/or other criteria set by the head coach specific to their sport.
4. Exceptions will be considered on an individual basis by the respective coach and Athletic Director.

Disqualifying Protocols

A student-athlete who does not complete the season will not be eligible to receive their letter and pin. A student-athlete who completes the season but does not demonstrate commitment or sportsmanship may be disqualified from receiving these recognitions. The following protocols must be followed to disqualify a student-athlete who completes the season.

1. During the season, the head coach must notify a student-athlete in person of behaviors violating the student sportsmanship agreement. Should this behavior continue, they will not be qualified for a letter.
2. The head coach must contact the parents notifying them of the warning.
3. The head coach must notify the athletics director that a warning was issued.
4. Should the behavior continue, the head coach, athletics director, student, and parent(s) must meet to discuss the loss of letter and pin honors.

Athletic Awards Party: Athletic awards are presented at the team's party organized by the head coach at the conclusion of the season. The number of awards is limited; therefore, careful consideration is given to athletes selected (up to 3 awards for middle school and J.V. programs and up to 4 awards for varsity programs, at the discretion of the coaching staff). All athletes will receive a participation certificate. Athletes may earn a chenille letter in a Varsity sport if they meet the criteria above. There are two letterman jacket options that may be purchased online after receiving your letter. All athletic awards are selected at the discretion of the coaching staff and are based on factors including, but not limited to, performance, character, leadership, and contribution during the current season. Grade level, seniority, or years in the program are not determining factors unless the award is specifically designated as a senior class specific recognition.

Athletic Department Awards Presented at Team's Awards Party

- The Patriot Award - The Patriot Award is presented to the one athlete from each team that best represents the character of Christ. The Patriot Award is FCS's highest athletic honor. It should go to the athlete who reflects the qualities of a well-rounded student-athlete, demonstrating strong academic standing, excellent behavior, sportsmanship, citizenship, faith, servant leadership, school spirit, and meaningful impact on the team. The recipient is selected by the head coach, but may be based on input of team members, assistant coaches, and FCS faculty, staff, and administration. Patriot Awards will be presented at the team's end of the season awards party.

- Most Valuable Player - The most valuable player is awarded to one student-athlete from each team who most influenced the team's ability to be successful. This award recognizes God-given athletic ability, work ethic and contribution to the program. This award will be presented at the team's end of the season awards party.

Athletic Department Awards Presented at End of Year Awards Ceremony

- Coach of the Year - Each year, up to five head coaches may be nominated to receive the coach of the year. To be nominated, coaches must lead their teams well, show significant improvement upon previous years or advance far into postseason competition. The award is presented at the appropriate ceremony at the end of the school year.
- Male and Female Athlete of the Year - To be nominated for athlete of the year, student-athletes must have received All Dade recognition by the Miami Herald and must have received at least one Most Valuable Player or Patriot Awards that year. The award is presented at the appropriate ceremony at the end of the school year.
- Patriot Academic Award – Student-athletes who have a 3.5 GPA or higher in the academic quarter in which they participated in that sport will receive a certificate. The award is presented at the appropriate ceremony at the end of the school year.
- Multi-Sport Athletic Award – Middle School, JV or Varsity athlete that participated in 2 or more sports seasons will receive a certificate. The award is presented at the appropriate ceremony at the end of the school year.
- Outstanding Christian Athlete – A senior student-athlete selected by the coaching staff who best exemplifies the character of Christ. The award is presented at graduation.
- Principals Academic Athlete – A senior student-athlete with the highest overall GPA. The award is presented at graduation.
- Varsity Athletic Award – Presented to senior student-athletes who have participated in at least 6 years in a varsity sport. This award is presented at graduation.

Selecting Award Recipients

The awards recipients for the Coach of the Year and Male and Female Athlete of the Year will be decided through the following process:

1. An electronic ballot for FCS administration/faculty/staff/coaches and the high school student body.
2. The athletics administrative team will meet to discuss the nominees and provide insight and make recommendations. The results of the ballot will be used to guide the decision.
3. If a decision is too close to call, then the FCS leadership team will make a final decision.

All persons involved in the selection process who possess a conflict of interest will recuse themselves from the discussion and selection of that award.