

# Sarasota Christian School



## 2023-2024 Athletic Handbook



# SCS Athletic Handbook

*Information in this athletic handbook is supplemental to that found in the Florida High School Athletic Association Handbook and the Sarasota Christian Parent/Student Handbook.*

*The Athletic Department has the right to update these policies at any time.*

## Mission Statement and Philosophy

The mission of Sarasota Christian School is to equip students with a love for Christ, a passion to learn, the courage to lead, and a commitment to serve.

Sarasota Christian School is committed to offering an athletic program that is *Godly, Effective and Excellent*. We are committed to the development of Blazers. The athletic department mission statement is: **To be transformational in the lives of athletes as we build men and women to have an eternal impact for Christ.**

We accomplish this mission through instilling our core values into every athlete:

### Core Values

- Love – We will show love because God loves us and calls us to love one another. That perfect love drives out the fear of failure, allowing athletes to play at their best. (John 13:34 and 1 John 4:18)
- Trust – We will build trust in others as the foundation of our teams. (Proverbs 3:5-6)
- Commitment and Grit – We will be available and dependable to be used by God for His glory and the betterment of our teams no matter what the obstacles. (Isaiah 6:8)
- Respect and Honor – We will respect our opponents and our teammates as we honor Christ in our actions. (Romans 13:7)
- Servant Leadership – We will humbly serve and put others ahead of ourselves just as Christ modeled. (Mathew 20:28)

Ultimately, we are all on teams our entire life and we want those teams to follow the motto of "Never let a teammate down and always pick a teammate up; creating teams that love each other, encourage each other and push each other to be the best they can be." The true success of such teams is measured in how they close the gap between their potential and performance.

To carry out our mission we have an outstanding team of talented coaches that are committed to living out the core values and being transformational in the lives of students. They are also committed to running excellent programs that put players in the best places to succeed - programs that prepare athletes for the next level of competition and leadership. Our coaches are future focused and playing a much bigger game than the one on the scoreboard. True success of a program will not be known for 15 years or more when we learn what kind of people our athletes become. We are building Blazers and we play for the Lord.

## **Athletic Teams for 2023-24**

### **Boys**

<b>Fall:</b>	High School:	8 Man Tackle Football, Cross Country, eSports
	Middle School:	Flag Football, Cross Country
<b>Winter:</b>	Middle & High School:	Basketball, Soccer
<b>Spring:</b>	Middle & High School:	Baseball, Tennis, eSports

### **Girls**

<b>Fall:</b>	High School:	Cheer, Cross Country, Volleyball, eSports
	Middle School:	Cross Country, Volleyball
<b>Winter:</b>	Middle & High School:	Cheer, Basketball, Soccer
<b>Spring:</b>	High School:	Softball, Tennis, Beach Volleyball, eSports
	Middle School:	Tennis

*Some sports have multiple teams. Depending on player interest some sports may require tryouts and cuts. In some cases, MS athletes do participate on HS teams.*

*The Athletic Department is considering additional sports and may participate in those sports on a trial bases during the 23-24 school year.*

## **Attendance**

Students must be in attendance for all scheduled class periods to participate in an athletic contest that day. Exceptions will be made for doctor's appointments or SCS-related functions. The Athletic Director has the authority to grant exceptions based on extenuating circumstances. When possible, please notify the Athletic Director (AD) in advance for approval.

Athletes who miss school for a school-sponsored athletic contest will have an excused absence that day. Students are expected to communicate with teachers concerning missed work and check FACTS for assignments that may be submitted prior to absence.

- Coaches at all levels have authority to make attendance policies for their teams related to practice attendance that may affect playing time.
- In the event of a schedule conflict with Athletics and another SCS school activity, the student should notify the coach and activity teacher/sponsor to resolve attendance issues. If conflict involves several practice/game times, the Athletic Director and Administration will work with the student, coach and instructor to create a balanced schedule.
- Times of athletic practices will be set by the coach and discussed prior to the season. There are no formal Sunday team activities; however, open gyms or team social activities may occur with the approval of the Athletic Director. Practices on Wednesdays will end by 5:30pm to allow for church attendance. Parents of varsity student-athletes should expect practices and tournaments over school breaks such as Christmas and Spring Break and attendance is expected unless traveling.
- Attendance at SCS athletic practices and competitions is expected to take priority over outside club sports and non-school activities.

