



2019

***SMCS ATHLETIC HANDBOOK***



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## About This Manual

Here at Sheets Memorial, we are proud of the tradition of quality athletics that have been enjoyed through the years. The purpose of this manual is to keep the lines of communication open between the Athletic Department and the parents of the athletes. Please read this manual thoroughly and familiarize yourself with our practices and our policies. If you have any questions, please do not hesitate to call the school for assistance.

## Philosophy of Athletics

As Christians we are expected to be different, an example, and a light to this present world. Our initiative comes from our desire to please the Lord in all that we do. Jesus Christ is to be the center of all our attention, both in and out of the athletic arena. It is critical that all those connected to our teams here at Sheets Memorial strive to live out His character and attitudes in all that we do.

The SMCS athletic program exists to guide students in developing their bodies, minds, and character in a manner pleasing to God. Not only are immediate goals and desires sought after, but special emphasis is placed on adhering to values which will last for eternity. We believe our purpose here is an eternal one and that His mandate to occupy until He comes leaves us with the challenge to be the best we can be. We should serve Him as a King should be served, with excellence, bringing glory to His name. We cannot tolerate a “win at any cost” attitude from our coaches, fans, athletes, or parents. We can, however, promote winning as a direct result of a **solid work ethic, disciplined lives, quality coaching, and positive fan support**. We believe that achieving success in this way will better prepare our young athletes for reaching their goals later on as adults.

## Missions Statement

“To portray Christ in all our athletic endeavors”

## Program Goals

All teams will have an open try-out and in order to make the team one must come to try-outs. Teams size will be determined by the number of players needed to play their particular sport. For example basketball needs 5 players. They will be allowed to keep up to 10 players, baseball needs 9 players to play and will be allowed to keep up to 18, etc...

## Junior Varsity

Junior Varsity Requirements: Any student in grades 6-10, who is academically eligible with an up to date physical, can play. Note: a J.V. player can not start a Varsity Game.

Junior Varsity: The athletic program at this level will:

1. Develop Christ-like character and behavior in the athlete.
2. Emphasize the fundamentals of the sport and gaining enjoyment from the game.
3. Provide for participation of every athlete in a meaningful and effective manner.
4. Develop and nurture the concept of team play.
5. Develop an attitude of sportsmanship in each athlete.
6. Teach the athlete the proper attitude toward winning and losing.
7. Develop in the athlete an attitude of respect for fans, officials, and fellow competitors.
8. Feed varsity teams.

## Varsity

Varsity Requirements: Any student in grades 7-12, who is academically eligible with an up to date physical can play. (Note: 6<sup>th</sup> graders can play in non-conference, non-regional games only. For all other games they may attend but cannot dress out.)

Varsity: The athletic program at this level will instill the same values as the Junior Varsity team, with a focus on the following:

1. Develop Christ-like behavior and character in each athlete.
2. Emphasize building on the fundamentals of the sport with a greater emphasis on team strategy and winning.
3. Continue to develop an attitude of sportsmanship in each athlete.
4. Cultivate the proper attitude toward winning and losing.

## Discipline Is to Disciple

Athletes need discipline, and the majority expects it. Coaches have an obligation to the athlete, the school, and the athletic program to administer discipline fairly and consistently.

Each Head Coach may determine his own training rules and the penalty for violation of those rules. Coach specific rules *must be in compliance with the Athletic Handbook and have Athletic Director approval*. In addition, the coach should be familiar with, and communicate to each athlete, the guidelines for behavior as outlined in the student handbook.

Each athlete should be sure they have a thorough understanding of all team rules.

Weight training is not considered a practice but can last no longer than one hour and cannot be made mandatory.

Disciplinary problems should be discussed with the Athletic Director, and he should be informed when serious problems arise. Coaches must give careful thought to discipline and be convinced that their position is fair, consistent, and defensible.

