



Athletic Handbook

School Year 2023-2024

Victory Christian School

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Victory Christian School: Founding Purpose

Rev. Billy Joe Daugherty, Pastor and Founder

God is calling churches across America to build Christian Schools. There is a price to pay, but the reward will be worth it. The next generation can be different if the people of God today will heed the voice of the Spirit. The vision of Victory Christian School is to provide a place to train, prepare, and equip young people to take the ministry of Jesus to the ends of the earth, whether it is a preacher, pastor, evangelist, prophet, apostle, and teacher or as a nurse, technician, educator, or businessperson. In an environment of quality academics and strong discipline, students will be trained to witness their faith, to share Jesus effectively with others, and to minister love to hurting people. They will be taught to operate in the gifts of the Spirit, to minister the healing power of God, to minister deliverance to those that are bound by devils, and be trained to walk in standards of holiness. We realize the solemn responsibility under God to carry out this vision. We look for parents and students who are in agreement with us, for without that, our vision cannot be fulfilled.

Victory Christian School: Mission Statement

It Victory Christian School's mission to train students spiritually, academically, and physically through a Biblical worldview to fulfill the "Great Commission" in every sphere of influence. (Matthew 28:18-20)

TRAIN:	Live by the Word of God
PREPARE:	Led by the Spirit of God
EQUIP:	Love others/Fulfill Great commission

Victory Christian School: Purpose Statement

The purpose of Victory Christian School is to provide a quality Christian education without compromising the Word of God in an environment where students will experience maximum success.

QUALITY CHRISTIAN EDUCATION - By "quality education," we mean creating a comfortable, yet challenging environment in which the best instructional practices delivered by certified Christian educators will cause students to develop to their fullest potential. Students will develop habits, skills, and attitudes, which will allow for great success in a culturally diverse world that is constantly changing. They will be fully immersed in an academic setting that offers a variety of intellectually stimulating opportunities that are conducive to a lifestyle of

academic growth geared toward maintaining a foundation of lifelong learning built on integrity and the Word of God. We strive to train our students to be responsible citizens who respect themselves and others; who know how to effectively communicate with others; who willingly submit to authority while maintaining a sense of individuality; who possess a strong Christian worldview based on biblical values; who know how to use their individual talents, gifts, and abilities to improve society as a whole; who ultimately bring glory to the Kingdom of God.

COMPROMISING THE WORD OF GOD - By not “compromising the Word of God” we mean that God’s Word is held high as the student’s guide for all learning and development. We encourage Christian growth as outlined in the Scriptures. Students will learn from the Christian perspective of God as their foundation (Christian worldview). We intend to teach the Word in such a fashion that our young people will be equipped for service, empowered by the Holy Spirit, and able to use the Word with great authority.

SUCCESS - By “success” we mean reaching the highest achievement possible in academics, athletics, and the arts to fulfill the will of God. One day in Jesus’ presence, our students will be measured by the following standard: Did they listen to the Call of God for their lives, and did they fulfill His will?

Victory Christian School: Statement of Faith

The following truths are held in common agreement by members of Victory Christian School:

- We believe the Bible is the inspired, infallible, and authoritative Word of God. | 2 Timothy 3:16-17
- We believe that there is one God, eternally existent in three persons: Father, Son, and Holy Spirit. | 1 John 5:6-8
- We believe that man was created in the image of God, but as a result of sin is lost and powerless to save himself. | Genesis 1:26, Romans 6:23
- We believe that the only hope for man is to believe on Jesus Christ, the virginborn Son of God, fully God, fully man. Through faith in Christ’s life, death and resurrection, mankind is redeemed. | Romans 10:9-10,13; John 3:16, Ephesians 2:1-10

