



# CALVARY CHAPEL CHRISTIAN SCHOOL

## ATHLETIC HANDBOOK

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## Welcome To Calvary Chapel Christian School Athletics

Calvary Chapel Christian School of Downey (CCCS) is glad you are interested in using your God-given talent to glorify Him in and through this department. We believe God uses everything in our lives for His purpose, including athletics, and that we are commanded to “do everything as unto the Lord” (Col 3:23). This handbook will provide you with foundational information regarding the department and how you can be further involved.

**Note:** *This Athletic Handbook is an extension/supplement supporting all policies and procedures covered in the respective Parent/Student Handbook.*

### Philosophy of Athletics

**The Bible commands Christians to be set apart from the world and at CCCS we believe this includes athletes (Rom. 12:1-2 and 2 Cor. 6:17-18). It is essential that Jesus Christ be the focus and center of each athlete’s mind, heart, and attitude, both on and off the athletic field (Rom. 8:29, 2 Cor. 4: 16-18, and Phil.2:5). Everything is to be done as unto the Lord and not men (Col. 3:23). Therefore, CCCS defines true success by an athlete giving their absolute best in their effort in training, competition, sportsmanship, and love for Christ (Rom. 8:28-29).**

Through the Holy Spirit’s help, each athlete can become like Christ, living, and competing for an audience of one. Because of Christ’s loving sacrifice, it is only reasonable that one give all they have to Him in return (Phil. 2:8 and Rom. 12:1-2). Athletes are to study Scripture and rely on the Holy Spirit for guidance concerning the way they live and play. Above all, CCCS Athletics seeks to develop and instill eternal values within each athlete. Thus, each team and athlete’s perspective must focus on the eternal (2 Cor. 4:16-18)!

The following eight-character qualities are derived from Scripture and are expected to be displayed within each athlete’s life. This can be accomplished through study, practice, and prayer. Jesus states, “I am the vine, you are the branches. He who abides in Me, and I in him, bears much fruit; for without Me you can do nothing” (John 15:5). People are watching us carefully and consistently for a Christian testimony. **We need to be aware of our actions.** The Bible commands us to “Abstain from all *appearance* of evil” (1 Thess. 5:22). All athletes are expected to abide by the standards outlined in the *CIF Code of Ethics which is agreed to and signed by each parent and high school athlete prior to entering the CCCS Athletic Program.*

## CHARACTER GUIDELINES

- **Obedience:** Model Jesus' example of obedience to His Father's will. Athletes must be obedient both to the Lord and to those put in authority over them, including coaches, referees, teachers, and staff. (Romans 13:1)
- **Diligence:** Use all your strengths and abilities to complete each task swiftly, with careful steady effort. (Col. 3:23 & 24)
- **Accountability and Responsibility:** Athletes are accountable to understand and fulfill all that is expected of them. (Eph. 6:5-8)
- **Determination:** Stand steadfast with boldness and perseverance to accomplish God's goals in His time, regardless of the opposition. (II Tim. 4:7)
- **Joyfulness:** "The joy of Lord is our strength" (Neh. 8:10). Athletes should allow their relationship with the Lord and His joy to sustain them on and off the field. (Ps.16:11)
- **Confidence:** As Christians, the athletes' confidence is not in themselves, but rather the finished work of Christ. (Prov. 3:26 & 14:26)
- **Intensity:** An athlete must display firm purpose and great seriousness. "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). Focus total attention upon the job at hand and put forth every effort to complete it in His strength. Grizzly athletes are trained to compete to win and bring glory to God (1 Cor. 9:24 – 27).
- **Commitment:** God does desire that we fulfill our commitment once we have made it. If an athlete does not fulfill that commitment, (leaves the team, at any point after completing the Athletic Clearance process and submitting a signed confirmation page) he/she will not be able to participate in any other sport programs for the following season. This means that once an athlete is on the roster and the first contest has passed, he/she must complete the season, or they will not be allowed to participate in another sport. (Ex. Quit a Fall Sport, No Winter Sports. Quit a Spring Sport, No Summer Sports) No athlete will be allowed to compete in two sports simultaneously. Administration will have the final decision on any exceptions.

It is our goal that each athlete develops positive Christ-like character qualities and expresses them through the means of athletics, a microcosm of life. As an athlete, there will be many situations that, if one is open to receiving from the Lord, can be used to teach Biblical principles. Coaches will guide the athlete in such character development. It is the goal of athletics to foster vital relationships among all involved and reflect a team concept, as communicated, and directed by the leadership of the Christian coach.

