

# Traverse City Christian School MS/HS Athletic Handbook



## Mission Statement of Traverse City Christian Sabres Athletics

Our mission at Traverse City Christian School is to develop the God-given talents of our student athletes: spiritually, emotionally, physically, socially and intellectually. We aim to equip minds, nurture hearts, and set ourselves apart, not only as athletes, but also as followers of Jesus Christ.

## Sports Offered

Traverse City Christian offers the following sports:

### Fall

*Girls Volleyball (Varsity, JV, MS)*

*\*\*\*Boys Soccer (Varsity)*

### Winter

*Boys Basketball (Varsity, JV, MS)*

*Girls Basketball (Varsity, JV, MS)*

*Boys Bowling (Varsity, JV)*

*Girls Bowling (Varsity, JV)*

*\*\*Boys Hockey (Varsity)*

### Spring

*\*Girls Tennis (Varsity)*

*\*Girls Track (Varsity, MS)*

*\*\*Girls Soccer (Varsity)*

*\*Girls Softball (Varsity, MS)*

*\*Boys Baseball (Varsity, MS)*

*\*Boys Track (Varsity, MS)*

\*These sports are offered in combination with Grand Traverse Academy

\*\*These sports are offered in combination with Traverse City St. Francis

\*\*\*These sports are offered in combination with Grand Traverse Academy and Traverse City St. Francis

## Purpose of Traverse City Christian School Athletics

### 1. **Teamwork:**

- a. Working together to achieve maximum team performance under the direction of the coach
- b. Learning to take responsibility for individual contributions while developing a concern for the well-being of one's team

### 2. **Self-discipline:**

- a. Learning to control the mind, body, and emotions while working toward a specific goal
- b. Developing good habits of self-control (i.e. respectfully obeying authorities, working hard in training, displaying the proper response in challenging situations with teammates, coaches, officials, winning or losing)

### 3. **Character Development:**

- a. Learning/maintaining the proper Biblical response when character weaknesses are exposed
- b. Setting a good example for other students
- c. Taking responsibility for individual actions
- d. Making decisions that reflect maturity
- e. Being able to see the role and reward of hard work

### 4. **Faithfulness, consistency and perseverance:**

- a. Sticking to a task and routine long enough to develop skills that will contribute to the total team effort
- b. Remaining faithful to one's word, teammates, coach, school, and Christ
- c. Completing agreed upon responsibilities

### 5. **Leadership & Example:**

- a. Providing opportunity for development of leadership skills
- b. Accepting the role of representing the team, the school, and the Lord
- c. Learning how to handle praise, criticism, wins and losses with humility and grace

### 6. **Competition:**

- a. Learning to be aggressive and to perform in healthy competition
- b. Learning to apply what has been practiced
- c. Learning to deal with disappointment when losing and with excitement when winning

**General Athletic Department Goals**

1. We will strive for maximum participation of our athletes, but recognize participation in interscholastic athletics at Traverse City Christian is ***a privilege, not a right***. Interscholastic athletics is for those that have a high level of interest, desire, and skill in their respective sports.
2. We will evaluate our program in light of our educational goals, the purpose/philosophy of the athletic program and the general guidelines. Win-loss records will not determine success or failure of our athletic programs.
3. We will reflect biblical values and be consistent with the school’s vision.
4. We will strive to provide our athletes with the best teaching and coaching personnel.
5. We will provide our athletes with the best facilities and equipment that are available.
6. We will provide all spectators an opportunity to identify with and support interscholastic teams of Traverse Christian School.
7. We will expect the coaching staff, athletes, student body and an adult audience to act in a manner that gives honor to God.
8. We will operate our athletic program in a manner that provides all athletes opportunities to grow physically, emotionally, and spiritually, to establish positive values, and to enjoy life in general.

**A Privilege & Responsibility**

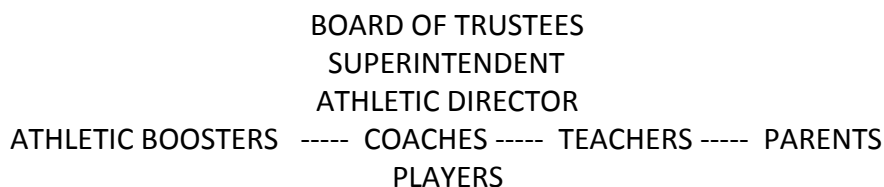
Participation in the athletic program at Traverse City Christian High School is a privilege that is earned, not a right. Every student-athlete is expected to uphold the school’s mission statement and help foster the school’s goals and purposes.

