



COACHING MANUAL

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Athletic Philosophy

“Whatever you do, work at it with all your heart, as working for the Lord, not for men, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving.” Colossians 3:23-24

Athletics are an integral part of the total school educational program. Emphasis will be placed on eternal issues, viewing sports as a medium for training young people in skills which will aid them in serving Christ. Student athletics should demonstrate leadership, discipline, and integrity in the classroom as they strive for excellence in all areas of their lives.

Parental support and involvement are welcomed in this endeavor.

The development of Christian character in athletics is more important than winning or losing. Coaches and athletes will understand that they are ambassadors of Christ to our community. Receiving a championship trophy is an opportunity; receiving a crown of righteousness is the highest priority.

While athletics will place high demands on students' time and priorities, opportunities to participate in other school-sponsored events and activities will be available. Coaches, teachers, and administrators will coordinate efforts for “win-win” solutions to conflicts of time commitments. Student athletes will be encouraged to participate in a variety of sports and activities. At the same time, students will be taught to make wise choices in the area of commitment and time management.

CCS facilities are a gift from our Heavenly Father, and the school community understands that they are an integral part of the total CCS experience to be used to draw in the community of Harlingen so they can hear a clear witness for Christ.

Spiritual Goals for Athletes

Athletic competition provides many pictures of the Christian life. It is our desire to take full advantage of the unique relationship that exists between coach and athlete, so that we may disciple a student's spiritual growth.

We will encourage all athletes:

1. To have a personal relationship with Jesus Christ as Lord and Savior. He is our strength, guide, and shelter in this life, and our security to eternal life with the Father. *"I am the Way and the Truth and the Life. No one comes to the father except through me"* – John 14:6
2. To be committed to daily prayer. We are instructed to hear the Word, believe it as truth, trust in the Lord, and praise Him daily. *"But grow in the grace and knowledge of our Lord and Savior Jesus Christ."* - 2 Peter 3:18.
3. To be faithful in a local church. We can encourage and be encouraged as we fellowship with believers. *"Let us not give up meeting together...but let us encourage one another."* Hebrews 10:25
4. To possess and live by a Christ-centered worldview. Only by applying Biblical principles to all areas of our lives, will we experience His power and peace. *"Set your minds on things above, not on earthly things."* - Colossians 3:2.
5. To walk in integrity. We can learn from sports that in all areas of life, we must live by the standard of God's Word. *"If anyone competes in athletics, he is not crowned unless he competes according to the rules."* 2 Timothy 2:5.
6. To use the platform of athletics as a testimony for Christ. Though we will compete at a high level, the most important thing is to glorify God. *"Physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come."* 1 Timothy 4:8
7. To discipline oneself physically and spiritually. As we learn the value of disciplining our body for physical gain, we will also understand the importance of disciplining our eyes, thoughts, words, and actions. *"Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body."* 1 Corinthians 6:19 – 20.
8. Put the needs of others first. A must for any athlete is to put team goals ahead of personal ones. Humility is a characteristic of Christ we want to adapt to our lives. *"Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves."* – Philippians 2:3

Positive Coaching

Being a coach is one of the most rewarding experiences in life. The coach has a unique and special influence with which to impact young people. Because coaches care about athletes, and treasure the opportunity to mold their lives, they can make a difference!

Our athletic program is designed to be representative of the Christian values in life. As Christians, we are constantly challenged to grow and become more like Christ. In sports, we strive for improvement, both as individuals and as a group. The development of Christian values is the primary focus of the **CCS** athletic program. Athletic participation is one arena in which coaches, athletic director, officials, and student athletes strive to manifest and exemplify the Christian life.

We want to provide a high quality experience to every athlete. One in which every athlete will:

- Have fun playing the game
- Feel like an important part of the team, regardless of performance
- Learn life lessons that have value beyond the playing field
- Learn the skills, tactics, and strategies of the game and improve as a player
- Learn to grow in the social qualities of courage, initiative, integrity and honesty, self-confidence, and loyalty
- Accept defeat knowing that they did their best

A coach who makes a difference is one who is a positive motivator, who refuses to motivate through fear, intimidation, or shame. They fill the athletes with praise and affirmation. They understand the importance of giving truthful and specific feedback. When correction is necessary, the positive coach communicates criticism to players in a way that does not undermine their sense of self-worth.