While success on the floor, mat, or field, etc. is important, winning is not the focus of our Athletics Program. The goal is that the participating student becomes a well-rounded individual, striving toward his/her God-given potential. Additional goals of the CCCS Athletics Program are as follows:

- Provide well-planned and well-balanced inter-scholastic activities for as many participants as possible, consistent with available facilities, personnel, and financial support.
- Plan athletic events with a minimal amount of interference into CCCS academics.
- Provide functions to involve not only the participants, but also the student body and school community.
- Provide opportunities for alumni, parents, and friends of the school to be renewed, strengthened, and united in school spirit through athletic events.

## General Information

CCCS conducts an intensive inter-scholastic sports program in the belief that competitive experiences contribute significantly to the development of character, mutual support, and school spirit. Sportsmanship in such encounters is an important part of this training.

We expect our coaches, players, and students to represent CCCS in a manner that glorifies Christ and is respectful of others, both on and off the field of play. We also encourage and endorse the enthusiastic support of constituents and friends. In the process, we expect all those present to uphold the same high standards, including the treatment of opposing teams, officials, and fans as honored guests. Administration is directed to implement and enforce established policies from all leagues represented with our teams.

Athletic programs offered at CCCS are as follows:

### **BOYS**

Baseball  
Basketball\*  
Boys Volleyball  
Cross Country  
Football (8-Man)\*  
Soccer  
Track and Field  
Volleyball  
Wrestling  
Trap Shooting\*\*

### **GIRLS**

Basketball\*  
Cheer\*  
Cross Country  
Soccer  
Softball  
Track and Field  
Volleyball\*  
Trap Shooting\*\*

*\* These sports are also offered as a part of our Junior High Athletics Program.*

\*\*The Trap Shooting Team is a vital part of our athletics program, although it is not a CIF approved sport. The Trap Shooting Team is run much like a club, in that students will not earn P.E. Credit,

or a letter grade for this sport, but are required to attend team events included practices, meetings and weekly competitions.

## Policies and Guidelines

### POLICIES

**The following rules are enforced for all sports at Calvary Chapel Christian School; failure to comply will result in disciplinary action:**

- **There is “zero tolerance” concerning the use of drugs, alcohol, or tobacco** at any time or place, whether on or off campus. This is applicable 365 days a year. Proven use constitutes expulsion from the team.
- **Any improper or questionable language will not be permitted.** Disciplinary measures will be taken upon the first offense and the incident will be reported to the Administration. If the problem persists, a decision will be made by the Administration regarding the eligibility of the athlete. Improper language includes swearing, boasting, and disrespect toward officials, players, or coaches. “Lead a Spirit-controlled life and God’s Spirit will control your tongue” (Eph. 5:18-20).
- **Horseplay and hazing will not be tolerated.** Athletics can be enjoyable, but foolish horseplay and hazing will be grounds for discipline.
- **Attendance** at all games and practices is mandatory. If your student misses a practice, game, or other team event, **you must notify the Head Coach prior to that absence.** If it is not possible to contact the Head Coach prior to the absence, **you must send a written note with your athlete when they return to team activities.** Each week of the regular season of sport, you can expect an email from our office listing all athletes that were absent from any team activities the prior week. This is a courtesy to you, to enhance communication to our parents on whether your athletes were at their required team activities. To be eligible for participation in any practice or game, the student must attend at least two full periods of school that day (Chapel is considered as a period). Final decisions on any exceptions will be made by the Athletic Director. **The parents must contact the Athletic Director, to communicate the reason for the absence, or tardiness, from school for the Athletic Director to approve participation in athletics.**
- **After School Practices** for High School teams will be finished with practice by 6:00pm, so that athletes are released by 6:15pm. On Wednesdays, practice will be concluded at 5:15pm, with athletes being released by 5:30pm. Indoor basketball may require later practice times according to gym availability. Teams that hold practices off-site will be back on school property at these times as well. Junior High School practices will end by 5:30 p.m. Time changes are subject to administrative approval.

- **Season Closeout** requires each athlete to return all school equipment and uniforms to their coach before they are allowed to transfer to another sport or class. Failure to do so will result in disciplinary action.
- **Daycare Policy regarding Junior High School athletes** requires them to be checked into daycare by the coach, after the practice/game is over, unless you are at the practice/game area and pick your child up from the coach directly. Please note there is a grace of 15 minutes after practice ends before the parent is charged Daycare fees.

