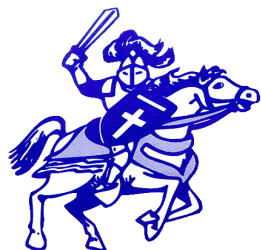


# WHITINSVILLE CHRISTIAN SCHOOL

## ATHLETIC DIGEST FOR STUDENTS and PARENTS “WCS *Crusaders*”



**2009-2010**

WCS ATHLETIC PARTICIPATION.....  
“A Privilege and Educational Opportunity”

### Athletic Program Offerings

#### BOYS

Baseball, V. & JV/MS  
Basketball, V., JV, MS  
Country, V & Sub V.  
Co-op Ice Hockey (Northbridge)  
Soccer, V. & Sub V.  
Tennis, V.  
Track & Field, V. & Sub V.  
Winter Track

#### GIRLS

Basketball, V., JV, MS  
Cross Country, V & Sub V.  
Soccer, V. & Sub V.  
Softball, V, JV.  
Tennis, V.  
Track & Field, V. & Sub V.  
Volleyball, V. & JV  
Winter Track

**Head Master** - Lance Engbers

**High School Principal** - Christopher J. Vander Baan

**Middle School Principal** - Don Godeke

**Director of Athletics** - Len Krygsman

**Assistant to the AD** – Joshua Glerum

**AD Office Assistant** – Debra Wood

TO: All candidates for athletic teams  
FROM: Len Krygsman, Director of Athletics

I am pleased that you have decided to **try out** for a WCS athletic team and I hope it will be an enjoyable and rewarding experience for you. It is our desire that our Lord be honored by all that we do and that includes using the gift of our bodies in athletics. All students are encouraged to take advantage of WCS co-curricular activities, but we also recognize the limits of the school to provide opportunity. Most of our teams have the possibility of limited roster sizes. The earlier one begins a program, the greater the chances are for success. Some apprehension by students because of the time needed for necessary study is understood. However, students and parents should understand that coaches will always permit athletes to visit their classroom teachers after school for assistance or makeup as needed. There is time for after school activity, participation in the music program and study time after dinner if one uses time effectively and responsibly. A high percentage of WCS scholars have been participants in athletics throughout WCS's history.

### PREREQUISITES FOR ALL TEAM CANDIDATES

1. A physical exam is required **every 395 days**. A health history is required and must be updated each year also. The MIAA approved examination form must be completed by the physician and the health history and permission to treat forms must be completed by the parent or legal guardian. A permission to treat card must be completed for each sport since it may be kept by the coach of each sport participated in. These forms must be submitted to the athletic office prior to participation. All forms will be kept on file in the AD office.
2. The interscholastic sports permission form, known as the “Eligibility and Training Regulations” form, which includes important information concerning eligibility and insurance, and a warning statement, must be completed by the candidate and their parent or guardian. This form must be completed once for the school year and be submitted to the athletic office prior to participation in any athletics for the year.
3. Each participant and a parent/guardian must attend a parent/athlete team meeting at the beginning of each season.

### LEAGUE AFFILIATION

Whitinsville Christian School is a member of the Massachusetts Interscholastic Athletic Association which is affiliated with the National Federation of State High School Associations. We are also members of the Dual Valley Conference which is a highly regarded and competitive league of seven schools in the south-central Massachusetts area.

### MISSION STATEMENT

The mission of Whitinsville Christian School is to foster the academic, spiritual, personal, social, and physical development of students from Christian families for effective service to our Lord.

### WCS COMMITMENT TO ATHLETICS

We believe interscholastic athletics at WCS are an integral part of the total curriculum. Athletics are to occupy a position in the curriculum comparable to that of other activities and to act in promoting fine school morale. WCS is dedicated to providing a God-centered education - so our athletics must pursue the goal of excellence with character. WCS is committed to athletics that develop a perspective on both winning and losing that is consistent with the will of God. We are pleased to provide a variety of athletic programs, staffed by coaches that have been carefully selected to lead each team. The positive personal growth potential in this environment is particularly desirable.

