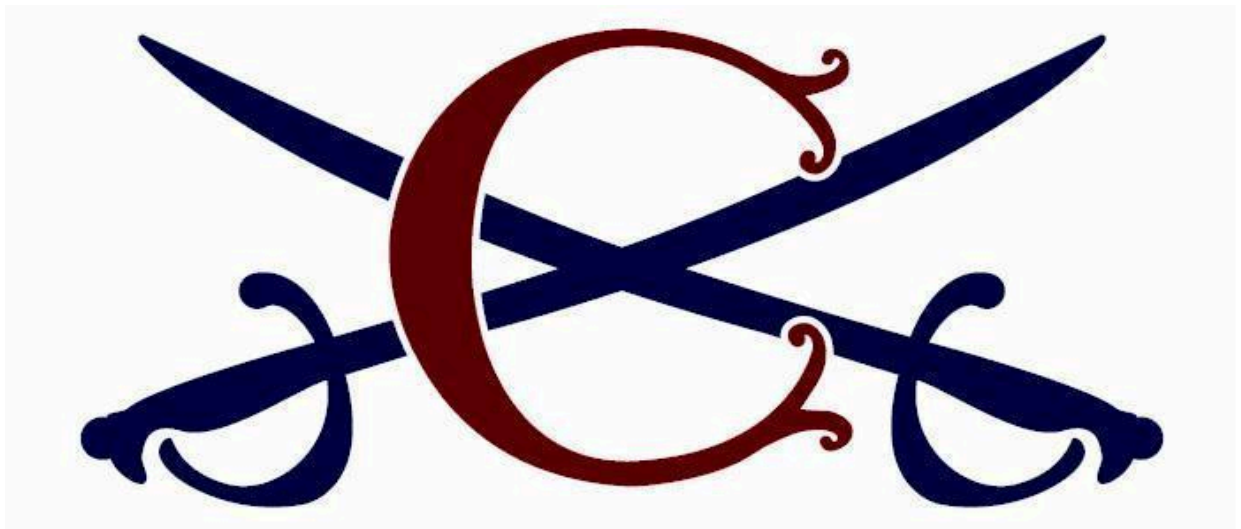


COVENANT CLASSICAL SCHOOL



ATHLETIC HANDBOOK

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ATHLETICS PROGRAM

PURPOSE

Covenant's Athletics Department exists to help fulfill the mission of the school by providing a Christ-centered approach to competition and teamwork through providing interscholastic experiences.

CORE VALUES

Covenant Athletics helps to fulfill the mission of the school by providing a Christ-centered approach to competition and teamwork through providing interscholastic experiences expressed in our three core values in athletics:

Character

- Emphasis will be placed on developing Christ-like character. Sports can serve as an avenue to build Christ-like character through virtuous coaching that integrates the body with the heart, mind, and soul.

Commitment

- Anything of value comes at a price and commitment in the Covenant athletics program will be held with high regard. Through hard work and dedication, it is our intention that Godly commitment will be learned rightly, letting our yes be yes and our no be no.

Community

- Athletics provides a venue where relationships are built and fostered. It is our desire that the school community is brought closer in Christ-like relationships through competitions, games, practices, and other athletic events.

TEAM LEVEL PHILOSOPHY

We recognize the normal stages of a child's development and strive to provide appropriate opportunities in athletics for all of our student-athletes:

Logic School (Grades 6-8): Programs will deepen the love and interest for the sport, further fundamental skills, and introduce higher level concepts and strategies. Try-outs are for the purpose of team placement based on skill and ability. Cuts are discouraged but permissible if based on facility or resource issues. Playing time will be at the discretion of the coach.

Rhetoric School (Grades 9-12): Programs will strive for excellence, knowing that this cannot be fully attained, but will operate with this as the end in mind. Student-athletes will be placed in "best fit" positions that will maximize individual potential in the best interest of the team. Each head coach will prioritize the team's achievements ahead of individual success. Playing time will be based on the athlete's commitment, performance, safety, knowledge, ability to execute, conduct, and attitude determined by the head coach. A student-athlete's past team placement will not secure the same position the following season.

