

Firm Foundation Christian
Middle/High School
Athletic Handbook



2023-2024

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MIDDLE SCHOOL/HIGH SCHOOL ATHLETIC POLICY HANDBOOK

Competitive interscholastic athletics is an integral part of Firm Foundation Christian High School and Middle School extra-curricular offerings. Firm Foundation Christian High School is classified as a 1-B school and is a WIAA member competing in the Columbia Valley League, whereas the middle school competes in the Metro Christian League.

Firm Foundation Christian School believes that athletics offer a positive influence and supports a student's well-rounded education using student gifts, talents and interests. God's purpose for each of us is to worship Him in everything we do and become more like Him. Students who do not adhere to all FFCS's Athletic Department policies are subject to disciplinary action(s).

"Whatever you do, work at it with all your heart, as working for the Lord, not for men." - Colossians 3:23

FIRM FOUNDATION ATHLETIC PHILOSOPHY

At Firm Foundation Christian School we have a mission to assist families in developing today's youth into Christian leaders serving in the home, church and community by providing an education emphasizing academic excellence using a Biblical curriculum. We train each student-athlete in a Christ-centered environment with expectations that each student-athlete and team compete in a manner that honors God, our school, our teammates and our community.

Participating in extracurricular athletics is a **privilege**, not a right. We believe that many of life's lessons are demonstrated through sport, and athletic competition provides an environment well-suited to the development and demonstration of Christ-like attitudes and behaviors within a multiplicity of situations. We expect our athletes to pursue a standard of excellence with character and integrity at all times, both on and off the field or court.

"Whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him." - Colossians 3:17

FIRM FOUNDATION PLAYING TIME PHILOSOPHY

The goals for the athletic teams can be summarized with words such as character, attitude, skill development and positive habits. The Middle School emphasizes participation, the Junior Varsity builds on participation and further skill development, and the Varsity teams seek to further all those elements while concentrating on building a mature team with a winning attitude and results to demonstrate the culmination of those attributes.

Playing time is ultimately up to the coach, but school philosophy dictates that what constitutes reasonable playing time varies as the level of competition rises. Completely equal playing time will not be achieved on many of the teams, but at the Middle School level it should be that all athletes receive time in contests to improve and feel that they had a contribution to the game. An athlete who is able to demonstrate being able to contribute to the good of the team, regardless of playing time, serves as an inspiration and helps to maintain a healthy team attitude. Life and sports require that each individual fill a role for the unit in which he/she is involved.

GOALS & OUTCOMES

"...love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control Let us not become conceited, provoking and envying each other." - Galatians 5:22-23, 26

The intended goal for our student-athletes is that through extra-curricular activities, they learn to train themselves to become better both individually and as a part of a larger body – the team, the school, and the community as a whole. This training is inclusive of the physical, mental, and spiritual aspects. Those attributes practiced on the field or on the court of competition transfer to everyday life. The product of the individual and team training in a Christ-centered program should mimic the attributes of the 'Fruit of the Spirit'

We are the body of Christ, the Church. We should conduct ourselves accordingly in service and leadership while serving the cause. Just as every member of the Church is important to the body, so is every member of a sports team. All have different roles, and all should be appreciated for the role served because all contribute to the body.

"Rejoice always... for this is the will of God in Christ Jesus for you." - 1 Thessalonians 5:16, 18

The behaviors demonstrated in practice and in competition should reflect the philosophy and goal statements of Firm Foundation. **Love, joy, and goodness** should be obvious through your attitude toward the game and your competitors. **Gentleness/meekness**, when used in Scripture, often refers to openly and humbly receiving God's authority. In competition you are under the authority of the rules, the coach, the officials and God.

Those demonstrating these character traits will wholeheartedly receive their judgments without complaint. The combination of **faithfulness and patience** will give you the strength to endure the most difficult of situations and to continue in the strength of your convictions. Always display that perseverance. **Self-control** is an obvious and continual expectation. When you combine these fruits with the courage, endurance, and sacrifice necessary to be a fierce competitor within the rules of the game, you will have become a devoted Firm Foundation Christian athlete. Win with humility. Lose with grace. Rejoice in your teammates' and opponents' good work.

Learn by your shortcomings. Learn from your experience and improve. Because we strive toward these goals, the final outcome will be an athletic program of which we will be proud, others will respect and admire, and God will be glorified!