## Making the Team/Varsity and Sub-varsity Expectations

*Policy: It is the desire of SCS athletics to develop each athlete and program with a long-term view in mind. This will be best served as we provide opportunity for our student-athletes to compete together as a group and develop as a team. Therefore, coaches may receive approval to move 8<sup>th</sup> graders up to sub-varsity or varsity levels.*

Varsity teams are competing for championships at the district and state levels, and we want our athletes to perform at their best. The time commitment is greater than sub-varsity athletics and playing time is not guaranteed.

Sub-varsity athletics have a lower commitment level and are mostly focused on in-season training versus year-round training. Coaches are focused on teaching fundamentals and all athletes will receive playing time in games. We play fewer games with the goal being to provide 2 to 3 practices per game. We want to develop life-long skills that set athletes up to maximize their ability as seniors in high school and provide the best opportunity to extend their career beyond that point if they so desire.

MS A Teams participate in end of season conference tournaments. Playing time will not be guaranteed for those tournament games like it is during the regular season.

Team	Age Ranges and Skill
Varsity	12 <sup>th</sup> -8 <sup>th</sup> Graders with required athletic ability
Junior Varsity (JV)	11 <sup>th</sup> -8 <sup>th</sup> Graders
Middle School A Team	8 <sup>th</sup> -6 <sup>th</sup> Graders with required athletic ability
Middle School B Team	8 <sup>th</sup> -6 <sup>th</sup> Graders that did not make the A Team
Middle School C Team	7 <sup>th</sup> -6 <sup>th</sup> Graders that did not make the B Team

We want athletes to be Blazers and have opportunities to try as many sports as possible while still having time for school and church activities. Players will get playing time and at the lowest levels (MS B and C teams) it is the goal that time is equal. Game experience makes it fun and is what keeps kids interested in continuing to play. Coaches have the right to play according to ability during post-season/tournament play.

We are serious about discipleship in our athletic programs and therefore we desire kids to be on teams for multiple years so that coaches can be transformational in their lives.

Tryouts and Cuts – If interest in a sport exceeds the maximum roster size for a sport, tryouts and cuts may be held. Some sports have multiple teams, so tryouts are held to determine which team an athlete is on.

- Tryouts will consist of a minimum of 2 days.
- Attendance at tryouts is required to make a team regardless of skill level.
- If an athlete cannot make a tryout date or is sick, they should notify the Head Coach and AD for an exception immediately.

## Roster/Withdrawing from a Team

- Once an athlete has been placed on a team roster, they will have two weeks or until the first game whichever is longer to withdraw from the team without penalty. If written permission is provided by a parent, there is no penalty for withdrawing within this grace period and Athletic fees will not be charged.
- If the withdrawal grace period has passed and an athlete elects to quit a team, the parent must provide written notice that they understand no fees will be returned and that the student **may not participate** on any other SCS sport team for a full calendar year.
- A student-athlete can be administratively removed from a team via a request to the Athletic Director to withdraw from the team Head Coach. This can occur due to academic concerns or physical health of the athlete. If this request to withdraw is approved by the Athletic Director, then no penalties apply.
- Athletes will not be permitted to join any team after the first competition of the season unless granted an exception by the Athletic Director.

## Multi-Sport Athlete

Playing multiple sports brings value to athletes in the form of strength and conditioning, cross-skills development and exposure to different coaching philosophies and mental preparation.

We are not just looking for athletes that play a sport, we are looking for Blazers: Athletes who are committed to something bigger than themselves. Athletes who work at cross-training to improve physical skills and mental toughness. Athletes who play another sport to support a friend.

We believe there is great value in stretching yourself and trying new things. You can grow as an athlete when you play a different role on a team and maybe learn what it is like to not be the star. You also get to hear transformational coaching from a different point of view. We encourage students to participate in multiple sports each year and celebrate those who make this commitment to play these sports.

Student-athletes may participate in two sports simultaneously if both coaches agree and all conflicts pertaining to participation have been resolved. One sport must be declared as the primary sport. In cases where student-athletes wish to play two sports in the same season (such as cross country/volleyball or middle school soccer/basketball), it is the responsibility of the student-athlete to meet with both coaches and Athletic Director to declare, in writing, which will be considered the primary sport.