Positive coaches love the sport and uphold the spirit, as well as the letter of its rules. They respect opponents, recognizing that a worthy opponent will push their athletes to do their best. They understand the important role of the officials, and show them respect even when they disagree with their calls. They encourage their players to make a commitment to each other, and to encourage one another on and off the

field. A coach of integrity would rather lose than dishonor the game or their character.

Coaches – love your athletes! Pray for them and pour your heart and soul into their development and as young people. Winning coaches know that if you are loyal to your kids, they will be loyal to you.

Philosophy

Successful coaches have a philosophy that guides them and defines their team. It is specific to the sport they teach. Great coaches know who they are and what they believe. They do not imitate other coaches. They may find qualities that they want to model, but they find their own style based on their personality, and a balance of their own strengths and weaknesses. A well-thought philosophy gives a coach the chance to identify what is really important and then eliminate non-essential factors.

Preparation

Successful coaches are confident individuals who have the ability to develop confidence in the people around them. This comes from a thorough knowledge of the fundamentals of their sport, and the ability to teach them in such a way as to develop well-prepared, confident athletes. Confidence in athletes comes from being prepared. Good coaches plan and organize. Set up a set of goals for your season. Some will be short term and some will be long term – make them realistic. Have a daily practice organizational plan and follow it. This will keep the coach from spending too much time on one thing and not getting enough accomplished.

Redefining the term “athlete”

What kind of athlete are we striving to develop? Too many times we praise and honor the one who has the most God-given ability, but who may be selfish, lazy, or argumentative. Because he/she is fast or can jump out of the gym, we refer to him/her as a “great athlete”! The one with the worst attitude on the team may walk away with the MVP award. We find that what we reward is what we get. The term “athlete” should be reserved for those who possess and display the character traits we want to see in our program. Character should include a teachable spirit, confidence, integrity, discipline, team player, accountability, and competitive perseverance.

Coaching Responsibilities

Before the season

- Complete a coach information form and submit to the Athletic Director.
 - Secure copy of CCS Coach's Manual and coach's responsibilities
- All VISA coaches must consent to a background check.
- Be knowledgeable of the rules and regulations in his/her sport.
 - Participation in coaching clinics is encouraged and will be supported by CCS
- Secure a copy of the Boys & Girls Club/VISA calendar and rules as it relates to his/her sport.
 - Have a copy of the current rules and calendar available during home and away games for reference.
- Assist Athletic Director with scheduling games based on availability and length of season.
- Secure a team roster from the Athletic Director as soon as possible.
 - All team rosters are organized by the Athletic Director
- Secure times when school facilities are available for practice through the Athletic Director.
 - Gym schedule will be organized by the Athletic Director; time slots are organized on a first come first serve basis.
- Conduct a pre-season inventory – meet with Athletic Director on equipment and/or uniform needs.
- Meet with Athletic Director on items which students will purchase (i.e. t-shirts); these must be approved by the Athletic Director.

During the Season

- Make sure all athletes have the required paperwork submitted to the Athletic Director prior to participating in any practices and/or games.
- Secure a team manager (optional)

- Team Manager assists with keeping book during away games, proper care of equipment, etc.
- Make copies of written practice and game schedules for all team members and the school office.
- Keep parents informed of any changes or additions to schedule via written notices, phone calls, and/or emails.
- Substitutes
 - If you are unable to attend a scheduled game/practice, you are responsible for finding a qualified substitute to lead the team.
 - Must inform the Athletic Director and parents prior to absence.
- Transportation to and from games.
 - Organize a carpool system through parent volunteers
 - All drivers must have a copy of permission slips from each individual athlete they are transporting in their vehicle.
 - Reserve the church van through the church for dates needed
 - All drivers must submit a copy of their driver's license and automobile insurance to the school and church offices.
 - Hold parents responsible to organize own child's transportation to and from games.
- Establish team rules and responsibilities to assist in enforcing accountability; these must be approved by the Athletic Director.
- Enforce ineligibility.
 - Ensure eligibility to play with regards to grades with Athletic Director.
- Be aware of the location for a first aid kit and AED when hosting home games.
- Assist in prep and lock-up procedures during home games
 - Prep procedures:
 - Seating is available for team and visitors
 - Time clock is set and official game book is ready

