



HIGH SCHOOL ATHLETIC HANDBOOK

2023-2024 SCHOOL YEAR

TABLE OF CONTENTS

TABLE OF CONTENTS.....	2
MISSION, VISION, & CORE VALUES	3
ATHLETIC DEPT. INFORMATION.....	4
ATHLETICS PLATFORMS.....	5
PHILOSOPHY OF ATHLETICS	6
ATHLETIC POLICIES: ELIGIBILITY	7
ATHLETIC TEAMS.....	8
ATHLETIC POLICIES: COMMITMENT.....	11
ATHLETIC POLICIES: TRANSPORTATION.....	12
ATHLETIC POLICIES: EARLY DISMISSALS, STUDY HALLS, UNIFORMS	13
CODE OF CONDUCT	14
ATHLETIC TRAINER	15
AWARDS AND VARSITY LETTERS	16
AFFILIATIONS	18



MISSION, VISION, & CORE VALUES

MISSION

The Immanuel Christian School Athletic Department is committed to teaching our students Christ-centered disciplines and developing Christ-like character through competitive interscholastic athletics.

VISION

The Immanuel Christian School Athletic Department strives to provide our students with a God-glorifying avenue for athletes to participate in prestigious, competitive interscholastic competition. We aim to partner our students with coaches who are highly qualified and committed to developing the spiritual, emotional, and athletic skills necessary to round out our athletes. Our primary goal is to show our athletes, as 1 Timothy 4:8 states, that “physical training is of some value, but godliness holds value in all things, holding promise for this life and the life to come.”

CORE VALUES

Godliness (1 Timothy 4:8)

We aim to partner our athletes with coaches who will inspire lives of godliness

Leadership (Matthew 20:26-28)

We strive to cultivate leaders on and off the playing field

Service (Mark 10:45)

We will model Christ's example of sacrificial service

Integrity (Proverbs 28:6)

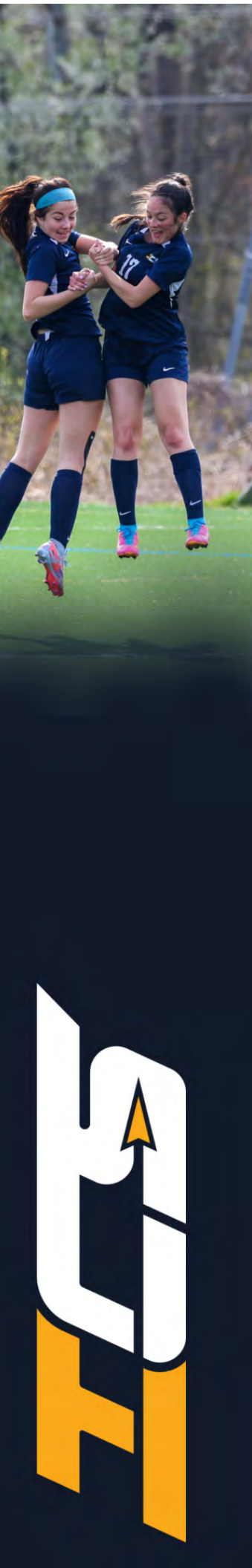
We will be virtuous and honest on and off the playing field

Teamwork (Philippians 2:2-4)

We will sacrifice individual accomplishments and success for the betterment of the team

Competitive Excellence (1 Corinthians 9:24-27)

We will compete to the best of our ability as to obtain the prize



ATHLETIC DEPT. INFORMATION

ATHLETIC DIRECTOR

Caleb Aylor

caleb.aylor@icsva.org

703-891-2225

ATHLETIC TRAINER

Timothy Crum

timothy.crum@icsva.org

XXXXXXXXXXXXXXX

WARRIOR ATHLETIC BOOSTER CLUB

The purpose of the Warrior Athletic Booster Club is to support the ICS athletic department through financial assistance to provide our students with an opportunity to bring glory to God through competition. Every dollar you contribute as a booster club member goes directly to the athletic department to assist with vital facility, equipment, and uniform needs.

