

# East Richland Christian School

## Athletics Program Student Checklist

School Year \_\_\_\_\_

\_\_\_\_\_  
Student Name

\_\_\_\_\_  
Grade

**Please complete and return the following forms to the Athletic Director:**

\_\_\_\_\_ Athletic Permission Form, Signed (good for one academic year)

\_\_\_\_\_ Transportation Form, Signed (good for one academic year)

\_\_\_\_\_ Team Rules, Signed "No Quit Policy" (one for each sport)

\_\_\_\_\_ Parents code of Ethics and Contract, Signed (one for each sport)

\_\_\_\_\_ Concussion Form, Signed (one for each sport)

\_\_\_\_\_ Cardiac Arrest Form, Signed (one for each sport)

\_\_\_\_\_ Current Physical Form, Completed and Signed (good for one academic year)

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**Please read and keep the following forms for your information:**

\_\_\_\_\_ Athletic Program

\_\_\_\_\_ Athletic Constitution

\_\_\_\_\_ Lettering Program (applies only to students in grades 9-12)

\_\_\_\_\_ Concussion Information Sheet

\_\_\_\_\_ Cardiac Arrest Information Sheet

\_\_\_\_\_ **I have read and understand the ERCS Athletic Program and agree to abide by all the rules and regulations.**

\_\_\_\_\_  
Student's Signature

\_\_\_\_\_  
Date

**Fees:** \$50.00 per student for each sport, with the exception of 5th grade soccer \$35.00 fee.

**ERCS Family Rates:** 1st student is \$50, 2nd student is \$40, 3rd and additional students are \$30.

Please turn in payment with this form, or sign below to have your FACTS account billed.

\_\_\_\_\_ Charge my FACTS account **Parent Signature** \_\_\_\_\_

OFFICE USE ONLY: Amount Paid: \_\_\_\_\_ Check # or Cash: \_\_\_\_\_ Date Paid: \_\_\_\_\_

# EAST RICHLAND CHRISTIAN SCHOOLS ATHLETIC PERMISSION FORM

School Year \_\_\_\_\_

PARENT PERMISSION (Only one (1) form per school year is required.)

Student Name \_\_\_\_\_

Grade \_\_\_\_\_

Date of Birth \_\_\_\_\_

I know that East Richland Christian Schools will in no way assume the responsibility for any injuries sustained to any player, cheerleader, manager, statistician, etc. traveling to, from or participating in the scheduled games and practices. I also understand that each sport/activity has its own inherent dangers and potential injury:

1. I hereby give consent to the above-named student to participate in the following sports (mark out any sport(s) where such a consent does not apply): **SPORTS:** Basketball, Soccer, Football, Volleyball, Track, Swimming, Cross Country, Bowling, Golf, Baseball, Cheerleading, etc.
2. I agree to **ALLOW MY STUDENT TO TRAVEL** with the school athletic teams at my own risk. Further, neither the school, drivers or faculty/staff/coach will be liable to any suit whatsoever resulting from any or in any of the practices, games or travel.
3. I realize that the primary **INSURANCE COVERAGE**, if any injury should occur, would be my responsibility.
4. I am also aware that **PHYSICAL EXAMINATIONS** are the parents' responsibility to schedule in order to clear the student for athletic participation. A physical examination form must be filled out/signed by the doctor and given to the school.

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

**Complete In case of emergency:**

Father's Cell phone # \_\_\_\_\_ Mother's Cell phone # \_\_\_\_\_

Father's Work # \_\_\_\_\_ Mother's Work # \_\_\_\_\_

Home Phone # \_\_\_\_\_ Other Relative's # \_\_\_\_\_

# ERCS ATHLETICS TRANSPORTATION

School Year \_\_\_\_\_

My child, \_\_\_\_\_, has permission to be transported by a East Richland Christian Schools parents' vehicle to and from practices and away games. Practices are often held at the following locations: EREFC IFLC or Friends Center, Belco Track and Field, St. Clairsville School, and Union Local School, but could include other locations. Locations of away games will vary from year to year and by event. Students are not permitted to drive to any away games.

I, the parent/guardian of the above student agree that I will not hold East Richland Christian Schools, East Richland Friends Church, School of Hope-Belco Crafts, St. Clairsville School, Union Local School, any away game entity, ERCS employees, parents, or coaches liable for any possibility of physical injury with the transportation of my child.

