



Athletic Handbook 2019-2020

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

MISSION STATEMENT

Abundant Life Christian School intentionally trains our athletes for God-honoring competition, teaching them about faith, hope, and love, and thereby transforming their hearts through individual performance and team participation. Our purpose is to manifest Christian character and to model love and sacrifice for others as we make disciples through athletics.

GOALS OF THE ATHLETIC DEPARTMENT

1. 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 regular school day.
2. Interscholastic athletics will provide opportunities to develop, exemplify, and observe good sportsmanship and glorify God.
3. To provide ALCS students a variety of opportunities to experience the benefits of participation in interscholastic athletics.
4. To develop life skills in student athletes including self-discipline, work ethic, motivation, leadership, time management, sportsmanship, responsibility, self-esteem and an understanding of the relationship between individual effort and team success.
5. Interscholastic athletics will develop an awareness and realization in students that participation is a privilege with accompanying responsibilities.
6. At the entry level(s) of competition, all interscholastic athletic participants will be provided participation opportunities during regular season play.

A. TO PARENTS

This material is presented to you because your son/daughter has indicated a desire to participate in interscholastic athletics at ALCS, and you have expressed your willingness to permit him/her to compete.

This handbook attempts to acquaint you with the responsibilities and obligations associated with a well-organized program of athletics. It is the role of the Athletic Department at ALCS to develop policies, rules, and guidelines that govern the spirit of competition for the school. Parental support is vital to the administration of the athletic program at ALCS.

B. TO ATHLETES

When you choose to become an ALCS Challenger, we assume that you are willing to accept the responsibilities that go with that privilege:

1. **RESPONSIBILITIES TO THE LORD:** As a Christian, everything you do is a witness for the Lord. People will not only view your performance as a player, but will view your performance as a Christian as well. Both on and off the court or field, “Let your light so shine before men, that they may see your good works, and glorify your Father, who is in heaven”. (Matthew 5:16)
2. **RESPONSIBILITIES TO YOURSELF:** The responsibility to broaden yourself and develop strength of character is very important. You need to develop a desire to acquire the greatest possible good from your school experiences. Your participation in academic studies, athletics, and extra-curricular activities prepare you for life after high school.
3. **RESPONSIBILITIES TO YOUR SCHOOL:** By participating in your sport to the maximum of your ability, you are contributing to the positive testimony of ALCS. Like it or not, athletes are looked upon as leaders. The student body, our opponents, the spectators, and other communities judge our school by your attitude, conduct, and effort on and off the field/court.
4. **RESPONSIBILITIES TO OTHERS:** As an ALCS athlete, you are responsible to your family, to your teammates, and to your classmates to live up to the training rules, practice to the best of your ability every day, and give your all in every contest. Whether you are a “starter” or a “sub,” play the whole game, and support your teammates from the bench. You can keep a positive outlook when you know in your heart that you’ve placed others ahead of yourself.

C. ATHLETE’S CODE OF ETHICS

Each athlete that competes at ALCS will be expected to strive at all times to reflect Jesus Christ by doing the following:

- a. Be committed to Jesus first, then the team. (Psalms 37:5)
- b. Give maximum effort. (Colossians 3:23)
- c. Be disciplined, self-controlled, and on time! (I Corinthians 9:25)
- d. Be obedient to authority (coaches, officials, volunteer helpers, etc.). (Rom.13:1- 2)
- e. Leave any locker room, bus, field, court, etc. cleaner than when you found it. (Yes, the bus!)
- f. Promote team unity. (Philippians 2:2)
- g. Strive for excellence. (Philippians 3:14)
- h. Treat teammates and others as more important than yourself. (Philippians 2:3)

D. Sports Offered

ALCS participates in a cooperative programs with St. Ambrose Academy and Madison Country Day School at the high school level. We participate in cooperative programs with various MAISL schools at the middle school level. This allows greater athletic options for our student athletes as well as expands the social and competitive opportunities.