#### ATHLETE PARTICIPATION POLICIES PRIOR TO PRACTICE OR COMPETITION

- 1) For High School Athletes, the **Athletic Clearance Process** ([www.HOMECAMPUS.com](http://www.HOMECAMPUS.com)) must be completed online, along with submitting a signed confirmation page (the final step of the Athletic Clearance Process) by the respective deadlines for each season of sport, to officially enroll your child in that particular sport. All Athletic Fees will be billed on your tuition account, according to the Fee Agreement, or in accordance **with the Universal Athletic Fee Program plan. The Athletic Clearance process and signed confirmation page** must be received on or before the due date, regardless of whether you have enrolled in the Universal Athletic Fee Program for continued participation, and to avoid late fees.
- 2) **Practice Clothes:** Grizzly Athletes are required to be in school colors (maroon, grey, black, or white) for all practices. Each team will have a Spirit Pack, which will be made up of items for your athlete to wear to practice. Also, Grizzly Athletics T-shirts can be purchased in the Athletic Office.
- 3) **Athletic Packets** including the *Handbook Agreement, Transportation Waiver, Insurance Waiver, First Aid Waiver, Sudden Cardiac Arrest Form, CIF Concussion Information Sheet, Heat Illness Info Sheet, and CIF Code of Ethics (High School Only)* must be completed electronically through the Athletic Clearance Process. High School athletes will sign these forms electronically as a part of the Athletic Clearance process. Jr. High will only submit electronic signatures through our Google Documents for Jr. High sports.
- 4) **Physical Evaluation** forms are to be signed by both the athlete and parent. All forms **expire one year from the date of the physical exam.**

Athletes will *not* participate in any athletic event or practice until all the above requirements have been satisfied. As stated above, all guidelines and rules will be enforced and the responsibility for knowing them rests with the athlete.

#### Parent Responsibility

All parents are asked to support the athletes by specifically adhering to the following standards taken directly from the *CIF Code of Ethics (COE)*:

- “Show respect for teammates, opponents, officials, and coaches” (CIF COE 2).
- “Respect the integrity and judgment of game officials” (CIF COE 3)

- “Exhibit fair play, sportsmanship, and proper conduct on and off the playing field” (CIF COE 4).
- “Refrain from the use of profanity, vulgarity, and other offensive language and gestures” (CIF COE 6).
- “Know and follow all state, section, and school athletic rules and regulations as they pertain to eligibility and sports participation” (CIF COE 10).
- “Win with character, lose with dignity” (CIF COE 11).

Coaches and teams will require parent volunteers to assist them throughout the season. Tasks may include the organization of team events and activities; ticket sales, concession sales, driving a school van, keeping score/stats; as well as set-up prior to and teardown after competitions. Interested parents should make themselves available early in the season to enable the coaching staff to implement their plans.

## Transportation and Facilities

The Lord has blessed CCCS with athletic facilities and transportation vehicles; we will not tolerate destructiveness or misuse of this property. If an athlete witnesses any damaging of property or equipment, they must report the incident to their coach immediately. Regarding these areas, our motto is “Always leave the area cleaner than you found it!”

### TRANSPORTATION

**To Athletic Events and Practice:** All athletes are required to ride in school vehicles to all athletic events unless otherwise specified by your coach. All athletes must return to school in the same vehicle. Any reasonable alterations from the above must have prior administrative approval. Upon return to the school, all vehicles will be cleared of trash and equipment. Vehicles will remain clean! When boys and girls are riding in the same vehicle, they may not be allowed to sit together. Seat belts must always be worn.

CCCS will accommodate the transportation to practices, but in some cases, parents will be required to pick their athletes up from off-campus sites (Caruthers Park, Downey HS, Rio San Gabriel Park, etc.) This information will be communicated to the athletes and parents by the Head Coach at the Parent Meeting prior to the start of the season.

### FACILITIES

**Locker Room:** Make sure to lock up all personal items, including bags and equipment. CCCS will not accept liability for lost or stolen items. After each season, athletes must clear out their lockers. Any personal items left in the locker room or at the practice facility will be taken to the “*Lost and Found*” for a short period of time and then donated or discarded. “*Lost and Found*” is in the hallway between the Athletic Office and the boy’s locker room. No athlete is to be in the locker room without adult supervision. No athlete is to change clothes in the bathrooms or hallways outside of the locker rooms. Under no circumstances should an athlete be in the locker rooms, or any other athletic facility without direct supervision. If an athlete is found in the locker room unattended, demerits will be issued.