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

# ERCS ATHLETICS TEAM RULES

School Year \_\_\_\_\_

1. ERCS has established a NO QUIT POLICY! Returning athletes to that specific sport has no trial period and must sign the No Quit Policy prior to starting practice. Athletes new to the sport must sign the No Quit Policy after the trial period for each specific sport.
2. All coaches, officials, spectators, teammates, and opposing players are to be treated with respect and courtesy. Remember that you are representing God, your school and your community.
3. Players are expected to attend every practice and game unless they are absent from school due to illness/injury. Missed practice(s) will have a direct effect on playing time.
4. School detentions that result in you arriving late or missing a practice will be considered an unexcused absence or tardy. This will have a direct effect on playing time.
5. Maintaining high scholastic standards is a must. Playing basketball, soccer, volleyball, football, cheering, and running track is a privilege that will be revoked, if good grades are not maintained.

Student's signature \_\_\_\_\_ Date \_\_\_\_\_

Parent's signature \_\_\_\_\_ Date \_\_\_\_\_

# ERCS ATHLETICS PROGRAM

## PARENTS CODE OF ETHICS AND CONDUCT

School Year \_\_\_\_\_

I hereby pledge to provide positive support, care, encouragement and prayer for my child and all other participants in the East Richland Christian School's Athletic program, by following this Code of Ethics.

1. I will place the emotional, physical, and spiritual well being of our children ahead of any personal desire to win.
2. I will remember that the games and practices that my child participates in are for him/her and not for me.
3. I will provide support for all coaches, staff, and all other officials working with my child to provide a positive and enjoyable experience for all.
4. I will encourage good Christmanship/sportsmanship by demonstrating positive support both by work and by actions for all players, coaches, officials, and other opposing teams and their fans.
5. I will ask my child to treat other players, coaches, fans and officials with respect regardless of their race, sex, creed or ability.
6. I will promise to help my child enjoy this sporting experience within my personal constraints by assisting with being a respectful fan, providing transportation, or by whatever else I am capable of doing.
7. I will do my very best to make this sports experience fun and not place added pressure upon my child to perform at any level just to meet my expectations.
8. I will assist the school in helping to provide a safe and healthy environment that will include a drug, alcohol and tobacco free sports environment.
9. I will make arrangements with my child to be picked up on time from practices and games, prior to the day of the scheduled activity. (Our ERCS coaches have volunteered their time to make our athletic program strong. Please remember they have families to go home to and other commitments after practices and games).
10. I will promise to regularly pray for my child, all the players, all the coaches and staff of East Richland Christian School's Athletic program.

I am assuming that my child's coach is trained in the specific responsibilities of being a youth coach and that he/she will be an appropriate spiritual mentor. Thus, I hereby pledge to provide positive support, care, prayer, and encouragement for my child and his/her coach this school year.

\_\_\_\_\_  
Father's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Mother's Signature

\_\_\_\_\_  
Date

# ERCS ATHLETIC PROGRAM

## PURPOSE AND PHILOSOPHY

The purpose of ERCS's athletic program is to provide competition and fellowship for our ERCS students. The competition is to be governed by the philosophy of Christian athletics as described below.

- The main goal of ERCS's athletic program is to "develop the spiritual part of the athlete so that the Holy Spirit is in control and directing his/her mind and body." (Winning games may be the result, but this will not be ERCS's main goal.)
- Competition and participation in athletic events contribute to the physical and spiritual development of the Christian athlete. Our major purpose is to cause our athletes to act and think like Jesus Christ, in other words, to build Christ-like characteristics. ERCS wants our athletes to possess positive Christ-like character qualities and to express them openly through the medium of athletics.
- In the heat of competition – players, coaches and parents must conduct themselves as Christians in their relationship with the game officials and opposing team players. God's word says "If we live in the Spirit, let us also walk in the Spirit." Galatians 5:25
- ERCS coaches, players and parents must remember that Jesus Christ is in the audience at every contest.

