



PARENT/ATHLETE MANUAL
Updated for 2024/2025

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WCS Middle and High School Handbooks

WCS maintains middle and high school handbooks that address multiple facets of being a student at WCS. In some cases such as academic eligibility, the processes related to athletics are outlined specifically in those handbooks. In other cases that are more athletic specific, this parent/athlete manual will provide greater detail than the handbooks.

WCS Coaching Philosophy

Purpose - a set of principles used to develop the spiritual, physical, and emotional growth of each athlete as the primary input to the pursuit excellence at WCS. To create a consistent approach to help coaches stay completely mission aligned at all times by using common language, regardless of sport.

Great coaches are teachers and provide sport specific skill development and general strength and athletic development that will benefit beyond WCS. WCS coaches teach Christian truth, and application, helping athletes to make good choices as they mature in their faith. WCS coaches teach athletes to pursue excellence as the primary input to team success, and as a methodology for the rest of their lives. **Coaching self awareness** is critical. What you teach may be less important than the example you set. Head coaches are responsible for development and actions of assistant coaches.

Our Stated mission - As an integral part of WCS, our athletic program's mission is to vigorously pursue athletic excellence in order to positively embrace, uphold, and advance the culture of Wilmington Christian School, develop lifelong leaders of Christian character, and to glorify God. We strive to develop athletes who compete with Christ-like character, and who utilize biblical principles to achieve spiritual growth.

Necessity of athletics at WCS. As our society moves farther and farther away from God, becoming increasingly defined by harmful social media norms and other schemes of the enemy, team sports at WCS create an opportunity to train physically, to work face to face with other people, to develop a mindset for overcoming challenges, and to dedicate efforts to a purpose greater than themselves, namely the glorification of God. Our unwavering expectation is that every student and coach at WCS develops in these areas through the application of their faith to athletics. Bringing honor and glory to God must always be the foundation of our program.

Perspective on winning and the pursuit of excellence. Winning is not our first priority, but it is a critical and significant part of what we are trying to accomplish and must not be overlooked. Our first priority, as it should be with any noble pursuit in life, is to pursue excellence. ***Excellence is achieved when our performance is equal to our potential.*** This is what we ask of athletes, and of ourselves - to do the things necessary to compete at the maximum level of our capability. As teams and individuals continue to pursue excellence, our potential will inevitably rise, and our performance must then rise to meet it. This process of pursuing excellence is continually repeated. Inherent in this model is the inevitability that athletes will make mistakes, and coaches must create a psychologically safe environment where athletes are supported and encouraged to take appropriate risks. Failure then positively becomes a learning opportunity in the pursuit of excellence, not something to be avoided. This is what it looks like to pursue excellence, and we let the scoreboard become a byproduct of the process.

Practice and the pursuit of excellence. In general, each season consists of roughly 90 calendar days, with only 20% of those being games or meets. Therefore, 80% of the time an athlete spends playing their sport will be at practice. Coaches must plan well, help athletes develop a mastery of the fundamentals, emphasize superior physical conditioning, and reinforce our process of the pursuit of excellence. Specific framework is given in the **Wilmington Christian School Training and Practice Philosophy**. It is critical that each coach continually increases their knowledge and abilities in their specific sport in order to fully maximize the practice plans they create for their athletes and team.

Culture on Purpose. Every team has a culture. Every program has a culture. Every school has a culture. It's either a culture happening on purpose, or a culture happening by accident. We create our own culture, and it encompasses everything we believe. The name of our culture is "Warrior Pride".

WCS Training and Practice Philosophy

Purpose - Provide a framework for the training and development of WCS athletes both in season, and out of season, regardless of team. Coaches use their sport specific knowledge and skills to build a training plan that meets the needs of their athletes and teams within our prescribed framework. In general, each season consists of roughly 100 calendar days. Roughly 20% of those days are games/meets. Therefore, 80% of the time an athlete spends playing their sport will be at practice. As a result, we believe our practices need to be structured and executed in a way that allows for the maximum effectiveness.