## **Academic Eligibility**

To remain eligible to participate on any Sheets Memorial team/squad an athlete must maintain an overall average of 77% or above. Grades will only be checked every 4-1/2 weeks. Failure to meet this requirement will result in the student athlete being put on probation. If a student athlete on probation has not brought their grades up past the minimum requirement by the next grade check they will be ruled ineligible. Ineligible students cannot practice or play in games.

Ineligible students who meet the average 77% or above requirement at the next grade check, will then be placed back on probation. They will need to maintain eligibility at the subsequent grade check to be fully eligible. If they do not maintain the 77 % average they will once again be deemed ineligible.

### **Note:**

- Probationary and eligibility status are only checked every 4½ weeks and eligibility status only changes at the designated grade check time.
- Any student is eligible to try out and make a team; however, if a student was below the 77% cut off at the grade check prior to tryouts, they will start the season on probation.

## **Game Day Policies**

**Dress code:** On game days male athletes are required to wear dress pants, dress shirts, and ties (The only exception is a polo type shirt with Sheet's emblem, when the entire team participates). Girls will wear Sunday attire (dresses or skirts). The head coach will punish the first violation of this dress code. Subsequent violations will result in one game suspension by the Athletic Director. Players will travel in, and wear school attire to away games, unless the coach or Athletic Director allows students to change prior to leaving. Students should also be in dress code at all athletic events including tournaments. Reminder: jeans and team jersey are not permissible at any time.

**Late arrivals:** Any player arriving late without a medical excuse to school must sign-in at the office by 11:30 to be eligible to practice or play on that day.

**Early dismissals:** A player, who must be dismissed early from school, may return to practice, or play that day as long as they have completed three and a half hours of school. If an away game is scheduled the player must return to ride the bus to the game.

**Make-up work:** Players will often miss classes to travel to away games. Any work missed is due on the assigned days. No extra time will be granted.

ISS/OSS: A player who is suspended (either in school or out) may not practice on day(s) of suspension and must sit out the next scheduled game.

## **Practice policies**

Practice schedules will be distributed by the Athletic Director and posted in the gym area. Practices should be planned and organized in advance to make the most efficient use of your sessions. Each practice session should begin with the coach and team members praying together. Coaches will remain in the building or area, until all the students have been picked up, following practice or game.

An overall schedule for the school year is distributed at the beginning of the school year. We encourage you to use long weekends and teacher work days as time to spend with your family. Practices will not be scheduled on teacher work days or ½ days of school.

## **Attendance Policies**

Family vacations/ Missions trips that are pre-planned while school is in session will be excused with a note from home. If this occurs a coach should be given at least one week notice. This includes practices, camps, and/or try-outs.

## **Participation**

All Participation in any program requires 100% participation.

- The athlete should plan to attend all practices
- The athlete should come prepared to practice
- The athlete should come to practice on time
- The athlete should attend all games and practices from the beginning of the season to the end of the season, including play-offs, and States (if a player fails to fulfill this obligation they will not be recognized at the Athletic Banquet.

## **Exceptions to the above policy**

- The athlete is not in school due to health
- The athlete has a death in the family
- The athlete has a test or quiz to make up from an excused absence
- The athlete prearranged music lessons

## **Consequences**

- Missing practice - sit out 1 Game
- Missing Game - sit out 1 Game

The Coach must be notified at least a week before if an athlete is going to miss practice or a game.

## **Practice Schedule (Approx)**

- Practice cannot begin before 3:20

- Practices cannot last longer than 2 hours *per sport which includes* running laps and stretching.
- Practices cannot go past 8:00 p.m.
- Soccer/Volleyball practice can not begin until the week of Aug 1<sup>st</sup>,

All other sports can begin practice one week after the prior sport has concluded their season.

### **Weather Restrictions:**

**Storms:** When Lightning is sighted and thunder is heard the field must be cleared immediately with players dismissed or taken to a safe shelter. A team meeting can be held for up to 45 min. If no more lightning/thunder is sighted/heard for a minimum of 30 min play or practice can resume. No additional time may be added to practice.