- We believe in the deity of our Lord Jesus Christ, His virgin birth, His sinless life, His miracles, His vicarious and atoning death through His shed blood, His bodily resurrection, His ascension to the right hand of the Father, and His personal return in power and glory. | 1 Corinthians 15:3-4; 1 Peter 2:18-24; John 3:16
- We believe that salvation is by grace through faith alone. No amount of good works will produce justification before God. We further believe that the manifestation of grace and faith is a holy life expressed through righteous works. | Romans 3:21-30; Galatians. 4:4-7; Ephesians 2:8-10
- We believe that the Holy Spirit indwells all believers, and through the Baptism with the Holy Spirit, believers are empowered for Christian service and gifted for this service. We believe that the gifts of the Spirit are active and necessary for today. | 1 Corinthians 12
- We believe that eternal life in heaven is the reward of all who believe and receive Christ as their Lord. According to the Scriptures, "For God so loved the world that He sent His one and only Son, that whoever believes in Him shall not perish but have eternal life." | John 3:16
- "But the cowardly, the unbelieving, the vile, the murderers, the sexually immoral, those who practice magic arts, the idolaters, and all liars – their place will be in the fiery lake of burning sulfur. This is the second death." | Revelation 21:8
- We believe that deliverance from sickness is provided for in the atonement and is the privilege of all believers. | Isaiah 53:4, Matthew 8:16-17, Mark 16:18, John 5:6-14, 1 Peter 2:24
- We believe that the Church is the Body of Christ, both universal and local, and is composed of individuals who, through faith in Jesus Christ, have been regenerated by the Holy Spirit. We believe that Christ Jesus is the Head and Lord of the Church. The mission of the Church is worship, evangelism, discipleship and the nurturing and care of one another. | Matthew 28:18-20; Colossians 1:18; Ephesians 2:19-22
- We believe in the imminent and personal return of our Lord and Savior Jesus Christ. | 1 Thessalonians 4:13-18, Revelation 22:20, John 14:3

Victory Christian School: Life-Success Outcomes

It is the goal of Victory Christian School to have graduates who meet the following Life- Success Outcomes: Born again Christians exhibiting the Fruit of the Spirit (Gal. 5:22-23) Empowered by the Holy Spirit (Acts 1:8) Motivated and able to lead others to Jesus (Matt. 28:18-20) Positive community leaders and role models (Eph. 4:11-12) Responsible citizens and international ambassadors (I Peter 2:13-14) Effective communicators (Eph. 4:29) Well educated, self-directed, lifelong learners (II Tim. 2:15)

Victory Christian School: Management Statement

Victory Christian School is an educational institution which is supported and managed by Victory Church. The Word of God is central to the education process. The goals of Victory Christian School reflect those of Victory Church and are within the scope of the vision for Victory Church. VCS reserves the right to make changes to this handbook throughout the year to better match the needs of the school and those of the parents and students. Victory Christian School has the right to change any aspect of its policies, procedures, and programs to best match the vision of the school. The School Board of Victory Christian School acts in an advisory capacity to the Superintendent of the school regarding budget, staffing, school policies, and may hear appeals regarding disciplinary action.

Victory Christian School: Notice of Student Nondiscrimination

Victory Christian School and Victory College, ministries of South Lewis Victory Church, Inc., admit students of any race, color, national and ethnic origin to all the rights, privileges, programs and activities generally accorded or made available to students at the schools. They do not discriminate on the basis of race, color, national and ethnic origin in administration of its educational policies, admissions policies, scholarships and loan programs, athletic and school-administered programs.

Victory Confession

“I am here on purpose, because I have a purpose.
My heart is open. My mind is ready to receive,
because God is not finished with me, yet.
My best days are right in front of me,
and I have Victory in my life,
because Jesus lives in me!”

Introduction to the Athletic Handbook

The purpose of this handbook is to provide information to student-athletes, parents, and coaches regarding the Victory Christian School Athletic Department. This document will serve as the general expectations for all Victory Christian School student-athletes, coaches, teams, parents, and spectators as a supplement to and in coordination with the current Victory Christian School Parent & Student Handbook. Coaches may have additional expectations and guidelines that pertain to their specific philosophy for their team and/or program which will be communicated independently on a team and/or program level. The information provided in this handbook is intended by the Victory Christian School Athletic Department to help create competitive athletics at all levels while nurturing young men and women of character, integrity, and faith, remembering that "For from Him and through Him and to Him are all things. To Him be the glory forever! Amen." (Romans 11:36)

Purpose of the Athletic Program

Victory Christian School does strive for athletic excellence and has achieved multiple conference, regional and state titles – which many use to measure and define success. However, it is our primary purpose for athletics to play a role in fulfilling the vision of Victory Christian School as communicated in the current Victory Christian School Parent & Student Handbook. Athletics are a vital part of the educational process and are an important component in fulfilling the vision of VCS. This vision extends to a working philosophy which says:

"The value of athletics is not found solely in achieving the athletic goals, though these goals must be striven for with all diligence. The true value of athletics is found in the changes and experiences that the process of striving for the goal produces in the lives of the people who are directly or indirectly involved with the athletic program. In other words, athletics provide an arena whereby students can be trained in Christlikeness."