## Sports Seasons

The FHSAA defines three seasons for each sport and regulates activities within those seasons. The seasons are defined as follows:

- In-Season: Team practices and games inside the timeframes outlined by the FHSAA calendar.
- Off-Season: Period of time inside the school year that is not in-season. Team activities are limited to open gym/fields with no direct coaching.
- Summer: Time from the last day of school until the first of August. With some exceptions, activity in this time is not governed by the FHSAA

## Strength and Conditioning

SCS offers strength and conditioning as a class during the school day, right after school and during the summer. It is led by the SCS strength and conditioning coach. The summer program is called Blazer Strong and is designed for all SCS student-athletes. During the summer, athletes are working out in the weight room from 8:00 to 10:00am Monday through Thursday where the training includes leadership and principles of being godly men and women. The goal is threefold:

1. Build community
2. Reduce the risk of injury
3. Build athleticism and strength

## Parent and Player Meetings

Each team will have a mandatory parent/student-athlete organizational meeting, prior to the first game to discuss handbook information, coach's expectations, season schedules, and volunteer needs.

In the fall the athletics department will also conduct a school wide parent meeting to review the mission of SCS athletics, review the handbook and introduce coaches. This meeting will be held on Thursday, August 10. The athletic department will also conduct a leadership training for student athletes called **The Blazer Way** which will be held on Friday, July 28.

### Volunteering

Volunteers for gate and concession are needed at most HS and some MS athletic contests. The revenue is vital to our athletic programs, and we require your help. **You can serve for any sport, but we ask that each family serve 8 hours during the sports season their athlete participates in.** The Booster Club along with the team parent and head coach will help to coordinate volunteer signups for the season. This will be done through a signup-genius. If a family fails to sign up, they will be assigned times and it is the family's responsibility to get coverage from another parent for that assigned game.

## Team Parent

Each team will have a team parent whose job is to assist the head coach in coordinating the following:

1. Gate and Concessions Volunteers
2. Team Meals
3. Team Activities such as senior night, team parties, team building events
4. Other game day volunteers as needed by sport

The team parent will work closely with the Athletic Booster Club to ensure that concessions volunteers are present at all games with a concession stand.

## Athletic Department Process & Coach/Parent Communication

**Athletic Director (AD):** The AD serves under the direction of and has a direct reporting relationship to the Head of School. The Athletic Director oversees the total operations of the Athletic Department.

**Assistant to the Athletic Director:** The Assistant to the Athletic Director is an extension of the Athletic Director in matters pertaining to the department. It is his/her function to assist the Athletic Director in carrying out specific responsibilities of the department.

**Varsity Head Coaches:** Varsity head coaches will have a direct reporting relationship with the Athletic Director on all functions of their positions, including program administration, operations, facilities, etc. Varsity head coaches provide leadership and instruction for all assistant coaches and lower-level coaches in the program.

## **Right Time, Right Place, Right Heart**

### **Expectations of Coaches**

- Weekly email update will be sent with two-week overview
- Game schedules and updates on the athletic website, calendar, and social media
- Notification of practice/game time changes via email or other team communication
- Coaches will be prepared for practices and games
- Coaches will always conduct themselves in a professional manner that glorifies Christ

### **Expectations of Athletes**

- Athletes will be at practices and games dressed correctly, and with the right gear
- Athletes will display an attitude that supports SCS, team core values and glorifies Christ
- Athletes will adhere to all team rules and responsibilities

### **Appropriate Concerns to Discuss with Coaches**

- The treatment of your student-athlete: spiritually, relationally, emotionally, and athletically
- Ways to help your student-athlete improve
- Concerns about your student-athlete's behavior or academics

### **Issues Not Appropriate for Parents to Discuss with Coaches**

- Playing time. If a player has concerns about playing time, the athlete should discuss them with their coach directly.
- Team strategy/play calling – coaches may set up specific times to discuss with parents.
- Other student-athletes

### **Twenty-four Hour Rule**

- Do not attempt to confront a coach before or after a game. Meetings of this nature do not promote resolution. However, after 24 hours have passed, and if the issue is still something you feel needs to be discussed, then request a meeting with the coach.

### **Conflict Resolution**

- Athlete meets with the head coach of the sport.
- If no resolution, the athlete and the parents meet with the head coach of the sport.
- If no resolution, the athlete and parent meet with the Athletic Director to discuss the situation.
- If no resolution, the athlete and parent can request a meeting with the Head of School and the Athletic Director.



## **Student-Athlete Conduct**

As members of athletic teams, student-athletes are high-profile representatives of SCS and are expected to act in an appropriate manner that reflects Christ. Student-athletes who exhibit inappropriate behavior (see K-12 Parent/Student Handbook) are subject to suspension from athletic competition pending investigation. The Athletic Director, head coach, and SCS Administration will determine the length of suspension or other consequences.