## RESPONSIBILITIES

### ERCS student/player:

1. Student athletes are required to be at all practices and games unless an approved excuse is given to the coach or athletic director.
  - a. Approved excuse – student or parent must inform coach or athletic director 1 day prior to practice or game. (Exemption for illness and family emergencies, at coaches' discretion)
  - b. School absence – student may not attend practice or game of specific sport.
  - c. If student has an unexcused absence from the last practice before scheduled contest he/she may not participate in competitive contest.
2. Student athletes must be prompt in arriving at practices and games.
3. Student athletes must maintain at least a 2.0 grade point average. (This will be checked every two weeks by Athletic Director during the season.)
4. Student athletes must treat opponents with respect.
5. Student athletes respect judgment and cooperate with contest officials.
6. Student athletes (must live up to the high standard of sportsmanship established by the coaches.
  - a. Unsportsmanship conduct makes everyone a loser regardless of the number posted on the scoreboard.
7. Student athletes are required to get a yearly physical examination.
8. Use of alcoholic beverages and tobacco are grounds for dismissal from the squad.

### ERCS Coaches:

1. ERCS coaches are stewards. They have been divinely placed in this ministry to meet the ministry to meet the spiritual and physical needs of ERCS students.
2. ERCS coaches major purpose is to cause ERCS athletes to act and think like Jesus Christ. (TO BUILD CHRIST-LIKE CHARACTERISTICS.)
3. ERCS coaches are to pray and have brief devotions with athletes.
4. ERCS coaches must always set a good example for athletes and fans to follow,

exemplifying the highest moral and ethical behavior.

- a. Respecting the judgment of contest officials, abide by rules and display no Behavior that could incite fans.
  - b. Treat the opposing coaches, athletes and fans with respect.
5. Instruct athletes in proper sportsmanship responsibilities.
  6. Develop and enforce penalties for athletes who do not abide by sportsmanship standards and Christ-like behavior.
  7. Luke 6:40 – “A student is not above his teacher, but everyone who is fully trained will be like his teacher.” Or we might say “when an athlete has been fully trained, he/she will become like his coach!” \*A coach has a profound impact on a player!

#### ERCS Parents:

1. Code of ethics and contract – please read with your child and return signed.
2. The Matthew 18 principle should always be upheld.

#### **UNIFORMS AND APPEARANCE**

1. Uniforms will be ordered before each team sport begins.
2. Uniforms should only be worn for pep rallies and games.
3. Uniforms are expected to be clean and in good condition for games.
4. Practice/game shoes are to be clean and should not be worn for general use.
5. All athletes are expected to maintain good health habits (personal hygiene, etc.)
6. No jewelry is to be worn at practices or games.
7. All students must abide by the ERCS dress code (Non-ERCS students for out of school appearance).

#### **GENERAL INFORMATION**

1. Your child will receive an Athletic Newsletter (when necessary) explaining:
  - a. Practices: dates, times, locations (if changed)
  - b. Games for the week
  - c. Study halls may be provided for away games only.
  - d. Games scores/Season Record
  - e. Directions to away games
2. ERCS legally cannot leave student athletes unattended after practices and games so please be punctual in picking up your child on time.

#### **CONCLUSION**

ERCS athletes will learn to be under authority as well as in authority. They will be aware of their individual responsibilities to each other and to the Lord. We are all one body; when one hurts, we all hurt and when one rejoices, we all rejoice. Athletes will learn what it means to make a commitment to the Lord and to their team.

# EAST RICHLAND CHRISTIAN HIGH SCHOOL

## ATHLETIC CONSTITUTION

### PHILOSOPHY:

Our philosophy is to help our players to develop Christ-like character qualities. God can operate through the athletic program to produce desired character qualities such as: intensity, leadership, loyalty, determination, dependability and humility. They will learn to be under authority as well as in authority. They will be aware of their individual responsibility to each other and to the Lord. Each player will learn what it means to make a commitment to the Lord Jesus and to the team.

*"For my thoughts are not your thoughts, neither are your ways my ways," declares the Lord. Isaiah 55:8*

### PURPOSE:

- Athletics help the athlete to develop positive Christ-like character qualities, and eliminate negative character qualities (microcosm of life).
- Athletics can be used to glorify God, to build character, to be conformed to His image and to reach the unsaved for Christ.
- Athletics teach the important principle of functioning as a member of a team.
- Athletics provide an excellent opportunity to learn self-discipline.
- Athletics provide the activity needed to produce a healthy "temple of God."

*"For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come." 1Timothy 4:8*

### RESPONSIBILITIES:

*"And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him." Col. 3:17*

The Christian Athlete strives:

- To honor Jesus Christ in all he/she does.
- To play with great intensity.
- To play to please God and not the fans.
- To *his potential* instead of concentrating on his opponent.
- To conduct himself as a representative of Christ.
- To demonstrate Jesus' character qualities in all aspects of the sport.
- To leave the results of the contest in God's hand and thank Him for the results!