Fundamentals of a great practice or training program:

1. Planning is critical.

- What is the plan for the off-season?
- What is the plan for early season practices leading up to the first game?
- What is the plan to master the fundamentals, and how will we master physical conditioning?
- What role will assistant coaches play in practices?

2. Practice plans are not a secret.

- Write practice plans on a white board daily to ensure a variety of drills and outcomes.
- Using a whiteboard allows athletes to see the practice plan and offer suggestions when necessary.
- Public display of time frames creates accountability towards desired outcomes.

3. Mastery of fundamentals.

- MS and HS games favor the teams that are most fundamentally sound.
- Fundamentals and technical improvement will be determined by the careful instruction and knowledge of the coach.
- Progression towards mastery is 1) do it slow enough to be perfect 2) then do it faster. Repeat at a greater speed.
- Explanation, demonstration, imitation and repetition of the skill is critical. Break difficult skills into smaller parts.
- Teaching of fundamentals at the MS level is the priority, and prepares athletes for future success in HS.
- Film study is an excellent tool for teaching fundamentals and positioning.

4. Superior conditioning.

- MS and HS games favor the teams that are also the most well conditioned.
- Athletes are carefully taught to push past their perceived limits in practice.
- Athletes are taught the parable of sowing and reaping. Hard work and being uncomfortable in practice makes it easier in the games.
- Nobody should play harder than a team from WCS.
- Running for the sake of running is rarely effective. Athletes should gain conditioning mostly through game-like situations performed at high intensity.

5. The pursuit of excellence is a framework and a mindset that is carefully explained and honed in practice.

- Helping athletes perform at full potential is our main objective and must constantly be reinforced.
- Winning becomes an outcome of the pursuit of excellence.
- As athletes pursue excellence, their potential will inevitably rise. We teach them to continually repeat the process.
- Athletes are rewarded for attitude and effort towards the pursuit of excellence.
- Coaches must create a psychologically safe environment where athletes are supported and encouraged to take appropriate risks. Failure then positively becomes a learning opportunity in the pursuit of excellence, not something to be avoided.

6. Additional Information.

- Team meetings are no longer than 10-12 minutes. After being in class all day, our athletes need to move.
- Each section of practice should be no longer than 15 minutes. The attention span of a teenager is roughly the number of minutes of their age.
- The majority of practice drills need to be almost exact replicas of situations they encounter in a game. No one should be surprised in a game.
- The majority of drills need to be high intensity. We strive to have practices be harder than the games.
- Practices must maximize the “touches” of an athlete. The more they dribble, kick, bump, set, spike, shoot, pass in practice etc, the better. Standing around gives athletes the chance to lose focus.
- Scoring mechanisms or time constraints can be used during drills as effective ways to simulate competition.
- Athletes learn best by “doing” - by repeating skills in short, intense spurts

Athlete Code of Conduct

Our Athlete Code of Conduct consists of sixteen characteristics of a successful athlete and team. The purpose of the code of conduct is not to catch people doing something wrong, but to help guide them toward the direction of exemplifying someone who competes with Christian character. It is expected that each athlete and a parent sign a copy of the code of conduct and return it to the coach before being allowed to compete in a game. Coaches are responsible for collecting signed copies of the

Athlete Code of Conduct and do not need to be given to the AD. The Athlete Code of Conduct acknowledges agreement with, and understanding of, the Parent/Athlete manual, as well as the overall policies of the school.

The Athlete Code of Conduct and Expectations are as follows:

1. We compete for a higher purpose. 1 Timothy 1.17.
2. We compete in accordance with God's Word. 2 Timothy 3.16.
3. We prepare hard, practice hard, and play hard. Colossians 3.23-24.
4. We love each other, officials, and opponents. Romans 12.10.
5. We edify our teammates and build them up. Ephesians 4.12.
6. We keep the unity of the spirit and work together as a team. Ephesians 4.3.
7. We expect excellence of ourselves, and from each other. Colossians 3.23.
8. We protect our bodies from harmful substances, and social media. 1 Corinthians 6.19-20.
9. We pray individually and as a team. Ephesians 6.18.
10. We forgive one another. Ephesians 4.32.
11. We give thanks. 1 Thessalonians 5.18.
12. We are positive. Ephesians 4.22-24.
13. We are coachable. Proverbs 9.9.
14. We are humble. 1 Peter 5.5-6.
15. We uphold our mission, purpose, and philosophy. John 6.38.
16. We stand firm in our faith and do not waver. Ephesians 6.10-17.