### ATHLETIC DEPARTMENT PHILOSOPHY

Our athletic program is a method of teaching the Christian way of competing and the Christian way of life. Through participation an individual will develop physical skills, grow in emotional maturity, learn to apply Christian principles to all situations one might encounter and increase in health and happiness. Our teams must participate in such a way that honor comes to the team, the school, the community and our God. The ideals of sportsmanship, fair play, teamwork and dedication should be exemplified by our teams and hopefully will be carried on throughout the life of the participant. WCS teams will strive for excellence in all athletic endeavors, but will never equate win-loss records with excellence or success. Successful Christian education results in the development of a balanced lifestyle in the physical, mental, emotional and spiritual dimensions of our total being. As a member of the MIAA, WCS fully supports the principles of Rule 62 regarding taunting and sportsmanship for athletes, coaches and spectators.

### PROGRAM OBJECTIVES of CRUSADER ATHLETICS

1. To bear witness to the lordship of our God over all aspects of life including that of athletics and competition.
2. To acknowledge the Biblical truth of Psalm 139 - we are “fearfully and wonderfully made.”
3. To develop good citizenship and respect for rules and authority.
4. To emphasize the value of “trying to win,” or to be successful and to experience “maximization of effort” as desirable outcomes of competition.
5. To provide an opportunity to exemplify and observe good sportsmanship in all competitive situations.
6. To encourage student athletes to achieve academic success and to keep athletics in proper perspective.
7. To teach and emphasize the fundamental skills of the various sports as a necessary ingredient in achieving individual and team success.
8. To emphasize the value and importance of teamwork and the commitment to the team above individual.
9. To stress the importance of physical fitness, conditioning, good health habits and safety in athletics.
10. To develop an attitude and commitment to abstain from using drugs and alcohol.
11. To provide opportunities to develop lasting friendships with teammates and opponents.

## BENEFITS OF PARTICIPATION

Research confirms that there is a direct correlation between success in later life and participation in co-curricular activities such as high school athletics.

At WCS, we are thankful for our sports programs which provide an exceptional opportunity for personal growth. Athletes learn to accept personal responsibility for success or failure and learn to recognize both their limitations and strengths. Participants experience strong emotions such as anger, determination, anticipation, exhilaration, bitterness, disappointment, joy, frustration, suspense and many others. Very few situations in life offer such an opportunity to recognize and handle such intense feelings while on public display.

Student athletes at WCS learn about motivation, self-discipline, self confidence, loyalty, leadership, sacrifice, extra effort and the ability to win with honor and lose with grace. These lessons are invaluable in our Christian walk and our competitive world. Team sports offer a unique opportunity to teach young men and women that working together toward a common goal can lead to many positive and successful results.

## EXPECTATIONS OF ATHLETES

For the privilege of participating in athletics, all students must realize that more is expected of them than of other students in school. As an athlete at WCS, you will be expected to make many sacrifices. Please read the following carefully. If you feel that the rules are too demanding, if you feel you will not be able to say "NO" when pressured by friends to break the rules, if you feel the price is too great, if you feel your personal rights are too sacred to conform to the demands, please do not plan to be a member of an athletic team at WCS.

Failure to comply with any of the expectations listed below may result in the temporary or permanent suspension from an athletic team.

## SPECIFIC EXPECTATIONS

1. All MIAA and school eligibility rules must be complied with to the letter.
2. All athletes must satisfy the following academic standards:
  - a. Middle school athletes must be passing the equivalent of four major subjects. If a student receives more than one unsatisfactory grade on their report card including conduct and effort, they must apply to a middle school meeting through the AD for permission to participate in sports.
  - b. High school athletes and any middle school athlete participating at the varsity level must earn a minimum GPA of 1.50 in the previous quarter, except for students with certified learning disabilities. Two E's (or failing grades), two 4's in effort or two unsatisfactory behavior notations on a report card will result in the suspension of a student's privilege to participate in athletics.
3. No unexcused absences from practices or games is permitted. We conduct athletic programs every day school is in session in season and usually during vacation periods except for religious holidays. There can be no educational or personal growth in our program unless the athlete participates.