MEMBERSHIP LEVELS

Ultimate Warrior:

\$5,000

- 1 Hoodie
- 1 T-shirt
- 1 Hat
- 1 Car Magnet
- Name listed on Booster Club website

Gold: \$2,000

- 1 T-shirt
- 1 Hat
- 1 Car Magnet
- Name listed on Booster Club website

Navy- \$1,000

- 1 T-shirt
- 1 Car Magnet
- Name listed on Booster Club website

Silver- \$500

- 1 T-shirt
- 1 Car Magnet

Bronze- \$250

- 1 T-shirt

Join our Warrior Athletic Booster Club! If you would like to become a member of the Warrior Athletic Booster Club, please contact our Athletic Director, [Caleb Aylor](mailto:caleb.aylor@icsva.org) for more information.

ATHLETICS PLATFORMS

TEAMSNAAP

<https://www.teamsnap.com/>

All ICS Athletic Teams use TeamSnap as the primary communication platform. Coaches will use TeamSnap to communicate important information with athletes and parents throughout the season.

NFHS NETWORK

<https://www.nfhsnetwork.com/schools/immanuel-christian-school-alexandria-va>

All volleyball and basketball home games are live streamed on the NFHS Network. Family and friends can subscribe to the NFHS to gain access to the live streams.

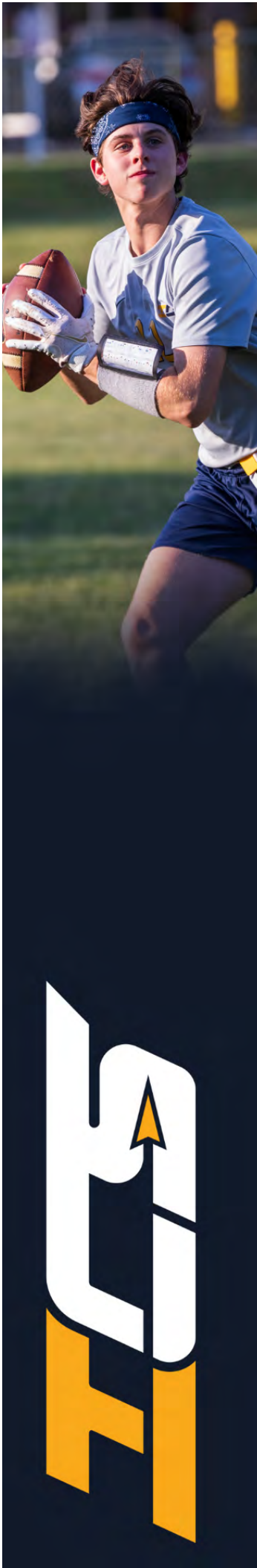
MAXPREPS

<https://www.maxpreps.com/va/springfield/immanuel-christian-warriors/>

Game results and statistics are recorded on MaxPreps. MaxPreps can also be used to research opponent game results and information.

INSTAGRAM.COM/ICSVA_ATHLETICS

Instagram users may follow @icsva_athletics and view images that promote, capture, and celebrate our athletes and teams.



PHILOSOPHY OF ATHLETICS

VARSITY

The varsity athletic program is the most prestigious, highest level of high school competition. The goal of varsity athletics is to pursue team success through dedication from athletes and coaches. Coaches will aim to build and shape the best team possible and will distribute playing time in games to the athletes that they feel give them the best chance to win. Athletes should work to improve their individual skills in practices and consider every area that they can contribute to team success. Each season, varsity teams seek to win conference championships, qualify for state tournaments, and win state championships.

JUNIOR VARSITY

The JV athletic program seeks to develop an athlete's individual skills to prepare them for the varsity level. Members of a JV team will be encouraged to dedicate themselves to improvement as they work to train their bodies and minds for varsity competition. JV athletes can demonstrate their readiness for varsity competition by displaying a team-first mentality, showing improvement throughout the course of a season, and exhibiting all-out effort in practices and games. Coaches will aim to build and shape the best team possible and will distribute playing time in games to the athletes that they feel are most prepared for the varsity level and will give the team the best chance to win. JV teams are restricted to students in 9-11th grade.