Student-athletes are spokespersons for the school in the classroom, on the court/field, and in the community. Family, friends, teachers, administrators, coaches, officials, opposing fans, the local community, and the media view their actions. The model of Christian athletes is one that values academic accomplishment, good sportsmanship and citizenship. The actions of a Traverse City Christian athlete will give testimony about our relationship with Jesus Christ and about the quality of students at our school.

Parents are also expected to display Christian sportsmanship that reflects positively on the school community. Support and encouragement given to coaches and athletes is highly valued.

Traverse City Christian understands that parenting and coaching are both challenging at times. The goal and desire of the athletic department is to have one’s experience be a team effort that benefits the student, family, and community.

**Athletic Organizational Chart**



**Organization Guidelines**

1. At practices, coaches are directly responsible for the supervision and conduct of players. At games, coaches and parents are responsible for the conduct and supervision of students on the way to the game, at the game, and after the game. Coaching is the direct responsibility of the coach. If a problem develops with a player, coaches should first contact the parents.
2. Coaches operate under the direction of the Athletic Director. The Athletic Director should be notified of any changes in schedule, injuries, major problems, or supplies and equipment needed. The Athletic Director must authorize all purchases. Coaches should first address any concerns or problems to the Athletic Director, and if not satisfied, to the Board Representative and/or the Administrator.
3. The Athletic Director operates under the authority of the Board of Trustees. Following the Biblical principle set forth in our Parent/Player Coach Communication expectation below, the Athletic Director will deal with problems with coaches, players, parents, and fans. The Athletic Director reports directly to the Superintendent.

### **Parent/Player/Coach Communication Expectations**

As a parent, you have the right to understand what expectations are placed on your child when he or she enters our athletic program. This begins with clear communication from the coach of your child's program.

1. Expected Communication from the Coaching Staff
  - a. Coaching Philosophy.
  - b. Expectations for team members.
  - c. Locations and times of practices and contests.
  - d. Team rules.
  - e. Discipline, which may impact your child's participation.
  - f. Eligibility requirements and concerns.
2. Expectations of Parent/Guardian
  - a. Support your student athlete's effort toward success and maintain the importance of a strong work ethic academically and athletically.
  - b. Work to promote a positive environment that is to the benefit of your student athlete.
  - c. Communicate any concerns in a timely and respectable manner.
  - d. Treat all coaching personnel, officials, and opposing teams with courtesy and respect and insist that your child does the same.
  - e. Support the program by being an active parent and positive role model for all student athletes.
3. Appropriate Parental Concerns for Discussion
  - a. The treatment of your child – emotionally and physically.
  - b. Ways to help your child improve.
  - c. Concerns about your child's behavior.
  - d. An injury.

It is sometimes difficult to accept the idea of your child not playing as much as you may hope. As you have seen from the list above, certain issues can and should be discussed with your child's coach. Other concerns, such as those listed below must be left to the discretion of the coach.

1. Issues Not Appropriate to Discuss with the Coach
  - a. Playing time.
  - b. Team strategy.
  - c. Play calling.
  - d. Other student-athletes.
  
2. Steps to Follow when Concerns Arise
  - a. The student-athlete should first speak directly to the coach pertaining to the concern.
  - b. If a resolution is not reached, the parent and student-athlete, together, should speak directly to the coach.
  - c. Should this step not resolve the issue, please contact the athletic director to schedule a meeting.
  
3. Appropriate Time
  - a. A Coach should NEVER be approached directly prior to, during, or directly after a contest. These can be highly emotional circumstances for all involved. A 24 hour waiting period is required before discussing an issue with your coach.

## **Regulations for Participation**

### **A. Philosophy of Participation**

- a. *Middle School (Grades 6-8)*: Middle School teams will serve as a "skill development" period, focusing on player participation and opportunities for all participants.
  - i. Player skill development will be emphasized first and foremost. As players' skill levels are very different at this age, coaches will focus on development at practice.
  - ii. Participation opportunities will be provided to each student player on a per game basis, providing team standards and expectations have been met.
  - iii. Playing time will be distributed among team members at the coach's discretion. All players will participate in each game although playing time is not equal.
- b. *Junior Varsity and Varsity Teams*: Junior Varsity and Varsity levels will serve as a "competitive" period, focusing on team goals. The number of players will be limited. At the Varsity and JV levels, we will field the most competitive teams possible.
  - i. Player skill development and overall team success will be emphasized.
  - ii. Participation opportunities will be provided to players at the coach's discretion; No playing time is guaranteed at the high school level but coaches will do their best to get players into games as situations allow.

