

**EAGLE RIDGE
CHRISTIAN SCHOOL
ATHLETIC HANDBOOK**



EAGLE RIDGE ATHLETIC POLICIES

ATHLETICS MISSION

The purpose of athletics is to develop character in our students first. This is the main reason we play sports at Eagle Ridge. Winning games is a vital element to our success as a school as well. The more sports we win, the more draw we have for students outside our school body. Eagle Ridge Christian School takes pride in developing students with sports for their future as well as the present. The ultimate goal is to uphold integrity in everything that we do, while at the same time, offering a competitive and winning sports program.

STUDENT ATHLETE ELIGIBILITY

Each Eagle Ridge player must maintain a C average in each class with NO failing grades in order to participate in their respective sport. If a player does not maintain this average, he/she will not play until grades meet the C average guideline. Administration may approve the athlete to return to play if they are keeping up with all their work and making substantial academic progress. If a student/athlete's absences exceed the school guideline of 4 days per quarter without a physician's note, he/she will not be allowed to participate. Playing sports is a privilege, not a right.

ATHLETE REQUIREMENTS

Eagle Ridge athletes must submit a valid sports physical form completed by a licensed physician, fill out an insurance form (see below for more insurance information), and pay their applicable sports fee (covers whole year) BEFORE they can participate in any school sport or sport practice. All varsity players are required to travel with and stay with team and coaches during sports trips, tournaments, etc. This ensures a full team experience as well as protects the school as it is a school function. The sports fees for the year are \$75 and \$150 for junior varsity and varsity participation respectively. There is also a cover cost for State Tournament each season which covers travel costs. These fees vary year to year, usually averaging around \$100.00.

STUDENT ATHLETE CODE OF CONDUCT

1. Student/athletes are a representative of God, the school, and their team.
2. Student/athletes will honor and respect coaches, officials, players, and fans.
3. Student/athletes must attend practices and games, unless a valid reason is presented to the coach prior to the practice. Students missing practice may be required, by their coach, to complete a workout in place of the missed practice.
4. Student/athletes understand that participation at school is a privilege not a right.
5. Student/athletes will maintain both the coach's and the school's athletic standards to be in good standing.

ERCS ATHLETIC AWARDS

Student/athletes and parents can participate in end of the season/school year award ceremonies where we recognize and appreciate those involved in their respective sport/s.

COACHES CODE OF CONDUCT

1. Coaches must sign and adhere to an Honor Code Policy
2. Coaches will represent Eagle Ridge with character at all times.
3. Coaches will be responsible for equipment for their sport during the season.
4. Coaches are allowed to do fundraising at their own desire with A.D. approval.
5. Coaches must maintain order and godly character with their athletes.
6. Coaches must keep scores updated on Maxpreps, Semissourian, etc.
7. Coaches are allowed to have their own team rules with A.D. approval.
8. Coaches must make sure that student/athletes are maintaining grade requirements.
9. Coaches may choose assistant coaches with approval of administration.
10. Coaches may allow practice help with discretion of A.D. approval.

COMMUNICATION

You can contact Andrew Mellies, Athletic Director amellies@eagleridgechristian.org or call 573.339.1811 Ext. 22. Parents and athletes can view updated schedules and scores on www.eagleridgechristian.org or Maxpreps.com. Driving directions for games can be picked up at the School Office or found on the school website. If any parents need to meet with coaches, it is at the discretion of the coaching staff to choose their communication routes. However, the Administrator, Principal, or Athletic Director reserves the right to address any needed communication issues as they arise.

JUNIOR EAGLES

We do offer a program for K5-6th grade for volleyball, basketball, and cheerleading during the school year at home games. We ask parents to be volunteers for this program with approval of administration. This is a great way for our younger students and parents to participate in our athletics and school.

INSURANCE

Eagle Ridge offers a program through K&K insurance to have supplemental insurance for student/athletes and incidents. We require all parents to sign an insurance form as well as provide proof of insurance, or they must sign up for K&K. This is for the safety and protection of the school, coaches, and students.

UNIFORMS

Uniforms will be provided for all sports; however, student are responsible for purchasing their own shoes and socks for the sport played. At times fundraising may be done to help cover the

cost of shoes or new uniforms when needed, and all athletes are expected to participate in order to receive the benefits of the fundraiser.

Uniforms will be laundered at the school and must be placed in the appropriate container in the locker room at the end of the game or returning from an away game. Athletes who fail to return their uniforms as required, may be forced to sit out the next game.

All athletic uniforms must be returned at the end of the season. Students damaging uniforms or failing to return uniforms will be charged the cost of a replacement uniform. This amount will be billed to the student account and a receipt explaining cost breakdown will be sent to the parents.

CAMPS AND CLINICS

Athletes cannot expect to improve their skill to the level needed for successful play by merely attending the regular practices. To improve one's skill level, athletes must dedicate themselves to work above and beyond team practices

Attending a camp or clinic is one good way of improving one's level of skill. Although camps and clinics are not required for participation in ERCS athletic program, they are encouraged. Meeting, participating, and playing with other athletes and being instructed by other coaches can help students hone and perfect their skills.

Working and practicing independently at home and on the weekends will also help improve one's skill level. Open gyms provided by ERCS can also be utilized to enhance one's skills. If an athlete wants to improve, they will put in the effort to do so. Be that athlete.

VOLUNTEERS

Each parent is required to volunteer for at least two home game nights for their students' respective sport(s). We cannot staff or run any home event without volunteers. For questions or to sign up to help, please talk with the school office.

ADMISSION FEES

Parents volunteering for the night, student/athletes, and coaches do not have to pay admission:

- Adult Ticket Price - \$3.00
- Student Ticket Price - \$2.00
- Max. Family Amount - \$10.00
- Preschool Ticket Price – FREE
- Military and Veterans - FREE

UPDATED HEALTH POLICIES

We will follow state and school regulations as we continue to have athletics with the updated COVID-19 issues in our country. School reopening policies will be used to maintain and regulate issues that may occur during our sporting events.

We will take precautions at all sporting events and follow county and state guidelines including: required mask wearing where necessary (or social distancing), hand sanitizer stations, and encouraged common sense practices. Parents are asked to monitor their child(ren) on a daily basis as well as coaching staff will do the same as a secondary.

If there is a confirmed case of COVID-19 that student/athlete will be required to take a leave from the team until they are 10 days free from symptom or negative testing. Cleaning procedures would then take place for other team members and coaches.

For more detailed information on the school policy, please call the school office for those procedures. You can also visit this link from MSHSAA on guidelines that we will use if there happens to be a confirmed case and/or incident.

<https://www.mshsaa.org/resources/PDF/2020-2021%20MSHSAA%20Guidelines-Recommendations%20for%20Opening%20Sports%20and%20Activities.pdf>