ALL LEVELS

At all levels of competition, the main focus of athletics at ICS is to honor and glorify Christ. Athletes can help achieve this goal by competing to the best of their ability, coaches achieve this by preparing their team to the best of their ability, and parents help achieve this by respecting and honoring our coaches and the decisions that they make.





ATHLETIC POLICIES: ELIGIBILITY

Participation in co-curricular activities is a privilege, which allows students to represent Jesus Christ, Immanuel Christian High School, the student's family, and himself/herself in the best possible way. Failure to appropriately represent our standards will result in a loss of the privilege. Eligibility to represent Immanuel Christian High School will be based not only on attendance and weekly academic standards but also upon whether or not a student is abiding by the Immanuel Christian High School Standards of Conduct.

ATTENDANCE

A student must be in attendance four periods of the day on a 7-period day to be involved in any co-curricular activities that take place that day. Exceptions may be requested for unavoidable absences (funerals, delayed medical appointments, etc.) that do not allow attendance in a minimum of four classes.

AGE

In order to be eligible for athletes, as per VISAA and conference requirements, students shall not have reached the age of 19 on or before August 1 of the school year in which he or she wishes to compete. Students in 8-12th grade are eligible for varsity and JV teams.

ACADEMIC

Students may not have 1 or more F's OR 2 or more D's. Students who are ineligible will need to miss their extra-curricular games until students are in good academic standing. Students have a grace period of three weeks at the beginning of every quarter. After this grace period, grade checks are run on Mondays every two weeks. If a student is ineligible, the student and parents will receive written communication in the form of an email notifying them of their academic standing. An academically ineligible athlete may not play in any games but can attend practices. If a student has been deemed ineligible due to missing assignments, then he or she will need to stay after school to work on missing assignments instead of attending practice. Athletes may also receive additional punishment at their coaches' discretion if they miss practice or game time due to ineligibility (extra running, decreased playing time, loss of starter status, etc.).

SPORTS PHYSICALS

Students are required to obtain a VHSL sports physical for participation during the current school year. Physicals must be obtained prior to participation in athletics. The VHSL physical form can be downloaded from the ICS website following the *Athletics* tab. A student must obtain his or her physical after June 1st in order to adhere to VISAA requirements.

TWO SPORTS, SAME SEASON

The ICS Athletic Department values commitment to a team. As a result of the expectation that athletes should attend all games and practices of the team that they are a member of, athletes are not permitted to join multiple team sports in the same season. A student is allowed to participate on a team sport (i.e. basketball, soccer, volleyball) while also participating on an individual sport (i.e. cross country, swimming, track and field) after clearly communicating to both coaches his or her commitments. Athletes should prioritize attending the team sport practice over the individual sport practice.

ATHLETIC TEAMS

FALL SPORTS

**All high school fall athletic teams begin prior to the start of school*

VARSITY BOYS SOCCER

All boys in grades 9-12 may try out for the varsity boys soccer team. Coaches may request that select 8th grade students play up on the varsity level. All home games are played at Loisdale Park. Practices take place at the ICS soccer field or Loisdale Park. The season runs from August through early November.

VARSITY/JV GIRLS VOLLEYBALL

All girls in grades 9-12 may try out for the varsity and JV girls volleyball teams. Coaches may request that select 8th grade students play up on the varsity level. Tryouts are a joint tryout with all volleyball players together. Coaches will make placements and cuts based upon what they observe in tryouts. All home games and practices take place in the ICS gym. The season runs from August through early November.

CROSS COUNTRY

All boys and girls in grades 9-12 may join the cross country team. Students who fail to demonstrate a commitment to attending practices and meets may be removed from the team. Practices occur at the ICHS campus, the Lincolnia Park Recreational Club, or surrounding county trails. The season runs from August through early November.

