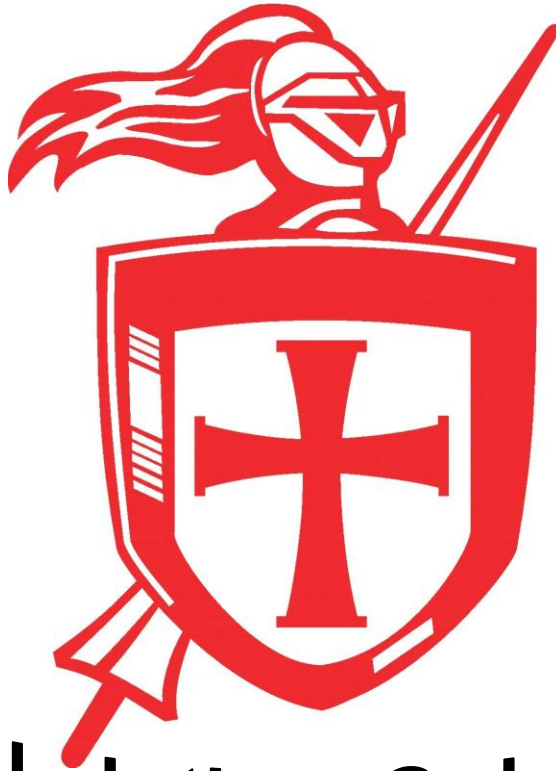


Abundant Life



Christian School

Athletic Handbook 2009-2010

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STATEMENT OF RISK

Physical activity yields many benefits but may also result in catastrophic injuries. All sports involve movement; some involve contact. Sports may be a high-risk area for serious injuries. Although ALCS endeavors to operate athletic activities in a safe manner, it is impossible to eliminate risks associated with physical activity and/or sports. Therefore, parents and student athletes should consider these risks carefully before deciding to participate in interscholastic activities. Student athletes are recommended to obtain adequate health/accident insurance. If families have concerns about additional insurance, please contact the Main Office.

PLEASE NOTE: HEALTH CONCERNS, HEALTH PROTOCOLS, AND EMERGENCY MEDICATIONS NEED TO BE PROVIDED TO THE ATHLETIC COACHES BY THE PARENT. PLEASE BE CERTAIN TO PROVIDE ANY NECESSARY INFORMATION AND/OR MEDICATION TO THE COACHES, AND/OR ATHLETIC DIRECTOR

FORMS NEEDED FOR ATHLETIC PARTICIPATION

No athlete may start practice or receive any equipment until all forms are properly processed in the ALCS Athletic Office.

Athletic Physical Card or Alternate Year Physical Card: An athlete must have a physical by a licensed physician or APNP every other year and have the Green Physical Card on file in the ALCS Athletic Office BEGINNING WITH THE STUDENT'S NINTH GRADE YEAR. In alternate years, the Tan Alternate Year Physical Card must be completed and on file in the ALCS Athletic Office. All freshmen must have a physical before participation in a sport at ALCS.

In April of 2003 the Health Insurance Portability Accountability Act (HIPAA) went into effect. Among other things, this law was passed to help ensure the protection and privacy of an individual's past, present and future medical information. All information included on the athlete's physical and insurance/health history forms will be kept strictly confidential and will not be available for view or use by the general public.

Current interpretation of the HIPAA law does allow for discussion of an athlete's relevant medical history and current injury status between the medical staff and that athlete's coaching staff. This is to ensure the safety of the athlete through clear lines of communication between athletes, parents/guardians, coaches and the medical staff regarding an athlete's ability to safely participate in a sport or activity.

CONTACT INFORMATION

The following phone numbers and email addresses will be updated regularly to assist you in obtaining information regarding athletic events. Coaches will provide athletes with a “Contacts information” page.

Athletic Personnel:

Ext. 332 – Athletic Office (Mrs. Verbeten – lvbeten@mail.lakecitychurch.org)

Ext. 347 – Athletic Director (Mr. Haugen – dhaugen@mail.lakecitychurch.org)

Athletic Web Addresses:

www.powerweb.net/trailways - All Trailways Conference schedules and statistics are available (this will not include non-conference games)

www.wiaawi.org - WIAA website.

www.alcs.us - Athletic information will be posted here on the ALCS website, to include schedules, general information, directions, game changes/cancellations, etc.

www.maislathletics.org – Madison Area Independent Sports League information for 5-8th grade athletics.