Standards & Expectations

Students participating in athletics as part of their experience at Victory Christian School are held to high expectations regarding behavior and character while embracing the "Team First" mentality (1 Corinthians 12:20-25). At Victory Christian School, student-athletes are a representation of Christ as they come into contact with many people on and off our campus (Matthew 5:14-16).

These expectations extend also to coaches and fans that are associated with Victory Christian School and our athletic department. Coaches and parents not only represent Jesus Christ and the school, but they are also called to be examples of character and integrity for our student-athletes.

Obscene language or gestures, inciting violence, and general inappropriate behavior is unacceptable at any time and is unbecoming of a student-athlete, coach, or fan of Victory Christian School.

Coaches and student-athletes must always conduct themselves in a manner that represents Victory Christian School and Jesus Christ in a positive way. Sports are intended to be competitive, but that should never extend past the field of play.

Game Conduct

Players may be sidelined for talking back to referees, fighting with other players or other team members, flagrant fouls and unsportsmanlike conduct, and displaying disgust with a penalty, other players, etc.

During any incident on the field or court of play, coaches will be assigned specific roles in an effort to mitigate the situation and/or manage the safety of our student athletes. A coach or coaches should be specifically assigned to manage the players on the field or court of play as well as a coach or coaches assigned to the players and peripheral team and staff on and around the bench areas.

Fan/Parent Code of Conduct

Students, parents, faculty, and friends, please continue to set the example by remembering:

- Jesus is the example of our words and actions.
- We do not voice comments that are disrespectful or put down other players, coaches or officials.
- We appreciate a good play no matter who makes it.

Our goal is to provide support for our teams and coaches. **We need to direct our spirited response toward our players and coaches and not against our opponent, other spectators, coaches or officials.** We need to respond enthusiastically to our cheerleaders and follow their lead in cheers to support our team. Fans that do not follow our Fan Code will be asked to leave the game.

Spectators should be mindful that their privilege and responsibility is to be encouraging and uplifting during attendance at athletic competitions. Athletics are a way for student-athletes to learn and develop, therefore spectators should do their best to encourage these individuals/teams and to assist in the development of young men and women.

Obscene language or gestures, inciting violence, and general inappropriate behavior is unacceptable at any time and is unbecoming of fans that are representatives of Victory Christian School.

Spectators engaging in inappropriate behavior or those that violate the standards and expectations established by the OSSAA may be asked to leave the premises of the event – and could be subject to additional disciplinary action as deemed appropriate by the athletic department and administration.

**Any individuals serving as a volunteer/coach must sign the VCS Conduct Form.*

Mascot & School Colors

We are the Victory Christian School **Conquerors**. "Yet in all these things we are more than conquerors through Him who loved us." (Romans 8:37)

Victory Christian School is represented by Billy Joe Blue and Victory Gold with accent colors of white, black and gray.

Athletic Uniforms & Merchandise

All VCS teams must have uniforms featuring one or more of our official school colors - royal blue, bright gold, black, gray, and white. This includes teams at all levels of competition.

Alternate uniforms utilizing formerly featured or "throwback" school colors and/or logos or alternate uniforms introducing non-traditional colors and/or logos must be approved by administration before purchase, distribution, sale, or use.

Any additional clothing, accessories, and other items designed or manufactured with the school's name, logos, colors and/or likenesses on behalf of or for the benefit of any school sponsored or associated team must also be approved by the administration before purchase, distribution, sale, or use.

Stewardship

Student-athletes, coaches and spectators should demonstrate stewardship in the way they take care of equipment, uniforms and facilities that are the property of Victory Christian School. Appropriate treatment of VCS possessions and resources demonstrates thankfulness for what God has provided (Matthew 25).