DANCE

All girls in grades 6-12 may try out for the Dance team. Practices take place at either the ICS or ICHS campus. Performances occur during halftime of fall and winter athletic games. The season runs from August through the end of February.

VARSITY GIRLS TENNIS

All girls in grades 8-12 may try out for the varsity girls tennis team. Practices and matches are played at either the Lincolnia Park Recreational Club or local county courts. The season runs from August through early November.



A vertical image on the left side of the page shows a swimmer in a pool, wearing a dark swim cap and goggles, with water splashing around their head. The swimmer is wearing a dark cap with yellow and white accents. The background is a blurred blue pool.

WINTER TEAMS

VARSITY/JV BOYS BASKETBALL

All boys in grades 9-12 may try out for the varsity and JV boys basketball teams. Coaches may request that select 8th grade students play up on the varsity level. Tryouts are a joint tryout with all basketball players together. Coaches will make placements and cuts based upon what they observe in tryouts. All home games take place in the ICS gym. Practices take place at the ICS gym and local county gymnasiums. The season starts in early November and runs through early March.

VARSITY GIRLS BASKETBALL

All girls in grades 9-12 may try out for the varsity girls basketball team. Coaches may request that select 8th grade students play up on the varsity level. All home games take place in the ICS gym. Practices may take place at the ICS gym and local county gymnasiums. The season starts in early November and runs through early March.

SWIMMING

All boys and girls in 7-12 grade may try out for the swim team. Only students in 8-12 grade can score in competitions. Practices take place from 6-7am at the St. James Recreation Center pool during the week. Swim meets are usually held on Saturdays. The season starts in early November and runs through late February.

VARSITY CHEERLEADING

All girls in grades 8-12 may try out for the Cheerleading Squad. ICS cheerleaders enhance school spirit and help generate excitement for our teams and athletes. The cheerleading squad will cheer during home boys and girls basketball games in the winter. The season runs from early November through early March.



SPRING TEAMS

VARSITY BOYS BASEBALL

All boys in grades 8-12 may try out for the varsity boys baseball team. Practices are held at local county fields and batting cages after school. Games are played at a variety of local fields. The season starts in early March and runs through the end of May.

VARSITY GIRLS SOCCER

All girls in grades 9-12 may try out for the varsity girls soccer team. Coaches may request that select 8th grade students play up on the varsity level. All home games are played at Wakefield Park. Practices take place at the ICS soccer field or Wakefield Park. The season starts in early March and runs through the end of May.

TRACK & FIELD

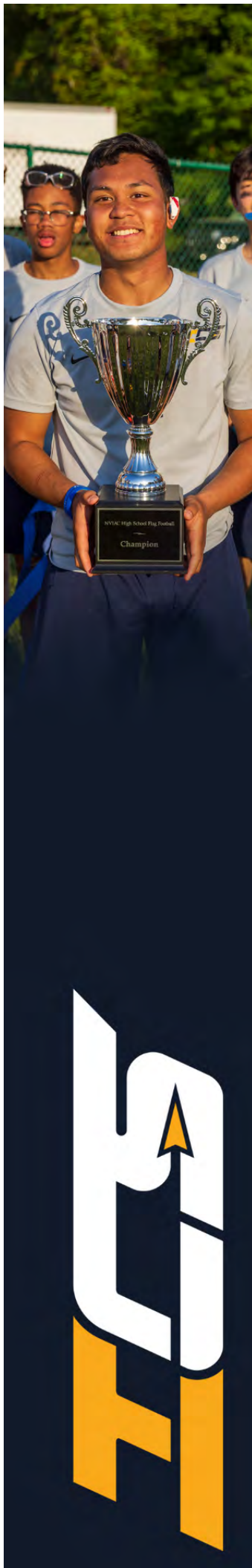
All boys and girls in grades 7-12 may join the track & field team. Students who fail to demonstrate a commitment to attending practices and meets may be removed from the team. Practices occur at the ICHS campus, the Lincolnia Park Recreational Club, and at the Thomas Jefferson High School track on Saturdays (when there is not a meet). Meets usually occur on Saturdays. The season starts in early March and runs through the end of May.