Biblical Instruction

Coaches are expected to spend time each week developing the spiritual maturity of their athletes through biblical instruction. The bible verses of the Athlete Code of Conduct are meant to be used as the minimum material for in season spiritual development. There are approximately 16 weeks in each season, and these verses can be assigned and covered at the pace and discretion of the coach. Additional materials, as well as athlete or coach testimonies can be included as well. Approximately 20 minutes in total each week is a reasonable amount of time to be spent specifically on spiritual development as a team, but biblical instruction opportunities should be used at every opportunity.

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Sportsmanship

It is important that all athletes and parents demonstrate good sportsmanship and serve as role models. Sportsmanship is an overt display of respect for the rules of sport and for all players, coaches, officials, and fans. It also involves a commitment to fair play, ethical behavior, and integrity. Parents must never use vulgar language. Parents must never enter the field/court of play. Parents are expected to immediately comply with either officials or administration if sportsmanship is not being demonstrated. Officials are an important part of the game. Officials follow code of ethics. It is also important to understand that they are a necessary part of the game. A contest cannot be played without them. Home schools do not choose the officials. The sports assignor assigns all officials and neither team has control of which officials are assigned. While you may not agree with all their calls, please do not harass, or taunt them. It is also important to remember that officials oversee the contest and possess complete authority to have unruly spectators removed. The administration of the home team also has complete authority to remove unruly spectators. It is important to note that a player or coach or spectator who is ejected from a game will be suspended for the remainder of the contest and must sit out the next game, as well. The WCS administration reserves the right to review all infractions and take further disciplinary action if deemed necessary. Parents must refrain from providing instruction/criticism to any student other than their own.

Communication and Dispute Resolution

Parents should not confront a coach before, during, or after a game or practice as these are often busy and emotional times. Parents and athletes are advised to wait 24 hours and then schedule a meeting with the coach if there is a dispute that needs to be resolved. The preferred order of dispute resolution is that the athlete first discusses the issue with the coach in a private setting. If the athlete and the coach are unable to resolve an issue, then the parent should schedule a meeting with the coach. If there is no resolution, then the athletic director and school administration may become involved. Parents must refrain from discussing playing time, team strategy or play calling, or the performance of other student athletes with the coach.

Open communication between coach, player, and parent is necessary to enable the smooth operation of an athletic team. Coaches are asked to use Team App, or group email lists for players and parents, or an occasional hand-out, to distribute general team information. Communication regarding the specific situation of an individual may require a personal phone call or face-to-face meeting involving the coach, player, and/or parent. With a focus on professionalism and keeping the proper adult/student boundary in place, coaches are asked to refrain from regular cell phone contact with student-athletes in the form of a phone call or text unless critically necessary. Likewise, it is requested that if a coach chooses to provide a personal cell phone number to members of his/her team including parents, then the coach should only be contacted via the cell phone number in the event of an absolutely necessary situation. Cooperation on the part of the coach, student-athlete, and parent in the use of personal cell phone contacts will assure that proper decorum is maintained. Student athletes who are aware of unavoidable conflicts with the game and/or practice schedules for his/her sport are expected to use face-to-face communication with the coach to discuss any conflicts.

Playing Time, Participation, Tryouts and Cuts

It is important to understand that participation on an athletic team at WCS is a privilege and not a right. Being on and maintaining one's membership on the team means accepting all the responsibilities of an athlete. However, unlike recreation or intramural teams, equal or guaranteed playing time does not exist. To excel as a team and as players, a coach will use players best suited to the conditions or demands of the sport at that time.

