



2025-2026
PARENT STUDENT
ATHLETIC HANDBOOK
7TH GRADE - 12TH GRADE



Whatever you do, work at it with all your heart, as working for the Lord, not for human masters, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving.

Colossian 3:23-24

NORTHWEST CHRISTIAN SCHOOLS

NWCATHLETICS.ORG
UPPER CAMPUS

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CONTENTS:

| | | | | |
|--|-----|----------|------|----|
| Introduction..... | 2 | | | |
| Athletic Philosophy..... | 2 | | | |
| Philosophy Competition..... | 2 | | | |
| Eligibility..... | 3-4 | | | |
| Player Conduct..... | NWC | Athletic | Code | of |
| | | | 4-8 | |
| Parent Responsibilities..... | 8 | | | |
| Coaches Responsibilities..... | 9 | | | |
| Communication & Conflict..... | 9 | | | |
| Concerns to Discuss with Coaches..... | 10 | | | |
| Athletic Uniform Policy & Replacement Pins/ Letters..... | 10 | | | |
| Athletic Sundays..... | 11 | | | |
| Policy | on | | | |

| | |
|----------------------------------|----------------------------|
| Transportation Policy..... | 11 |
| Athletic Awards..... | 11-12 |
| Athletic Participation..... | 12 |
| Attendance Participation..... | 12-13 |
| Playing Time..... | 13-14 |
| Spectator Policy..... | & Sportsmanship14 |
| College Athletics..... | 14 |

Introduction

The purpose of this athletic handbook is to provide a way to maintain consistency through the athletic program and to set forth the standards, policies, and guidelines by which we expect the Northwest Christian Schools sports programs to operate. The rules/procedures of the athletic department are in place to promote safety, order, and assist the student-athlete in reaching their maximum potential for God's glory. This athletic handbook is comprehensive, yet not exhaustive. The athletic director and administration will make any decisions regarding questions or issues not discussed in this handbook.

It is this athletic department's sincere desire that parents and student-athletes thoroughly enjoy their sport experience with NWCS. Parents and student-athletes should familiarize themselves with the rules and procedures explained in this handbook. Please feel free to contact the athletic director or head coaches with any questions or concerns. Thank you for your involvement with NWC athletics.

Athletic Philosophy

Mission Statement:

To glorify God by establishing and maintaining a Christ-centered athletic program, establish Biblical character qualities in our student-athletes, and pursue excellence in all things.

Philosophy & Purpose:

The NWCS athletic program is an integral and important part of the student's total educational experience. Naturally, the athletic administration will promote and advance the overall educational goals and philosophy of NWCS. The athletic administration will strive to maintain an athletic program that is established and rooted in Biblical principles of Christian education.

Biblical principles that support a well-maintained athletic program include:

1. Support the overall mission of the school and bring glory to God in all athletic pursuits.
2. Promote the development of Christian character and prepare students for Christian service.
3. Represent the Lord and the school well in the community.
4. Improve competency and excellency in sport and an atmosphere of teamwork.
5. Encourage total student-athlete development (spiritual, physical, mental, & social.)
6. Promote school unity and school spirit.

Philosophy of Competition:

The athletic administration will strive to equip and empower coaches to develop team competitiveness and excellence in athletics. We take this assignment seriously and seek God's direction and wisdom to develop and implement the strategy that we believe will result in a truly excellent Christian school athletic experience.

We believe "winning" is always giving 100% to the Lord, your team, and yourself. Winning games is most often accomplished in advance through practice, preparation, and effort. We wish to instill the desire to play hard and to win with humility and lose with dignity. Athletic success is said to be the confidence that comes from knowing that one did his/her very best. **Our emphasis in this area will be two-fold: prepare to win and give 100%, then allow God to exercise His will and accept that joyfully.**

Eligibility:

NWCS belongs to the Washington Interscholastic Activities Association (WIAA). NWCS upholds all the standards of the WIAA and in certain circumstances may have more restrictive rules. NWCS and the WIAA consider participation in activities to be a privilege and not a right, therefore, certain standards of eligibility have been established. Standards on age, residence, and season limitation promote the Association's goals of fairness and equality of opportunity for all participants. Standards on scholarship, attendance, and amateur standing promote the Association's goals of educating youth and promoting activities as an integral part of the total education process.