VARSITY BOYS FLAG FOOTBALL

All boys in grades 9-12 may try out for the varsity flag football team. Practices and games take place at the ICS soccer field. The season starts in early March and runs through mid-April.

GOLF

All boys and girls in grades 8-12 may try out for the golf team. Practices and matches take place at local county golf courses. The season starts in early March and runs through the end of May.





ATHLETIC POLICIES: COMMITMENT

ATTENDANCE

Prior to becoming part of a team, it is essential for parents and athletes to grasp the full extent of the commitment expected from them. Upon joining a team, it is the responsibility of every athlete to uphold their commitment by attending all practices, contests, and mandatory team activities. Athletes need to communicate all planned absences from team functions in advance with the coaches. Failure to attend practices and contests may result in decreased playing time, internal team discipline (i.e. extra running), or dismissal from the team.

QUITTING A TEAM

ICS athletes are expected to demonstrate perseverance and commitment, making quitting a team an unacceptable outcome. Failing to uphold one's commitment by quitting not only harms the athlete but also has negative effects on the team and the overall athletic program. ICS endorses competitive athletics and has try outs for most athletic teams. When a student quits a team, they have effectively stolen a roster spot away from someone who was cut from the team. Any athlete who quits his or her team in-season without an excused reason will not be eligible to participate on any team in the subsequent two athletic seasons (i.e. quitting a fall sport will result in ineligibility for a winter and spring sport, quitting a winter sport will result in ineligibility for a spring and fall sport, etc.). Before the athlete's next eligible season, a conference involving the athlete, coach, and Athletic Director will be conducted to ensure that the student comprehends their responsibility in fulfilling their commitment to the team.



ATHLETIC POLICIES: TRANSPORTATION

PRACTICES AND HOME GAMES

Since ICHS does not have athletic facilities on-site, the majority of practices and games are held off-site at various locations. ICS does not require our coaches to use the shuttles to transport students to/from practices and home games, but often our coaches go above and beyond to serve our community and take extra time out of their day to shuttle the teams to practices and home games. Parents should be prepared to work out carpooling for practices and home games in case the coaches are unable to provide transportation. Parents who would like to serve our teams and earn Parent Service Hours by volunteering as shuttle drivers should contact the Athletic Director to coordinate.

AWAY GAMES

Coaches will use the ICS shuttles to transport teams to away games. Shuttles can seat 14 students, so there will be some teams that need extra drivers for away games in order to provide transportation for all members of the team. Parents may be asked to assist in driving the team for one game each season. Shuttles will return to ICS after the games with any students who were not picked up at the conclusion of the game.

STUDENT TRANSPORTATION

Students who drive to school are allowed to drive to practices and home games. For away games, student-drivers will be dismissed a few minutes early to drive to the K-8 campus to drop their car off and ride in the shuttle with the coach. Student-drivers should ride the shuttle to away games unless the coach gives them permission to drive to away games in order to free up a shuttle seat. Students may only drive other students to practices and games as long as the ICHS office has written permission from both parents of both parties allowing a student to ride with a specific driver. Students must follow all Virginia driving laws as it relates to restrictions on the number of passengers.



ATHLETIC POLICIES: EARLY DISMISSALS, STUDY HALLS, UNIFORMS

EARLY DISMISSALS

Students may be dismissed from school early for home and away games. When dismissed early, it is the athlete's responsibility to communicate with teachers and make up any assignments that were missed in class. Failure to make up missed work may result in academic ineligibility for athletic contests.

STUDY HALLS

Study halls will be offered for athletes to attend after school for practices that start between 4:30-5pm. Study hall will start at 3:30pm and all students should report on time. Failure to report to study hall on time will result in a loss of study hall privileges and disciplinary action at the coaches' discretion. When attending study hall, students should work quietly and diligently on homework, study for quizzes or tests, or schedule meetings with teachers as available to receive extra help. For practices that start after 5pm, study hall will not be offered and students should be picked up by parents at the conclusion of the school day.