EXPECTATIONS OF STUDENT-ATHLETES

FFCS places a high value on teamwork. Our teams have adopted the "C. A. S. H." model:

Character - Student-athletes will exhibit good behavior, whether in the classroom, on or off the court/field, or in the community. Student behavior shall be in compliance with the standards of FFCS as described in the Parent/Student Handbook and the Athletic Handbook.

Attitude - Student-athletes will display a positive and uplifting attitude. An athlete who displays an attitude which is detrimental to the standards and testimony of the school may be declared ineligible.

Skills - The Athletic Director and the coach(es) will ensure that student-athletes are prepared to compete at the 1-B level. No coach will place an athlete on the court/field without the proper preparation.

Habits - Coaches at FFCS are dedicated to helping student-athletes develop good habits. Good habits on and off the playing court/field send a positive message to those that may not be Christians.

"By this all men will know that you are my disciples, if you love one another." - John 13:35

EXPECTATIONS OF PARENTS

Always encourage your child and their teammates! Let the coach do the coaching while you be your child's most loyal supporter. Otherwise, things get confusing for the athlete; that confusion could hamper the athlete's performance. Athletes want to please their parents and their coach. Make that an easy read for them, not a point of confusion or strife. Support the role he/she has now attained and encourage your athlete to talk to the coach about how to earn a different role, if that is your child's desire and not just your desire.

If you have questions, make an appointment with the coach. . Do not approach the coach with these concerns or questions during the game or in post-game time or in a sudden and confronting manner. If you have any concerns about general health, safety or injury issues, please make sure that the coach is made aware. If there is a gametime incident with your child and the coach, allow for a cooling off period of 24 hours before approaching the coach. If you have met with the coach and are not satisfied with the conversation, you may contact the Athletic Director for an appointment about the issue(s) discussed with the coach.

EXPECTATIONS OF FANS

All fans are expected to demonstrate Christ-like character when spectating FFCS athletic contests. Fans are encouraged to take part in cheers and applaud good performances from both teams. Fans should work cooperatively with all site supervisors and officials. **Unsportsmanlike behavior from fans is not acceptable.** Any spectator who is in violation of these expectations are subject to dismissal from the athletic contest environment.

The Columbia Valley League and most other leagues also ban the use of unusual or artificial noisemakers during a contest (i.e. duck calls, megaphones, whistles, air horns). Band instruments can be used only in times of stopped play. Always be understanding and kind to ticket sellers at games. Those prices set forth by the state occur in postseason play and will be higher than the regular season contests.

Whether on the road or at home, we should love our opponents, the opposing fans, and everyone else involved in the contest. At home we want to make a conscious effort to make our guests feel welcome.

FIRM FOUNDATION ATHLETIC/ACADEMIC ELIGIBILITY

All student-athletes must meet certain requirements before being eligible for athletic practices and competition. A student-athlete will not be eligible for athletic competition unless they have met all academic and procedural guidelines.

The Athletic Director must have all required paperwork from each student-athlete if the athlete wishes to be eligible for athletic competition. The following paperwork must be turned in to the Athletic Director prior to the beginning of the season. Failure to do so will result in practice and/or competition limitations.

- Athletic Participation Packet (electronic signature or signed hard copy submitted to FFCS Building B)
- Valid medical insurance must be submitted to FFCS Building B
- Handbook Acknowledgement/Agreement Form (electronic signature or signed hard copy submitted to FFCS Building B)
- Registration and payment for each individual sport. (Submit payment to FFCS Building B or authorize payment via RenWeb.)
- Up-to-date sports physical granting clearance to participate from a licensed physician. (Sports physicals are good for 2 years.)

All student-athletes must also meet the following academic requirements in order to remain eligible for athletic practices and competition. Grade checks include all progress reports and report cards given throughout the school year.

- Student must be in attendance for at least 50% of the academic day
- Student must have at least a 2.0 cumulative GPA
- Middle school students with more than one F will not be eligible for athletic competition or practice
- High school students with an F in any class will not be allowed to participate in competition or practice
- The final authority on decisions related to credit requirements and conditions for receiving credits for athletic activities rests with the administrator and guidance counselor.