High School Sports

Fall	Girls’ Volleyball, Cross Country	Boys’ Soccer, Cross Country
Winter	Girls’ Basketball	Boys’ Basketball
Spring	Girls’ Track, Golf, Soccer	Boys’ Track, Golf

Middle School Sports

Fall	Girls’ Volleyball, Cross Country	Flag Football, Cross Country
Winter	Girls’ Basketball	Boys’ Basketball
Spring	Girls’ Track	Boys’ Track, Volleyball

E. Paperwork

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 (1-5) **prior to the first practice.**

1. **Athletic Physical Card or Alternate Year Physical Card:** Athletes must have a physical by a licensed physician or APNP every other year and have the Physical Form on file in the ALCS Athletic Office beginning with the student’s ninth grade year. In alternate years, the 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. Transfer students providing documentation from their previous school will be acceptable.

- a. 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 the athletes, parents/guardians, coaches and the medical staff regarding an athlete’s ability to safely participate in a sport or activity.
2. **Concussion Information Statement:** Forms signed by both the player and a parent/guardian must be received by the Athletic Office before a player can participate on a sports team. Information on concussions will be provided by ALCS to the player and parent.
 - a. Per WIAA Policy, no athlete shall return to play or practice on the same day of being diagnosed with a concussion or rendered unconscious. Any athlete suspected of having a concussion must be evaluated by an appropriate health-care professional that day. Any athlete with a concussion must be medically cleared by an appropriate health-care professional prior to resuming participation in any practice or competition. Return to play must follow a step-wise protocol which includes provisions for delaying return to play based upon the return of any signs or symptoms.
3. **WIAA Athletic Eligibility Information Bulletin:** Form signed by both the student athlete and a parent/guardian.
4. **ALCS Athletic Participation Contract:** Form signed by both the student athlete and a parent/guardian acknowledging receipt of Athletic Handbook, agreement to abide by all rules and regulations set forth in the handbook, and agreement to pay designated participation fees, volunteer fees, and any equipment fees for lost or damaged equipment.
5. **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.

F. PRESEASON PARENT/PLAYER MEETING

Preseason Parent/Player Mandatory Meetings will be conducted prior to the first day of practice for fall, winter, and spring sports. In order for the student athletes to be eligible for the first day of practice, student athletes must attend these meetings with at least one parent/guardian. If a parent and/or player is unable to attend the meeting than that parent and player must make an appointment to meet with the Athletic Director before becoming eligible to practice.

G. ACADEMIC ELIGIBILITY

Students are required to meet certain minimum standards in the area of academics in order to participate in interscholastic athletics.

1. Students are required to be full-time students at Abundant Life Christian School per the WIAA definition of a full-time student. ALCS does permit home-schooled middle school students to participate on our athletic teams.
2. Student athletes must maintain passing grades, at or above 61%, in order to be academically eligible.
3. Grades of all students participating in athletics will be checked at the end of each mid-quarter and quarter grading period. The Athletic Director will notify athletes, their parents, and coaches of ineligibility.
 - a. 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, whichever is met first.
 - b. Any student with 2 or more failures would be ineligible for competition for a period of 15 school days and nights per the WIAA.
 - c. 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 the earliest allowed competition in a sport.
 - d. For the 2019-20 school year, grades will be checked on:

End of School Year 2018-19	June 1, 2019
1st Mid-Quarter	September 25, 2019

1st Quarter	October 25, 2019
2nd Mid-Quarter	December 4, 2019
2nd Quarter	January 17, 2020
3rd Mid-Quarter	February 19, 2020
3rd Quarter	March 20, 2020
4th Mid-Quarter	April 29, 2020
4th Quarter	June 1, 2020

4. 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. The Principal and Athletic Director will monitor all D grades for improvement. 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 improvements as circumstances warrant.
 - a. Although WIAA does not eliminate academically ineligible students from attending practices, the Principal and the Athletic Director will determine whether the student is eligible to practice.
5. 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.
6. 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.

H. ATTENDANCE POLICIES

Students are eligible for interscholastic activities if they are in regular attendance, and enrolled as full time students.

1. Students **must be in school and attend all scheduled classes** (including study hall) in order to participate in that day's practice or any interscholastic athletic event.
2. Exceptions must be pre-approved by the Athletic Director, including medical appointments, to avoid a student being restricted from practicing/competing due to an unexcused absence.
 - b. 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 Athletic Director to decide on appropriate consequences for this violation.
3. **Students who are ill should stay at home and will not participate in athletic practices or events.**
4. 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 coach determined consequences and possibly in dismissal from the team.
 - a. Excused absences will include, but not be limited to:
 - 1) Illness of student
 - 2) Serious illness of a member of the immediate family (when the student is definitely needed at home)
 - 3) Wedding or death in the immediate family
 - 4) Severe weather

- c. Unexcused absences are any absences that are for personal benefit and where the activity could be scheduled at a different time.
- d. 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.
5. Students with an unverified period of 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 the 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.
6. Athletes who arrive late for practice or who take an unexcused absence from practice, may be expected to do additional conditioning exercises.
7. The effect of absences on student participation in practice is left up to the discretion of each coach. All coaches are expected to have a written policy about attendance/practice issues as part of their team policies. The Athletic Director will deal with repeated attendance issues.
8. 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.
9. Middle school 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.

