



Owatonna Christian School  
265 26<sup>th</sup> Street NE  
Owatonna, MN 55060  
(507) 451-3495 (phone)  
(507) 451-3762 (fax)  
[www.owatonnachristianschool.org](http://www.owatonnachristianschool.org)

## Sabres Athletic Handbook

### Purpose of Owatonna Christian School Athletics

The athletic program of Owatonna Christian School (OCS) is used as a tool in the educational training of our students. Christian character, leadership, teamwork, and other spiritual principles are taught through practices and athletic competition. Athletics can help each athlete to establish discipline in the physical, social, academic, and spiritual areas of his or her life.

Sports at OCS are considered an extra-curricular activity. It is a privilege and not a student's right, to be a member of a Sabres athletic team and to represent the school. All athletes should be aware of their responsibilities to their team, their coach, OCS, and to God. Each athlete's conduct in regard to sportsmanship and Christian testimony are of utmost importance to the coaching staff. Coaches should expect from each athlete the qualities of co-operation, preparation, and dedication to both their athletic and academic endeavors.

#### A. General Objectives

1. To bring honor and glory to God in all aspects of our athletic program.
2. To develop the Christian influence our teams can have on our opponents, the officials, and to the spectators
3. To provide athletes with Christian coaches who will not only be athletic instructors, but will be spiritual guides, and Christian role models.
4. To develop school spirit and unity among students, parents, teachers, and alumni.

#### B. Coaches Objectives

1. To develop Christian character traits among our student/athletes. Such traits would include but not limited to enthusiasm, cooperation, loyalty, friendship, industriousness, self-control, initiative, and respect for others.
2. To teach the student athlete to have a "Spirit of Excellence" in all they do, both on and off the playing field.
3. To teach the game and encourage each athlete to strive for his or her maximum potential, both as an athlete and as a Christian.

#### C. Players Objectives

1. To be totally committed to your coaches and teammates.
2. To be loyal to your coaches and teammates.
3. To give 100% mentally and physically in practices and games. You will play like you practice.
4. To be able to find and accept your role on the team by putting God first, your team second, and yourself third.

## Philosophy on Winning & Losing

At OCS, we want to strive to do our best in every area in which we endeavor. Our teams practice, condition, and sacrifice in pursuit of victory. The Sabres will go into every game striving to win. As coaches, we realize that victories will not always be achieved, but God even in the losses, wants us to be good stewards of what abilities he has given us. Even in losses, we can learn and grow as a team and as an individual.

Team members are reminded, throughout the year, that each person is a vital contributor to the team, whether they are a bench player or a starter. Not all players will play in every contest, even though as coaches we will try our best to get everyone on the floor or field. All players should be encouraged to work hard and improve, regardless of their position on the team.

## Christian Winner's Creed

A true winner always does his best,  
Never to the glory of self,  
But always to the glory of God.  
With God's help I will be a true winner today.

**DO YOUR BEST; LET GOD DO THE REST.**

## Eligibility

Academics:

The purpose of this policy is to identify how students maintain eligibility so they can participate in athletics. The desire is to maintain high academic standards, not to eliminate students from athletics.

1. Students participating must maintain a 2.0 (C) grade point average per quarter in all classes.
2. To maintain eligibility, a student must:
  - be free of incompletes but exception may be made by the school office
  - have NO failing grades
  - not have multiple D's
  - have no unresolved discipline issues.

Disciplinary Action:

Students who receive a suspension will be subject to disciplinary review and possible disqualification by a committee made up of the principal, a coach, and a faculty member.

MACS:

Every athlete must meet the MACS eligibility requirements as stated in the OCS school handbook.

## Medical Information

### Athletic Physicals:

Each athlete must have an athletic physical every three years of athletic participation. A copy of the medical form must be submitted to the office before the beginning of the first practice.

### Medical Insurance:

All athletes must have medical emergency information on file in the school office.

### Medical Injuries:

All medical injuries must be reported to the coach so proper treatment can be given. If a head injury is suspected, the concussion protocol will be followed.

## Attendance

### School Attendance:

On game days, athletes must be in school the whole day (except by special permission, prearranged). Athletes must attend at least one-half a day of school to attend practice (except by special permission, prearranged).

### Practice Attendance:

All athletes are to attend all team practice sessions unless special permission is prearranged with the coach. To avoid disciplinary action, an athlete must communicate with the coach prior to practice if they will be tardy or absent.