## **Hazing, Bullying, Peer Harassment and Inappropriate Use of Social Media Policy**

Hazing, bullying or peer harassment that recklessly or intentionally endangers the mental health, physical health, or safety of a student-athlete will not be tolerated. Forms of unacceptable behavior include verbal, physical and social media platforms. All student-athletes must be given the opportunity to compete without threat of any type of abuse. Coaches have a responsibility to maintain a safe and positive environment for all student-athletes. Student-athletes are encouraged to notify coaches or the athletic department administration of instances of hazing or harassment. Anyone engaging in these behaviors will face consequences not limited to dismissal from the team or school suspension.

## **Use of Language/Sportsmanship**

The expectation is that all language used by athletes reflects Ephesians 4:29: “Let no foul language come from your mouth, but only what is good for building up someone in need, so that it gives grace to those who hear.”

The goal of SCS Athletics is to build great teams founded on love and foster an environment of encouragement for everyone. This is created by using language that does not tear others down.

We expect Blazers to go beyond “no profanity.” We expect Blazers to be respectful with their words to their teammates and opponents; to refrain from teasing and ridiculing others; and to use words that give grace to others and not cause hurt or stir up trouble. Use of any language by any athlete that does not line up with Ephesians 4:29 will result in the following actions:

### **Athletic Practices**

1. First Offense – Language will be corrected by the coach.
2. Second Offense – Athlete will be removed from the practice and the incident will be documented in FACTS. Athlete will meet with the AD.
3. Third Offense – Athlete will be removed from the team and be required to meet with the Head of School and the AD before being reinstated to the team. The incident will be documented in FACTS and service hours will be required.

### **Athletic Competitions**

1. First Offense – Language will be corrected by the coach.
2. Second Offense – Athlete will be removed from the competition but allowed to reenter. The incident will be documented in FACTS. Athlete will meet with the AD.
3. Third Offense – Athlete will be removed from the team and be required to meet with the Head of School and the AD before being reinstated to the team. The incident will be documented in FACTS and service hours will be required.

Head Coaches have discretion based on the situation and can enforce stronger penalties. Any language that is deemed to be outside of Ephesians 4:29 will be corrected.

## **Spectator Conduct**

Sarasota Christian School is a member of the FHSAA (Florida High School Athletic Association) and the SSAC (Sunshine State Athletic Conference). SCS and our partner organizations strive to promote sportsmanship throughout all our Athletic Programs, whether home or away. Sportsmanship does not begin and end with student-athletes. It is necessary to have parents and other adult spectators set the tone for our students by displaying exemplary behavior at all athletic events. Good sportsmanship is a measure of the understanding and commitment to Christ, fair play, ethical behavior, and integrity. We passionately cheer for our team and do not cheer against our opponent. We always treat officials with respect.

## **Dress Code for Athletic Contests**

Dress code is governed by the Student Handbook. Attendance at athletic contests is a privilege and it is expected that all fans will dress in a modest way that is in line with SCS dress code standards. Fans should not dress in any way that shows disrespect to the opponent or officials. Athletes should be in SCS issued athletic uniforms and team gear as directed by the coach.

## **Uniforms, Equipment and Spirit Pack**

Athletic uniforms and equipment will be issued to all team members.

- Athletic uniforms are the property of SCS and must be returned at the end of the season. Student-athletes must pay for any lost or damaged equipment or uniforms.
- Uniforms should not be worn outside of athletic contests. They should not be worn during the school day unless specifically directed by the Head Coach or AD.
- Students may be responsible for the purchase of certain items such as shoes or personal safety equipment.
- SCS will provide practice clothing that the athlete will keep at the end of the season.
- Teams on “Game Day” will wear game day shirts or dress as a team as directed by their coach in line with SCS Student Handbook Dress Code Policies.
- Teams, parents or businesses that wish to order uniforms or equipment that otherwise would not be provided by SCS must have prior Athletic Director approval.
- All team apparel must be approved by Athletic Director.

## **FHSAA Student-Athlete Eligibility**

Sarasota Christian School is a member of the FHSAA (Florida High School Athletic Association) which is the governing body for Florida high school athletics. Questions pertaining to FHSAA rules and regulations should be addressed to the AD and not FHSAA. Answers can also be found in an updated FHSAA handbook, which remains in the A.D.’s office or at [www.fhsaa.org/rules/handbook](http://www.fhsaa.org/rules/handbook). Only accepted students, with a completed enrollment packet, that meet FHSAA eligibility requirements can participate in any SCS athletic activity.