This handbook serves as a reference to answer questions about expectations of student participants and to outline the consequences of choices made by the students. Additionally, the WIAA mandates that member schools have a code of conduct for athletes, enforced year-round that describes the circumstances under which athletic participation is limited or suspended. In addition to the ALCS Student Code of Conduct, the standards of this handbook apply to all school sponsored activities, not just athletics. Participation is a privilege that promotes personal growth and interpersonal skills. Participants represent our school and exemplify its values. Guidelines governing all activities are established to lead, coordinate, and facilitate the effort of all members of the ALCS departments including coaches, participants, parents and spectators toward the objectives of these programs.

ABUNDANT LIFE CHRISTIAN SCHOOL

ATHLETIC PHILOSOPHY & APPLICATION

“Whatever happens, conduct yourself in a manner worthy of the Gospel of Christ” (Phil 1:27).

GOALS OF THE ATHLETIC DEPARTMENT

- Interscholastic athletics will be an integral part of the total educational experience at ALCS. These programs will strive to provide educational and spiritual experiences not otherwise provided in the curriculum.
- Interscholastic athletic opportunities will be available to all students and should primarily benefit the students who directly participate in them.
- At the entry level(s) of competition, all interscholastic athletic participants will be provided participation opportunities during regular season play.
- Interscholastic athletic opportunities provide for the development of attitudes, cooperation, and responsible individual/team play.
- Interscholastic athletics will provide opportunities to develop, exemplify, and observe good sportsmanship and glorify God.
- Interscholastic athletics will develop an awareness and realization in students that participation is a privilege with accompanying responsibilities.

Mr. Haugen
Secondary School Principal/ Athletic Director

ASSOCIATION AND MEMBERSHIP

Abundant Life Christian School Athletics holds memberships in three different organizations.

- **WIAA** (Wisconsin Interscholastic Athletic Association); a statewide association of over 490 public and private high schools. The WIAA provides leadership and organizes state tournament opportunities for its member schools.
- **Trailways Conference**: High school association of area high schools with similar enrollments, providing regular season competition for ALCS offered sports. (Member teams are listed in Appendix E).
- **MAISL** (Madison Area Independent Sports League): Middle school program made up of area middle schools and churches, providing regular season and tournament competition in sports that ALCS offers.

ELIGIBILITY

Students participating in athletic activities will be expected to maintain a proper Christian testimony for the Lord. Participants are expected to follow the school's code of conduct on a year-round basis. Violations of the school code of conduct at any time may result in a suspension from interscholastic competitions.

Athletes: All high school athletes wishing to participate in/on an athletic team or program must complete and have on file with the Athletic Office the following documents (1-3) **prior to their first practice:**

1. WIAA Physical Exam or Alternate Year Card - **on file.** It is necessary for every high school athlete before the athlete is allowed to start practice, to have on file a signed or stamped WIAA card by a physician or clinic with the signature of an Advanced Practice Nurse Prescriber (APNP). An exam taken after April 1 and thereafter is valid for the following two school years; if taken before April 1, it is valid only for the remainder of that school year, and the following school year. (RE-Art.VII)
2. Emergency Medical Info Card.
3. Parent and Participant's Agreement to abide by the ALCS Code of Conduct signed by parent/guardian and student. One half of the athletic fee must be paid at the beginning of the season with balance being due prior to the end of the regular season (before the beginning of the WIAA tournament).

In addition to the ALCS Code of Conduct, which must be enforced all year round, in-season violations of the ALCS Code (Art. VII, Sec. 2) will result in immediate suspension of the student from interscholastic competition for no less than one day of competition (but not less than one complete game or meet) for acts involving (a) use of alcohol. (b) use (including chewing) of tobacco and/or (c) use, possession buying or selling of controlled substances. Out-of-season violations or penalties will be served in the next sports season. Athletes who are aware of a violation are encouraged to self-disclose in order to prevent penalties being assessed against the team.