UNIFORM POLICY

Students are responsible for maintaining their uniforms, warm-up gear, and other team equipment. If a uniform item is lost or damaged, parents will be responsible for paying the replacement cost for that item. Parents' FACTS accounts will be charged for the replacement item. Uniforms should be returned to the ICHS office at the conclusion of the season.



CODE OF CONDUCT

ATHLETES

Athletes are required to follow all policies for the student code of conduct as laid out in the Parent-Student Handbook. If an athlete violates any of the school policies, he or she may be dismissed from participation on an athletic team. Athletics are a visible component of our school, and maintaining a standard of honor and integrity while competing is crucial for all athletes in order to represent Christ and ICS in a biblical manner. Some key expectations to highlight regarding athlete conduct include:

- Athletes should behave in a way that honors the Lord at practices, games, meets, events, and on the shuttles.
- Athletes should treat coaches with respect and honor their decisions and instruction.
- Athletes should show respect to the opposing team, opposing coaches, and spectators while competing in games or events.

PARENTS

ICS values the role that parents play in supporting their athletes and our teams. In an effort to partner with parents, ICS asks that parents abide by the following expectations. Failure to abide by these expectations could result in parental suspension from attending athletic events.

- Parents are expected to conduct themselves honorably to the Lord when in attendance at an athletic event. This includes, but is not limited to, appropriate speech when conversing with opposing parents, referees, and players, cheering for the team as a whole and not just their child, and supporting and refraining from criticizing coaches and players.
- Parents should not be verbally abusive towards any person at an event.
- Parents should encourage and empower their child to take ownership of their status as a member of the team. Parents should encourage athletes to handle their own communication with coaches, be familiar with their practice and game schedules, and report promptly to all events.
- Parents should allow ICS coaches to coach their teams. During contests, parents should refrain from giving explicit instruction to athletes and the team.
- ICS maintains a “24-hour” policy as it relates to parents addressing coaches with issues or concerns. This means that parents are kindly requested to allow a 24-hour waiting period after a contest before approaching coaches to discuss any issues or concerns. Parents are expected to communicate their concerns or issues with coaches in an appropriate and respectful manner.
- ICS maintains a closed-door practice policy for all teams. This helps ensure that our coaches are given time to instruct and teach the athletes without the presence of parents to distract or add pressure to the athletes.





ATHLETIC TRAINER

WHO ARE ATHLETIC TRAINERS?

Athletic trainers (ATs) are highly qualified, multi-skilled health care professionals who render service or treatment, under the direction of or in collaboration with a physician, in accordance with their education, training and the state's statutes, rules and regulations. As a part of the health care team, services provided by athletic trainers include primary care, injury and illness prevention, wellness promotion and education, emergent care, examination and clinical diagnosis, therapeutic intervention and rehabilitation of injuries and medical conditions.

At ICS, the AT is responsible for the medical care of all athletes. The AT is trained to evaluate injuries, develop treatment plans, and initiate rehabilitation programs so that all athletes are able to compete in a safe environment. The AT will work closely with the ICS school nurse to develop emergency action plans, collect sports physicals, respond to medical emergencies during athletic contests, adhere to an athlete's physician's orders, and communicate with the coaching staff as it relates to the medical well-being of all athletes.

After responding to an injury sustained during a practice or contest, the AT will communicate with parents a recommendation for treatment plans and further evaluation. If the AT makes the determination that an athlete is exhibiting signs of a concussion, that athlete will not be able to return to practice or contests until he or she is cleared by a licensed physician.

INJURIES AND RETURN TO PLAY PROTOCOLS

When an athlete has been injured and subsequently been evaluated by a doctor, the doctor's recommendation for "return to play protocols" will always be followed. Parents are responsible for emailing all clinical paperwork to the nurse's office and AT. The AT will coordinate with the coaches and communicate the return to play protocols as advised by the doctor.

