WESTMINSTER CHRISTIAN SCHOOL
ATHLETIC HANDBOOK
2020-2021
Welcome

Dear Parents, Athletes, and Coaches,

I am honored to serve you as the director of athletic operations. My goal in providing this handbook is to clarify the philosophy of Westminster’s athletic program, to explain its objectives at each level of play, and to outline the expectations for parents, players, and coaches. I would be delighted to answer any questions you may have about our policies and procedures, and you may reach me at aarmstrong@westminsterchristian.org or 847-659-0310, ext. 230 between the hours of 7:30 a.m. and 3:30 p.m. each school day.

Sincerely Yours,

Adriana Armstrong
Director of Athletic Operations
Philosophy

The primary purpose of Westminster Athletics is to bring glory to God. We do this by pursuing excellence with humility, taking the posture of a servant (putting others first), and displaying the Fruit of the Spirit (love, joy, peace, patience, kindness, gentleness, goodness, and self-control) in practices and competitions.

As a part of the broader Westminster Christian School community, the athletics program seeks to fulfill the school’s vision of being loving, transformational, and excellent driven.

Westminster Athletics is Loving

“Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind; and love your neighbor as yourself” Luke 10:27, ESV.

Within practices, teams will strive to honor God by functioning as the Body of Christ, bearing the fruit of the Spirit, building one another up, offering encouragement, and receiving constructive criticism well. Through athletics, we seek ways to love God, our teammates, and our competitors. In a safe and meaningful community, we seek to love each other well. Through mentorship and intentionality, we seek to build loving, Christ-focused relationships between coaches and students.

Westminster Athletics is Transformational

“Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect” Romans 12:2, ESV.

“Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come” 2 Corinthians 5:17, ESV.

Through intentional discipleship in extracurricular activities, we seek to transform students into becoming more Christ-like.

Westminster Athletics is Excellent

“Whatever you do, work heartily, as for the Lord and not for men” Colossians 3:23, ESV.

We seek to be excellent in character, conduct, and competition. When we compete, we reflect God’s image as the Creator. We strive for excellence because God is worthy of our best. This stems from rigorous practices, thorough instruction, and high expectations.
Expectations

Expectations of Parents

● Guide your son or daughter as s/he considers joining a team sport, helping to make a wise decision after carefully considering the commitment involved.
● Drive son or daughter to away games and help with carpooling.
● Support the team by volunteering for team needs such as ticket sales, scoreboard operation, score keeper and other needs as directed by the coach.
● Represent Christ and the school well when interacting with others at practices and games. Be a great and encouraging fan of your student’s team, and do not focus on putting down the other team, referees, coaches, or other members of the team.
● Promptly seek to resolve any concerns following the “Matthew 18 principle” and the school’s conflict resolution policy. Please refer to the school’s parent-student handbook for more details.
● Consider joining the Westminster Booster Club.

Expectations of Athletes

● Always try your best and strive for continuous improvement.
● Respect your coach(es), teammates, competitors and officials.
● As part of a team, you matter! You are expected to attend all practices and games and to complete the season well. Here are a few more specifics:
  o You must be in attendance at school by 10:45 a.m. in order to participate in an athletic practice or game. If you have a pre-arranged appointment (like a doctor or dentist visit), you or your parent must submit a signed medical note to the front desk. Extenuating circumstances need to be approved by a school administrator.
  o In the unfortunate event that you get injured and are unable to play, a medical release must be submitted to the athletic office prior to participation in the next practice or game.
  o Some circumstances which cause an absence from a game or practice are considered excused. You will not suffer a consequence as long as you (or your parents) contact the coach as soon as you know you’ll need to miss it. Excused absences include the following: sickness, a death in the family, pre-arranged college visits, and church or school-sponsored mission trips.
  o Other absences are considered unexcused and will have an athletic consequence implemented by the coach or director of athletic operations.
  o Please consult with your coach as soon as you know you will be absent to determine if your absence is excused or unexcused.
● Keep your priorities straight. Athletics is important, but other things are even more important. We believe that your relationship with God and with your family are of first importance. After honoring these commitments, your role as a student is your primary calling, and your academic success takes priority over
athletics. If you have a conflict of priorities requiring you to miss a game or practice, please let your coach know as soon as possible. Understand that there may still be an athletic consequence if the absence is considered “unexcused” as described above.

- You must have a passing grade (60% or higher) in at least five classes in order to meet academic eligibility requirements. If you become ineligible, the Athletics Department will let you know, and you should speak with your teacher(s) immediately about improving your grade(s).
- If you are issued a school-owned uniform, we ask you to take good care of it and to turn it into your coach within two weeks after the season ends. Uniforms that are missing or damaged will be charged to your student account.

**Expectations of Coaches**

- Coaches will be committed Christians, have a personal growing relationship with Christ, and be committed to attending a local church
- Coaches will be knowledgeable and well trained in the sport in which they coach
- Coaches will teach, develop and encourage athletes in skills related to their sport
- Coaches will communicate regularly with parents regarding expectations, games, practices and team needs
- Coaches will work with the Director of Athletic Personnel to develop themselves, their team and for feedback in areas of strength and areas of improvement.

**Program Descriptions and Objectives**

**A Note About Homeschool Partners**

Students who are homeschooled are welcome to participate on any Westminster teams as space allows. Team rosters will be filled with full-time Westminster athletes first, and as space allows homeschoolers will be added in the order of their registration. On a team where try-outs are necessary, all students will be given the opportunity for a position regardless of whether they are homeschooled or a full-time Westminster student. Homeschoolers must have their fees paid and their paperwork completed before participating in a sport.