WIAA requires that a student athlete shall become ineligible in a sport for the remainder of the season for competing in a non-school activity in the same sport during the established school season. A student athlete may not participate in any program that can be construed to be a school team practice or competition out of season. Therefore, a student athlete must discontinue summertime participation in non-school programs of a sport as of the first day of the school's official opening day of practice of that sport, except in the fall sports of golf, tennis and swimming, provided the delay does not extend beyond the first interscholastic meet.

A student athlete cannot attend a specialized camp, clinic, or school unless the program is approved by the WIAA. It shall not be permissible for any person except the student athlete or their parent(s) or guardian(s) to pay the cost or fee for any kind of non-school activity involving specialized training or instruction. There are no restrictions relative to voluntary assembling (without school/coach involvement) of student athletes during the summer.

Students who wish to participate in more than one sport per season must have the consent of all coaches involved as well as the Athletic Director. Students must also register at the Athletic Office and have all proper forms and fees turned in, for the additional sport. Students who are dropped from one sport for disciplinary reasons, or who quit, shall not be eligible to compete in another sport for that particular season without mutual agreement of the coaches and the Athletic Director. However, any student who is cut from a team may compete in another sport during that season.

A student shall be ineligible for interscholastic competition if he/she reaches his/her 19th birthday before August 1 of any given school year.

Private school residency requirements of Article II, Section 2 of the WIAA Handbook require that eligible students be full time students, **residing full time with parents in their primary residence**. Residency questions related to divorce are addressed in this section also. Transferring students are to be considered ineligible for the remainder of the school year unless their eligibility is verified first by the Athletic Director prior to any practice.

As required under WIAA rules, a student shall be an *amateur* in all recognized sports of the WIAA in order to compete in any sport. **Amateur standing will be violated and the student will be ineligible** for all further participation in the school's interscholastic program **if**:

- The student accepts any form of reimbursement-cash, salary, or merchandise of any kind, for participation in a sport;
- The student signs a contract or agreement for services as a participating athlete;
- The student willingly permits his/her name or picture, or makes a personal appearance to be used in any promotion;
- The student plays in a contest under an assumed name.

ACADEMIC QUALIFICATIONS

High School

In addition to the above rules, students are also required to meet certain minimum standards in the area of academics.

1. No quarter class grade below 61%.
2. A cumulative average of 71% or better.

Students who are not passing all classes will not be permitted to participate in athletics for a period of time that the school feels is necessary for the student to raise their grades and regain eligibility. If a student does not correct their academic deficiencies in the time specified they are not allowed to participate in games or contests until their academic performance once again meets the standard that has been set, *i.e.* passing grades in all classes at all times.

Grades of all high school students participating in athletics will be checked at the end of each quarter grading period. The registrar will report failing marks or a grade point average lower than 71% at quarter to the Principal and the Athletic Director for participants. Eligibility will be determined when the registrar's report is made to the Principal or the grade information is disseminated, whichever comes first. The Athletic Director will notify athletes and their parents of ineligibility. Any student receiving 1 failing grade in a quarter would be ineligible for competition for a time period of 10 school days or a total of 3 contests (football players would miss 2 contests because of minimal number of games), whichever is met first. Any student with 2 or more failures would be ineligible for competition for a period of 15 school days and nights per the W.I.A.A.

Although WIAA does not eliminate academically ineligible students from attending practices, the Principal (and the AD where athletes are involved) will determine whether the student is eligible to practice. This policy will carry over to the following year concerning fourth quarter failures and carries with it the minimum ineligibility period of 21 consecutive calendar days beginning with the first date of earliest allowed competition in a sport.

Academic Probation: Students may be placed on academic probation at any time within a quarterly grading period if it is determined they are failing any course or earning a D in any class. When placed on probation, students have ten (10) school days and nights to raise a failing grade(s) to a passing level or a D grade is improved to a C- or better. If a failing grade is not improved after ten (10) school days and nights, students will be considered academically ineligible for competition/performance until a passing grade is achieved, but not less than an additional 15 days. The Principal will monitor all D grades (and where athletes are involved, the Athletic Director) on a weekly basis for improvement. Those students with D's & F's will be required to circulate weekly grade report forms for the remainder of the season, to be turned in to the Principal's Office on Monday of each week.