- Court/field is game ready (i.e. volleyball nets, basketball goals, softball field)
- Lock-up procedures:
 - All seating is folded and placed back on rack
 - Time clock, official game book, and equipment are secured in athletic office
 - Gym/bathroom lights and fans are turned off
 - All doors are closed and locked properly
- Implement practice/workouts in accordance with Boy's & Girl's Club/VISA regulations.
 - Athletes in study hall need to be signed out prior to starting practice/workouts.

End of the season

- Arrange for the return of clean uniforms and return them to the Athletic Director.
- Maintain written records of team and individual accomplishments and submit to the Athletic Director.
- Take inventory of any first aid kits used and turn in list of needed items to Athletic Director.
- Submit a post-season roster, showing who finished in good standing, to the Athletic Director.
- Submit a post-season inventory (and list of needed equipment) to the Athletic Director.

General Information

Extracurricular Eligibility

CCS's policy is **no pass, no play**. A student who receives a grade below 70 in any class at the end of any six-week evaluation period or a nine week reporting period may not participate in any Calvary extracurricular activities for at least three school weeks. An ineligible student may not participate or practice in any extracurricular activity or suit out for a game during this period. The student may regain eligibility at any three/six week evaluation period or report card time when the Athletic Director and/or the teacher determine that the student has earned a passing grade of 70 or above in all classes. The student must be in class at least one-half of the day in order to participate in an event that day.

Practice and attendance (VISA only)

Attendance is mandatory for all practices and games. If an athlete needs to miss practice, he/she is to contact the coach beforehand. Absences due to sickness, emergencies, and unavoidable school related activities are to be considered excused. For one unexcused absence, the athlete will miss the next game. For two unexcused absences, the athlete will miss the next two games and a parent conference will be held with the coach. On the third unexcused absence, the athlete may be removed from the team. **The coach must communicate this to the team in advance.**

Attendance and participation

A student must be present for at least one half of the school day to be eligible for athletic competition on that day. They must be present from the beginning of school until their scheduled lunch time, or from the first class after recess until the end of school. Likewise, students must be present one half of the school day on Friday to compete in Saturday events.

Supervision

Because we desire the safest environment for our students, athletes may not practice in the gym without adult supervision.

Uniforms

Uniforms are a large part of our athletic expense each year. As we endeavor to be good stewards of the things God has allowed us to have, we should strive to do our best in the upkeep of uniforms. Athletes are not to wear game uniforms anywhere except in competition. Coaches need to be organized and diligent in collecting

uniforms at the end of the season. In the event of a student not turning in his/her uniform, he/she will be charged full replacement cost (what it would cost us to replace that one uniform).

Summary of Athletic Stipend

VISA Sport	Amount Per Year
JV Coed Volleyball	\$200
Varsity Coed Volleyball	\$300
JV Girl's Basketball	\$250
JV Boy's Basketball	\$250
Varsity Girl's Basketball	\$350
Varsity Boy's Basketball	\$350
JV Coed Softball	\$150
Varsity Coed Softball	\$200
Track (8 Divisions)	\$400 (\$50 Gift Card)

In order to receive the listed athletic stipend, the following must be achieved throughout the season:

VISA Volleyball, Basketball, and Softball

- Play at minimum 2 VISA games per school signed for each specific sport *if length of season permits*.
- Play at minimum 2 non-VISA games for each specific sport *if length of season permits*.
- Practice at least 2 days per week for duration of no less than 1 hour per practice.
- Participate in a minimum of 2 tournaments per season for volleyball and basketball and a minimum of 1 tournament per season for softball.
- Follow all required coaching responsibilities as described in CCS Coach's Manual.

VISA Track

- Practice at least 2 days per week for duration of no less than 1 hour per practice.
- Participate in the VISA track meet as scheduled.

Boys & Girls Club

- Coaches will receive a \$25 gift card per team