As part of their participation on a team, student-athletes will receive team uniforms, gear and equipment (including but not limited to jerseys, practice gear, helmets, pads, travel bags, lockers, etc.) at the beginning of each season. The upkeep, cleaning and maintenance of these items is solely the responsibility of the student-athlete. Any damages that occur must be communicated to the coach or Director of Athletics immediately. At the conclusion of a sports season, the coach and/or Director of Athletics will conduct a uniform turn-in. Students will be held personally and financially responsible for any uniform, gear or equipment that is not returned in satisfactory condition at the conclusion of the sports season. All uniforms must be washed prior to returning them.

Memberships

Victory Christian School is member of the Oklahoma Secondary Schools Activities Association (OSSAA). Victory does not recruit students for athletic participation.

Additionally, Victory Christian School is a member of the Pinnacle Athletic Conference along with Metro Christian Academy, Holland Hall, Cascia Hall, Rejoice Christian School (Owasso), Regent Prep and Lincoln Christian School (Broken Arrow).

Safe Sport

Victory Christian School Athletics Program follows all policies set forth in the Minor Athlete Abuse Prevention Policies by the U.S. Center for Safe Sport.

Documents

All new students (grades 7-12) must complete the OSSAA new student form to determine their eligibility. All students who participate in any athletic program are required to have both a "Physical" form and an "Insurance Release" form completed before they practice with the team. These forms may be obtained from the Athletic Department. Parents who do not have family health coverage will have to obtain insurance coverage for the sport they are participating in before they will be allowed to participate in practices or competitions. The OSSAA

requires all athletes or parents of athletes to fill out a Biological Sex Affidavit to affirm the biological sex at birth of any student participating on a school team.

Eligibility

All school extra-curricular events will follow the OSSAA eligibility guidelines FOR ALL 7th – 12th graders. Starting at week 3 of the first quarter, an eligibility check will be run by the Upper School and Middle School offices and any students on the ineligible list will not be allowed to compete in extra-curricular school events (Art, Athletics, Band, Drama, Robotics, etc.). If an event occurs during school hours, ineligible students will not participate. Ineligible students may not miss classes to attend extra-curricular events. Only those students enrolled in VCS either part-time or full-time in grades K-12 can participate in Victory sports. An Eligibility Information Sheet is available in the Athletic Office.

Academic Eligibility

Early intervention is a critical component to the academic success of a student who is showing signs of academic decline. Per the Victory Christian School Parent & Student Handbook, Students who are failing any subjects may be placed on academic probation. Student-athletes must also comply with any academic standards or requirements outlined by Victory Christian School's membership in the OSSAA.

Game Day Policy

An athlete must attend at least one-half day of school to participate in a sport (practice or games) on that same day. Exceptions need to be approved by School Administration.

NCAA Initial-Eligibility Clearinghouse

Many college athletic programs are regulated by the National Collegiate 26 Athletic Association (NCAA), which has established rules on eligibility, recruiting, and financial aid. If you are planning to enroll in college as a freshman and you wish to participate in Division I or Division II athletics, you must be certified by the NCAA Initial-Eligibility Clearinghouse. If you want to participate in Division I or Division II athletics, plan to start the certification process early - usually the end of

your junior year in high school. Contact the College & Career Counselor for an application.

Notice of Fees

Athletic Participation Fees may be required for each sport that requires individual student-athlete equipment and/or uniforms.

Teams

The sports that are available depend upon the number of students who go out for a sport so a team can be formed, obtaining a parent volunteer or staff coach, and being able to schedule competition. VCS offers the following sports:

Sport	Elementary		Middle School		Upper School	
	Boys	Girls	Boys	Girls	Boys	Girls
Cross Country					Fall	Fall
Football	Fall		Fall		Fall	
Cheerleading		Fall		Fall/Win		Fall/Win
Volleyball		Spring		Fall		Fall
Basketball	Winter	Winter	Winter	Winter	Winter	Winter
Wrestling	Winter		Winter		Winter	
Baseball	City		Spring		Spring	
Golf			Spring	Spring	Spring	Spring
Soccer	City	City			Spring	Spring
Tennis					Spring	Spring
Track			Spring	Spring	Spring	Spring

Coaches

Quality coaching is important to the success of teams and development of student-athletes at Victory Christian School. While coaches should be knowledgeable in their respective areas with experience playing and/or coaching, they are ultimately representatives of Victory Christian School. Coaches should conduct themselves professionally at all times and are expected to integrate Biblically based concepts and standards into their practices and game plans. Consistent with the expectations for all of our employees, coaches must be of good moral standing with evidence of Christian faith. Coaches should lead by example in the way they teach and instruct teams and student-athletes, teaching and encouraging student-athletes to grow in character and faith both on and off the field or court of play.