## **Athletic Clearance**

All athletic forms (EL2, EL3, CFR-1A and handbook) will need to be submitted through Athletic Clearance. Each athlete will have to create an account and can then submit forms and other needed information. Athletic Clearance contains the most up to date forms and links to the videos athletes are required to watch. All forms will need to be submitted in Athletic Clearance before an athlete can participate at the start of the season.

Register at: <https://athleticclearance.fhsaahome.org/>

FHSAA Required Courses – These courses are free and must be watched every year. Certificates will need to be uploaded to Athletic Clearance.

- [Concussion for Students](#)
- [Heat Illness Prevention](#)
- [Sudden Cardiac Arrest](#)

## **School Student-Athlete Academic Policies**

To be eligible to participate in co-curricular school activities, the FHSAA requires high school and middle school student athletes have a cumulative grade point average of 2.0 or higher from the previous semester.

During the season, the Registrar will submit a Grade Check List to the athletic department each week. To be academically eligible, any player who has below a 70 in two classes or 60 in one class will be placed on probation according to the following schedule:

Athletes will be given a grace period for the first two weeks of any new grading period. Starting on the third week, grades will be checked every subsequent Monday morning, and the probation process will begin as follows:

- The first week an athlete is below the academic eligibility requirements he/she will be on a week of probation with no suspension from athletic events. The athlete, parent, teacher and coach will be notified via email.
- The second consecutive week of ineligible grades, the athlete will be on a suspension from participating in any games or meets but can still practice. This will be enforced even if the ineligible grades are in different classes from the previous week.
- The third consecutive week an athlete's grades make him/her ineligible, the suspension will continue but will also include being suspended from practices. This will be enforced even if the ineligible grades are in different classes from the previous week.
- If an athlete fails at the quarter or the semester they will be suspended from all practices and games for four weeks.

## **Early Dismissal**

Student-athletes are responsible for all work missed due to early dismissals for athletic contests. When a student-athlete knows they will miss a class for competition, the athlete should obtain all missed work in advance and communicate with the teacher. All work is due the following day like an absence for an illness. Early dismissal times are determined by the Athletic Director. Early dismissal times are determined based upon travel distance and the time needed to adequately warm-up to prevent possible injury during the game.

## **Transportation.**

SCS will provide transportation to and from athletic contests and off-campus practices held immediately after school. Parents may serve as volunteer bus/van drivers with appropriate background check through the SCS Business Office.

- Student-athletes traveling home after games should ride the van/bus or be with their parent or approved family member/guardian etc. Any other student-athlete not riding home on the van/bus must provide parental permission to the head coach prior to leaving the premises.
- Coaches may not leave student-athletes unsupervised, whether on campus or at an away site, and must stay until all players have been picked up. Parents should arrange for pick-up of their child in a timely fashion after games and practices.
- Parents may be responsible for transportation of their player to/from certain events.
- Transportation of students by their personal student vehicle is not permitted other than to local competitions given prior approval by the coach.
- Transportation in private vehicles is the exception. Coaches and parents must understand that if this is done, personal insurance is exposed, and previous written parental permission is required.

## **Inclement Weather**

When information regarding inclement weather is available, the Athletic Director will decide by 1:00 p.m. concerning cancellation of practices or home contests. If inclement weather occurs once a practice has begun the coach will move the team to a safe location and will notify parents that the rest of practice has been canceled or finish practice with film and classroom training. If inclement weather occurs once a game has started the trainer and officials will be responsible to call the game. Any lightning strike within a 6-mile range will result in a 30-minute delay from the last strike inside the 6-mile radius.

Outdoor practices will be adjusted based on the heat index based in compliance with the Zachary Martin Act.

## **Athletic Trainer**

SCS will have a professional athletic trainer at all home varsity games. The trainer will be available to all athletes via phone or email. The trainer may hold an additional on-campus clinic once a week after school.

Any student-athlete receiving physician's care for an injury or illness which results in loss of time from school or athletic competition must provide a note from a physician clearing him/her to return without restriction to athletic competition. Any student-athlete who suffers a loss of consciousness during a practice or contest may not resume athletic participation until receiving written clearance from a physician. An injury report must be filed in the athletic office by the coach within 2 days of any incident.