Special Note Regarding Learning Disabilities

Special situations created by diagnosed learning disabilities, medical or emotional disabilities will be handled on an individual, case-by-case basis. Review of the final decision rests with the Athletic Director and Administration. Students with disabilities will be treated with full respect and the school's actions will follow all legal requirements keeping in mind students safety and well-being.

Other Notes:

- WIAA permits students attending a private school to participate with their local school of residence in any sport not offered by the private school.
 - With sufficient student interest and coaches available, FFCS offers boys basketball (HS/MS), track (HS/MS) and golf (HS). Girls volleyball (HS/MS), basketball (MS) and track (HS/MS). Other sport options may include: HS Football (Seton Catholic College Prep), HS Girls Tennis and HS Boys Baseball (Battle Ground), and Cross country.
- FFCS students may play extra scholastic sports concurrently with an interscholastic sport **provided** they meet practice attendance and team commitment standards set by their FFCS head coach AND no "special treatment or privileges on a regular basis" are extended to them or expected by the student-athlete in question (i.e. reduced practice times, special workouts, late arrivals, early dismissals) to facilitate their involvement in both sports.
- Middle School athletes are required to have six practices before they are eligible for competition; High School athletes are required to have ten practices before they are eligible for competition.

SCHOOL ATTENDANCE AND PRACTICE

Athletes must be in attendance for at least one half day on school days and excused for the absent half in order to participate in any activity for that day (i.e. games, meets, or practices). This means that on a normal school day schedule **YOU MUST ATTEND 4 ACADEMIC CLASSES** unless an early dismissal would prohibit three classes. Family emergencies or medical exceptions should be cleared with the Athletic Director and/or coach(es) prior to school being dismissed. If cleared, the student may be eligible for participation.

ABSENCE AND/OR TARDINESS TO PRACTICES OR GAMES

- A coach must be consulted if any athlete must miss practice or a game. An athlete missing a practice or a game without notification and/or good reason may be subject to disciplinary action.
- These offenses will result in disciplinary action by the coach of each sport. The exact nature of the consequences will depend upon the specific circumstances of the case.
- Advance notice must be given to the coach by the athlete or it is unexcused, unless absent from school on that day.
- Players who are absent from school for more than 50% of the school day will not be permitted to practice or play in a game.

SCHOOL ABSENCES DUE TO ATHLETICS

Students excused for athletic activities are responsible for all work in classes that have been missed. In the event of missing a P.E. class due to competition, no make-up is required. **All missed classes, and the work associated with them, must be made up. Coordination of all missing assignments is the responsibility of the student athletes.**

Those athletes gone from classes must be prepared for full participation on the day of return. This includes written assignments, reports and/or tests.

Call (360) 687-8382 to contact the front office to report an absence.

ATHLETIC PROBATION AND ATHLETIC SUSPENSION

All Firm Foundation School students participating in high school and middle school athletic programs are required to meet academic standards set by WIAA and the school. For high school students the standard is a 2.0 cumulative GPA with no failing grades (F) on a grade check. For middle school students the standard is a 2.0 cumulative GPA and/or no more than one (F) on a grade check. Grade checks will run weekly, typically starting the second week of the sports season.

If the student-athlete does not meet eligibility criteria, the student will enter athletic probation. A student-athlete on athletic probation will still be permitted to practice but will not be eligible for athletic competition. A student-athlete may be required to miss practice in order to raise their grades; missing practice may determine an athlete's playing time when returning to competition. Student eligibility is restored upon the grading criteria being met.

- Upon entering athletic probation, the student-athlete will have weekly grade checks administered by the Athletic Director. If the student-athlete does not meet the grading criteria, they will remain in athletic probation for another week. This process will continue for up to three weeks.
- After three unsuccessful grade checks, over the course of the entire season, the student-athlete will enter athletic suspension, which prohibits the athlete from participating in any team-related activities. The Administrator and Athletic Director will determine if the student will continue in the present sports season. Only in extenuating circumstances deemed appropriate by Administrator and Athletic Director may the student-athlete be permitted to continue on a probation period with the current sport season.
- The Administrator and Athletic Director may grant eligibility due to special circumstances and/or professional judgment. All WIAA criteria will be followed at all times.
- If a student has more than one failing grade in a previous semester, a suspension period will be imposed per WIAA regulations.
- Disruptive in class behavior from student athletes will not be tolerated. Should incidents occur playing time could be affected and/or consequences will be given.