Athletic Forms & Fees:

To participate in athletics at NWCS, students are required to complete the following items **prior** to being eligible to participate in their 1st practice.

- i. **Registration** of students for the specific sport on NWCS' FinalForm webpage. This includes acknowledgement of all permissions, and entry of necessary information.
- ii. **Payment:** Finance will bill families a week after the season starts in the way the family requested on FinalForms registration.
- iii. **Athletic Physical Form:** The WIAA requires that each participant (prior to participation) in an activity/program must have on file a statement or prepared form from a medical authority licensed to give a physical exam, certifying that the participant's physical condition is adequate for activities in which the athlete wishes to participate. (Valid for two years.)
- iv. **Signed Athletic Code of Conduct**

Academic Standard for Eligibility:

Students must meet both NWCS and WIAA standards to be eligible for athletics and activities.

- Minimum WIAA standards: passing 6 out of 7 classes at the end of the semester.
- NWCS standards: 2.0 GPA or higher, No "F's" in any classes.

Evaluation Process:

- The 1st semester grade check will be done 5 weeks into the 1st semester.
- After the first initial grade check each semester, grades will be checked every 3-5 weeks. (Flexibility is dependent on holidays, breaks, or progress/report card dates, etc.)

Grade Check Dates:

Students are notified if they are not meeting the academic eligibility requirements, and they then have one week to improve their academic standing, or their eligibility will be compromised. Athletes will be eligible to participate in practices and games during this time frame.

Reinstatement Grade Check Date:

Grade check will be done again for athletes who did not meet standards on the "Grade Check Day." Grades will be checked through the Renweb system, or a teacher can email the Athletic Director. If the athlete's GPA is not at a 2.00 (or above) or the failing grade is not improved to passing, the athlete is declared academically ineligible. This ineligibility will last for **one week**. Athletes will be eligible to practice on "red," but athletes will not be eligible to participate in games, travel with the team, or dress for home games.

TERMINOLOGY for Grade Check Eligibility:

GREEN- Athletes who meet all requirements on the grade checks dates. Athletes who are on "green" are eligible for all practices and games.

YELLOW- Athletes on "YELLOW" are on "warning" and will fill out a PLAN of Improvement to get grades up. Athletes are eligible to practice/participate in games.

RED- Athletes who do not pass grade check or improve will be placed on **one week of ineligibility from contests or longer if their grades are still not up**. Grades will be re-checked after one week of

ineligibility. Athletes who move off of red, will then move to “yellow” status. Once on “red,” it will take two strong grade checks to get back on “green.”

If an athlete is on **RED** and the athlete is **ALSO** on an academic probation plan with the school, the athlete will be required to attend a required study hall (for an hour after school) twice a week in addition to being ineligible from contests. As soon as the student is off of the school probation plan, the athlete will not be required to attend study halls.

Checking final grades after 2nd semester (June 20th) will determine eligibility for the fall of 2025 sports season in accordance with WIAA rules. Ineligible athletes will be on academic probation until the 4th Saturday of September and if at that time they do not meet grade requirements, they would be **ineligible from contests for 3 weeks.** If a student is eligible to retake a class in the summer, the summer school grade will replace the previous grade if it is higher, and it is the exact course. For the list of this year's grade check dates, please go to nwcatlhetics.org and click on “Resources.”

NWC Athletic Code of Conduct

To glorify God by establishing and maintaining a Christ-centered athletic program that reflects Christ to our surrounding communities, develops athletic excellence, establishes Biblical character qualities in our student-athletes preparing them for Christian life and service.

Commitment

Athletes and parents must understand they are making a commitment to the Lord, their teammates, and their coach when participating in the athletic program. This commitment carries with it the expectation of attendance at all games, practices, and meetings unless excused by either illness or the coach's permission in advance. This commitment also extends to quitting a team. Once selected to a team, the athlete and his or her parent/guardian have committed themselves to supporting the school and team through the completion of the sport season. Each athlete has a responsibility to him or herself and the team to finish the season **unless**, in consultation with the coach, early release from the team is advisable. If an athlete does quit a team, the athlete forfeits his/her rights to a “varsity letter” or participation award. If the athlete would like to come back to the team the following year, a meeting would need to happen between the athlete, parents, A.D., and coaches.