While our goal is to promote the greatest athletic participation possible, it may be necessary in some sports to cut players from a team. This may occur due to limitations of our facilities, safety issues, and other factors that may differ by sport. WCS may

require some middle school students to participate in another sport to balance the teams due to potential limitations mentioned previously.

It is also important to remember that there are no guarantees from year to year. Players from the previous year's team, for example, do not automatically have the same position the following year. Having been a member of a team during the previous year or even being a senior does not ensure that an athlete will make the varsity team. Parents should expect that every candidate is treated fairly and given every consideration.

Captains

Each head coach is responsible for determining the way to select a captain(s) for his/her team. There are numerous ways that coaches will use to select captain(s) for a team. Some coaches will select team captains from the pool of returning players based on demonstrated leadership skills, athletic proficiency, and/or those who have earned the respect of his/her peers, while others will select captains solely based on a vote of team members. Coaches may also choose to rotate captains on a game by game basis. A coach is encouraged to share his/her method of selection with his/her team and parent group, but an athlete's ability to effectively demonstrate the WCS Athlete Code of Conduct is the foundation from which all captains are selected.

Scheduling and Attendance Policies for Practice and Games

For varsity and JV teams while school is in session, practice sessions on Monday through Friday must not exceed two hours including film time, devotional time, or other team building events. During fall preseason, or days when school is not in session including weekends and holiday breaks, coaches can practice longer than 2 hours, and may start at the time they desire. There are no practices on Sundays. Varsity and JV practices during normal school days will generally be from 3:15pm to 5:15pm. However, varsity and JV coaches have the discretion start their practices later than 3:15 pm while school is in session. In sports where it is necessary to conduct back-to-back practices due to lack of facilities, the last practice session must be completed by 9:00 PM.

Middle School practices will only be on Monday through Friday from 2pm to 3:15pm. Parents should expect to pick up their middle school athlete closer to 3:25 as they will return to the locker room to get their belongings before going to the carpool line. Athletics at the middle school level are considered pass/fail, and all normal school attendance policies apply to middle school athletics.

Varsity and JV teams will have games on some Saturdays, but middle school generally does not compete on Saturday's unless absolutely necessary.

Varsity and Middle School coaches and assistant coaches are expected to be the first to arrive, remain with the athletes, and be the last to leave the practice/game session. At no time are athletes to practice by themselves or be left unsupervised. Coaches remain with students until everyone has a ride home.

A student who has an early dismissal/ late arrival from school may not practice or play on that day unless he/she completes 4 periods of class time or submits an acceptable parent's or doctor excuse as determined by the principal or the athletic director. School field trips will be treated differently as those may be longer than 4 periods of the day.

Post Practice/Game Responsibilities

Student-athletes and parents have the responsibility to secure transportation from school within 15 minutes of practice ending. Waiting and/or loitering in the lobby or outside the school poses potential problems. Risk of injury and property damage can possibly result from unsupervised gatherings. In part to address this issue, the coach will be responsible for supervising their respected area while athletes are present, and for securing all equipment, locker rooms, fields, and gyms.

If an athlete is late being picked up from away games consistently, the athlete will not be allowed to go to away contests.

Practice sessions are normally closed to spectators. These sessions are the equivalent of a teacher's classroom and there is real, quality instruction taking place. Interruptions and interference to an athlete's concentration and focus in practice cannot be allowed any more than a disruption would be tolerated in a classroom setting.

Practice will not be held when school is dismissed early due to inclement weather. Practice may or may not be held when school is not in session due to inclement weather.

Injuries and Athletic Training Room/Sports Medicine

The training room is for everyone's safe use and convenience and is the direct responsibility of the athletic trainer. Students should sign-in whenever they intend to use the training room facility and should always use the equipment in the instructed manner, as well as in a safe and orderly fashion. Any questions about the safe and proper use of equipment in the training area should be directed to the athletic trainer. All injuries must be reported to the athletic trainer. The athletic trainer is the one best qualified to deal with injuries; he/she must also keep a written account of injuries for insurance purposes. All doctors' notes should be given to the athletic trainer as a matter of record keeping. Any documentation for injury rehabilitation should be given to the athletic trainer so that he/she can supervise and/or administer the appropriate prescribed activity.