MULTIPLE SPORTS AND ACTIVITIES

We encourage students to participate in multiple activities, both in the realm of academia and of athletics, and acknowledge that this benefits the student-athlete as well as our programs. Individual skills learned from different activities transcend the activity itself and the result is a better well-rounded individual. We

also believe that young athletes need to experience new sports in order to discover where their true talents may lie. Athletes are also encouraged to expand their experiences by participating in other school-sponsored activities. Regardless of the named priority, competition or performances supersede practices.

Multiple Sport Participation

Student-athletes may not participate in multiple team sports (including club/select sports) at the same time unless approved by the Director of Athletics. However, student-athletes may participate in a lifetime sport (cross country, golf, tennis, track) and a team sport if agreed upon by both head coaches. Where there is dual commitment, a declared priority should be in place between student, parents, and head coaches prior to the start of each team's season.

Multiple Activity Participation

Student-athletes may participate in a non-athletic department program and on an athletic team at the same time. Leadership representing both activities will need to work together closely to minimize conflicts. Where there are schedule conflicts, there must be a declared priority and agreements made between student, parents, head coach and activity sponsor as to how the student will divide his/her time between the activities. Athletes must understand that playing time and team placement may be affected.

GENERAL POLICIES

SPORTSMANSHIP

During home contests, Covenant serves as host to the visiting team and its spectators. They are our guests and they should be treated accordingly. During away contests, we are expected to act as invited guests. We will treat the personnel and facilities of the home school with care and respect.

As participants and spectators, we want to cheer for our team, not against the opponent, being modest in victory and gracious in defeat. Additionally, we will regard the rules of the game as an agreement, the spirit and letter of which we shall not break. Players play the game; coaches coach the game. An official never loses a game for a team. Much like we do not readily credit an official for a win, we will not blame an official for a loss. Officials will be treated with respect, and we will accept absolutely and without quarrel the final decision of any official.

Any member of the Covenant community who is a participant or spectator at an event, who acts in a manner deemed inappropriate, may be dismissed from the event and is subject to disciplinary action by the school, which may include a fine, sportsmanship training, and possible suspension from attendance.

SCHEDULING

The Athletics Department seeks to schedule games and practices well in advance of the season. Please be aware that the Athletics Department has no control over district alignments or league scheduling. These are established by affiliated leagues. There may be changes in the schedule due to a change in an opponent for an away game, conflicts with facilities rented by the school, or a schedule conflict. These changes will be communicated as soon as they occur.

TRANSPORTATION AND TRAVEL

Whenever possible, Covenant will provide transportation to and from games as well as off-campus practices. Alternative transportation arrangement is the responsibility of the student-athlete(s) and their

parents. All students not riding in school transportation will be required to have parental permission and a waiver of liability on file. Acceptable driving arrangements must be communicated in advance to the athletic office and include:

1. Student-athlete driving by themselves to the event
2. Student-athlete, siblings, and one other student-athlete of no relation to the driver, driving to the event
3. Student- athletes (in groups of 2 or more) riding with another adult to the event

WEATHER POLICY

Any changes to published schedules due to severe weather will be communicated as they occur. TAPPS Severe Weather Policies will be followed.

GAMBLING

Gambling is not tolerated. Violation subjects the person(s) involved to disciplinary action.

HAZING

Hazing is defined as subjecting someone to an indignity, fright, abuse, or threat and is not tolerated. Violation subjects the person(s) to disciplinary action that may include reporting the actions to local authorities if warranted.

REQUISITES FOR PARTICIPATION

Each Covenant student-athlete desiring to participate in Covenant athletics must complete the following signed documents on file in the athletics office prior to the first day of participation in any given sport:

- Acknowledgement of Athletic Handbook Form
- Physical Examination (dated after May 1, prior to the fall start date of the school year)
- Medical History
- TMS Registration (9-12th athletes only)

All forms must be completed prior to the first scheduled day of participation; **a student-athlete may not participate with the team until all documentation is completed.** All of the aforementioned documents can be found on Magnus Health Portal or TAPPS TMS Portal.

In addition to the required documentation listed above, a student-athlete must have paid or have made arrangements to pay all athletic fees. The athletic fee schedule is set prior to the beginning of each school year. **Any student-athlete with outstanding athletic fee payments may not participate with the team until all fees are current.** Fee Schedule can be found at covenantfw.org.