Player Responsibilities:

- I will strive daily to glorify God with integrity and character and support my team and coaches.
- I will be committed and understand it is my responsibility to communicate with my coach. I will be on time to practice and attend all practices unless I am sick, or my absence is pre-approved.
- I will show respect to my coaches, teammates, officials, and opponents with my words, actions, and body language. (Examples of disrespect: use of profanity, demeaning talk, physical violence, inappropriate use of social media, throwing equipment, and poor body language.)

- I understand that there will be zero tolerance for hazing and/or racial slurs.
- I will always strive to improve my spiritual walk, physical condition, sport knowledge, and mental maturity.
- I will not be involved in activities involving alcohol, controlled substances, e-cigs, and nicotine.
- I will fulfill my **academic obligations** on time and in full. When it is necessary to miss class time due to travel to an athletic event, the following regulations will apply:
 - Always check in with the teacher to find out assignments will be due before leaving and when the assignment(s) are due.
 - Turn in any assignments due that day before departure.
- I will focus on giving my best in the areas I can control (attitude, work ethic, coachability, encouragement, and effort). If I do have concerns, I will set up a time to meet with my coach.
- I will not complain or talk to officials. If any issues arise or areas that need to be addressed, I will trust my coach to handle it and focus on my team and next play.
- I will honor the athletic attendance policy and understand I **must be in class all day** to participate in practice and games (Exceptions: Doctor, dentist, physical therapy, orthodontist, counseling or pre-approved by A.D.) Athletes will not be able to miss more than $\frac{1}{2}$ of their scheduled classes for this excused appointment to participate in a practice or game. For teams arriving back extremely late from an away game, an excused late arrival could be permitted the next day, but this decision must be made by the A.D. or administration.
- I understand if I receive a school detention, it may result in missing part of a practice to serve detention. I understand coaches have the right to discipline players who are late/miss practice for detentions.
- I will be a good steward of facilities and equipment. I will continue this principle when traveling.
- I will win with humility, lose graciously, and congratulate opposing players and coaches.
- I understand that not meeting the player's expectations of the Athletic Code of Conduct both off and on the court and field will lead to consequences.

Violations at practice in areas such as unexcused absences, arriving late or leaving early without communicating with the coach, use of profanity, and/or showing disrespect to teammates or coaches could lead to the following consequences: additional physical conditioning, communication with parents, meeting with coaches, loss of repetitions at practice, loss of starting status, loss of playing time, etc. In addition, if a player receives 3 practice violations, this will lead to a permanent strike.

VIOLATION / STRIKE / DROPPED BATON:

Examples of a Strike/Violation/Dropped Baton:

- Disrespect or violence to a coach, official, player, or fan.
- Ejection, technical foul, red card, etc. due to violence or disrespect.
- Inappropriate use of social media, game profanity, or 3 violations during a practice setting.

The Athletic Director and coaches will always work together to evaluate the situation and make sure that athletes are not held accountable for inaccurate misunderstandings or accusations without proof.

All violations are reported to the athletic department and documented.

1st Violation: You will not start in the next game following the incident and/or sit out for a minimum of 1 quarter, match, set, or half (depending on the sport) and depending on the severity of the strike.

2nd Violation: Athletes will not suit up or be eligible for the next athletic game and a meeting will be set up with the athlete, the guardians, and the coach(es).

3rd Violation: Athletes will not be eligible for the next game and the athlete will meet with the A.D. to discuss dismissal from the team or next steps needed if the athlete is allowed to stay on the team. Communication would follow with the coaches and guardians.

- A school suspension or any use of alcohol/controlled substance/nicotine/or e-cigs are subject to the consequences laid out by the school/athletic handbook in addition to the athletic “strike” given.
- Player ejection from a game may warrant further game suspension in accordance with league rules and/or the WIAA Handbook. Further disciplinary action may be taken by NWCS administration depending on the situation and circumstances of the ejection.

Misconduct

Involvement in the Northwest Christian Schools interscholastic athletic program is a privilege, not a right. The conduct rules listed below are a 365-day policy that applies to all 7th-12th student/athletes at NWCS year-round.

Procedures

The investigation of incidents, disciplinary actions and procedural due process shall be the primary responsibility of the A.D. in communication with the principal and head of schools in which the student/athlete attends.