I. ATHLETIC PRACTICE POLICES

1. 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.
2. All practice schedules and use of facilities will be coordinated and approved by the Athletic Director.
3. Students should be suited up and wait to practice until the coach is present.
4. Parents should know the practice schedule and pick up their children immediately following practices.
5. 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 or viewing game/practice film, not to exceed 3 hours total practice time. There are occasions where an athletic practice may go longer than the normal 2 hours, but not longer than a total of 3 hours.

J. LOCKER ROOMS & ATHLETIC STORAGE AREAS

1. 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.
2. **Cameras, video recorders, cell phones, or any other device that may be used to record or transfer images are prohibited from being brought into locker rooms and/or bathrooms.**
3. Notwithstanding any other board policy, student restrooms, locker rooms, and showers that are designated for one biological sex shall only be used by members of that biological sex. In any other school facilities or settings where a student may be in a state of undress in the presence of other students (that is, changing costumes during school theatrical productions and so on), school personnel shall provide separate, private areas designated for use by students according to their biological sex. *Biological sex* means the biological condition of being male or female as determined at birth based on physical differences, or when necessary, at the chromosomal level.
4. No one will be permitted to remove anything from the athletic storage area without authorization from the coach or Athletic Director.
5. Student athletes are required to empty and clean their lockers at the end of each school year. Personal belongings may not remain in the locker room over summer vacation. Any items remaining in the locker room will be gathered up and placed in the lost and found on the last day of school. All unclaimed items will be donated to goodwill at the end of the school year.

K. STUDENT DISCIPLINARY ACTION

1. Students participating in athletic activities will be expected to maintain proper Christian testimony. 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.

- a. 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.
 - b. 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.
 - c. 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.
 - d. 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.
2. Tournament suspension special rule: Under the WIAA rules, violations of an 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.

L. ATHLETIC TRAVEL POLICIES

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:
 - a. A parent or guardian must submit a signed, written request **in advance** to the Athletic Director. (See Appendix B; also will be posted on the ALCS website). Requests must be submitted by 3:00pm the day of the contest. If approved, the parent must have face to face contact with the coach or advisor before the student will be released to ride home with the parent; or
 - b. 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 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.
 - c. 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.
 - d. Each coach/advisor will communicate to the students what dress will be acceptable for away games/events, and team dress as approved by the coach/advisor.
 - e. The use of radios and other electronic devices while traveling in school vehicles will be restricted according to the coaches' judgment.
 - f. Teams will sit together to all away game trips. On the return trip home, seating arrangements will be restricted according to the coaches' judgement.
 - g. All teams using buses or vans will be responsible for cleaning the vehicle. Failure to do so may result in a monetary fine of \$50 to be shared equally between all players and coaches.

M. SPORTS SEASONS

1. The regulations of the 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 or after the

last scheduled contest. Athletes have an obligation to finish an existing sport season before trying out for a new sport season.

2. 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/her team is eliminated from the WIAA tournament.
3. 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.

N. EMERGENCY PROCEDURES – INJURIES

1. A complete first aid kit will be available at every practice and every game.
2. All athletes are required to complete a Student Emergency Form.
 - a. The Student Emergency Form will be in the team first aid kit and will travel with the team at all times.
 - b. Please make sure that the information on this form is complete with telephone numbers that allow coaches to make communication possible if needed.
3. Abundant Life Christian School teams have use of a cellular phone on road games.

O. EQUIPMENT ISSUANCE – INVENTORY

1. The use of Abundant Life Christian School athletic equipment or uniforms is restricted to use by the athlete during games or practice session.
2. Athletes may not wear their game uniforms for practice sessions.
3. If an athlete has failed to turn in or account for any part of his/her equipment, he/she will not be issued supplies for a new sport.
4. Upon completion of the season the head coach will announce a mandatory turn-in time for equipment and uniforms. As this designated time, players will return equipment and uniforms that were used during the season.
5. 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 be 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.**
6. 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 the replacement cost.
7. When applicable, report cards will be held until charges have been satisfied.