There are no WIAA or institutional restrictions on practicing, competing/performing while on academic probation. The Principal in consultation with the Athletic Director may, however, develop individualized plans for improvement as circumstances warrant.

As required under WIAA rule, if a student or a student's parents or guardian falsify any information submitted to the school, and a student participates resulting in an order of forfeiture, the student becomes ineligible in all sports for one calendar year from the date of the last game or meet in which the student participated.

Incomplete grades are treated as failing grades for purposes of eligibility and will make the student ineligible to participate in any co-curricular activity until converted to a passing grade. Upon verification by the teacher issuing the incomplete, a student who completes the necessary requirements to attain a passing grade will immediately regain his/her eligibility providing he/she meets other academic requirements. A student has a maximum of two weeks in which to raise an incomplete to a passing grade.

Middle School

Students receiving any failing grades or an overall low grade point **may** be declared ineligible. For athletes, the Principal and the Athletic Director will determine the form and duration of ineligibility on an individual basis. Middle School students with two failing grades will be ineligible for athletic participation.

GENERAL POLICIES

Spiritual Disqualification

In the event that the spiritual standing of a student in light of the ALCS Code of Conduct is brought into question, the administrative board, consisting of the Administrator, Principals and Athletic Director (for Athletes) and one other member of the staff, shall confront the issue according to James 5:20. If a violation is found and if the attitude and/or behavior in question continues, the Principal (after consultation with the committee members and the student) will declare the student ineligible until the appropriate testimony is restored.

Attendance

Students are eligible for interscholastic activities if they are in regular attendance, and enrolled as full time students at the high school level. At the middle school level, our policy is listed in Appendix G. A student will NOT be allowed to practice or participate in any interscholastic athletic event if the student was not in school and attending all scheduled classes (including study hall) the day of the activity without a prior excused absence. Attendance in Physical Education means participation. Additionally, a student who has an unexcused absence on a Friday may not participate in a scheduled weekend event. In order to avoid a finding of “unexcused” absence, exceptions must be pre-approved by the Principal (or for athlete’s the Athletic Director), including medical appointments, to avoid a student being restricted from practicing/competing. If a student misses a class period on the day of an interscholastic event **(with the exception of a pre-excused absence)** and proceeds to take part in the event, the student will be required to meet with the Principal to decide on appropriate consequences for this violation. It is not the goal of these rules to have sick students attempting to participate in any athletic activity; students who are sick should stay home. Ill students should not be participating in athletic events.

Players are expected to be at all practices. **High school and middle school athletes will be permitted one unexcused absence from practice or a game during the season.** The second violation may result in dismissal from the team. Students should be suited up and wait to practice until the coach is present or until the coach gives permission for the team captain(s) to begin warm-up exercises.

1. Excused absences will include, but not be limited to:
 - a. Illness of the pupil

- b. Serious illness of a member of the immediate family (when the student is definitely needed at home)
 - c. Wedding or death in the immediate family
 - d. Severe weather
2. An unexcused absence is any absence that is for personal benefit and where the activity could be scheduled at a different time. Players who arrive late for practice or who take an unexcused absence from practice, may be expected to do additional conditioning exercises.
 3. If an athlete is prevented from participation (e.g., injuries, absences, etc.), the coach will determine what team obligations will be met during the time period of non-participation.
 4. Athletes are expected to report to practice immediately after school has let out. Athletes are not to leave school grounds before practice sessions unless scheduled for a late practice.
 5. Athletes with late practices need to leave school at the end of the school day and return just prior to their scheduled practice time. Parents should know the practice schedule and pick up their children immediately following practices. An unexcused absence from practice the day before a game makes that athlete ineligible to start the game and will also affect that athlete's playing time for that game's play.
 6. The locker rooms and a player's individual locker will be kept clean. Clothing and valuables (though valuables are discouraged from being brought to school) must be locked in the lockers and not left out in the open.
 7. No one will be permitted to remove anything from the athletic storage area without authorization from the coach or athletic director.
 8. Students who are dropped from one activity for disciplinary reasons, or who quit, will not be eligible to compete in another activity for that particular season without mutual agreement of coaches and the athletic director. However, any student who is cut from one squad may compete in another activity during that season.
 9. Students must be in attendance the entire school day to participate in a contest(s) or event(s) scheduled for that day. The Principal or the Athletic Director with the Principal may approve individual exceptions for cause shown.