Captains

Solid leadership is important to the success of any group or team. Team captaincy is an honor and privilege that is to be earned. Captains are expected to maintain high character and integrity at all times, communicate well with the team, and lead by example in word and deed. Captaincy will be determined by the coach and should not simply be reserved for the best athlete or oldest athlete on the team unless deserved.

Tryouts & Roster Cuts

Due to limited roster sizes, cuts may be made for any team in the high school or junior high school level – depending on the desired number of participants, the number of available coaches or volunteers and the number of students who try out for any team. Cuts will be determined by the Head Coach after conferring with the Assistant Coach(es) and/or Director of Athletics. Concerns about these decisions should be addressed directly by the player in question. The player should arrange a mutually convenient time to meet with the coach(es) and Director of Athletics (if necessary).

*There will be no program cuts due to skill level or ability at the elementary levels and every effort will be made to avoid circumstances that would limit participation numbers at the elementary levels.

Practice and Game Attendance

Attendance of student-athletes at practice and games is vital to the success of the Athletics Department at Victory Christian School. Student-athletes are expected to attend all VCS practices and games during the season they are associated with at the time. Excessive absences may result in removal from a team, as directed by the coach and/or Director of Athletics.

- Students are not permitted to miss practice or a game to attend a recreational, club, or organized team practice or game for another team without prior permission from the coach.
- Tardiness to practices or games is unacceptable as punctuality is expected at all times. Tardiness will be handled first by the coach. Excessive tardiness may result in additional discipline or removal from a team, as directed by the coach and/or Director of Athletics.

- Practice attendance is important to game participation. If a student-athlete misses practice time prior to a game due to an unexcused absence, the student-athlete may have reduced playing time or be unable to participate in that game.
- Determination of whether an absence or tardy is excused or unexcused will be made by the coach and Director of Athletics.

Holidays

Teams may still hold practices on days that Victory Christian School is not in session (Christmas break, spring break, federal holidays, professional days, snow days, distance learning, virtual days, etc.). These practices are strongly encouraged and attendance is expected, if stated by the coach. However, these practices may not be stated as mandatory. Victory Christian School is mindful that families plan trips and events when school is not in session for such holidays, as well as the challenges that can exist during inclement weather. The Athletics Department is accordingly mindful of these situations. Families and players should be aware of and loyal to the commitment they have made to the team during the season when scheduling trips and events. Games and competitions may occasionally be scheduled during school holidays, if the schedule dictates such.

Weekends

Teams may hold practices on Saturdays during the day, but they are not permitted to hold mandatory team activities on Sundays without administrative permission, as Victory Christian School believes that families should observe the tradition of the Sabbath, taking time to rest and spend time with loved ones. Coaches should be aware of the other commitments of student-athletes and their families and be mindful of such when scheduling Saturday practices. Games/competitions may occasionally be scheduled on Saturdays – especially rescheduled/postponed games, tournaments and playoff games. Saturday should be reserved as the last resort in the case of a make-up competition.

Athletic Transportation

Student-athletes are encouraged to ride to and from athletic competitions with the team in order to assist with team spirit and camaraderie. In the event that VCS cannot provide transportation for student-athletes to and from an away game, written permission from the student's parent must be provided to the coach prior to allowing a student-athlete to ride with another VCS student, parent, coach, or employee to that event. Parents may transport their student home from athletic competitions after communication with the coach.

Safety

Safety of our student-athletes is paramount to the Athletics Department at Victory Christian School. Student-athletes are required to turn in a Physical Examination Form and an Insurance Release Form each school year. Failure to turn in these forms will result in the loss of participation and the inability to try out for sports at VCS. If a student is injured while in the care of a coach, the injury should be communicated quickly and clearly to the parent, athletic trainer, and Director of Athletics. Additionally, an incident report should be completed and returned to the Director or Athletics within 24-hours.

Playing Time

The coach and Director of Athletics reserve the right to restrict play time at any level due to absence, tardiness, behavior issues, poor attitude, or poor commitment level. Playing time is nonnegotiable at any level.