As per DIAA regulation, students who are physically unable to participate in athletics for five (5) consecutive days due to illness/injury will not be permitted to resume participation with their team without a written note from a certified physician stating that he/she has been cleared to participate. Athletes have the responsibility of letting their coach know if they will be late to practice due to treatment for an injury.

For the Athletic Training Facility to run efficiently, your compliance with these rules is needed. Should you decide not to comply with any of the following rules, you will be asked to leave the Athletic Training Facility, and/or care for your injuries may be delayed due to your non-compliance. The Athletic Training Facility is a healthcare facility and should be treated in such a manner. Injuries, diagnoses, and treatments are a personal matter and must be kept private and athletes may be asked to leave while others are being treated. The trainer's room is not an athlete lounge or loitering area. Once you have completed your treatment, rehabilitation, taping, and/or appointment, please exit. Absolutely no social media pictures or posts are allowed from the trainer's room. All patients entering the Athletic Training Facility must sign in before receiving any care. Athletes must be dressed in at least shirts and shorts unless the athletic trainer tells you that removal of certain clothing is necessary for your medical treatment. Sports bras alone as a top are not acceptable. Do not remove any supplies from the Athletic Training Facility without an athletic trainer's permission (i.e., foam rollers, tape cutters, rolls of tape, scissors, rehab equipment, etc.). Taping supplies are for injury care/prevention, not aesthetic purposes or sport equipment or personal use. Cleats are not allowed in the Athletic Training Facility. If you make a mess, please clean up after yourself. The treadmills bikes, hydrocollator, ice bath, etc. are to only be operated with permission from an athletic trainer. Horseplay, profanity, and derogatory/abusive language will not be tolerated. Be respectful and courteous to everyone or you will be asked to leave. No use of cell phones while your athletic trainer is taking you through your rehabilitation/treatment. Backpacks must be left in the locker room, not in the facility unless otherwise instructed to do so by an athletic trainer. All injuries must be reported to the coaching staff and athletic training staff immediately. This can be done via email or text, but please be sure to report them as quickly as possible. Athletes are not allowed to be in the weight room or use cardio equipment without permission from the athletic trainer.

Physicals

Athletes must have an annual sports physical dated after April 1 for the up coming school year. Your doctor must complete a DIAA physical form to be eligible to play in compliance with our state organization. All forms must be on file with the school nurse and athletic trainer before an athlete may participate in any way on a sports team, this includes practice. Forms are available at www.wcswarriorssports.com, or go to the Board of Education for Delaware Website, then on go to DIAA, then Forms. It is the responsibility of the coach to collect these forms, and work with the trainer, the school nurse, and/or the athletic director to enforce this policy and resolve any issues.

Academic Eligibility

WCS maintains academic standards as defined in the middle school and high school handbooks respectively.

Eighth Graders on Varsity or JV Teams

The faculty, coaches and administration feel strongly that eighth grade students should compete with their peers on middle school athletic teams due to the social, emotional and physical aspects of sports, however at times it is necessary for 8th grade students to compete at the high school level. This would only happen because the 8th grader is talented enough that they would make a significant contribution to the varsity team, or they are needed to fill out numbers to have a JV or Varsity

team. Students must understand that being offered an opportunity to try out for a varsity team is not a guarantee that they will be selected to stay with the varsity team for the season. According to DIAA rules, once an eighth-grade student participates in a recorded game with an upper school team, he/she may not participate with the middle school team in the same sport that season. The process for trying out for varsity or JV as an eighth grader is by invitation only and will not happen without the full support of the parents/guardians and the appropriate members of school administration including the upper school principal. The length of a tryout may be as long, or short as necessary to determine the proper outcome. If the student-athlete does not get asked to stay with the varsity team for the season, he/she will then return to the middle school sports program to continue to hone his/her skills. Eighth graders who are offered a varsity roster position, and their family must be willing to make a full commitment to the schedule of a varsity level athlete for the entire sport season. This includes games/contests/practices that run later into the afternoon/evening hours and may include weekends, school vacations, holidays, and days that school is not in regular session, as well as fall sports pre-season that begins prior to the start of the school year and participation in all post-season competition/state tournament events. As the academic component in the life of all student-athletes takes priority over the athletic component, school scheduled activities such as field trips will be considered an excused absence from the sport commitment. Eighth grade students selected for a varsity team will take part in a study hall when middle school peers head to practice each day at 2:00 pm. Students who transfer to WCS as 8th graders will not be able to play varsity/jv sports, as the DIAA requires that 8th graders who play varsity/jv must have been enrolled in the school as 7th graders.