Students with an unverified period absence(s) will not be allowed to participate in contest(s) or event(s) until it is cleared. If an absence(s) is/are not cleared prior to next contest, the student will serve a 1 game suspension for each unverified absence. The later discovery of a violation of either of these two attendance eligibility rules after the day of an actual contest or event will result in the suspension from participation on the next event or contest date.

The effect of absences on student participation in practice is left up to the discretion of each coach/advisor. All advisors/coaches are expected to have a written policy about attendance/practice issues as part of their team policies. The Principal will deal with repeated attendance issues.

School Suspensions: A student who is serving a suspension may not be on the school grounds during the suspension. Therefore, the student may not participate in any practices or contests on days or portions of days of scheduled contests, functions, and practices when the suspension is

in effect until it is fully served. This may include Saturday competition, i.e., suspended on Friday and Monday. Students may not practice on days when a suspension is in effect.

Suspended Students/Carry Over/Calculations: Students will be penalized for the sport in which they currently participate. Per WIAA regulations, students who violate the Code of Conduct outside of their sport season will begin a penalty from the first day of their next sports season.

Penalties will carry over into a second sport season if the suspension is not completed in the original season or from one school year to the next. A student with suspension penalties must begin and end their respective season in order for the suspension to be completed. In other words, a student may not go out for a sport to serve the suspension, and then quit after the suspension period is completed.

Tournament suspension special rule: Under the WIAA rules, violations of any ALCS Code that results in a student being suspended for one or more WIAA Tournament competitions, result in immediate disqualification of the student for the remainder of the **TOTAL** State Tournament Series in that sport.” Thus, all WIAA Tournament competition counts as one (1) contest because the ineligible student is out for all of it.

The Principal will administer the Code of Conduct and maintain progress report and grade records pertaining to violations and penalties for all activities. The Principal, or Athletic Director and Principal in the case of athletes will maintain these records in the student’s disciplinary file. Only school officials will have access to these files.

During the season, all practice schedules and use of facilities will be coordinated and approved by the Athletic Director. If the number of students trying out for an activity is more than the facilities and equipment can accommodate, selection will be made on the basis of ability. It is ALCS policy that normal length of time for a practice session shall not exceed two hours; additional time may be required for weight-lifting, **not to exceed 2½ hours total practice session time**. There are occasions where an athletic practice may go longer than the normal 2 hours, but not longer than a total of 2 ½ hours.

Athletic Travel

1. Transportation for high school interscholastic activities/contests will be provided by ALCS or a carrier hired for the event. However, sometimes, other arrangements must be made when leaving an event. In those cases, the following procedures must be followed:
2. A parent or guardian must submit a signed, written request **in advance** to the coach or advisor. (See Appendix G; also will be posted on the ALCS website). If approved, the parent must have face-to-face contact with that coach or advisor before the student will be released to ride home with the parent; or
3. For parents or guardians who fail to make arrangements in advance, or there are emergent or extenuating circumstance necessitating a student to leave with anyone other than the prearranged transportation, the parent must make a face-to-face contact with

the coach or advisor and submit a release, in writing, before the student can be released. This procedure is meant to accommodate unplanned circumstances only and is not to be used routinely.

4. Student participants, regardless of age, will not be allowed to drive to or from **away games** or events. Other players **will not** be allowed to leave with some other adult unless there is written notification on file with the athletic office before the trip begins (form included at the end of this handbook.)
5. Each coach/advisor will communicate to the students what dress will be acceptable for away games/events, including regular standardized dress (chapel dress not required) and team dress as approved by the coach/advisor.
6. The use of radios and other electronic devices while traveling in school vehicles will be restricted according to the coaches' judgment.
7. Teams will sit together on all away game trips. Members of the opposite sex will not be allowed to sit in the same seat during away game travel.
8. All teams using buses or vans will be responsible for cleaning the vehicle.