Any athlete that is diagnosed with a concussion must follow the "return to school" and the "return to play" protocols that are outlined in appendix A.

## **Team Pictures**

The Athletic Department will schedule team and player pictures at the beginning of the respective sport seasons (fall, winter, and spring) to be used for the promotion of SCS athletics through print and digital media. This will occur following the try-out process once the team has been chosen and uniforms have been issued. The Athletic Director will inform coaches, athletes, and parents on the process to purchase photo packages of the team and student-athlete pictures.

## **NCAA & NAIA Clearinghouse**

If you are a prospective student-athlete at a college or university level, you have certain responsibilities to complete before you may participate. College-bound athletes should become familiar with the NCAA and NAIA recruiting processes. Information concerning who needs to register with the Clearinghouse: <http://web3.ncaa.org/ecwr3/> and what documents need to be submitted can be found in The Guide for College Bound Student Athletes on the NCAA website: [www.ncaa.org/library/generalcbsa](http://www.ncaa.org/library/generalcbsa) and at <https://play.mynaia.org/>. It is the student's responsibility to begin this process and request items from the school as needed.

## **Senior Recognitions**

Senior student-athletes will be recognized at the end of each season during scheduled games or events. This will be an opportunity for the team to express gratitude for the investment that the senior student-athlete and his/her parents have made to the team. Senior Night will be coordinated by the SCS Athletics Department. Senior banners are available for each sport. Seniors will be billed for the banners, and they may be kept following the season.

## **Award Recognition/Athletic Awards Night**

Athlete achievement will be celebrated with awards given based on Christian character, athletic ability, and academic achievement.

Middle School teams will celebrate with an end of season event. High School athletes will be recognized at the annual Athletic Award Night.

- The Blazer Award recognizes the player who rises above circumstances, remains positive, is less self-focused and more team-focused, is encouraging and represents the qualities of a true Blazer athlete.
- The Most Valuable Player Award, while based heavily on statistical and athletic performance, reflects the player's positive traits, such as hard work, leadership, and commitment to his/her teammates.
- The Most Improved Player Award is presented to the student who showed greatest progress in closing the gap from potential and performance.
- Varsity letters are awarded based on participation in varsity contents and are not automatically given to team members.
- High School Multi-Sport Athletes, Blazer of the Year, Athlete of the Year and Scholar Athletes will be recognized based on criteria set for each award by the Athletic Department.
- SCS will promote athletes to local and state media outlets and athletic organizations throughout the year.

## **Lodging for overnight trips**

Hotel expenses for regular season tournaments or meets are the responsibility of the student-athletes. For safety and team reasons, all rooms will be booked for no more than four student-athletes per room. Parents may not purchase individual rooms for their athletes, but athletes may lodge with their family. Parents are responsible for making their own lodging reservations. The Athletic Department will not make provisions for parents.

## **Athletic Participation Fees**

Athletic participation fees have been set by the Business Office and are necessary for the Athletic Departments budget operations to help cover the cost of officials, uniforms, coaching stipends, equipment, and other department expenses. The fees are per sport played and are billed to the student account once an athlete has made a roster and passed the withdrawal grace period.

### **2023-2024 Athletic Fees**

- HS Football - \$150
- HS All Sports (non-football) - \$100
- MS All Sports - \$75

## **Fundraising**

Athletic budgets do not cover all the expenses associated with any SCS sport. Therefore, donations and fundraising are sometimes used to cover the gap to improve the athlete experience. The Athletic Director must approve all fundraising in advance. This includes both on and off campus fundraisers. Once a project is approved, it must be reapproved each school year.

## **The Athletic Booster Club**

The Blazer Booster Club is an organization whose mission is to enrich the SCS athletic community by providing financial support, promoting an increased attitude of school spirit, and helping each athlete reach his/her highest potential. In addition, the Boosters desire to be a positive public relations agency to our community and to promote a spirit of cooperation and unity between parents, students, coaches, teachers, and administrators. For more information, contact [boosters@sarasotachristian.org](mailto:boosters@sarasotachristian.org)

## **Website and Social Media**

SCS will promote athletics through the athletic website and athletic social media platforms. Many events will also be promoted through the main school social media accounts. Many games, depending on the venue will be streamed on YouTube and/or the NFHS Network.