Athletes will remain in their respective practice area. After practice, all high school athletes are to exit through the High School Office side gate. Under no circumstances should an athlete exit the facility through any of the green glass double doors.

### Uniforms & Equipment

At the beginning of each sport season, coaches will issue school uniforms and school equipment. It will be the athlete's responsibility to keep them clean and in good condition. Any school issued items that are lost or damaged beyond normal wear and tear must be paid for in full.

Wearing anything outside of the required practice uniform or Spirit Pack is a direct violation of the dress code. For example, striped or multi-colored socks, unapproved shirts, and unapproved wrists or headbands are not acceptable.

Treat school equipment with care. If your coach gives you the responsibility for team equipment, see that your responsibility for that equipment is carried out completely. Any loss or damage of school equipment due to neglect or carelessness by the athlete will be the full responsibility of the athlete. It is the athlete's responsibility to turn in all equipment and uniforms to their coach, at the end of the season. In addition, some sports (i.e., baseball and softball) may require the athlete to obtain personal equipment as well.

### Physical Exams

Athletes must have an **annual physical exam** certifying that he/she is physically fit to participate before try outs, practices, or participation in interscholastic athletic competition begins. All new high school students interested in participating in summer and fall sports programs are required to complete physicals by the end of June or before participating in summer programs. All other returning seasonal athletes are required to have updated physicals (good for one year) on file with the Athletic Office prior to participation in any sport activity.

### Injuries & Insurance

All injuries must be reported to your coach so that proper assistance or first aid may be given. Be sure to let your coach know of any allergies or other conditions that may require special attention.

Each athlete must have current personal medical insurance coverage. CCCS is not responsible for paying insurance deductibles or any outstanding balances.

To minimize the probability of injury, conditioning is strongly recommended. Athletes should prepare themselves, so that they can withstand the physical stress that practice will demand. Conditioning should begin moderately and work up to a higher level so that they will be ready for the start of the season. Coaches may be seen for information on conditioning prior to the start of the season.



In the event of an injury requiring doctor's care, the athlete must get a doctor's release to return to team participation. In cases where an athlete cannot participate in practices or games, due to a doctor's note, the athlete is still required to attend that practice or game, unless otherwise approved by the Head Coach.

Concussions have been recognized as significant injuries that require special attention. CIF Bylaws require a specific "return to competition" protocol if a concussion is suspected. Details regarding this protocol are covered in the Concussion Information Sheet, within our Athletic Packet. If an athlete is suspected to have a concussion or removed from practice or a game due to a head injury, **the athlete must be examined by a medical doctor** who will either diagnose the athlete with a concussion or clear them to return to practice/competition.

### Athletic Fees

Athletic fees help defray the operating expenses of the athletic program. Fees will be charged to those participating in summer, fall, winter, and spring sports. The Universal Athletic Fee Program Deadline and General Athletic Fees Schedule are available in the Athletic Office or on the School Website. As a part of the Athletic Clearance process (online) you will sign the "Fee Agreement" which lists the sport specific athletic fees and deadlines. This information can also be found under the Athletics tab on the school website:

### Athletic Eligibility

#### **STUDENT ELIGIBILITY TO PARTICIPATE IN EXTRACURRICULAR ACTIVITIES (INCLUDING ATHLETICS)**

For students to be eligible for extracurricular activities such as team sports, cheerleading, band, yearbook, ASB offices, etc., they must meet the following requirements:

- At least a 2.0 G.P.A. in all academic course work (Please note that P.E. and Team Sports are not factored into GPA calculations.)
- Compliance with school standards, conduct and disciplinary philosophies. Any disciplinary suspension will result in ineligibility for the period of the suspension and may result in ineligibility for the remainder of the season.
- Must attend at least 2 periods of student's academic classes in the same day.

#### End of each grading period

A student whose GPA falls below a 2.0, at any regular grading period, will be placed on academic probation. Academic Probation should be seen as a warning, as the student will be required to raise their GPA to at least a 2.0 by the next regular grading period. If this standard is not met, and the student therefore has consecutive grading periods with a sub 2.0 GPA, the student becomes academically ineligible to participate in any sport or extracurricular event (i.e., practices, meetings, games, performances) until the next regular grading period, at which time the student's grades will be re-evaluated. Please note that grading periods are 4-5 weeks in length.