Determination of Misconduct

- Student/athletes determined to be in violation of the NWC High School Athletic Code and his/her parents shall be notified by Admin or A.D. of the specific violation /consequences.
- If the student-athlete and/or parents are not in agreement with the decision of the principal and/or AD, they may appeal to the Head of School within (3) business days of the decision. The disciplinary action will remain in effect while the Head of School studies the appeal.
- Following violations, the student shall be eligible for reinstatement only after the terms of his/her suspension have been fulfilled and a reentry meeting with the Principal/AD.

| Violations Concerning Behavior/Alcohol/Tobacco/Illegal Drugs | | | |
|---|---|---|--|
| Prohibited Conduct | First Offense | Second Offense | Third Offense |
| Flagrant/Volatile One Time Event or a Pattern of Unsportsmanlike Conduct: Taunting, Physical or verbal abuse, inappropriate gestures, public foul or abusive language, negative or inappropriate social media posts | Reviewed case by case by AD/Administrator. Could lead to 1 to 2 game suspension and suspension from practices. | Reviewed case by case by AD/Administrator. Could lead to 3 to 5 game suspension. and suspension from practices. | 100% of the remaining season and discussion on if a penalty will carry over to the next season. Loss of varsity letter/ awards. |
| Actual Possession/Use of: Tobacco/E-Cigs/Vaping of Nicotine Products <i>*All disciplinary action will be discussed by admin team and investigated to ensure there is not additional info to make the penalty harsher, lighter, or include counseling..</i> | Investigative: 25% of Season* Self-Report: 10% of Season * | Investigative: Minimum of 50% of the Remaining Season* Self-Report: possible reduction with certain criteria met, ie. substance abuse counseling | 100% of the remaining season and discussion on if a penalty will carry over to the next season. Loss of varsity letter/ awards. |
| Actual Possession/Use of: Alcohol/Illegal Drugs or marijuana or vaping products using marijuana. <i>*All disciplinary action will be discussed by admin team and investigated to ensure there is not additional info to make the penalty harsher, lighter, or include counseling.</i> | Investigative: 30% of Season* Self-Report: 15% of Season * | Investigative: 100% of the remaining season* Loss of varsity letter/ awards. Self-Report: possible reduction with certain criteria met, ie. substance abuse counseling | 100% of the remaining season and discussion on if a penalty will carry over to the next season. Loss of varsity letter/ awards. |
| Proximity Possession for: Alcohol/Illegal drugs or marijuana, Vaping products us | Investigative: 15% of Season* Self-Report & Left at once: 0% of Season without usage | Investigative: 30% of Season* Self-Report & Left at once: 0% of Season without usage | Investigative: 100% of Season* -Loss of varsity letter /awards. Self-Report & Left at once: 0% of Season without usagege |
| Illegal Acts Including hazing or conduct unrepresentative of NWCS | Reviewed case by case by AD/Administrator | | |

* % of season will be determined by multiplying the number of regular season contests by % and rounding to the nearest whole number. Carry Over Language – if the % is not fulfilled during the present sports season, it will carry over to the next sports season that the athlete completes in good standing.

Definitions Pertaining to Illegal Substances:

- **Actual Possession:** The act of having a substance in one's custody or control. Actual possession occurs when the item is in the physical custody of the person charged with possession.
- **Proximity Possession:** In the absence of physical possession, if a student-athlete covered by this code is inadvertently at an event and becomes aware of the illegal use or availability of alcoholic beverages, marijuana, legend drugs, anabolic steroids, or tobacco products at that event, they are required to remove themselves from that event immediately and self-report. *Student athletes who make a willful choice to remain at the event are in violation of the rule.*

- **Discovery by Investigation:** The process by which an administrator/coach/advisor arrives at a conclusion regarding a student's involvement in an activities code infraction without the student's full/honest cooperation.
- **Discovery by Self Report:** Participants must do so within 2 school days after the incident.

Parent Responsibilities

Support Student Commitment

- Release your athlete to the coach and the team. Ensure your athlete attends all scheduled practices, contests, and abides by the athletic department's rules.
- Be flexible. As carefully as planning is done, changes in the schedules can happen.

Support the Coach.