As an ICS policy, athletes may not participate in practices or contests if they are not fully participating academically in all of their classes. Athletes with academic limitations will not be eligible to return to sports.

AWARDS AND VARSITY LETTERS

AWARDS CEREMONIES

At the conclusion of each season, there will be an awards ceremony hosted at ICHS for all of the concluding athletic teams. At the awards ceremony, coaches will distribute their own curated set of awards to deserving members of the team. The coaches are solely responsible for the selection of these awards.

VARSITY LETTER CRITERIA

Lettering in a varsity sport is a prestigious honor for an ICS athlete. As a result, not all members of a varsity team are guaranteed to earn a letter for that particulate sport. The following criteria will be used by the coaches to determine an athlete's eligibility for a varsity letter. Injured athletes may still earn their letter if they are following their doctor's recommendation to withhold from athletic participation. However, injured athletes are still valued members of an athletic team. It is the expectation that all injured athletes will still attend all practices and contests.

SOCCER	Played in 50% of halves
VOLLEYBALL	Played in 50% of sets
CROSS COUNTRY	Among top 10 varsity runners
BASKETBALL	Played in 50% of quarters
SWIM	Participated in 75% of varsity meets and met coaches' requirement for swimming in various events
BASEBALL	Played in 50% of innings
TRACK & FIELD	Earned 10 points in varsity competition
CHEERLEADING	Participated in 90% of all team events
FLAG FOOTBALL	Played in 50% of halves
DANCE	Participated in 90% of all team events
TENNIS	Played in 50% of matches
GOLF	Played in 50% of matches



HEART OF A WARRIOR AWARD

The Ed Britton *Heart of a Warrior* Award is an annual athletic award intended to develop, recognize and honor Immanuel Christian School student-athletes who display Christ-like character both on and off the playing field. The *Heart of a Warrior* Award is given to both a female and male varsity junior athlete who demonstrates emerging leadership, outstanding dedication, remarkable enthusiasm, and uncompromising sportsmanship as a player, teammate and student.



Immanuel Christian School is privileged to name the *Heart of a Warrior* Award in honor of Mr. Ed Britton in light of his enthusiastic love of athletics, his support of the Immanuel Christian School ministry, and most importantly his life-long dedication to proclaiming his love for His Lord and Savior, Jesus Christ. Ed's love for sports began at a young age and continued through high school where he played football, basketball and lacrosse. He continued playing sports at the Naval Academy where he lettered in lacrosse three years and was named team captain by his teammates his senior year. He developed a love for God at an equally young age when he accepted Christ as his Lord and Savior at camp. These two passions drove Ed to become involved with the Fellowship of Christian Athletes. Ed believed that sharing God boldly is something all of us should do both on and off the field, and he personally did so whenever and wherever he had the opportunity.

This award is given in order to lift up and honor the name of Jesus Christ as exemplified in the life of Ed Britton and recognize his legacy to future generations of Immanuel Christian School students. Nominees for the *Heart of a Warrior* Award must have participated in a varsity sport and maintained academic eligibility during the current school year. The recipients of this award will receive a memento of their achievement in addition to a scholarship to the FCA sports camp of his or her choice.



AFFILIATIONS



National Federation of State High School Associations (NFHS)

The NFHS writes playing rules for high school sports and provides guidance on a multitude of national issues. The VCAC and VISAA adhere to the NFHS rulebooks for most interscholastic sports. <http://www.nfhs.org/>



Virginia Independent Schools Athletic Association (VISAA)

We are a member of the state association VISAA. Each sport has its own set of divisional breakdown as determined by number of gendered students at the high school. Competition committees meet and vote to determine qualifications for state tournaments. <https://visaa.org/>



Virginia Christian Athletic Conference (VCAC)

We are a member of the athletic conference VCAC. The VCAC is comprised of other local private Christian schools. At the conclusion of each season, varsity teams will compete for conference championships.