Changing Teams

Whether by being cut, choosing to leave a team, or by being dismissed, an athlete's membership on a team may be altered. Any player cut from a team during tryouts is free to try out for another team, with that coach's approval. Any player that voluntarily chooses to withdraw from a team must get the approval of the first and second coach, and the athletic director before joining a second team. All obligations such as returning equipment must be completed prior to joining a second team. Any player dismissed from a team must get the approval of the athletic director before joining another team.

Non Academic Discipline

At times, it may be necessary for discipline to be used as a method of helping athletes develop. It is important to note that in educational based athletics, there is a strong connection between what happens during the school day and the impact on athletics. Therefore, issues that generate during the school day may have both school, and athletic ramifications. As well, issues that generate during athletics may result in both athletic, and administrative consequences. The school administration and the athletic director will work together on these issues and make sure that student athletes understand the outcomes from both. Athletics will work in partnership with the administration and will integrate policies and procedures outlined in the Middle School Handbook and the High School Parent/Student Handbook.

If a student is suspended from school, the coach and the athletic director will work with the Principal to determine the right athletic outcome. It is not uncommon for athletes who are suspended from school to miss multiple practices and multiple games.

If a student has detention they are not permitted to practice or play on the day of detention and may miss additional games and or practices depending upon the reason for detention and the number of detentions received.

If an athlete receives multiple infractions for inappropriate behavior, it is possible that they would miss additional practices, or a game as determined by the athletic director and the Principal.

Students who are required to miss practice or games because of disciplinary action are expected to still attend practices and games in acceptable street clothes.

The discipline for unexcused absences from practice or a game will be determined by the head coach in conjunction with the athletic director and the Principal, particularly if the athlete was also absent from school.

Athletes are expected to make the team a priority. Parents and athletes should not put coaches in a position to determine what are "acceptable" or "unacceptable" reasons for missing practice or games. Known conflicts with the schedule should be communicated as early as possible. Based on each individual situation, coaches have the authority to prescribe additional conditioning, suspension from practices, or suspension from games if students are unable to make games and practices the appropriate priority.

Any discipline issues that happen during practice or a game should be discussed with the athletic director as appropriate based on the severity. Coaches should refrain from instituting any serious disciplinary actions before communicating with the athletic director.

Academic discipline procedures are outlined in both the middle school and high school handbooks respectively.

Club and Travel Teams, and Additional Workouts

WCS endorses athletes seeking extra development through club or travel teams, or individual coaches and trainers. It is suggested that these be minimized while an athlete is in season, but in all cases, it is expected that the sport at WCS be the priority.

Policy and Van Policy

Traveling to games in WCS vans is the preferred method and will always be the first option. Parent transportation will be used in a limited capacity as the second option. When possible, a team will have two vans available, but based on away game schedules there may be times when only one van is available. When necessary, student drivers may drive to and from away games with parent and coach approval. Student drivers may only transport siblings and close family members to and from games with approval from parents. When necessary, parents may transport athletes to and from games in their personal vehicles. When necessary, coaches may transport athletes to and from games in their personal vehicles. Vans driven to games will return to school to drop off athletes after the game. Athletes should text their parents to make sure they are waiting for them at WCS when the vans arrive. Parents are allowed to pick up athletes at away games but must be on time and communicate clearly with the coaching staff. Parents, students, and coaches must always be in close communication with travel plans and the coach must approve all travel plans outside of a WCS van or bus. All drivers of WCS vans must have passed a motor vehicle background check.

