



MIDDLE SCHOOL ATHLETIC HANDBOOK

2023-2024 SCHOOL YEAR

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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 DEPARTMENT INFORMATION

ATHLETIC DIRECTOR

Caleb Aylor

caleb.aylor@icsva.org

703-891-2225

ATHLETIC TRAINER

Timothy Crum

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703-941-1253

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.

INSTAGRAM.COM/ICCSVA_ATHLETICS

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



PHILOSOPHY OF ATHLETICS

MIDDLE SCHOOL

The middle school athletic program is designed to prepare athletes to compete at the high school level while teaching the invaluable life lessons that sports offers. Athletes will be provided with the opportunity to develop individual skills, learn the importance of self-sacrifice for the betterment of the team, and developing Christ-like character throughout the course of the season. ICS endorses competitive athletics starting at the middle school level, so cuts may be necessary depending on the number of students who try out for a team. Coaches will distribute playing time based on what they observe in practices and contests to the athletes who they feel give the team the best chance to succeed. Middle school teams are limited to 3 activities per week.

ALL LEVELS

At all levels of competition, the main focus of athletics at ICS is to honor and glorify Christ. Students 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 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 School Standards of Conduct (outlined on pages 8 and 9 of Parent/Student Handbook).

ATTENDANCE

A student must be in attendance four periods of the day on a 8-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.

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. 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 in 7th and 8th grade 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 students should attend all games and practices of the team that they are a member of, students 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. Students should prioritize attending the team sport practice over the individual sport practice.



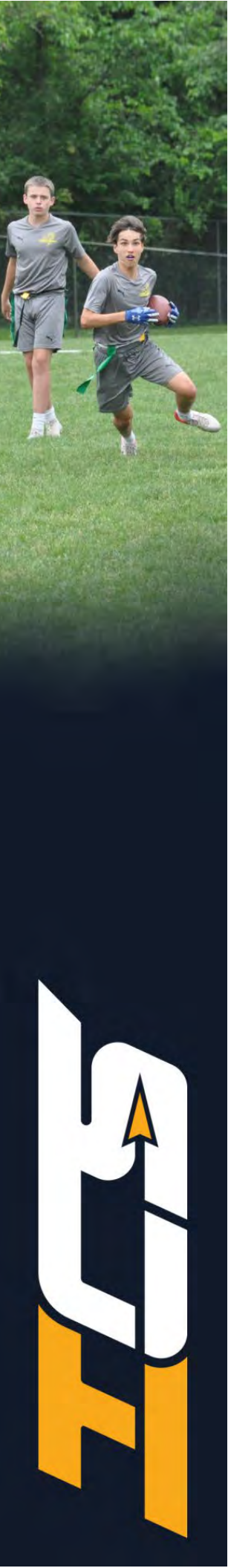
ATHLETIC TEAMS

FALL SPORTS

**All middle school fall sports teams begin the first week of school*

MS BOYS SOCCER	All boys in grades 6-8 may try out for the MS boys soccer team. Coaches may request that select 8 th grade students play up on the varsity level. All home games are played at the ICS field. Practices take place at the ICS soccer field. The season runs from August through late October.
MS GIRLS VOLLEYBALL	All girls in grades 6-8 may try out for the MS girls volleyball team. All home games and practices take place in the ICS gym. The season runs from August through late October.
CROSS COUNTRY	All boys and girls in grades 5-8 may join the cross country team. Students in 5/6 th grade practice on Tuesdays and Thursdays and students in 7/8 th grade practice on Mondays and Thursdays. Practices occur at the ICS campus utilizing the Deerlick Park Trail behind the school. The season runs from August through late October.
DANCE	All girls in grades 6-8 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 8 th grade girls 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.

***High school sport that allows 8th grade students to try out.**



WINTER TEAMS

MS BOYS BASKETBALL	All boys in grades 6-8 may try out for the MS boys basketball team. 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 late February.
MS GIRLS BASKETBALL	All girls in grades 6-8 may try out for the MS girls basketball team. 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 late February.
SWIMMING	All boys and girls in 7-8 grade may try out for the swim team. Only students in 8 th 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.

***High school sport that allows 8th grade students to try out.**





SPRING TEAMS

MS GIRLS SOCCER	All girls in grades 6-8 may try out for the MS girls soccer team. All home games are played at the ICS field. 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 7-8 may join the track & field 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.
MS BOYS FLAG FOOTBALL	All boys in grades 7-8 may try out for the MS flag football team. Practices and games take place at the ICS soccer field or Wakefield Park. The season starts in mid-April and runs through the end of May.
GOLF*	All boys and girls in 8 th grade may try out for the varsity 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.
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.