Grievance Procedure to Athletic Probation or Suspension

- Step 1: Athletes and/or parents may request a grievance hearing, if done so in writing to the school Athletic Director, within five school days of commencement of probation or suspension period.
- Step 2: The school Athletic Director and Administration will review all of the materials provided to determine if the imposed discipline is fair, consistent and equitable, and render a decision within three school days of grievance hearing.

- Step 3: Athletes and/or parents may appeal the school Athletic Director's decision in writing within five school days to the Administrator. The Administrator shall have ten school days to render a written decision.

"Rejoice always... for this is the will of God in Christ Jesus for you." I Thessalonians 5:16,18

DISCIPLINARY ACTIONS

We are the body of Christ, the Church. We should conduct ourselves accordingly in service and leadership while serving the cause. Just as every member of the Church is important to the body, so is every member of a sports team. Just as Firm Foundation's academic curriculum is Christ-centered, our extracurricular program is to be Christ-centered, with our athletes exhibiting the fruit of the Spirit always.

The Administrator and Athletic Director will determine whether a violation is minor or major and will determine the consequences necessary. **Each coach has the right to discipline a player for any violation deemed inappropriate and contrary to FFCS discipline and behavioral policies committed during or outside of school hours.**

Minor Violations

- Multiple minor violations will be dealt with through progressive disciplinary measures.
- Examples of minor violations include, but are not limited to:
 - Repeated tardiness and unexcused absences from school
 - Disrespect to administration, staff, coaches, and peers
 - Violation of FFCS policies which result in detention or other discipline

Major Violations

- Major violations will result in indefinite suspension from the team.
- Examples of major violations include, but are not limited to:
 - Fighting on or off the court/field
 - Unsportsmanlike conduct
 - Substance abuse
 - Vandalism and/or destruction of school property
 - Theft or stealing of school or individual property

The Administrator and the Athletic Director will monitor the student's progress toward true remorse and a heart-felt resolution indicating that more similar behaviors will not be demonstrated in the future. If this attitude does not prevail as evidenced by the student's behaviors, termination for the season or further lengths of termination of sport involvement may occur, and no sports-fee refund will be granted.

QUITTING A SPORT

No athlete may quit one sport and turn out for another after the season has begun without the mutual consent of both coaches and the Athletic Director.

There are times when circumstances may require an athlete to quit a sport. Quitting should be handled with integrity just as everything else an athlete does. The expectation of the athlete in that instance would be to meet with the coach and discuss the situation. This should occur immediately without any absences from practice or after communicating it through others.

INJURIES

ATHLETES SHOULD REPORT ALL INJURIES/PHYSICAL PROBLEMS TO THE COACH IMMEDIATELY.

If a student is injured in an activity that includes the head, neck or back area, the coach will notify the parent or the emergency contact listed in the student-athlete's athletic packet. For any other injury the coach and/or assistant will check the student thoroughly; if immediate medical care is suggested, the parent or other party will be notified. A student indicating numbness, nausea, dizziness, or pupil dilation warrants the coach(es) to call the parent, emergency contact(s), or 911 and get the student in for immediate medical attention. **In this case, the player will also be immediately removed from practice or competition until cleared by a medical professional.**

Athletes who become injured during the course of a season are expected to attend practices and to be with the team during contests both home and away. There is a great deal they can learn about the sport and a number of ways they can assist teammates during the period of rehabilitation. Most of all, we want the injured athlete to feel that he/she is a part of the team.

FFCS coaches adhere to all WIAA safety rules and regulations. By participating in the Concussion Recognition and Reaction training course and a Rules and Regulations course specific to the concurrent sports season, coaches will relay and teach safety issues and proper techniques and skills for safe competition. It is imperative that athletes adhere to these rules in order to avoid unnecessary injury.

Upon receiving a significant blow or strike to the head, whether by a fall or by contact to another player or object, the athlete must come off of the court/field for evaluation by medical personnel if available. If no medical personnel is available to evaluate an athlete, the player may **NOT** reenter playing court/field. Player of a suspected concussion must not reenter the playing court/field until evaluation by a trained and approved medical professional is completed and the athlete is approved to reenter playing court/field.