STUDENT-ATHLETES

CODE OF CONDUCT

Representing Covenant Classical School in athletics is a student's choice and thereby a privilege. Student-athletes shall conduct themselves in a way that honors God, Covenant Classical School, their teams, their families and themselves. A Covenant student-athlete reflects the mission and identity of the school no matter where he/she is. Student-athletes are always expected to behave with consideration for others in thought, word and deed. Student-athletes must abide by the school's stated rules and policies as

stipulated by athletics department staff members and/or school administration. A student's failure to embody these standards of conduct shall be reported immediately to a coach or administrator and may result in disciplinary action.

AGE/GRADE ELIGIBILITY

For participation in TAPPS, students must be less than 19 years old on September 1 of the current school year. Students in the 8th grade are not eligible to participate on or against high school teams.

ACADEMIC REQUIREMENTS

Please reference the Parent Student Handbook for eligibility policies.

Efforts will be made to balance school workload; however, student-athletes are responsible for their own academic performance. A student-athlete who misses school due to an athletic competition is responsible for keeping up with his or her schoolwork. It is the student's responsibility to inform the teacher prior to missing a class and to make arrangements to fulfill all academic work.

PARTICIPATION

Participating in athletics is a privilege and is contingent on the following:

- **Clearance from previous sport** - Student-athletes must be cleared from their prior sport before they may begin competing in a new sport. This includes, but is not limited to, uniform and equipment returned in good condition and payment of athletic fees.
- **Good academic and moral standing** - Student-athletes may not participate in games, nor travel with the team, if they have failed to achieve the minimum academic requirement or if they are suspended from school. Student-athletes may participate in practices if approved by the head coach. The Director of Athletics may impose further restrictions as deemed appropriate.
- **School attendance and athletic participation** - Student-athletes must attend at least three academic periods on the day of a practice or game in order to participate. The only exception to this rule is if the absence is the result of a school-related event (field trip, college visit, etc.). Students must attend at least two class periods on Fridays to participate in a Friday contest. Any amendments to this rule require the approval of the Director of Athletics.

TIME COMMITMENTS

Logic school sports (Grades 6-8) – Logic school athletics will not exceed more than four required days in a given week. Average practice length for all sports will not exceed 2 hours. Competitions may be held on Saturdays depending on league or host-team scheduling. No teams will have mandatory practices over extended school holidays except if a game is scheduled on the day immediately following a holiday, then a practice may be held. Games will not be played during finals week prior to the completion of all exams without the approval of the Director of Athletics. No team-related events or activities are permitted on Sundays.

Rhetoric school sports (Grades 9-12) – Rhetoric school athletics will not exceed more than six days in a given week and practices will not exceed 2.5 hours. Competitions may be held on Saturdays depending on league or host-team scheduling. Practices and/or games may be held on Saturdays and during some school holidays. During final exams, games will not be played until the last scheduled exam is completed without the approval of the Director of Athletics. No team-related events or activities are permitted on Sundays. No team may schedule practices or any other team activity during TAPPS required dead periods.

LETTERING POLICY

A player or student letters when they meet the requirements for their sport or is deemed able to letter by the head coach through regular contribution to the team both in games and practices. The athlete can letter only if they participate in the varsity level of competition. A player must finish the season with the team in order to letter unless a season-ending injury occurs that prohibits him from finishing. In such a case, the letter is dependent upon the athlete staying in good standing with the team throughout the remainder of the season. Lettering requirements for each sport are determined by the head coach and must be approved by the Director of Athletics. Lettering requirements will be communicated to athletes prior to the start of season.

Varsity athletes may purchase a school letter jacket and corresponding patches from the school-approved dealer. Student-athletes may not purchase letter jackets prior to earning their first varsity letter. The Athletics Department will maintain a list of student-athletes who qualify for varsity letters and will notify qualified student-athletes and their parents after the end of the sport season in which he/she participates.

DEPARTURE FROM TEAM

The Covenant Athletics Department stresses that families plan and do everything in their ability to prepare for an upcoming season. If they choose to participate in the sport which is defined by attending the first day or some other date agreed upon by the coach, they are committing to the entire season. There are three types of departure from a team. Please note that athletics fees may not be refunded.

Leaving a Team

Season ending injury, poor health status, family emergency, or academic performance may lead to permissible departure from the team only after being discussed between the parents, the head coach and/or the Director of Athletics. A student-athlete may still be eligible for a varsity letter in this circumstance and will still be eligible for the next season's sport.