**Grades 5-6**

While the teams at this level are primarily made up of students in grades 5-6, if teams cannot be filled with students in these grades, students in grade 4 may be allowed to try out for an open position. The focus of teams at this level is on individual and team skills, game concepts, and strategy development. Athletes will be encouraged to improve on the fundamentals and put them into practice in
game situations. Players in grades 5-6 will be given equal playing times in situations that will impact a game’s outcome throughout the season.

**Grades 7-8**

Individual and team skills continue to be a major focus at this level. A greater emphasis is beginning to be placed on building a competitive team so that athletes are prepared for high school teams. Athletes will learn how to be more competitive, they will learn strategies that benefit the team as well as greater development in individual abilities. Playing time becomes earned based on mastering what is learned in practice, and while all athletes will be given the opportunity to play in important game situations, the amount of playing time will not be equal.

**High School Junior Varsity**

High school junior varsity (JV) teams are generally made up of lower classmen. Athletes at the JV level are expected to be in good physical condition, have respectable skills related to the sport, and a solid understanding of the individual and team concepts of the game. Playing time at this level is earned through demonstrating improvement during practice during the season, and playing time will be adjusted if the player does not demonstrate the necessary skills needed for the game.

**High School Varsity**

While varsity teams are generally made up of upperclassmen, sometimes a younger athlete can contribute to a more highly competitive team and may be included on the varsity roster at the sole discretion of the varsity coach. Since a key goal of a varsity team is to develop the most competitive interscholastic team possible, athletes are expected to have excellent skills related to the sport, a high level of understanding of the game, and should be in superior physical condition to meet the challenges of varsity-level competition. The varsity roster will be determined by the head coach. Those athletes who do not make the varsity roster have the opportunity to play at the JV level with the exception of seniors. Seniors may not play on a JV team. Playing time decisions at the varsity level are left up to the head coach.

**Disciplinary Procedures All Levels**

*Unexcused Absence from a Scheduled Practice or Game*

- First offense: Loss of starting privilege or loss of playing time for one game
- Second offense: Suspension from one contest
- Third offense: Suspension from the team for the remainder of the season

Coaches have the prerogative to establish additional rules or consequences.
Classroom Discipline or Detention

- First offense: Suspension from one contest
- Second offense: Suspension from two contests
- Third offense: Suspension for the remainder of the season

A student placed on disciplinary probation by the school will be ineligible for participation in any practice or game for a period of time that corresponds with the probationary period.

If an athlete displays inappropriate behavior (theft, felonies, drug use, alcohol use, immoral sexual conduct, profanity, ejection from a game, etc.) or behavior that violates the Westminster Christian School Parent-Student Handbook during practice or a game, the administration has the right to discipline the athlete on a case-by-case basis depending upon the nature of the infraction and other circumstances.

Hazing

The term hazing refers to any activity expected of someone joining a student organization that humiliates, degrades, risks emotional and/or physical harm, or requires the student to perform a task that violates state and/or federal law regardless of the person’s willingness to participate. Hazing is not tolerated at Westminster Christian School, and any team or persons caught in hazing practices and activities will be disciplined in accordance with the Parent-Student Handbook.
2020-2021 IHSA Athletic Calendar

Full game schedules can be found at il.8to18.com/Westminster
Game locations and times are subject to change
Dates include IHSA State Series

FALL

<table>
<thead>
<tr>
<th>Sport</th>
<th>IDPH Risk</th>
<th>2020</th>
<th>Start Date</th>
<th>End Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boys Golf</td>
<td>Lower</td>
<td>Fall</td>
<td>Aug. 10</td>
<td>Oct. 24</td>
</tr>
<tr>
<td>Boys/Girls Cross Country</td>
<td>Lower</td>
<td>Fall</td>
<td>Aug. 10</td>
<td>Oct. 24</td>
</tr>
</tbody>
</table>

WINTER

<table>
<thead>
<tr>
<th>Sport</th>
<th>IDPH Risk</th>
<th>2020-21 Season</th>
<th>Start Date</th>
<th>End Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boys/Girls Basketball</td>
<td>Medium</td>
<td>Winter</td>
<td>Nov. 16</td>
<td>Feb. 13</td>
</tr>
<tr>
<td>Boys/Girls Bowling</td>
<td>Lower</td>
<td>Winter</td>
<td>Nov. 16</td>
<td>Feb. 13</td>
</tr>
</tbody>
</table>

SPRING

<table>
<thead>
<tr>
<th>Sport</th>
<th>IDPH Risk</th>
<th>2021 Season</th>
<th>Start Date</th>
<th>End Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boys Soccer</td>
<td>Medium</td>
<td>Spring</td>
<td>Feb. 15</td>
<td>May 1</td>
</tr>
<tr>
<td>Girls Volleyball</td>
<td>Medium</td>
<td>Spring</td>
<td>Feb. 15</td>
<td>May 1</td>
</tr>
</tbody>
</table>

SUMMER

<table>
<thead>
<tr>
<th>Sport</th>
<th>IDPH Risk</th>
<th>2021 Season</th>
<th>Start Date</th>
<th>End Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baseball</td>
<td>Lower</td>
<td>Summer</td>
<td>May 3</td>
<td>June 26</td>
</tr>
<tr>
<td>Softball</td>
<td>Lower</td>
<td>Summer</td>
<td>May 3</td>
<td>June 26</td>
</tr>
<tr>
<td>Boys/Girls Track &amp; Field</td>
<td>Lower</td>
<td>Summer</td>
<td>May 3</td>
<td>June 26</td>
</tr>
<tr>
<td>Girls Soccer</td>
<td>Medium</td>
<td>Summer</td>
<td>May 3</td>
<td>June 26</td>
</tr>
</tbody>
</table>

For 2020-2021, sports for those students in grades 5-8 will follow the IHSA schedule with the exception of fall sports. Fall sports for 2020-2021 have been suspended due to Covid-19.