### **B. Rules of Participation**

- a. All students must be eligible under Michigan High School Athletic Association (MHSAA) regulations. Additional guidelines for participation are as follows:
  - i. Every athlete must be enrolled in and receiving active credit in at least 66% of full credit load potential for a full time student at Traverse City Christian School.
  - ii. Every athlete must be eligible according to the Eligibility Policy (see ELIGIBILITY POLICY)

- b. Any high school student declared ineligible due to transfer status by MHSAA or will miss that year of eligibility in the sports that they participated in at the previous school. (Sports not played at previous school would be eligible for participation)
- c. A student is considered to be in a sport from the first official practice for that sport until the end of a full week after the last competition.
- d. Other requirements or limitations for participation:
  - i. All Traverse City Christian High School students in grades 9-12 are eligible for Varsity teams.
  - ii. Eighth grade students may participate on high school teams as long as the high school (9<sup>th</sup>-12<sup>th</sup>) enrollment is less than 100 students. These students must also receive written permission from their parent(s) or legal guardian(s) prior to participating in a sport at the high school level.

\*Exceptions may be made for home school students however they must meet Traverse City Christian's home school guidelines.

### **Athletic Code of Conduct**

#### **A. The following are expected of all Traverse City Christian athletes:**

- a. Read, understand, and follow the Traverse City Christian Schools' Athletic Code, as well as the MHSAA Athletic Code for Athletes
- b. Work hard, practice good study habits, and have good behavior in the classroom
- c. Exhibit Christian sportsmanship during practice and games. Use of profanity will not be tolerated. Athletes are not to argue with or show disrespect toward officials or coaches.
- d. On trips, athletes directly represent Christ, the community, the school, and the coaches. Therefore, all concerned will dress in an acceptable manner when traveling and conduct themselves in a respectful manner.
- e. Students are not to use any of the school facilities unless properly supervised by the coach, persons with access to the gym, or another individual appointed by the coach and/or school.
- f. There will be occasions when the athlete will have a conflict of responsibilities. Athletes will not be excused from practice for routine conflicts that, with prior planning, could be scheduled around practice sessions and contests (see ATTENDANCE POLICY). Even though academics are more important, each athlete must make every attempt to arrange their obligations so they do not conflict with scheduled practices and contests.
- g. Conduct in and out of school will be respectful, bringing no disrespect to the athlete, parents, school, team, or God. Any conduct considered unbecoming of an athlete will be brought before the Athletic Director for disciplinary action.

### **EXAMPLES OF CONDUCT UNBECOMING A SABRE STUDENT ATHLETE**

*Include, but are not limited to:*

1. Stealing
2. Persistent classroom misconduct
3. Abusing school property
4. Disrespect for authority
5. Felony conviction
6. Substance abuse (tobacco, alcohol, drugs, etc.)
7. Excessive language and/or on field/court disrespect of players, coaches, fans, or officials.
  - i. For each offense, depending on the nature of the misconduct, the penalties range from probation and game suspension to total dismissal from athletics.

## **B. Purpose of the Athletic Code**

- a. Through the establishment and enforcement of uniform standards, it is expected that all student athletes will strive for and attain high standards of self-discipline in all areas of life, thereby allowing them to reach their full potential as students and as athletes.
- b. The Athletic Code, as adopted by the Board of Trustees, establishes standards of conduct for all student athletes and details the penalties for violations of these standards. Uniform standards are established in the following areas (these are detailed throughout the handbook):
  - i. Attendance
  - ii. Academic performance
  - iii. Substance Abuse