P. ATHLETIC EVENTS – SCHEDULING AND 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 of 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 2:00pm 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 office personnel will have the up to date information.

Q. ATHLETIC AWARDS

All student athletes, grades 4-12, starting and finishing a sport 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 and junior varsity athletes at an athletic awards program organized under the direction of the coach and Athletic Director at the end of each sports season.

1. **High School Awards**

- a. An athlete who completes the requirements for a varsity “A” for the first time will be awarded a letter, a pin, and a letter of 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).
- b. An athlete who earns additional varsity letters will be presented with a certificate and a pin signifying this honor.
- c. Letters may be awarded to a potential letter winner by a coach for meritorious service or injury.
- d. The following sports and point values apply to high school letters:
 - 1) **Volleyball** – 3 points per game played; WIAA tournament games count double
 - 2) **Basketball** – 6 points per half played; WIAA tournament games count double
 - 3) **Track** – 5 points per event entered in regular season, 10 points per event qualified for in sectional and state meets
 - 4) **Golf** – Member of the first five in at least 50% of the matches played during the season
 - 5) **Managers, statistician, etc.** – finishing the season in good standing will be awarded service points on the following basis (cumulative):
 - a) **1st season of service** – 75 points
 - b) **2nd season of service** – 25 points
 - c) **3rd season of service** – 25 points
 - d) **4th season of service** – 25 points
 - e) Service points are not limited to varsity competition

2. High School Team Awards

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.

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

3. Middle School Awards

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

R. ATHLETIC FEE SCHEDULE

1. Player fees for the school 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. Fee payment schedule:
 - a. Full payment of the sports fee is due by the end of the regular season (before play-offs begin).
 - 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.

S. Home Game Worker Shifts

In order to safely and efficiently host athletic competitions at Abundant Life Christian School, several different game worker shifts need to be filled for every home game. Parents and athletes are integral to the success of our athletic programs.

1. High school and middle school players and families can earn a sports credit each season by filling needed home game workers’ shifts.
2. The number of shifts needed to earn the full discount will be determined each season based on the number of home games and needed shifts. Prior to the season starting, the Athletic Director/Assistant Athletic Director will communicate how many shifts parents/guardians must fulfill to receive the full discount. Shifts will be filled on a first come, first served basis.
3. Required shifts may be fulfilled by the parent/guardian, an adult relative/friend, or by a high school student. Middle school or elementary school students may not fulfill these requirements.
4. The athletic department will utilize the online sign-up tool called Sign-up Genius.

5. Athletes can fill game shifts in another sport or level to reach the requirement. For ex. A high school basketball player could work during the volleyball season or a middle school family could work at a high school game to reach the full discount.

T. TRAILWAYS CONFERENCE

- a. Visit www.trailwaysconference.org for information about the Trailways Conference

U. MIDDLE SCHOOL ATHLETIC 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.

- a. **Grade 4/5:** 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.
- b. **Grade 6:** In sixth grade, many students return to play their second or third 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.
- c. **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.
- d. **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.
- e. **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.
- f. **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 who desire to truly teach the chosen sport. I would ask that you consider becoming involved in helping your child's program and continually show support of your child's coach. If you have any questions, please contact the Athletic Director or the Athletic Office at 608-221-1520.

V. FINAL NOTES

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.

In addition to the ALCS Parent/Student Handbook section on “Conduct and Discipline”, which must be enforced throughout the year, in-season violations of the ALCS Conduct Policy 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.

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 contact information.

Athletic Director:

Mrs. Courtney Walker - cwalker@mcs-wi.com; ext. 366

Athletic Coordinator:

Mrs. Luanne Koon – lkoon@mcs-wi.com; ext. 345

Athletic Web Addresses:

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

www.wissports.net – High school team schedules and team statistics.

www.trailways-athletics.org – All Trailways Conference schedules and statistics are available (does not include non-conference games).

www.maislathletics.org – Madison Area Independent Sports League information for 4th-8th grade athletics.

www.wiaawi.org – WIAA website.

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 Guidance 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.