All FFCS student-athletes must adhere to the guidelines stated within the sport they are participating in order to maintain integrity and safety. **At any time, if a player or coach endangers the safety of themselves, or those in the immediate area, that player or coach will be removed from the contest immediately and will face future disciplinary action.**

Following a removal from a contest by a coach or trainer due to a suspected concussion or head injury, the **Return-to-Play procedures** outlined below will be adhered to in the athlete's return to play. Athletes must be symptom free for at least 24 hours in order to progress to each step.

At any time an athlete experiences recurring, concussion-like symptoms, he/she will be required to see a physician for reexamination, and thus be moved back to Step 0 (baseline). If an athlete is removed from participation for any length of time exceeding the five day, return-to-play protocol, he/she must begin the 10 required practice rule over again before reaching Step 5 (return to competition)

Return-to-Play procedure

- **Baseline** -No activity - the athlete gets physical and cognitive rest until they receive medical clearance.
- **Step 1** - Light aerobic exercise (walking, swimming, stationary cycling) to increase heart rate (< 70%)
- **Step 2** - Sport-specific exercise to add movement. **NO HEAD IMPACT ACTIVITIES!**
- **Step 3** - Non-contact training drills (increased exercise, coordination, and attention) in order to progress to complex training drills.
- **Step 4** - Full contact practice in order to restore confidence and assess functional skills.
- **Step 5** - Athlete is cleared to return to competition.

TRAINING RULES

Coaches of the individual sports, with approval from the Athletic Director, may establish training rules for their particular team. At all times, these shall conform to the FFCS students code for conduct, dress, and appearance. However, nothing herein shall prohibit a coach from exceeding these rules by establishing stricter training rules for the athlete in his/her sport. However, those rules must be consistent with other school practices and policies. Any coach exercising this option must also file a copy with the Athletic Director, who will review the content of individual sport training codes to insure their fairness and legality.

At the coaches discretion, special apparel such as shirts and ties, sweaters, etc., may be required for teams at certain times and game days, etc. A coach may require certain grooming or unifying attire, for example; the basketball coach may require players to wear shirts and ties.

FACILITIES, EQUIPMENT, AND UNIFORMS

God has blessed us with the facilities that we have. We must be good stewards of what we have and use it wisely. Always leave all facilities cleaner than when you found them. Destructiveness or misuse of our facilities will not be tolerated.

On road trips FFCS athletes will be responsible for treating the host school facilities in the same manner, with respect and care. Leave a clean locker room and a good impression of who we are as a team, school and Christians.

Treat school equipment with care. Equipment issued to an athlete is the athlete's responsibility. Any loss or failure to return school equipment will be assessed at replacement value. This obligation must be taken care of before turning out for any other sport. The replacement value of equipment and/or uniforms will be highlighted in the Athletic Participation or registration packets.

Coaches will issue uniforms and/or warm-ups before the first contest. **All equipment issued is the athlete's responsibility.** Keep it clean and in good shape. Late return charges may be assessed if the uniform is not returned to the coach by a designated date after the completion of the sport season. If the uniforms and/or warm-ups are damaged during games or events, notify your coach immediately. You might not have to pay for replacement costs if this occurs.

All clothing worn during practice, to and from FFCS athletic events, and at FFCS athletic events, must comply with the school dress code.

The coach will give instruction as to the deadline and procedures for uniform return.

STATE TOURNAMENT BOUND ATHLETES

If an athlete is bound for WIAA State Tournament competition, an additional fee will be charged, prior to departure, to offset a portion of the lodging and meals necessary for the event. The following fees will be charged to each athlete for each respective sport that qualifies for the WIAA 1B State Tournament:

- High School Girls Volleyball - \$50 per athlete
- High School Boys/Girls Basketball - \$50 per athlete
- High School Boys/Girls Track - \$50 per athlete

FFCS ATHLETIC TRAVEL POLICY

To promote efficiency, safety, and team unity, the Firm Foundation Christian School Athletic Department strives to provide transportation for student athletes competing in all off-campus (away) contests, whether by use of volunteers approved by administration or school employees/coaches. Authorization will be granted to drivers who submit the necessary paperwork and are granted clearance from authorized FFCS personnel (Administration, Office Administrators, Athletic Director)

Student-athletes are authorized to travel to off-campus (away) contests using one of the following modes of transportation:

Private Vehicle

- FFCS provided bus; or
- Coach's privately owned vehicle driven by the coach; or
- FFCS staff member's privately owned vehicle driven by an authorized FFCS staff member; or
- FFCS parent's privately owned vehicle driven by an authorized parent volunteer.