Heat/ Freezing temperature

<u>Temp</u>	<u>Humidity</u>	<u>Procedure</u>
40	N/A	No practice can take place outside when wind-chill factor is below 40 degrees.
80-90	Under 70%	Observe athletes that are susceptible to heat illness.
80-90	Over 70%	All athletes should be under constant supervision and breaks every 20 to 30 minutes.
90 and above	Over 40%	A shortened practice (1hr) Conducted in shorts and t-shirt and give plenty of breaks for fluids.
96 and above	N/A	No outside practice, and limit indoor activity to 1 hour.

\* Note if school is canceled due to any inclement weather so is practice. Please refer to the Student Handbook for inclement weather notifications. The school’s notification system and the team app will be the resource used for questionable conditions.

### **Transportation policies**

All players must travel to all away games, with their team, on the bus. A player will not be allowed to “meet at the game”. The exception to this rule will be when the game is scheduled late at one of the county or city schools.

- When traveling to away games, the boys sit in the front of the bus and girls in the back. For no reason should a boy and a girl share the same seat.
- 1<sup>st</sup> offence : sit out a game
- 2<sup>nd</sup> offence: dismissed from the team.

Players may travel home from away games with their parents or older siblings. They may also travel home with someone else's parents, as long as their parents send a note granting permission.

Players will not be allowed to travel home from away games with their boyfriend, girlfriend, or just good friend. **No exceptions.**

**Parents must sign for their player before taking them.** This helps the coaches know whom they are still responsible for.

Activity buses are available to transport all teams to and from contests. Private cars should be used only in emergencies with the approval of the Athletic Director. Students riding in private cars without their parent must have written parental permission to do so. Coaches are to help maintain transportation rules on the vehicle. Proper conduct is essential both for discipline and safety.

### **Cell phones and other electronic devices**

The Athletic department follows the School cell phone policy that is in place. All other electronic devices which may include but are not limited to PSP, MP3 players, I-pod, Laptops will be confiscated and handed over to the Head of School.

### **Coaches**

- A coach's philosophy of sports is an extension of his philosophy of life. The term philosophy is defined as "a system of values and beliefs that guides one's every action." Therefore only personnel who are deemed necessary for the efficient functioning of the game or contest will be allowed on the field or court or in direct contact with officials, players or coaches and the designated areas.
- Each team must have a Head Coach and at least one Assistant Coach
- Each Coach must attend Eagles Club meetings during their season, as well as work days.
- Each coach will have a yearly contract regardless of Varsity or Junior Varsity

#### **Head Coaches Requirements**

- Any person who has been out of high school for at least four years.
- Has adequate knowledge of the sport.
- Fulfills requirements for personal and spiritual requires of employment.
- Head Coaches are appointed by the Athletic Director and Head of School.

#### **Assistant Coaches Requirements**

- Anyone over 21 years of age
- Fulfills requirements for personal and spiritual requires of employment.
- Has adequate knowledge of the sport.
- Will be selected by the Coach, Athletic Director and the Head of School.

- The 1<sup>st</sup> Assistant coach assumes all coaching responsibilities when the Head coach is not present.

## **Volunteer Requirements**

- Anyone who is deemed necessary by the Head Coach, Athletic Director and Head of School.
- Fulfills requirements for personal and spiritual requires of employment.

## **Coaches Responsibility**

- Each Coach is responsible for distributing and receiving uniforms.
- Each Coach is required to inventory their team's equipment and uniforms once a year.
- Coaches must attend seeding meetings(one per sport.) This is when you find out play off brackets and nominate for All- Conference and All-State.
- Coaches cannot cut or dismiss any player from the team without permission from the Athletic Director and school Head of School.
- Coaches must notify parents and Athletic Director of any behavioral or other athletic problems before any major action can take place
- Coaches should make sure that First-aid kits and water are at every practice and game.
- Coaches are to collect physical forms from all athletes before the first practice and file them in the Athletic Office. Forms will be provided.
- Students participating in interscholastic sports are required to have an annual physical. Each May a date and time will be scheduled to have an area physician come to our school. A reduced rate will be made possible.
- Report all injuries. Forms will be provided. Completed forms should be submitted to the Athletic Director.
- Coaches are to file a complete copy of the team list (with the number of the uniform issued to each team member) in the athletic office immediately after the uniforms are issued. At the conclusion of the season, collect the uniforms no later than one week after the last game. All uniforms should be washed and neatly folded.
- The Head Coach in each sport should turn in a list to the Athletic Director of the necessary needs of that sport for the next year.
- Season records will be kept by each Head Coach. Each coach must have accurate records kept during the season, and submit them to Athletic Director to be filed for permanent records.
- Reporting game results to appropriate news media is the coach's responsibility. The coach is to have the results of home and away games to the Dispatch no later than 10:00