Sport Seasons

The regulations of WIAA and the bylaws of the Trailways Conference will govern the length of all sport seasons. A sport season ends when a team is eliminated from state tournament competition. Athletes have an obligation to finish an existing sport season before trying out for a new sport season.

Athletes may start practice for a second sport while they are engaged in a sport in progress only with mutual consent of the coaches involved. However, an athlete will not compete in an upcoming sport until his or her team is eliminated from the WIAA tournament.

A "sign-up" meeting for the upcoming sport season may be held before the start of a season. These meetings will not conflict with those sports that are in season. This meeting will enable coaches to give a brief overview of the upcoming season, distribute appropriate materials and create a list of potential candidates.

Emergency Procedures - Injuries

A complete first aid kit will be available at every practice and every game. All athletes are required to complete a Student Emergency Form. The Student Emergency Form will be in the team first aid kit and will travel with the team at all times. Please make sure that the information on this form is complete with telephone numbers that allow coaches to make communication

possible if needed. (Abundant Life Christian School teams have use of a cellular phone on road games).

Equipment Issuance - Inventory

1. The use of Abundant Life Christian School athletic equipment or uniforms will be restricted to use by ALCS students during games or practices session.
2. If an athlete has failed to turn in or account for any part of his or her equipment, he or she will not be issued supplies for a new sport.
3. Upon completion of the season the head coach will announce a turn-in time for equipment and uniforms. At this designated time, players will return all equipment and uniforms that were used during the season. Uniforms and equipment not turned in on the date announced by the head coach will be considered lost. Two weeks after the final turn in date, parents of the player will then be sent an additional athletic invoice with the replacement cost of the equipment or uniform(s) listed. **A processing fee of \$5.00 will be added if equipment is returned after an athletic invoice has been sent.**
4. The player is responsible for all equipment issued to them for their season. Any lost or damaged equipment will be charged to the player at replacement cost.
5. When applicable, report cards will be held until charges have been satisfied.

Athletic Events Scheduling & Cancellations

1. The athletic director will coordinate all Abundant Life Christian School interscholastic athletic schedules with the conference commissioner of the Trailways Conference for high school and the Madison Area Independent Sports League for middle school.
2. Any time there is to be a postponement or cancellation; the following procedure will be used:
 - a. Before 2:00 p.m. on the day of the game, the ALCS athletic director will communicate with the opposing team's AD to decide if the contest will be played or whether to establish a make-up date.
 - b. If a change is made all ALCS athletic and administrative staff will be notified.
 - c. Changes for all activities will be communicated in the following manner. Changes happening during the school day will be posted on the ALCS website. Parents should check this first to alleviate calls to the school. Those unable to access the internet/website are welcome to call the school and the receptionist or athletic secretary (Mrs. Verbeten) will have the up-to-date information.

Awards

All student athletes, grades 5-12, starting and finishing a sports season will receive a Certificate of Participation for their involvement in that sport activity. High School athletes are given special awards such as trophies, plaques, or medals for outstanding achievement in specific sport activities. These awards are presented to varsity athletes at an athletic awards program organized under the direction of the Athletic Director at the end of the school year. (See Appendices A and B)

APPENDIX A

AWARD CRITERIA

Athletic awards will be presented on the following basis:

High School

1. An athlete who completes the requirements for a varsity "A" for the first time will be awarded a letter, a pin and a letter certificate. To qualify for an award, athletes must finish the season in good standing and have earned 100 points through competition or services (managers and statistician).
2. An athlete who earns additional varsity letters will be presented with a certificate and a pin signifying this honor.
3. Certificates of participation are awarded to all athletes who successfully complete a season, including non-letter winners and junior varsity.
4. Letters may be awarded to a potential letter winner by a coach for meritorious service or injury.

The following sports and point values apply to high school letters only.

Track

5 points per event entered

Basketball

3 points per quarter played W.I.A.A.
tournament games count double

Golf

Member of the first five in at least 50% of the matches played during the season.

Football

5 points per quarter played W.I.A.A.
tournament games count double

Volleyball

3 points per game played W.I.A.A.
tournament games count double

Middle School

An athlete who completes the season in good standing will be awarded a certificate.