It is required that all passengers in WCS vans wear seat belts at all times. Coaches and drivers are responsible for confirming this before departure, and should not proceed until everyone is buckled. Failure of a passenger to wear a seatbelt will result in that passenger NOT being transported. Failure of a driver to ensure seat belts are being worn may result in loss of vehicle privileges and/or disciplinary action up to and including dismissal.

It is the coaches responsibility to ensure all trash has been removed from vans at the conclusion of the trip.

It is the coaches responsibility to report all accidents, traffic violations, or any violations of this policy to the athletic director immediately.

Female managers of male teams must sit in the passenger seat of the van, and are not allowed in any other row of seats. This also applies to male managers of female teams.

WCS Van Policies may outline additional requirements.

Athletic Awards and Recognition

Varsity letters are presented to athletes who complete the season in good standing, and who, as determined by the coach, participated in an appropriate number of varsity games in that sport, or made a significant impact at certain times throughout the season. JV letters follow the same process.

An athlete who was injured during the season may also receive awards regardless of the number of games they played.

If a student voluntarily withdraws, or a parent has pulled their child from the team the athlete will not receive any awards or honors.

Coaches may choose to have a banquet at the conclusion of their season. Details should be shared with the athletic director. Coaches may also recognize team awards at the conclusion of their season with permission from the athletic director. At no time should parents, or team moms create their own awards as part of a recognition strategy.

All-Conference selections are made by the varsity coaches in accordance with the procedures outlined for each sport.. Dates, times, and sites for meetings are arranged by the athletic directors. A WCS coaching representative must attend both the all-conference and if necessary, the all-state meeting for every sport. All conference selections must be approved by the athletic director before the coaches meeting takes place.

The end of year high school athletic award banquet takes place annually. Coaches must have all awards approved by the athletic director before presenting at the banquet.

Any athletes nominated for "Athlete of the Week" or other awards that are distributed by organizations other than WCS must have approval from the athletic director before submission.

Use of Fields, Courts, Athletic Facilities and Locker Rooms

Athletic facilities at WCS should always be used appropriately. The use of the weight room, athletic fields and courts must be under the direction and supervision of the coaching staff, a WCS employee, or approved adult. Use of facilities, including practice schedules must be determined/approved by the athletic director to ensure space is available and DIAA rules are followed. Coaches should not automatically expect that they will have practice time available on a certain field, or in a certain gym.

The locker rooms should be used for changing and getting ready for practice and games. Roughhousing is not allowed. All showers must be turned off after showering. No female managers are allowed in the boy's locker room. No male managers are allowed in the girl's locker room. All spiked or cleated shoes are not allowed in the locker rooms or any part of the building. It is expected that each locker room is left clean and neat at the end of every day. Coaches are expected to monitor the locker rooms on a daily basis to uphold these expectations, and should also check visiting team locker rooms after each game.

WCS coaches and team are expected to leave all locker rooms and facilities as they found them when visiting other school.

Alumni Field requires additional expectations to ensure the longevity of the playing surface. To ensure a safe and well-maintained facility, the following articles are always prohibited on Alumni Field as well as other outdoor facilities and fields:

1. Glass containers
2. Food, snacks, gum, seeds of any kind
3. Metal spikes and high heel shoes
4. Dogs and other pets
5. Trash and Litter
6. Sharp Objects
7. Bikes, roller blades, strollers, skateboards, and any other similar modes of transportation/recreation
8. Motorized vehicles
9. Fireworks or any open flame
10. Any golfing or throwing objects such as: hammer, shot, discuss, etc.
11. Lotion, creams, or oils of any kind
12. Field paint/chalk

The following are required by all users of Alumni Field, as well as other outdoor facilities and fields:

1. Deposit all trash in the trash receptacles provided and take large trash items like boxes to another location to be discarded.
2. All goals and other large practice or game items including bleachers must be lifted to be moved and may not be dragged on the turf at any time.
3. Goals and other equipment must be returned to the location it was found at the beginning of practice.
4. Prohibit players from spitting on the Alumni Field or its surroundings.
5. Clean any spills/bloodborne pathogens immediately off the surface and rinse with water. Notify WCS personnel if additional assistance will be needed to clean the surface.
6. The field access code may only be used by the rental lead or a coach. Access information should NEVER be provided to a participant.
7. Players are only to use access gates and should never jump the fence.