Quitting a Team

Regardless of reason, any player that quits a sport after the sport has begun will not be eligible to participate in the next sport of his/her choice during the school year. If the sport is a spring sport, this will carry over to the following school year. Rhetoric students will not be eligible to earn a letter in that sport. The only exception to this rule is if the student-athlete/parent and Head Coach/Director of Athletics have clearly communicated that quitting may be an option.

Dismissal from a Team

Regardless of reason, any player who is dismissed from a team due to conduct, rules infractions, or disciplinary reasons, will not be eligible to play in the next sport of his/her choice. Rhetoric students will not be eligible to earn a letter in that sport. Any exception to this will be reviewed by the Director of Athletics.

INJURIES

Injured athletes, regardless of grade, are required to attend practice unless treating and/or rehabilitating an injury, or as approved by the Head Coach. Athletes missing a practice or a game for training must first get permission from their coach. It is the player's responsibility to communicate with the coach. Any athlete that has received medical care must provide a doctor's release to the Athletics Office in order to resume physical activity or be cleared by the Athletic Trainer.

ATHLETIC UNIFORM AND DRESS CODE

Student-athletes are responsible for caring for uniforms, warm-ups, and other gear as well as returning clean items in good condition at the end of the season. If a student-athlete is missing a uniform or piece of equipment on the day of a game, another uniform or equipment may not be issued. If a uniform is lost and cannot be found, another uniform (if available) will be issued and a uniform replacement fee will be assessed. The student-athlete must turn in uniforms and all equipment at the end of the season or pay the

replacement fee for any missing gear. Damaged uniform pieces will need to be replaced at the expense of the student-athlete. The replacement fee will vary depending upon the item and will range from \$50-\$150..

WEIGHT ROOM POLICY

Athletes are not permitted in the weight room without proper supervision. Appropriate athletic attire (t-shirt, shorts and athletic shoes) must be worn at all times. No athlete should lift alone and all lifts should be accompanied by a spotter. Focus is critical so no horseplay, socializing or laziness will be tolerated. When finished, all weights must be racked and areas cleaned.

YEAR-ROUND STRENGTH AND SPEED TRAINING

A strong commitment to strength and speed training is critical to the success of our athletic programs and helps maintain the safety of our student-athletes. High school student-athletes are expected to work hard on improving strength and speed throughout the school year, whether they are in or out of season. Program Directors (Varsity Head Coaches) or the Director of Athletics will, in accordance with league rules, provide both voluntary and/or mandatory opportunities for student-athletes to train in the weight room, gym, and on the fields throughout the year.

OUT-OF-SEASON EXPECTATIONS

During the school year, student-athletes are expected to give the in-season sport in which they are participating first priority and are not expected to train for another school sport during that time period. Any organized training for another sport during the season in which an athlete is participating (such as an open facility or league) should be cleared with the current in-season head coach.

During the summer, student-athletes are expected to work on and develop their athletic abilities. Understanding that family and personal time take first priority during the summer, there are various opportunities for student-athletes to train when they can. If a student-athlete is in town and not committed to a family activity, it is encouraged that he/she will engage in-school sponsored strength and speed development program.

PARENTS

Parents are the most influential models for young athletes. From a parent's conduct to the priority sports plays in the family order of life, parents significantly impact a young person's athletic experience and they are critical to the success of our athletic programs. The Athletics Department needs parents to serve in one or more of a variety of volunteer positions throughout the year. Team parents, travel coordinators, drivers, chaperones, statisticians, videographers, concessions, admissions, field/gym preparation and cleanup are just a few of the volunteer opportunities that provide much needed help as well as good community time between parents.

PERSPECTIVE - WHY KIDS PLAY SPORTS

Most young people participate in sports for the following reasons: to have fun, to develop a natural desire to play, to make new friends, to be with friends, to be part of a team, and to compete. "To win" or "to be a champion" is often not at the top of the list. Athletes must hear from parents and coaches that it is the process of competing that counts. Undue emphasis on winning and losing minimizes the value of sports.

The following guidelines are an attempt to provide a foundation for our joint effort to guide your sons and daughters through the challenging, yet wonderful, experience of interscholastic sports.