- [www.Athletics.SarasotaChristian.org](http://www.Athletics.SarasotaChristian.org)
- Twitter: @SRQBlazers
- Instagram: @SRQBlazers

Game Schedules can be found in the following locations. The primary location and best source is the athletic website which has team and composite schedules that include athletic contest locations, ticket information and streaming information. The athletic department works diligently to make sure all locations are updated but prioritizes the website site and athletic calendar.

- [www.Athletics.SarasotaChristian.org](http://www.Athletics.SarasotaChristian.org)
- Athletics Goggle Calendar
- MaxPreps
- Hudl
- Social Media Graphics
- Printed Schedules

## **Athletic Organizations**

Sarasota Christian is a member of the Florida High School Athletic Association (FHSAA) and our teams are eligible to participate in the FHSAA state tournaments. Most teams also compete in the Sunshine State Athletic Conference (SSAC) which provides an opportunity for a second statewide tournament. Middle School athletics participate in the MAC2 conference with 7 other local schools.

## **Appendices**

- A. Return to Play Protocols for Concussions**
- B. Simultaneous Sport Participation Form**



# Return To Play Protocols for Concussions



Athlete Name \_\_\_\_\_

Once diagnosed, an athlete should remain at home to allow time for the brain to recover. Students should follow doctor's orders and best practices such as staying in low light areas, avoiding screen time/electronics and taking time to rest.

Once symptom free, an athlete may return to school/practice. The following chart will direct Return to Play. An athlete may not move to "Day 2" until symptom free on Day 1, meaning progress may take much longer than 4 consecutive practices to be released. Please place a check in the appropriate box if you experienced any of the following symptoms during school or with the exercise you completed.

Day 1 – Light aerobic exercise 15 minutes 50% maximum effort

Day 2 – Moderate intensity aerobic exercise – 30 minutes 75% maximum effort – (pushups, sit ups, lunges, jumping jacks, etc.)

Day 3 – Full practice time but no contact/over-exertion

Day 4 – Full practice

Date	Day 1		Day 2		Day 3		Day 4	
	Yes	No	Yes	No	Yes	No	Yes	No
<b>Symptoms</b>								
Trouble concentrating								
Trouble remembering								
Feeling "in a fog"								
Feeling like your brain is slowed down								
Balance problems								
Blurry vision								
Dizziness								
Headache								
Nausea/Vomiting								
Neck pain								
Numbness or tingling								
Sensitive to light								
Sensitive to noise								
More irritable								

This athlete has completed the return to play protocol for his/her sport. To the best of my knowledge, the student is symptom free at rest and did not experience any return of symptoms while progressing through the various stages of activity.

\_\_\_\_\_  
Athletic Trainer/Coach Date

\_\_\_\_\_  
Athletic Director Date



## Sarasota Christian School Simultaneous Sport Participation Form

Name: \_\_\_\_\_ Grade: \_\_\_\_\_

### ATHLETE

I am requesting permission to participate in two sports this season and understand that **all signatures on this form are required before I can be granted simultaneous sport status.** I have indicated below which sport will be primary and which will be the secondary sport. I also understand that if at any time I become academically ineligible I will lose dual-sport privileges for the remainder of that season.

\_\_\_\_\_  
**Primary Sport**

\_\_\_\_\_  
**Secondary Sport**

\_\_\_\_\_  
**Athlete's Signature**

\_\_\_\_\_  
**Date**

### PARENT

We understand the request being made by our son/daughter and give them permission to participate in two sports this season. We understand that this may involve additional practice time or other additional time commitments. We also understand that we may (at any time for any reason) request that our son/daughter's multi-sport privilege be removed.

\_\_\_\_\_  
**Parent's Signature**

\_\_\_\_\_  
**Date**

### COACHES

We understand and agree to the athlete's request for multi-sport participation. We agree to work out a schedule with the athlete. Primary sport coach and/or AD have final decision in conflicts.

1. Primary sport playoff game has priority over secondary sport playoff game.
2. Secondary sport playoff game has priority over primary sport game.
3. Primary sport game has priority over secondary sport game.
4. Secondary sport game has priority over primary sport practice.
5. Primary sport practice has priority over secondary sport practice.

\_\_\_\_\_  
**Primary Coach's Signature**

\_\_\_\_\_  
**Date**

\_\_\_\_\_  
**Secondary Coach's Signature**

\_\_\_\_\_  
**Date**

\_\_\_\_\_  
**Athletic Director's Signature**

\_\_\_\_\_  
**Date**