



Student Athlete Handbook



Kingsway Athletics

“I believe God made me for a purpose, but he also made me fast. And when I run I feel His pleasure.” - Eric Liddell

“Sports do not build Character. They reveal it” – John Wooden

What it Means to Be a Charger

1. Why are athletics valuable to Christians?
 - a. **To be disciplined** – it takes discipline, physically and mentally, to participate in sports. It requires the physical discipline of performing while exhausted and the mental discipline to do the right thing when times get tough. (**Proverbs 12:1** Whoever loves discipline loves knowledge, but he who hates correction is stupid.)
 - b. **To evangelize** – As a Christian athlete, you have a fantastic opportunity to show others the love of Christ. For some of the kids that you will compete against, you will be their only exposure to the Christian faith. Show that faith through playing fair, within the rules, with integrity, and discipline.
 - c. **To build perseverance** – Trials and obstacles build perseverance. When participating in sports, there are a lot of trials and obstacles. There are trials and obstacles during the game and during practice. Learning to deal with those temptations and trials and obstacles will help you deal with those pressures in other areas of life. (**James 1:2** Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, ³ because you know that the testing of your faith produces perseverance. ⁴ Let perseverance finish its work so that you may be mature and complete, not lacking anything.)
 - d. **To learn teamwork** – We are part of a bigger team known as the body of Christ. When you are part of a team, you are one small piece of that team. Like the human body needs hands to open doors and feed the body, it also needs the feet to walk around the room; the hands cannot do it all. The human body is like a team we need each other to win a game. One player cannot win or lose the game for the entire team. It takes an entire team effort to win. We win together, we lose together. (Ephesians 4:16 From him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work.)
2. Who are you representing as a Charger?
 - a. **You represent Christ.** Because you know Christ and what He expects out of you, your job is to show that love to others. This may be the only exposure to Christ that the other person may have.

- b. **You represent the name on the front of your jersey.** You are a representative of Kingsway Christian School. People will view the academics, and policies of Kingsway Christian School off of your behavior. You decide if they will view Kingsway as a positive school or a negative school.
 - c. **You represent your name.** Whether it is right or wrong, with your actions people will judge what type of a person you are, and who your parents are. Do you want to represent yourself and your family in a good way or in a bad way?
3. Whose team are you on?
- a. **When you are a Charger, you are a member of a team.** Your job as a teammate is to build up the fellow members, not tear them down. You should do your best to build up your team with words of encouragement.

“You just try to be nice to everybody and treat them all the same. Treat them how you would want to be treated.” – Tim Tebow

- b. **Not only are you a part of your team, but you are also part of a bigger team called Kingsway Christian School.** This means that you should attend and encourage other athletes from other teams.
 - c. **Teammates hold each other accountable.** When a teammate notices another doing something wrong they correct them IN LOVE.
4. What is expected of you?
- a. **Sportsmanship** - Let the coaches coach, the players play, and the officials officiate.
 - i. When you speak, speak words of encouragement, not words to tear others down. If someone on your team messes up, which we all do, encourage them, don't tear them down. (**Proverbs 16:24** Kind words are like honey--sweet to the soul and healthy for the body.)
 - ii. Be at practice and games on time
 - iii. Cheer for your team; do not cheer against the other team. We do not boo, yell during free throws, etc.
 - b. **Good behavior**

Like previously explained, you are a representative of our school, your family and God, we expect good behavior from our athletes in school as well as in practice and games.
 - c. **Eligibility** – Keep your grades up so you can play.
 - d. **Dress code** – We require proper dress code for athletes at practice. You must wear modest sportswear: athletic t shirts, jerseys, sweat shirts, numbered shirts, modest athletic shorts or sweatpants are acceptable. Tight shorts, short shorts, bare midriff shirts or anything that might promote an unacceptable message are not acceptable. Please do not cause others to stumble
 - e. **When you notice something wrong** – What do you do if you notice a teammate doing something wrong, like talking bad about another teammate, swearing, etc.?
 - i. Go to your coach. Your coach is there to help you, please notify them of any bad behavior by another teammate.

- ii. Go to the Athletic Director or Assistant Athletic Director – If you cannot see the coach, go talk to Mr. Laninga or Mrs. Badami
- iii. Go to another adult that you trust – The principal, your parent, guidance counselor are all people you can tell about bad behavior.

5. What discipline is involved?

- a. We hope that you do the right thing because YOU want to do the right thing. However, because we mess up and are human, we will make mistakes. Although the athletic department likes to exercise grace, there are times when athletes need to understand that their poor choice of behavior comes with consequences.
- b. **Un-sportsmanship like conduct.** Actions like fighting, extreme gossip, swearing/cussing or getting a technical/red card during a game will have consequences. For un-sportsmanship like conduct, the athletic department will put into place a minimum of a two game suspension plus a strike may be put on the student's school record if needed. Depending on the severity of the action, the department can also suspend the athlete from practices and additional games.
- c. More than one un-sportsmanship like conduct can result in a player's removal from the team.