PRESENCE AT GAMES AND PRACTICES

The coach's classroom is the court or field, usually with undefined walls, making it easy for parents to naturally move close to the action. Parents should be interested, supportive observers from a distance. Practices are considered valuable instructional and evaluation time. Unless previously approved by the Head Coach, all practices and tryouts are closed to all non-team or program personnel.

During games or competitions, parents and guests should remain in the stands or in other designated areas for spectators. Certain areas are restricted to coaches, players, and official team personnel (i.e., trainers or managers). Failure to cooperate with these restrictions may subject the team to penalties by game officials and can even lead to ejection from the contest.

COACH AS LEADER

Each coach is prayerfully and thoughtfully considered, recruited, interviewed, and hired and therefore has authority over students in each given sport. Parents and student-athletes must trust that coaches endeavor to make the best decisions for the team as well as for the individuals that form the team. Coaches are with the team daily in practice and in competition evaluating character and performance, therefore coaches will make decisions based on what is in the best interest of the team. Playing time, players' positions, and strategy will be left to the discretion of the coach. Parents should help their children understand that being a team member means accepting the coach's decisions even when he or she does not agree with them.

It is also important to remember that neither coaches nor parents are infallible evaluators of talent; nor are they perfect in calling plays. A team does not function well with non-coaches trying to coach. Parents should not place their children in the position of deciding whether they will listen to their parents or their coach.

COMMUNICATION – INTERNAL

Direct communication between the coach and players is very important and is usually the best way for any questions to be answered or conflicts to be worked through. Inevitably, there will be times when a meeting between a parent and coach is warranted. Please contact the coach to arrange a convenient time for a phone conversation or meeting. Please exercise the 24-hour rule – wait 24 hours before contacting them. Too often our emotions get the best of us. Please remember, before or after practices or games is never an appropriate time to approach a coach concerning these issues. Coaches will be happy to meet with you, but it may be a few days before a convenient time can be arranged.

A meeting with the coach is an opportunity to exchange information and respectfully discuss any concerns or questions that you may have. Hopefully the meeting will promote better understanding and communication, but the meeting should not be viewed as an opportunity to convince the coach that your child should be playing more, playing a different position, or that the coach should be employing a different strategy. After the meeting, just as before the meeting, your support of the team and the coach is expected. If there is a significant issue that you believe requires additional discussion, then the Director of Athletics, coach, and parent can meet to resolve the issue.

COMMUNICATION – EXTERNAL

Parents should never contact opposing schools, officials, the TAPPS office, or media outlets to voice complaints over athletic contests, opposing players, coaches or fans, or officials. All concerns and/or opinions should be communicated directly with the Director of Athletics.

FINANCIAL EXPECTATIONS

Expenses for athletic programs fall into two categories – athletic participation fees and “convenience” expenses. Athletic participation fees vary by sport and will be assigned yearly. All fees will be billed through FACTS during the season. Please see the athletic fee schedule on the school website for more details.

Convenience expenses might include additional equipment, garments, or shoes that the student-athlete may want in order to participate, pre or post-game meals, end-of-season coach's gifts, post-game celebrations, and possible overnight travel.

2025 - 2026 PARENT & STUDENT ACKNOWLEDGEMENT

I hereby give consent for _____ (student athlete) to compete in Covenant Classical School of Fort Worth (CCS) approved sports and travel with the coach or other representatives of the school on any trips. The above-named student is my child and is now under my control and in my custody. I authorize CCS and its representatives to consent to and obtain emergency medical treatment of my child in case of any illness or injury in connection with a school activity, such treatment to be administered by such physicians, other medical personnel, hospitals and/or clinics as may be selected by CCS or its representative. I hereby assume responsibility for such professional services. It is understood that CCS assumes no responsibility in the case an accident occurs. The undersigned agrees to be responsible for the safe return of all athletic equipment issued to the student athlete by the school. The student athlete has our permission to return home with his/her parent/guardian or other parent-appointed driver from away games, if needed. The student athlete will check out with his/her coach before leaving. The parents/guardians release CCS from responsibility if an accident occurs.

I have received, read, and understand the Athletic Handbook for the 2025 - 2026 school year, and I agree to abide by the rules and guidelines stated therein.

Student Name: (Print) _____

Grade: _____

Student Signature

Date

Parent Signature

Date

Parent Signature

Date