- Believe in and support the coach's judgment, character, actions, strategy, and overall philosophy and this will help your child do the same. The attitudes and ideas communicated in the home will often be carried out in the heart and mind of the athlete.
- Pick up players on time after practices/games. Our coaches try hard to finish on time.
- Help your child's team by being a scorekeeper, team parent, scoreboard operator, etc.

Support the Team

- View the game with team goals in mind. Accept the goals, roles, and achievements of your athlete. All players cannot be starters, but each player is critical to team success.
- Accept the judgment of the officials, coaches & adhere to the Spectator Sportsmanship Policy.
- Shout encouragement from the sidelines, and refrain from criticizing.

Social Media

- Strive to only post positive team building information on social media. Negative commentary about coaches or other players can only result in hurt feelings and broken relationships.

Carpool

- NWCS personnel will make every effort to provide school transportation to athletic events. Under some circumstances, parents may have to carpool players to away games. If this happens, the school will assist in organizing the private transportation permission forms.

Meetings/Information

- Make every effort to attend any meetings offered by the athletic department or coach.

Coaches Responsibilities

Coaches should be men and women that are committed to Christ, love young people and are knowledgeable in their sport. Please remember the coaches are not perfect. They are individuals who are growing personally and professionally and are at different stages of maturity in their coaching careers. Please extend gratitude and grace to the NWCS coaches.

Coaches are expected to:

- Consistently communicate with all people involved in an appropriate manner.

- Hold meaningful, organized practices emphasizing the fundamentals of their sport.
- Abide by the NWCS Athletic Handbook and Employee Policies.
- Serve as a positive role model and exemplify godly character, behavior, and leadership.
- Be competent and knowledgeable teachers of their respective sport.
- Inspire in players a love for the game and a desire to compete.
- Teach Christian character qualities to our athletes and encourage academic success.
- Show restraint and respect when dealing with officials and opposing coaches.
- Reinforce and hold players/coaches accountable for respect and good sportsmanship.
- Be reviewed by the athletic director on a regular basis.
- Hold student athletes accountable to WIAA, school, and athletic rules.

Communication & Conflict Resolution

Both parenting and coaching are difficult responsibilities. By keeping lines of communication open between parents and coaches, many potential problems can be avoided. The following guidelines are in place to help resolve conflicts, when they occur, in a manner that upholds the dignity of the student-athlete, parents, and coaching staff.

Communication Expectations from Coaches:

- Philosophy, team requirements, and athlete expectations.
- Procedure should student-athletes be injured during participation.
- Strong communication with parents and athletes.

Communication Coaches expect from Parents/Student-Athletes:

- Concern expressed directly to the coach. Student-athletes should take this first step. (See protocol for conflict resolution at the end of this section)
- Notification of schedule conflicts well in advance.
- Concerns about philosophy/expectations before commitment is made to the team.
- Positive role-modeling at contests and practices.

Concerns to Discuss with Coaches:

- Treatment of your student-athlete, mentally and physically.
- Ways to help student-athletes improve or concerns about athlete's behavior.
- Coaching Philosophy or college options and recruiting.

One of our goals is to instill in our student-athletes a sense of ownership and responsibility for their actions. Therefore, it is important that student-athletes learn necessary communication skills and learn how to resolve conflicts in a God-honoring way (Matthew 18 principle).

Do not attempt to confront a coach before, during or directly following an athletic competition or before/during a practice. This includes speaking with a coach, writing emails or sending texts. Communication of this nature rarely promotes resolution. Therefore, the “24-hour rule” will always be in effect. This rule allows for time to reflect and pray, as well as emotions to calm down so a rational, fact-based discussion may take place. The parent/coach meeting should be factual in nature as friend to friend in unity without acrimony or judgment. Please prayerfully consider your motives before approaching a coach. Please note the order of the conflict resolution policy:

Protocol for Conflict Resolution

Step 1- Player to Coach

Step 2- Parent/Player to Coach

Step 3- Parent/Player to Athletic Director

After Step 3- The Athletic Director will brief the Principal/Head of School on the issues and concerns. Following this briefing, the Athletic Director will communicate further action points, meetings, or plans with parties involved as we strive to work through every situation with grace and humility.