Additionally, playing time is not guaranteed at the Junior High, JV and Varsity levels. Coaches will make substitutions and base playing time on the coach's judgment of what is best for the success of their team.

While playing time is nonnegotiable, any requested meetings to achieve a more thorough understanding (of their role or playing time) must first take place between **the player and their coach** in an effort to eliminate any confusion and set realistic expectations. Parents may request a subsequent meeting **with the player present** if they need further clarity. Discussions must be scheduled and **will not** take place during, or immediately before/after a game.

At the Junior High School level, participation is encouraged, as the main goal is to develop skills, teach the fundamentals of the sport, and build team camaraderie. Coaches are encouraged, but not required, to have each student-athlete participate in every game.

Bullying & Hazing

Bullying, hazing and degrading initiations have no place in education-based activities. The National Federation of High School Sports (NFHS) defines hazing as any humiliating or dangerous activity expected of a student to belong to a group. Students found guilty of bullying or hazing will be subject to discipline from the athletic department and/or the school administration.

Conflict Resolution

Victory Christian School expects all constituents to follow the Biblical principle of conflict resolution found in Matthew 18:15-17. Conflicts should be addressed directly with the coach/teammate with whom there is an issue before involving other coaches, the Director of Athletics, and other administrators, in that order, as appropriate. Open, clear, and direct communication is Christ-like and healthy for believers who should always strive to be of one accord (Philippians 2:1-11).

Ejection/Excessive Penalties

Any coach or student-athlete that accumulates an excessive number of penalties or is ejected from competition will be subject to any suspension(s) from competition in accordance with OSSAA policy. In addition, the athletic department and school administration reserve the right to implement any additional disciplinary strategies if necessary.

Discipline

Each student-athlete is held to a high standard of behavior expectations as previously mentioned. Disciplinary issues that extend beyond the internal handlings of team specific standards will fall under the Character & Conduct section of the school handbook (Pages 33-39).

Media Relations

It is important that Victory Christian School maintain good relations with media outlets in the community. Press coverage can be a positive way for the school and the athletics department to reach and market to our community. Any interviews, profiles or special story requests should be processed through and/or communicated to the Director of Athletics and VCS Administration.

Social Media

Student-athletes should conduct themselves properly on social media at all times. Social media can be very beneficial in regard to promotion and communication with college coaches, scouting services and media outlets, but should be handled with care. Students of Victory Christian School are expected to represent the school values and faith in Jesus Christ, honoring God with behavior and interaction with others on all social media outlets. Student-athletes must adhere to the internet and electronic device standards set forth in the Parent & Student

Handbook. Victory Christian School reserves the right to implement additional discipline strategies for inappropriate social media activity.

Elementary Sports

At the Elementary level, VCS offers several athletic opportunities for students. In addition to school teams, the department will help coordinate the enrollment of students in community-based leagues. Elementary teams are coached by Parent Volunteers who have completed the VCS Volunteer Process. For a list of available sports, see TEAMS below.

Additionally, the VCS Athletic Department coordinates the enrollment of students in community-based leagues. Soccer, basketball, baseball, softball, and football are some of the sports that are available to VCS elementary students. At the elementary level, VCS may field its own team in a Christian school league or help coordinate the enrollment of students in community-based leagues.

Athletics & Team Fundraising

Fundraising is a vital part of the VCS Athletic program. Parent volunteers are needed throughout the year to help with various fundraising projects. Athletic fundraising must be pre-approved by the Athletic Director and Superintendent.

Any sport specific Booster Club at Victory Christian School is intended to:

- Increase school spirit through creating and implementing strategies for increasing attendance and participation in Victory Christian School athletics.
- Observe and address issues with athletic policies and procedures.
- Address areas necessary for growth and/or improvement and to create and implement strategies for improving these areas.
- Assist in the fundraising tasks of the Victory Christian School Athletic Department in order to provide the optimal athletic experience for all coaches, fans, and student-athletes.

Booster Clubs or any other form of parent-sponsored support for our teams must be approved by VCS Administration and subsequently follow any rules and guidelines put in place for the monitoring and approval of the receipt and/or disbursement of funds.