Private Carrier

- Greyhound Bus or School Bus, driven by a licensed driver employed by the carrier's company.

As added assurance for our athletes' safety, all coaches, parents and volunteers responsible for transporting student athletes to off-campus (away) athletic events, via a privately owned vehicle, must:

- Be 25 years of age
- Hold a valid driver's license and possess current vehicle insurance
- Have a background check completed by the front office, prior to transport of athletes
- Provide a copy of operator's driver's license and current vehicle insurance, along with completed transportation form, prior to transport of athletes (only applies to private carrier)
- In addition, drivers are expected to maintain a safe and clean driving record and be fit to drive at the time of the event.

FFCS Athletic Travel Policies

- All team members should travel to the away contest in approved FFCS bus or coach(es) and/or parent volunteer vehicles.
- A team member may be released to travel home with a parent/guardian after games; however, in order for that to occur, the parent/guardian taking responsibility for the athlete must have direct contact with the coaches/advisors. A driving document must be completed before leaving the school. Coach or AD must turn in the completed document to the building B and administrator for record keeping.
- Team members may travel alone with an adult other than their own parent, provided that direct parental consent is given to the coaching staff or school office in writing on the Parent Travel Release Form for the current school year. These will be on file with the Athletic Director.
- No team member shall travel alone with a coach unless that coach is the parent of the athlete.
- When returning home from an off-campus event, the coach/advisor should be the last to leave the school, making sure all players have transportation home. Teams will follow the "rule of three:" Remaining groups will consist of a minimum of 3 individuals including 1 coach + 1 assistant coach and/or + 1-2 players. All will remain until everyone has transportation home and leave at the same time from FFCS.
- If an athletic event results in an overnight stay, parents will be responsible for securing their own hotel and travel arrangements independent of the FFCS athletic department.

- No athlete is allowed to drive themselves to any FFCS sponsored games or event (home or away) using their own personal cars. Only exception is away games to Columbia Adventist Academy.
- No athlete is allowed to drive a teammate to any FFCS sponsored games or event (home or away) using their own personal cars.

PARENT VOLUNTEERS/SERVICE HOURS

Parents of athletes that assist the team can receive service hours. The duties consistent with all High School athletics include, but are not limited to:

- Transporting players other than their own to and from contests (only drive time to and from contest may be counted)
- Assisting at the admissions or concessions booths
- Operating the scoreboard/shot-clock
- Assisting at the scorer's table
- Set-up and/or clean-up duties, prior to or following a home contest

Any and all service hours must be properly documented per the FFCS Student/Parent Handbook and approved prior to volunteering by the Athletic Director and/or coach of the team..

ATHLETIC AWARDS

VARSITY LETTER: Establishing the criteria for the awarding of a school letter is the responsibility of the Athletic Director and the head coach(es) of each sport. Only one Firm Foundation letter will be awarded to each athlete regardless of how many sports he/she letters in. Athletes will be awarded an additional patch/bar after each successive season's participation in that sport, according to and within WIAA guidelines for receiving a varsity letter. **Completion of the sports season is required in order for the athlete to be eligible for a letter or other team or individual awards.** (Exception: injury, which limits participation.)

No awards will be given to any student suspended for the remainder of the season due to violations of the FFCS athletic code or eligibility.

2022-23 Varsity Letter Requirements (requirements are not retroactive)

An athlete is eligible to receive a varsity letter or an additional patch/bar based on the following criteria, established by the WIAA and FFCS. If an athlete fails to meet said criteria, due to illness, injury, or an emergency, the Athletic Director may waive the requirements for a particular student.

High School Girls Volleyball:

Volleyball players must have played in at least ten (10) varsity games to be eligible to letter and have completed the varsity season with no suspension or disciplinary action that the Athletic Director and coach(es) deem worthy of withholding any varsity award.