Player is to be present at all practices and games.

Player is to arrive an hour before game time.

Player must maintain a 2.0 grade point average overall. Player must not be failing any subject.

Player must have a current physical examination.

Player is to help with any fund-raising that might be needed to pay for athletic needs.

Player must follow all E.R.C.S. rules and regulations.

Playing time will be based on the following:

- Being on time and attending practices and games.
- Practice performance.
- Team spirit and cooperation.
- Grade point average, performance and cooperation in class (E.R.C.S. students).  
This information will be reported to the coach only by the administrator.
- The showing of respect of E. R. C. S. on and off the court.



- No player will be allowed to play a game or practice on a regular day they missed. The player must be at least half day the day of a game or practice to be allowed to participate. If a Saturday game they must be present on Friday half day.

Except for emergencies, all practices or games missed must be approved by the coach in advance. All absences must be able to be verified.

### **GENERAL CONDUCT:**

*"Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things."* Phillipians 4:8

- The general rules of conduct set forth in the E. R. C. S. Student Handbook must be adhered to at all times.
- Display good sportsmanship at all times.
- Players will show respect to their coach by not talking while the coach is talking.
- Alcoholic beverages and tobacco are grounds for dismissal from the squad.
- There will be no anger displayed at referees, coaches or students.

### **UNIFORMS:**

- Uniforms must be washed before each game.
- Uniforms purchased by the school or purchased with any amount of fund-raising money will remain the property of E. R. C. S., then at the end of the season returned to the athletic director. If a uniform is damaged and a replacement is needed the player is responsible for the cost of the replacement. If uniforms are damaged and are in need of repair, the player is responsible to have those repairs made.

### **DISCIPLINE:**

All decisions concerning discipline, injuries, playing time and all other issues having to do with the team are reserved for the coach, under the advisement of the athletic director and the school administrator. The following are grounds for possible suspension or dismissal from the team:

- No violence at any time during a practice, game or other team function will be tolerated. Immediate dismissal or a suspension will be considered.
- Un-excused absence from practice or game.
- Bad language on court during a game.
- Un-sportsman-like conduct in a game.
- Improper activities outside the school or any action that shows disrespect to E. R. C. S.
- Arguing with officials or coaches.
- Below a 2.0 grade point average or a discipline problem in school.

### **SUSPENSION PROCEDURE:**

Each student under suspension must attend all practices and games. The player will not dress for the game, but must sit on the bench to show support for the team.

### **INJURY PROCEDURE:**

Any player who suffers serious injury must have a doctor's release to return to active practice or play in a game, but must sit on the bench to show support for the team.

### **ON-TIME PRACTICE PROCEDURE:**

Players must arrive one hour before any scheduled game and arrive on time for practices. For road games all players must be at the assigned place on time. This is a courtesy to teammates and families.

**There will be no student drivers to away games.**

# EAST RICHLAND CHRISTIAN HIGH SCHOOL

## ATHLETIC LETTERING PROGRAM

### **PURPOSE:**

To reward students in grades 9-12 who are participating in athletics.

### **PROCEDURE:**

Our high school students participating in basketball, soccer, track, volleyball and cheering may earn an athletic letter if they meet lettering criteria. The lettering procedure is as follows:

- For the first letter earned the student will be given a Chenille letter, certificate and a pin for the appropriate sport (only one chenille letter will be given to each student throughout high school).
- A student may letter in more than one sport. A pin would be given for each additional letter earned.
- If the student letters in the same sport the next year then the school adds a bar to their pin. Every year the student letters in a particular sport another bar will be added.
- If the student wants a school jacket, the student is responsible for buying their own jacket.

### **JACKET DESCRIPTION:**

Main Color: Red  
Sleeves: White, Gold, Black  
Lettering: White with gold trim

### **LETTERING CRITERIA:**

- In basketball, students are required to play in 50% of all games.
- In volleyball, students are required to play in 50% of all games.
- In soccer, students are required to play in 50% of all games.
- Track will go on a point system.
- Cheerleaders are required to cheer in 50% of games.
- Students are required to attend 75% of all practices.
- Students must maintain a 2.0 grade point average during the athletic season and not be failing a class.
- Students must maintain a good attitude at practices and games.
- Student must show complete respect to all coaches and ERCS staff.