Volunteers

Our athletics program often depends upon parents and other individuals assisting at athletic events. Parents of athletes are expected to work at least two times per sport or season their child participates in. Schedules will be circulated by the coach or athletic department during the pre-season or at that sport's team parent meeting. Parents can sign up for the games that best fit their schedule and will be responsible to find a replacement and/or notify the athletic office for alternative arrangements should they be unable to fulfill their scheduled time.

Those interested in volunteering within the athletic department as a coach, assistant coach or other position must become an approved volunteer. Prospective volunteers must complete our volunteer application, CANA training and any associated background checks. Victory HR will process the application and is responsible for the official approval of all volunteers.

**Any individuals serving as a volunteer/coach must sign the VCS Conduct Form.*

Athletic Awards

At the conclusion of each season, coaches and student-athletes are invited and expected to attend any athletic awards ceremony that are scheduled for their team. Ceremonies may consist of season recaps, certificates, etc. All Varsity level athletes will be eligible to receive varsity letters at the conclusion of each season.

Earning a varsity letter is an honor and a privilege and is not reserved for all members of athletic teams at every level. The following guidelines will be used in determining which student-athletes receive varsity letters. The coach and Director of Athletics reserve the right to use their discretion in any case regarding varsity lettering.

- The student-athlete must be a member of a varsity-level team. Lettering is not a process reserved for middle school or junior varsity teams and athletes.
- The student-athlete must be in good academic standing throughout the season. Any student-athlete placed on academic probation at any time in the season will not be eligible for varsity lettering, unless otherwise decided by the coach and Director of Athletics.
- The student-athlete must demonstrate high character and behavior. Students with repeated behavior issues will not be eligible for varsity lettering. The Director of Athletics and Administration will work together to determine which student-athletes are eligible.

- The student-athlete must show a commitment to the team and exhibit attendance and punctuality at all times. A student-athlete that demonstrates repeated unexcused tardiness or absence from games and/or practice will not be eligible for varsity lettering.
- Any student-athlete that is unable to complete a season for any reason other than injury will not be eligible for varsity lettering.
- If a student-athlete participates at both the junior varsity and varsity level, the student-athlete must have at least 50% of their game participation at the varsity level in order to be eligible for varsity lettering.



FACT SHEET FOR HIGH SCHOOL ATHLETES

This sheet has information to help you protect yourself from concussion or other serious brain injury and know what to do if a concussion occurs.

WHAT IS A CONCUSSION?

A concussion is a brain injury that affects how your brain works. It can happen when your brain gets bounced around in your skull after a fall or hit to the head.

WHAT SHOULD I DO IF I THINK I HAVE A CONCUSSION?

REPORT IT.

Tell your coach, parent, and athletic trainer if you think you or one of your teammates may have a concussion. It's up to you to report your symptoms. Your coach and team are relying on you. Plus, you won't play your best if you are not feeling well.

GET CHECKED OUT.

If you think you have a concussion, do not return to play on the day of the injury. Only a health care provider can tell if you have a concussion and when it is OK to return to school and play. The sooner you get checked out, the sooner you may be able to safely return to play.

GIVE YOUR BRAIN TIME TO HEAL.

A concussion can make everyday activities, such as going to school, harder. You may need extra help getting back to your normal activities. Be sure to update your parents and doctor about how you are feeling.



HEADS UP CONCUSSION ACTION PLAN



IF YOU SUSPECT THAT AN ATHLETE HAS A CONCUSSION, YOU SHOULD TAKE THE FOLLOWING STEPS:

1. Remove the athlete from play.
2. Ensure that the athlete is evaluated by a health care professional experienced in evaluating for concussion. Do not try to judge the seriousness of the injury yourself.
3. Inform the athlete's parents or guardians about the possible concussion and give them the fact sheet on concussion.
4. Keep the athlete out of play the day of the injury. An athlete should only return to play with permission from a health care professional, who is experienced in evaluating for concussion.

► **"IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON."**



CONCUSSION SIGNS AND SYMPTOMS

Athletes who experience one or more of the signs and symptoms listed below after a bump, blow, or jolt to the head or body may have a concussion.

SYMPTOMS REPORTED BY ATHLETE

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not "feeling right" or is "feeling down"

SIGNS OBSERVED BY COACHING STAFF

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events prior to hit or fall



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TO LEARN MORE GO TO >> WWW.CDC.GOV/CONCUSSION

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