## Appearance

### Practice Attire:

When practice jerseys are issued, they must be worn. Shorts must be no more than three inches above the knee.

## Athletic Events Conduct

The OCS athletic program exists to help train students to glorify God by providing opportunities to develop and display their God-given abilities and Christ-honoring attitudes.

- Demonstrate by my behavior and attitude the importance of sportsmanship in all areas of play.
- Respect and support in a positive manner all players, coaches, and officials.
- Place the spiritual, emotional, academic, and physical well-being of others ahead of the personal desire to win.

Homeschool students are welcome to participate in OCS sports programs following the same Guidelines and Code of Conduct as students enrolled in OCS. Students who take one or more classes at OCS are considered enrolled.

## Sports Fees

Sports fees must be paid-in-full before the first game for the student to participate.

High School Soccer, Volleyball & Basketball.....	\$200
Homeschool High School Soccer, Volleyball & Basketball.....	\$300
Jr. High Soccer, Volleyball & Basketball.....	\$100
Homeschool Jr. High Soccer, Volleyball & Basketball.....	\$200

## Travel & Trip Guidelines

General Guidelines:

- Conduct for all road trips should be exemplary.
- Your testimony for the Lord and OCS is of utmost importance.
- It is important to treat the facility and any equipment of places we go to with respect.
- Bus rules will need to be followed.
- Travel release forms must be completed and submitted to the school office before the beginning of the trip.
- Students may not use cell phones except by special permission.
- Appropriate clothing must be worn:
  - Athletes may wear either regular school dress or approved OCS sweatpants/shorts.

OCS Bus Rules:

- Everyone must sit in the seats facing forward.
- No one should throw objects into or out of the bus.
- No one should disturb another person's belongings.
- If a person requests to sit in a seat and there is room, they should be allowed to sit courteously.
- Guys and girls are not to sit together on the bus.
- Vulgar or improper language will not be allowed.
- No one should argue or talk back to the driver.
- No MP3s, iPods, earbuds, headphones, or tablets are to be brought onto the bus.
- Hands, heads, or other items are not to be outside of the bus.
- Do not lean over the backs of the seats or sit on the seat backs.
- Cell phones will remain with the driver/coach until the return trip at which time the students will be allowed to contact parents when approaching the destination.

## Athletic Awards

Athletic awards may be given annually to students in grades 9th-12th in athletics. The recipients must have participated in our athletic program during the current year.

- Outstanding Senior Athlete awards will be given to one male and one female full-time senior student selected by the coaches and the school principal. No student who has been academically ineligible or suspended for any reason during their full-time 4 years of high school may be given this award. Additionally, no student with a GPA of less than 2.0 may receive this award.
- Scholar-Athlete awards are given to all athletes (full-time, 9th-12th) who demonstrate academic excellence while competing in at least two sports and maintaining a 3.5 GPA (or better) for that year.
- Trophies: Up to three trophies and two certificates per year may be given at the discretion of the coach in each sport. Any further awards seen as necessary by the coach must be given in private team meetings and funded by the coaching staff. Trophies will be given to 9<sup>th</sup>-12<sup>th</sup> grade only.
- Lettering: The purpose of the athletic-lettering system at OCS is to provide recognition and rewards for athletes (9<sup>th</sup>-12<sup>th</sup> grade) who participate in our athletic program.

Guidelines for determining letter eligibility for varsity boys' and girls' sports are as follows:

- An athlete will be awarded only one school monogram in grades 9th-12th regardless of the number of times they letter in a sport or number of sports in which they participate. If an athlete is ineligible for any part of the season, no awards may be given.
- A certificate of participation will be awarded to each individual who completes the season but who does not earn a letter.

## Summary

It is the belief of the OCS coaching staff that the members of the Sabre athletic teams have a great responsibility. Athletes are always "in front of the crowd." Even though all are not leaders, we feel that all can lead in their Christian walk. It is our desire that our athletes realize this great responsibility and live consistent Godly lives. It is imperative that you do this when you are with the team and when you are not. Our coaches have dedicated their lives to Christ and the ministry of Christian school athletics. Their role is to train you in the skills that it takes in your sport to compete at the highest level possible. Most importantly, they want to inspire you in your walk with the Lord.

## Agreement

My child and I have read and agree to abide by the guidelines as stated in the Sabres Athletic Handbook.

Parent/Guardian's Signature (Required): \_\_\_\_\_

Athlete's Signature (Required): \_\_\_\_\_

Return this page only to the school office with other required athletic forms. Keep the handbook to reference as needed.