Athletic Uniform Policy:

- The student-athlete is fully responsible for the care of his/her school-issued athletic uniform. Athletic uniforms must be worn properly and completely and worn only for games. Any lost or damaged uniform will be paid for by that individual at a replacement cost. Uniforms that must be re-ordered outside of normal purchasing often cost much more because of the special ordering process.
- The athlete is responsible for school-owned equipment that has been issued to him/her. It will be the financial responsibility of the athlete to pay the cost of lost or damaged equipment. Athletes are responsible for the uniform number they were assigned and should not trade uniforms.

Replacement of Varsity Letters / Pins:

- Varsity athletes are given varsity letters and pins as they earn them in their sport.
- If a pin or letter is lost, the cost to replace them is as follows:
 - \$8 letter
 - \$1 pin

Athletic Policy on Sunday Activities

- *In Season*
As a rule, no NWCS athletic team will play or practice on a Sunday while in season. Any exceptions to this policy must be approved by the Head of School of NWCS.
- *Summer Activities*

During School related summer activities, coaches may occasionally schedule a Sunday activity due to the nature of summer tournaments, but grace must be extended without penalty to those who have convictions about Sunday observance.

- *Sunday Club Practices*

The NWCS Campus will be closed to all club sports activities on Sundays. Occasional exceptions may be made pending the approval of the Athletic Director and Head of School.

Transportation Policy

Athletes and team members are expected to travel to and from contests with the team when transportation has been arranged for this purpose. Transportation Permissions (found on Final Forms registration) must be filled out to have student-athletes drive themselves or have them drive with other students or adults.

Each athlete should treat the bus/van with respect, including removing all trash and personal items before exiting the vehicle. Passengers should respect the rules and authority of the driver.

Elective (Generally across the state or interstate travel) Games

- Must be approved by the Athletic Director and the Principal
- Students will not be released before noon on the day before if the match/game starts in the morning of the following day or released early at all if the match/game starts in the afternoon of the following day. Exceptions to this rule must be approved by the A.D., Principal, or Head of School.
- The program is responsible for all costs associated with elective travel. This includes bus, driver, fuel, and accommodation if needed.
- Students may not carpool or ride with their parents. Exceptions to this must be approved by the Athletic Director or the High School Principal.
- Elective out of town games may not be scheduled on Easter, Christmas, or Thanksgiving Weekend. Exceptions to this must be approved by the Athletic Director or School Principal.

Athletic Awards

Individual Awards

Each program determines the awards given to their players and the criteria for earning the awards. Athletics prints certificates. Programs may order extra awards through team funds.

Varsity Only – Letters/Pins

- First year varsity players will earn a letter (Not per sport, but once for varsity).
- Second year and beyond varsity will receive a pin.
- Varsity lettering policies will be determined by the coach and approved by the A.D.

Athletic Participation

Homeschool Students and Athletic Eligibility

Students must be enrolled in the NWCS Home School Program to participate in NWCS athletics and must meet the same requirements as traditional students.

8th Grade Eligibility

As a rule, 8th graders are encouraged to participate in their junior school programs. Exceptions will be made with administrative approval to salvage a team or provide opportunities for JH athletes where a sport lacks a JV or Varsity program. If a coach requests the athletic department consider allowing an 8th grade to play on varsity, the Athletic Department and Admin team would form a committee to determine if this rare situation would be allowed.

Minimum Practice Participations Standards

In order for practice to count as a legal practice, an athlete must attend at least half the regularly scheduled practice.

Multi-Sport Participation

It is not advisable for a student to participate in two different sports teams during the same season. It is possible, however, to play on two different sports teams during the same season if both head coaches, parents, and the athletic director give approval.

Medical Clearance

No athlete may participate in NWCS athletics without being cleared by a qualified medical person. If an athlete goes to a doctor or PT for an injury or suspected injury, they must obtain a note clearing them to participate before being allowed to practice or play.

School Attendance Policy Gameday & Practice Eligibility

Students must be at school all day to participate in practices and games unless they have an **excused appointment** such as a doctor, dentist, physical therapy, counseling, or a pre-approved situation by the A.D. Exceptions to this policy can only be made by the A.D., Principal, or Head of School. Please call the A.D. to get approval if there is a situation that you feel could be excused. Athletes will not be able to miss more than $\frac{1}{2}$ of their scheduled classes **for any excused appointment** to practice or play in a game.