P.M on the day of the Athletic event. The phone number to the dispatch (336) 249-3981  
e-mail sports@the-dispatch.com

- Gym keys will be issued at the beginning of the season and should be returned at the end of the season.
- Do not side with a student over a teacher. If the student has problems with a teacher instruct them to go immediately to the teacher. If a problem continues, advise the Head of School.
- Each coaching staff should have at least one person with a CDL so they can drive the bus.

## **Athletic Awards and Scholarships**

### **Trophies**

The following trophies will be presented for each sport on the varsity and junior varsity level. The head coach with the assistant's help will award the following awards:

1. Most Valuable Player – The athlete who contributes the most to total success of the entire team.
2. Most Improved Player – The athlete who makes the greatest strides progressing as a player in their sport.
3. Coaches Award – The athlete in their sport, who through leadership and spiritual example, contributes significantly to the coach and team.

### **Qualifications for All Conference**

Are as follows:

- Anyone who competes at the varsity level is qualified to be selected for All Conference team

### **Qualifications for All State**

Are as follows:

- Anyone who competes at the varsity level in grades 9-12 is qualified to be selected for All State team

Decisions to participate in anything past state playoffs would come from the recommendations of the Athletic Director and approval by the administration.

### **Awards and Letters**

The criteria to be used in the selection process of awards/letters are as follows:

- No player may quit a team and qualify.

- A player with a sustained injury must remain a part of the team to qualify (attending practice and games,)
- A player must be faithful to all practices and games.
- Any athlete suspended permanently from the school loses his or her privileges.

The Athletic Director, Head of School, and all other head coaches will determine the following awards:

### **Male and Female Athlete of the Year Award:**

Will be awarded to one male and one female who display leadership, spiritual contribution, athletic accomplish, team unity, total commitment to the school and athletic program

\*New awards may not be added without the knowledge and consent of the Athletic Director and the Head of School.

### **Jersey Retirement Criteria**

- 3 All States (in the same sport)
- Student Athlete must have a 2.0 Career GPA
- The student athlete must maintain good character while a student at Sheets Memorial Christian School. - as determined by the Head of School, assistant to Head of School, HS Supervisor, and Athletic Director.
- Overall contribution to the Athletic Program. Excelling in one sport, with consideration being given to the following areas:
  - Stats
  - State championships

A symbolic jersey is awarded at the annual athletic banquet with the jersey being retired on the gym wall to follow.

**Note:** SMCS reserves the right to remove a retired jersey if a graduate exhibits behavior that is inconsistent with biblical standards and SMCS's standard of conduct.

### **Johnny Ray Kepley Athletic Scholarship**

Given in remembrance of Johnny Ray Kepley February 7, 1949 – July 8, 1999

*"..well done, good and faithful servant! You have been faithful with a few things; I will put you in charge of many things. Come and share your Master's happiness!"*  
*Matthew 25:21*

Johnny was always very involved with young people, even from the time he was a teenager himself. Johnny was a Scoutmaster when only in his early twenties as well as

working a full time job and attending Davidson Community College in order to obtain an Associate Degree in Automotive Technology.

After several years of working in auto mechanics, Johnny was offered and accepted the position of Automotive Instructor at the college and taught there for 23 years.

While President of the Sheets Memorial Eagles Club, Johnny was always aware of the needs and desires of the school for its athletic program. Many times he would open and close the concession stand making sure there was always enough food to feed the hungry players after each game.