4. In order to attend practice or play in a contest, an athlete must be in school by 9:30 A.M. Individual exceptions may be approved by the principal when arranged in advance, or to attend doctors' appointments, funerals or other such approved reasons.
5. Athletes must travel to all contests with school approved and arranged transportation. **When traveling in school vans, seat belts must be worn by all students.** An athlete may return with a parent or guardian if a written request has been received by the AD or coach prior to leaving for the contest.
6. Smoking, drinking of alcoholic beverages and the use of drugs is prohibited at any time. The possession of alcoholic beverages or drugs with intent to use or distribute them is also a violation.
7. All WCS athletes are expected to conduct themselves in a manner that reflects positively on WCS and is worthy of being called "Christian." Profane or offensive language at any time is intolerable.
8. All team members are expected to treat officials, opponents, coaches and spectators with respect.
9. All team members are expected to maintain appropriate dress and appearance. Teams and/or athletes who do not travel to, and return from contests in uniform or team sweat suits will minimally conform to the following dress standards:
  - a. Girls must wear a dress or skirt/dress slacks with a dress blouse or sweater.
  - b. Boys must wear a dress shirt, tie and dress slacks.
10. Athletes are responsible for all equipment/uniforms issued to them and will be held financially responsible for any equipment not returned, cared for improperly or damaged. Any student with a financial obligation to the athletic department may not participate in any sport until the obligation is cleared. **Team uniforms are to be worn for official contests or approved events only.** If removed from team or if you quit the team, the uniform must be turned in immediately.
11. Players must adhere to all rules and regulations that a coach may require for his/her sport.
12. A student who is dismissed or who voluntarily leaves a team after final cuts are made will not be permitted to become a member of another school team during that sport season. Special cases will be reviewed by the coaches involved and the Athletic Director and in compliance with MIAA rules.

## "TOUGH DECISIONS"

### "It was one of the toughest decisions I have ever made."

Too often we hear the above comment from a school official following an incident resulting in disciplinary action against a student. Now is the time to set the record straight. It is a mistake for a school official to assume that his/her action to suspend a student for violation of the rules was a tough decision. Although we believe in grace and forgiveness, the truth is that the student is the person who made the tough decision. The student knows that the penalty for violation cannot be waived. Therefore, when a student makes a decision to violate the rules, that student has already decided that he/she is willing to accept the penalty as prescribed. It is at this moment that the tough decision is made.

## SPORTS SPECIALIZATION

WCS endorses the position of the MIAA in encouraging a broad range of educational and athletic experiences. We,

therefore, urge all athletes to participate in a variety of sports. Personal growth will be enhanced through participation in more than one sport.

## JOBS/MUSIC/DRAMA/OUTSIDE SPORTS TEAMS

As educators and coaches, we strongly discourage "in season" WCS student athletes from working or playing other sports during the high school sport seasons. When conflicts arise between participation in athletics and the WCS strings or drama program, students are expected to communicate with the respective coaches and instructors and apply the guidelines of the agreement between the programs which essentially state that:

- a. If a student has a performance and a sports practice at the same time, the performance takes priority.
- b. If a student has a game and a rehearsal at the same time, the game takes priority.
- c. If a student has a practice and a rehearsal at the same time, the student will be permitted to attend parts of each activity or will alternate between activities.
- d. If a student has a performance and a game at the same time, the student will make a choice, with the help of parents and in consultation with coaches and instructors, which activity to attend. Administratively, every attempt will be made to avoid such conflicts.

There are only a limited number of hours in a day and experience indicates that studying and playing a high school sport is more than enough for an adolescent to handle. Please be advised that WCS student athletes will be required to attend all practices, meetings and games. It is not our policy to make concessions for outside commitments, jobs and other activities, with the exception of infrequent special church related activities. In compliance with MIAA rules, WCS team participation must take precedence over participation in any other team.

## INSURANCE POLICY

All athletes who participate in athletics at WCS must show proof of being insured under a family health insurance plan or purchase student accident insurance through the school. The student accident insurance plan that is offered through the insurer that WCS makes available is a cost-excess insurance policy. This means that the family's health and accident policy will be utilized first. Questions about this plan should be addressed to the WCS business manager while questions concerning payment should be addressed to the insurance carrier - not school officials.

## SPORTSMANSHIP/ CHRISTIAN WITNESS

WCS conducts an athletic program to enhance the personal and educational growth of its participants and to provide a Christ-like witness to the greater community by providing healthy, challenging competition against predominantly public high schools. All athletes and spectators are expected to contribute to these goals by supporting vocally the efforts of our athletes and by refraining from any actions toward our opponents and officials which might interfere with the realization of our stated goals.