Service

Managers, statistician, etc., finishing the season in good standing will be awarded service points on the following basis (cumulative):

Freshmen	20 points	Juniors	25 points
Sophomores	25 points	Seniors	50 points

(Service points are not limited to varsity competition.)

APPENDIX B

ATHLETIC TEAM AWARDS

All high school athletic teams will award the following:

- Challenger Spirit – team leader in spirit and character attributes
- Most Valuable Player – based upon overall team statistics
- Most Improved Player and Defensive/Offensive Player of the Year may also be given

The respective coaches and/or the respective student athletes select these awards. Additional awards may be given by coaches, but must be approved by the Athletic Director.

APPENDIX C

FEE SCHEDULE

1. Player fees for the 2009-2010 year are due before the playoff date of each particular sport (by the end of the regular season).
2. All payments and fees are to be made at the Business Office. Checks should be made payable to, "ALCS." **Please do not include athletic payments on tuition checks.**
3. Player fees for the 2009-2010 year: High School - \$110 for the first sport (Exception: Football & Golf fee is \$150), \$80 for second and third sports. Middle School - \$75 for all sports.
4. Fee payment schedule:
 - a. One half of the fee is due at the beginning of the season, with the remaining balance due by the end of the regular season.
 - b. After the first week of practice, the first half of the fee is non-refundable.
 - c. After the first game/meet, the entire fee will be due by the end of the regular season. No refunds will be given.

APPENDIX D

SEASONAL LISTING OF ATHLETIC ACTIVITIES 2009-2010

Fall Sports

Middle School

- Volleyball (5,6,7,8)

High School

- Girls: Volleyball (JV & Varsity)
- Boys: Football (9-12)

Winter Sports

Middle School

- Girls: Basketball (5,6,7,8)
- Boys: Basketball (5,6,7,8)

High School

- Girls: Basketball (JV & Varsity)
- Boys: Basketball (JV & Varsity)

Spring Sports

High School

- Girls: Track (9-12), Golf (9-12) *Girls may play on Boys' team
- Boys: Track (9-12), Golf (9-12)

APPENDIX E

TRAILWAYS CONFERENCE SCHOOLS

WIAA TRAILWAYS CONFERENCE	
Valley Christian – Oshkosh	Abundant Life Christian School – Madison
Oshkosh Lourdes	Deerfield
Green Lake	Hustisford
Cambria – Friesland	Johnson Creek
Montello	Dodgeland
Princeton	Fall River
Randolph	Rio
Central Wisconsin Christian	Williams Bay
Markesan	Pardeeville
Oakfield	

APPENDIX F

ATHLETIC PARTICIPATION CONTRACT

(This page is to be removed, signed and turned in at the Athletic Office)

- I have read and understand the Athletic Handbook.
- I agree to abide by all rules and regulations set forth in this handbook.
- I agree to pay for any and all equipment, which I may lose, misplace, or damage through carelessness or intent. I further agree to assume full responsibility for all equipment issued to me, and to confine the use of that equipment to practice, games, and/or meets.

Student Signature

Date

AGE
High School (9-12)

FEES
\$110 for the first sport (Exception: Football & Golf \$150),
\$80 thereafter

Middle School (5-8)

\$75 per sport

I, as parent/guardian of _____, have read the rules and policies set forth for athletic participation at Abundant Life Christian School and give my son/daughter permission to participate under these conditions. I FURTHER UNDERSTAND THAT THERE IS A POSSIBILITY FOR INJURY WHILE PARTICIPATING IN ATHLETICS AND GIVE PERMISSION FOR HIS/HER PARTICIPATION WITH THIS UNDERSTANDING. I will do my part in seeing that he/she follows these rules and regulations. I also give permission to the attending physician to give first aid and emergency treatment to my son/daughter should he or she requires such assistance. I will also be responsible for payment of lost or damaged equipment (at replacement prices), and all fees required for my child to participate in each athletic season.