Coaches are responsible for securing all facilities and equipment, including but not limited to locking gates and closets at the end of each practice or game.

Uniforms and School Equipment

Athletes will be issued school athletic uniforms, and possibly equipment, specific to each sport season. All uniforms and equipment are the property of WCS. Each athlete is responsible for the care of uniforms/equipment issued. It is expected that they will not loan uniforms/equipment to someone else. Athletes who wish to exchange uniforms/equipment with another player must receive permission from the coach. Uniforms are to be worn only for games/contests or on special occasions as designated by the coach. Practice wear should be clean and in good repair. Any apparel not in line with the mission, purpose and competitive philosophy of the athletic department will not be allowed at practices or games. At the completion of the season, students are required to clean and return all school uniform/equipment items issued to them. These items are to be returned to the coaches within 1 week of the completion of the season. Athletes will be held financially responsible for any lost

or misplaced uniforms and equipment. In addition, they will not be issued a uniform in their next season or receive athletic credit until these obligations are fulfilled. The purchase of personal items needed for participation in some sports may be required. Many of these items will be made available to team members for purchase through an online team store or through the athletic department.

Harassment, Hazing, and Initiations

All forms of harassment, hazing or initiation of Wilmington Christian student-athletes is strictly prohibited. Upperclassmen are expected to lead by example and make sure all underclassmen are immediately and permanently welcomed to the team with zero tolerance for hazing or other forms of inappropriate initiation. Issues will be addressed according to school policy

Social Media

If a student on a WCS athletic team inappropriately uses social media, they have the potential to be suspended from participation in the sport until appropriate discipline is determined. Discipline could include suspension from practices and games or removal from the team and forfeiture of all privileges that accompany being a member of that team, in addition to other school discipline. Parents and athletes should always remember that our social media presence must appropriately reflect the WCS and athletic department mission, athletic purpose and competitive philosophy. Many future employers and colleges also will investigate potential athletes by searching easily accessible platforms like Facebook, Instagram, etc. Parents and coaches should not have social media pages for individual teams. The athletic department has created social media pages that will cover the entire span of athletics at WCS. Parents or coaches who have great photos that can be shared are encouraged to send them to the athletic director.

Early Dismissals

Upper School team members are often dismissed early from classes for away contests. Students are dismissed approximately 20 - 30 minutes prior to the scheduled bus departure time depending on the needs of the team, or specific athletes. It is during this time that student-athletes should change into team uniforms, gather equipment and personal belongings for the game, and if necessary, see the athletic trainer

Off Campus Sports Credits

Although participation in the WCS athletic program is required, occasionally a student will be involved in an off-campus athletic activity not offered at WCS that could possibly fulfill a co-curricular or team credit. With very few exceptions, approved off-campus credits will not typically count toward completion of the co-curricular credit. Permission to receive credit for an off-campus sport must be approved the Principal.

Pursuing College Athletics

Students wishing to pursue college athletics should discuss those goals with his/her coach and the guidance counselor. Members of the Athletic Department are available to write letters of recommendation and to make follow-up phone calls on behalf of the student-athlete after he/she has made the initial contact. If a videotape of game action is desired to be sent to college recruiters, it is the responsibility of the student-athlete to arrange for the recording of game footage. The Athletic Department has limited ability to record games for instructional purposes only. All recording of games for college recruiting purposes is the responsibility of the student and his/her family. Students who plan to try out for a collegiate team must be cleared by the NCAA Clearinghouse prior to the tryout.

Risk Management Assessment

WCS maintains policies and procedures related to managing risk for all games, both home and away. Coaches have the authority, in conjunction with the administration of WCS, to remove a team from any game or venue that has the potential to put WCS athletes at an unacceptable level of risk.