For teams arriving back extremely late from an away game, an excused late arrival could be permitted the next day, but this decision can only be made by the A.D., principal, or HOS.

Non-School Participation:

Students may participate on a non-school team or teams or in a non-school instruction program while also participating on a school team. (WIAA Code-18.24.1) "Schools may not give students any special treatment or privileges on a regular basis to enable them to participate in non-school athletic activities.

Some examples of special treatment of privileges include reduced practice times, special workouts, late arrivals, early dismissals, or missing a practice or contest. Regular is defined as being no more than once a week. Schools may allow, once during the season, a student to miss school practices or games for two (2) or more consecutive days in order to participate on a non-school team or teams."

" If a school gives students special treatment or privileges, the school must report the violation to its league to determine appropriate penalties. Penalties assessed to the student for violating this rule are determined by the local school district."

School Discipline

Athletes must understand that any type of school discipline takes priority over athletics. School administration schedules detentions and they are not required to check an athlete's schedule in advance, however, school administration works to avoid game days. If an in-school or out-of-school suspension is ever in place, students may not participate in games or practices during the suspension.

Playing Time

High School Teams

Playing time is at the discretion of the coach. While our athletic mission statement applies in full, the varsity level has been established to fully embrace and enthusiastically represent our Lord and school while competing at an interscholastic high school varsity level. At the varsity level, decisions around playing time are determined by several factors. Emphasis shifts from a participation philosophy to a more mature, competitive philosophy. Using our athletic statements and with uncompromising integrity, it becomes important to give all teams their best chance of succeeding. This will, in many cases, mean some players, due to various reasons, will see less playing time, or in some cases, no playing time in each event.

Junior High School Teams

Junior High School emphasizes participation and skill development while also trying to give the team opportunity for success. Absence from practice or a poor attitude displayed will influence participating in a contest. One goal for junior high teams is to generate enthusiasm and improved skills that can transfer to later years on a varsity squad.

Factors Affecting Playing Time

- The skill the player demonstrates and development of skills as the season progresses.
- The ability to function effectively as part of a team and to follow the game plan.
- The effort, attitude and seriousness devoted to practices and putting the team first.
- The way a player fits into the strongest combination of players.

Ways to Increase Playing Time

- Coaches notice intensity in practice, not occasional periods of intensity, but every day, every-minute intensity. To have a legitimate reason to talk to a coach about playing time, a player must bring to the talk a history of practicing with excellence.
- Understand everything the team does, both offensively and defensively. A player cannot expect to play if the coach has doubts about his/her understanding.

- Develop knowledge of as many positions as possible. You never know when the opportunity may come, due to another player's injury, illness, or another reason.
- Want to play, whether for long or short periods of time. Stay mentally ready on the bench.
- If you are a player that comes off the bench, genuinely cheer for those who are playing. Team success also enhances opportunities for all players to get playing time.

Spectator Sportsmanship Policy

The role of the fan is vital to the NWCS athletic department. The athletic department, players and coaches appreciate the support of the parents and fans through prayer, finances, and cheering!

- It is important to make guests feel welcome and create a positive atmosphere at NWC. All visitors should feel they have been treated fairly and dealt with in a sportsmanlike way.
- The following behavior is not acceptable at any contest:
 - o Booing or jeering, mocking, or taunting, yelling negative comments to officials or other teams.
 - o Confronting officials, coaches, or other participants during or following a contest.
 - o If a problem occurs, inform the athletic director, or school administration and allow him/her to deal with the situation.
 - o A game official, school administrator, athletic director, or a school board member has the authority to remove anyone from the premise of an athletic contest for unsportsmanlike behavior. The school may also deny the privilege of attending future contests.

College Athletics

If the student-athlete plans to enroll in college as a freshman and wishes to participate in NCAA Division 1 or 2 sports, he/she must be certified by NCAA Initial Eligibility Clearinghouse and must meet academic guidelines. Please see the school guidance counselor or athletic director for more details. Helpful resources include: ***The Guide for College Bound Student Athletes, ncaa.org, eligibilitycenter.org, playnaia.org.***

Go to the athletic website under the "7th-12th" tab for more helpful information on athletes wanting to pursue collegiate athletics.