Soccer tournaments would find him on the sidelines grilling hotdogs and hamburgers as well cheering for the “Home team”. Having two sons, Nathan and Zachary, involved in many of the games seemed to add a special spark of pride to all of his encouragement such as, “You done so well. You’ll get it next time”, “He didn’t really give you any decent pitches, and you’ll get it next time.”

Showing all of us how we are winners in our own right was Johnny’s greatest gift to the school. It didn’t matter whether you were involved in band, sports, or the arts, doing your best showing a Christian attitude was the most important job you had to do. As Johnny would say, “You don’t have to finish first to be a winner. When you complete the task to the best of your ability --YOU ARE A WINNER!”

This scholarship is proudly awarded to a young man or woman who obtains outstanding athletic performance as well as upholds strong Christian character on the court or field and especially in their everyday life.

## **How to establish rapport with your athletic child**

By Lloyd Pervical  
Edited by Jermiah Beasley

I have been asked to do a book about the role parents should or should not play in the careers of their offspring. I began to research the subject in some detail because it has been my experience that the popular consensus or “expert” opinion sometimes is not as accurate as it appears. First, I talked with the young athletes and found that though parents often present a problem, the youngsters appear anxious to solve it. They want their parents to be closely involved without creating pressure and without causing either a super-critical or an over-protective environment. Here are some golden rules:

1. Make sure that your child knows that win or lose; you still love him and that you’re not disappointed but you appreciate his/ her efforts. Allow him to know the only difference between winning and losing is how the world treats you.

2. Try your best to be completely honest about your child's athletic capability, his competitive attitude, his sportsmanship and his actual skill level.
3. Be helpful but don't "coach" him on the way to the track, diamond or court...on the way back.... and so on. Allow adequate time for the coach to do this.
4. Teach him to enjoy the thrill of competition, to be "out there trying" to be working to improve his skills and attitudes... help him develop the feel for competing, for trying hard, for having fun.
5. Try not to re-live your athletic life through your child in a way that creates pressure. Find out what his is all about, and don't assume he feels the way you did, wants the same things, has the same attitudes. If he is comfortable with you-win or lose-he on his way to maximum achievement and enjoyment-and you will get your kicks too! In the meantime, start to think of your child as a child, not as "my son, the athlete!" If you do, the morale of the family will greatly improve.
6. Don't compete with the coach. The young athlete often comes home and chatters on about "Coach says this, coach says that". This I realize, is often hard to take especially for the father who has had some sports experience or for the mother if what "coach says" refers to the youngster's eating pattern. When a certain degree of disenchantment about the coach sets in, some parent's side with the youngster and is happy to see him shot down. This is a mistake. It should provide a chance to discuss (not lecture) with the youngster the importance of learning how to handle problems, react to criticism and understand the necessity for discipline, rules, regulations and so on.
7. Make a point of understanding courage, and the fact that it is relative. There are different kinds of courage. Everyone is frightened in certain areas. Nobody escapes fear and something in spite of fear or discomfort courage is found. In a way, the parents are the primary coaches.
8. Don't compare the skill, courage or attitudes of your child with that of other members of the squad or team, and if your child shows a tendency to resent the treatment he gets from the coach, or the approval other team members get, be careful to talk over facts quietly and try to provide fair and honest counsel. If you play the role of the over-protective parent who is blinded to the relative merits of your youngster and his actual status as an athlete and individual, you will merely perpetuate the problem. Your youngster could become a problem athlete.
9. You should also get to know the coach so that you can be assured that his philosophy, attitudes, ethics and knowledge are such that you are happy to expose your child to him. The coach has a tremendous potential influence.
10. Always remember that children tend to exaggerate, both when praised and when criticized. Temper your reactions to the tales of woe or heroics they bring home. Don't cut your

youngster down if you feel he is exaggerating-just take a look at the situation and gradually try to develop an even level. Above all, don't over-react and rush off to the coach if you feel an injustice has been done. Investigate, but anticipate that the problem is not as it might appear.