High School Boys/Girls Basketball:

Basketball players must have played in at least twenty-five (25) varsity quarters to be eligible to letter and have completed the varsity season with no suspension or disciplinary action that the Athletic Director and coach(es) deem worthy of withholding any varsity award.

High School Boys/Girls Track:

Track & Field athletes must compete in a minimum of three (3) events at each meet during the regular season and have completed the varsity season with no suspension or disciplinary action that the Athletic Director and

coach(es) deem worthy of withholding any varsity award. Any athletes that obtain entrance to the 1B State Track Meet will automatically qualify for a letter.

High School Girls Tennis: TBD

High School Boys Golf: TBD

High School Boys Football: TBD

FFCS/Seton Catholic Joint Football Team

FFCS and Seton Catholic have a joint team that plays in the 1A Trico League. All practices and home games will be held at Seton Catholic High School.

All athletes that participate will be treated equally, regardless of the school they attend. Administration from both schools, as well as the coaching staff, have worked extensively to ensure that all student-athletes will be given the same opportunity to compete and succeed.

All rules, regulations and guidelines outlined in the FFCS Athletic Handbook apply for football athletes with the following exceptions:

Registration

To register, go to setoncougars.com and click on "Register an Athlete" in the top right corner. All paperwork and participation fee of \$100 is submitted online. If you are unable to upload the physical, please notify Adam Horn to make arrangements.

Travel

Athletes will travel to and from away games on the team bus. Athletes are responsible for their own travel to attend practices and other team functions.

FFCS/Battle Ground Tennis

Battle Ground allows FFCS tennis players to join their team. They will play in the 4A Greater St Helens League. All practices and home matches will be held at Battle Ground High School.

Travel

Athletes will travel to and from away games on the team bus. Athletes are responsible for their own travel to attend practices and other team functions.

FFCS/Battle Ground Baseball

Battle Ground allows FFCS baseball players to join their team. They will play in the 4A Greater St Helens League. All practices and home matches will be held at Battle Ground High School.

Travel

Athletes will travel to and from away games on the team bus. Athletes are responsible for their own travel to attend practices and other team functions.

WASHINGTON INTERSCHOLASTIC ACTIVITIES ASSOCIATION
"JUST PLAY FAIR!" PROGRAM



Firm Foundation Christian School is mandated to follow all Washington Interscholastic Activities Association rules and our intention is to exceed those standards set by the "Just Play Fair Program."

The Administrator, Athletic Director, and the school board have signed an agreement to abide by all WIAA rules.

ATHLETIC DIRECTOR:

- Develop a program for teaching and promoting sportsmanship and citizenship.
- Provide appropriate supervisory personnel for each interscholastic event.
- Support participants, coaches, and fans that teach and display good sportsmanship and citizenship.
- Recognize exemplary behavior and actively discourage undesirable conduct by participants, coaches and fans.
- Attend events whenever possible and function as a model of good sportsmanship and citizenship.

COACHES:

- Follow the rules of the contest at all times.
- Accept the decisions of the contest officials and avoid public criticism of game officials/participants.
- Avoid offensive gestures or language.
- Display modesty in victory and graciousness in defeat.

ATHLETES:

- Show respect for opponents at all times.
- Accept the decisions of game officials.
- Avoid offensive gestures or language.
- Display modesty in victory and graciousness in defeat.
- Show respect for public property and equipment.

SPECTATORS:

- Applaud good performances by both teams.
- Work cooperatively with contest officials and supervisors in keeping order.
- Refrain from negative comments about officials, coaches/participants.
- Stay off of the playing area at all times.
- Show respect for public property and equipment.

**FIRM FOUNDATION CHRISTIAN ATHLETIC HANDBOOK
AGREEMENT OF CONTENTS**

My signature below signifies that I have read the contents of the Firm Foundation Christian Athletic Handbook and will cooperate with its rules and attitudes. Any grievances I have will be directed to the Athletic Director and/or the Administrator at the appropriate time, in the appropriate manner.

Parent/Guardian (printed name) _____

Parent/Guardian (signature) _____

Date _____

Parent/Guardian (printed name) _____

Parent/Guardian (signature) _____

Date _____

Student-Athlete (printed name) _____

Student-Athlete (signature) _____

Date _____

*If you have any further questions, comments, and/or concerns, please contact
Firm Foundation Christian School.*