Parent/Guardian Signature

Date

FOR OFFICE USE ONLY:

DATE RECEIVED: _____

OFFICE SIGNATURE: _____

APPENDIX G

CONTEST TRAVEL RELEASE

Date _____

This is to certify that _____ has my permission to ride from the
(student name)

_____ athletic contest on _____
(sport) (date)

at _____ .
(location)

I certify that I am personally transporting the above named student, or have arranged for transportation with an adult of my choosing for this student.

The reason for not riding the bus is _____

I understand that the Abundant Life Christian School Athletic Handbook requires that students ride the buses to and from all athletic events and a departure from this requirement will release Abundant Life Christian School from all liability for any adverse results that may occur. I agree to release Abundant Life Christian School and its employees from all liability with reference to the above stated transportation.

This form must be on file in the Athletic office prior to dismissal of school on the day of the athletic contest.

(Signature of Parent or Guardian)

(Signature of Athletic Director)

APPENDIX F

MIDDLE SCHOOL POLICY

It is our desire for a large number of students to want to participate, as well as commit to playing for our school. The following is a description of what you and your children can expect at the different levels of our middle school program.

Grade 5: At this level, we are introducing sports programs in general. We encourage all students to participate and find out if they have interest in being involved with athletics. Our coaches are told to attempt to keep playing time equal among the students, based on the numbers that are playing, not the talent levels.

Grade 6: In sixth grade, many students return to play their second year of organized athletics. It is our hope that we may also attract students who have not been interested or involved before. Fairly equal playing time can be expected, however when tournament time comes, we are asking our coaches to attempt to win, but still let everyone have some playing time.

Grade 7: At this level, students are expected to fully commit to being at every practice (two times per week) and attend all games. Playing time will be governed more by playing ability rather than equal times for all players. Students should still expect to play a percentage of each game, but there is no guaranteed amount of playing time. Teaching our students how to compete at a higher level of competition is attempted.

Grade 8: In eighth grade, we are introducing students to the expectations of high school athletics and the commitments that are involved. Students that have worked hard in the off-season and have developed their abilities to a higher level than others will be rewarded with the majority of playing time, but everyone on the team will still play. It is imperative at this level that players are at every practice, both mentally and physically.

Combined Teams: It is important to understand the reasons behind two teams being combined. In most sports, this is not the desire. The reasons behind a combined team are either there are not enough players to field two teams, or we do not have sufficient coaches. Because of MAISL rules, a combined team must play at the higher grade level. If your child is on a combined team, they need to understand that if they are younger and more inexperienced, they may not play as much as the other team members. In these situations, we need to teach the students that they are still valued; however their value is not determined by their playing time.

Coaching: Currently the middle school coaches are purely volunteers; many are parents. We are continually in need of coaches who want to teach the students how to play the sport in which they are competing. Our program will only flourish if we have coaches whose desire is to truly teach the chosen sport. I would ask that you get involved in helping your child's program and continually show support of your child's coach. If you have any questions, please contact me or the Athletic Office at 608-221-1520.

APPENDIX G

NON-ALCS STUDENTS

The following is a description of the middle school athletic policy at Abundant Life Christian School. Our desire is to provide an opportunity to our students to compete in the MAISL athletic league. The following points provide the expectations that are a part of this opportunity.

ALCS Student:

- The student must be in good standing at the school and in compliance with the student code of conduct.
- The student must commit to the team for the entire season including all practices and games.
- The student/family must pay the athletic sports participation fee of \$75 according to the athletic handbook.

Non-ALCS Student:

- If an ALCS team has 10 or more players, non-ALCS students will not be accepted to participate on the team.
- If a sibling attends ALCS, a non-ALCS student would have the opportunity to apply to become a member of the middle school team.
- If a non-ALCS student does not have a sibling attending ALCS, but could provide a reasonable assurance that they would be attending ALCS the following year, he/she may have the opportunity to apply for becoming a member of the middle school program.
- All non-ALCS students will need to provide ALCS with academic reports, to include end of quarter and mid-quarter grading reports.

The following three items must be completed **before** a non-ALCS student will be accepted for an ALCS athletic team.

- A proof of insurance will be required before practice begins.
- The parents of the student must sign an Athletic Participation Contract which is required by all students before practice begins.
- Full payment of \$75 is required before the first game.