If a student's GPA cannot be determined due to missing/incomplete assignments at the end of a regular grading period, the student will have no more than one week after the end of the grading

period to complete the missing assignments (tests, exams, projects, etc....) before receiving a zero. A student may not attend any extracurricular activity until all their missing assignments are completed. Extenuating circumstances will be considered, and more time will be allotted as directed by the teacher and administration.

**Ineligible students will not receive a refund of their Athletic Fees.**

**SUSPENSION**

If any athlete is suspended from school, they will not participate in any extra-curricular activity beginning on the date of the suspension.

**ATHLETIC GRADING CRITERIA**

*Coaches are required to grade each athlete based on the following:*

1. *Christ-like character and attitude*
2. *Intensity and hustle*
3. *Athletic ability and improvement*

*These three criteria will be taken into consideration while giving the athletes credit for the following categories in the official grade book.*

**Attendance/Participation – 30%** (if they are on time and participate in full capacity = full score) Each Attendance/Participation assignment will cover 1 week of the season (Mon.-Fri.) thus having 5 days to score credit per assignment. Each unexcused absence will result in a deduction of 20% from that week's assignment. (Ex. 2 days absent results in a 60% for that week/assignment).

**Competition – 40%** (Game days. If they are on time and participate in full capacity = full score). Each competition day is recorded as a competition assignment. If an athlete is absent from competition without prior arrangements with the Head Coach, they will receive a zero. If an athlete is absent from competition, without a valid reason, but has informed the Head Coach at least one day prior to the event, they will be issued a 50%. If an athlete is absent, with a valid excuse that was communicated by the parents to the Head Coach, prior to that day's competition, the athlete will be excused. Valid excuses include, but are not limited to, family emergencies, funerals, and weddings. Any exceptions must be approved by the Athletic Director.

**Dress – 30%** (Proper dress code with all necessary equipment for all games and practices). Each Dress assignment will cover 1 week of the season (Mon.-Fri.) thus having 5 days to score credit per assignment. Each non-suit (failure to have all the necessary clothing and equipment for that day) will result in a deduction of 20% from that week's assignment. (Ex. 1 day of non-suit results in an 80% for that week/assignment).

## Team Captains

Team Captains will be selected by the coaches and awarded the title only after approval by the Athletic Director and Administration. "To whom much is given, much is required" (Luke 12:48b). Athletes desiring to be a captain should thoroughly cover the contents of this handbook.

Team Captains are expected to be role models to other athletes and students by their godly lifestyle, positive attitude, and excellent academics. (1 Thess. 5:12-24)

## Letters and Awards

### LETTERS

High school letters are awarded in all sports and are presented at our end of season team banquets. To be eligible, the athlete must meet the minimum standard of participation, meet the sport specific criteria and be in good standing with the school. Only Varsity athletes will earn their letter.

### SPECIAL TEAM AWARDS

Special team awards are presented at the end of the season team banquet. These awards are presented to selected athletes who displayed exceptional performance throughout their season. Awards presented are:

- **Mighty In Spirit** – presented to the athlete who exemplifies spiritual leadership, Christ-like character, and spiritual insight in addition to being an outstanding athlete. This is the highest team award that an athlete can receive.
- **Impact Player** – given to the athlete who displays the best intensity in his/her performance. This athlete is to be best at what is spoken of in Col. 3:17 & 3:23 and must give all they always have unselfishly unto the Lord.
- **Scholar Athlete** – given at the end of the year, to the athletes that have a cumulative 3.8 GPA, or higher, for the school year in which a sport is played.
- **Coaches Award** – presented to an athlete that not only inspires the team athletically, but also spiritually.
- **Grizzly Athlete of the Year** - At the end of each year, two athletes, one male and one female are chosen from the entire High School for the Grizzly of the Year award. The Grizzly Athlete of the Year award is given to the athlete who has competed in one or more High School sports and maintains an excellent GPA. This award is not given to the student solely for his or her athletic ability, but also for academic achievement and Christ-like attitude in class and on the field. Therefore, these students are selected because they are not only outstanding athletes, but because they display outstanding character, ability, and accomplishment here at CCCS. Student athletes from 9<sup>th</sup>-12<sup>th</sup> grade are eligible to receive this award and are selected by coaches and affirmed School Administrators.



# CALVARY CHAPEL CHRISTIAN SCHOOL

Our school is a member of the Association of Christian Schools International (ACSI), Calvary Chapel Education Association (CCEA) and hold a dual accreditation from the Association of Christian Teachers & Colleges (ACTS) & the Western Association of Schools and Colleges (WASC)

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