***High school sport that allows 8th grade students to try out.**



ATHLETIC POLICIES: COMMITMENT

ATTENDANCE

Prior to becoming part of a team, it is essential for parents and students 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.

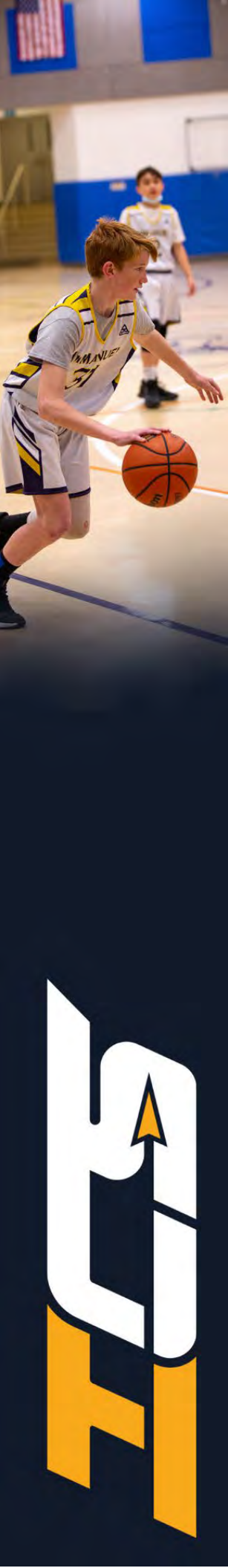
QUITTING A TEAM

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 AWAY GAMES

Coaches will use the ICS shuttles to transport teams to off-site practices and away games. Shuttles can seat 14 students, so there will be some teams that need extra drivers for off-site practices and 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.





ATHLETIC POLICIES: EARLY DISMISSALS AND UNIFORMS

EARLY DISMISSALS

Students may be dismissed from school early for 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.

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.

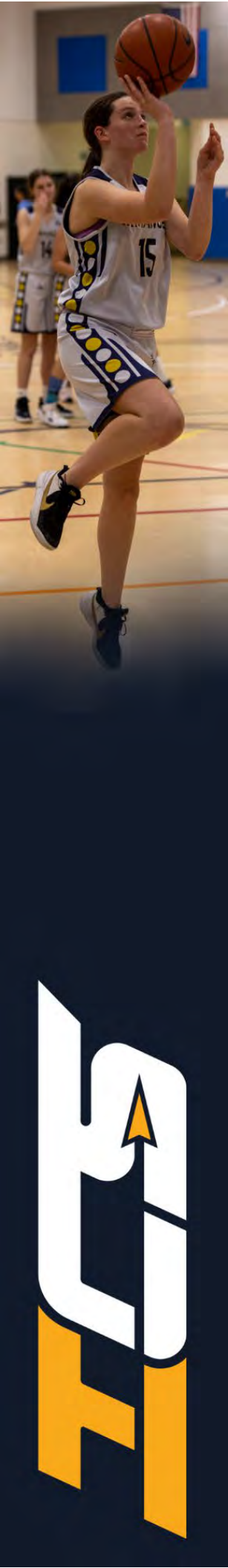
PARENTS

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.

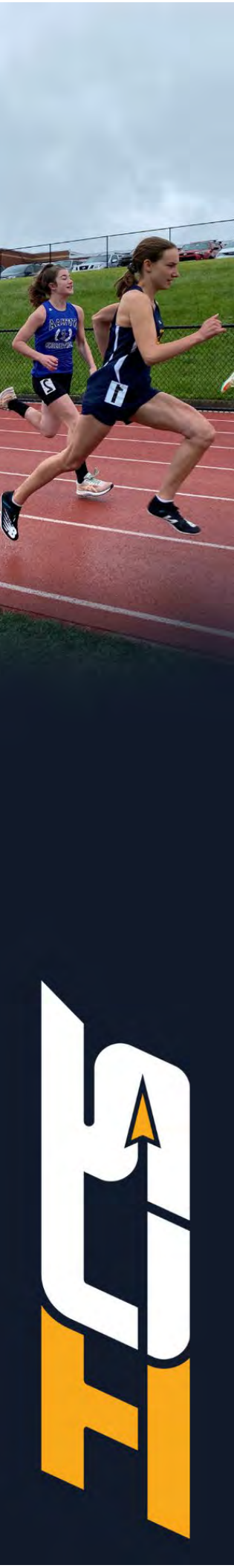
At ICS, the AT is responsible for the medical care of all athletes. The AT is trained to evaluate injuries, develop treatment plans, and initiate rehabilitation programs so that all athletes are able to compete in a safe environment. The AT will work closely with the ICS school nurse to develop emergency 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.



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.