## **Attendance Policy**

- A. In order to establish a competitive athletic program and promote positive character traits in student-athletes, it is the philosophy of the Athletic Department that all students involved in athletics attend all practices and competitions. It is important that parents, teachers, students, and all other persons involved strive to not schedule activities that would interfere with games and practices (i.e. family vacations, church events, doctor appointments, social activities that could be scheduled at other times). Students receive practice and game schedules at the beginning of the season and should make every effort to not double-book themselves. Please contact your coach with as much notice as possible if you are unable to attend a practice or a game.
- B. All high school teams will practice each weekday that there is not a scheduled game. Middle School teams will practice/compete a maximum of five days each week. At this level, the goal is not to schedule practices and games on weekends, but this may occur occasionally. Parents and athletes should attempt to schedule personal commitments on off days.
- C. Fall practices for high school will start prior to the beginning of school. These practices are required of all participants. There may be practice during Christmas and Spring vacations. Practices between Christmas Eve Day and New Years Day are not required, but athletes should make every effort to attend. Any other practices over the Christmas vacation are required. Coaches must be notified in advance of what practices will be missed. Coaches have the freedom to allow students to miss practice if sufficient notice and reason is provided. The coach's decisions may be appealed to and/or overridden by the Athletic Director. Each coach may enforce his/her own consequences (once approved by the Athletic Director) for missing practices and/or games.

### **Excused absences would fall under the following circumstances:**

(These are for athletic practices and events only, and do not pertain to non-athletic events):

1. Student is not in attendance at school due to illness, or death in the family (Family vacations during school are considered unexcused absences).
2. Student becomes too ill to practice/play
3. Student needs to attend a funeral that interferes with the time of practice/game
4. Student receives special permission from the coach to miss a specific practice

Injuries do not count as excused absences. Injured athletes should attend all practices/games or receive written permission from his/her doctor to be excused from practices/games. This allows the athlete to remain with the team and understand what is taking place, even though he/she may not be able to physically participate.

## **Attendance Regulations**

1. An athlete must be present in school for at least half of the school day on the day of interscholastic competition. The Athletic Director may grant exceptions. Requests should be made before the absence occurs.
2. An athlete who is suspended (out of school) from regular classroom attendance may not practice, take part in, or attend interscholastic competition during said suspension.

## **Eligibility Policy**

The purpose of the eligibility policy is to keep student-athletes' primary focus on academics. In an effort to maintain consistency and accountability, we will have weekly eligibility checks.

We encourage our students to avoid ineligibility by being proactively diligent in their school work. A student's eligibility will follow the following eligibility policy:

1. Grades will be pulled the first Monday of every month for all athletes.
  - a. An athlete whose cumulative average falls below a 70% in two or more classes, or has a failing (F) grade in any class will be flagged *ineligible*.
  - b. An athlete whose grades are 70% or above will be found *eligible*.
2. Grades for *eligible* athletes will continue to be pulled the first Monday of every month.
3. Athletes flagged *ineligible* will be given a one week grace period to improve their grades.
  - a. Athletes, parents, and coaches will be notified when a student is in this grace period.
4. Athletes will be *ineligible* for one week beginning the day their grace period ends if *percentage* grades did not improve or they have a failing (F) grade.
  - a. Athletes, parents, and coaches will be notified immediately.
5. Once an athlete is *ineligible* grades will be pulled every Monday until their *percentage* grades improve.
  - a. Improvement in percentage grades with no failing (F) grades will once again make an athlete *eligible*
  - b. Once an athlete is eligible they and their coach will be notified immediately.
6. If a student has a 504 plan that is not being met they will *not be deemed ineligible* until all accommodations are being met.

## **Substance Abuse Policy**

- A. During the school year, the athlete shall not:
  - a. Be in possession of and/or use tobacco products of any kind
  - b. Be in possession of and/or use an alcoholic beverage
  - c. Be in possession of, use, buy, or sell any controlled drugs, including steroids
- B. Possession is defined as the athlete having personal possession of, or knowing and willingly becoming part of a situation where alcohol or drugs are present.
- C. It is not a violation for an athlete to use, be in possession of, or under the influence of a legally defined drug specifically prescribed for the athlete's own use by the athlete's own doctor.

## **Penalties for violations of the substance abuse regulations\***

- a. **First offense:** Suspension for remainder of the season for the sport in which the student is currently playing. If the current sport season is more than 50% complete, the suspension may carry over into the following sport in which the student desires to participate. The suspension will be complete once the student has missed 50% of the competitions between the two



seasons. (Example: if a student is suspended for the last 30% of the soccer games, he/she would be ineligible the first 20% of the basketball season). The student must complete the sports season in order to fulfill the requirements of their suspension. On first offense situations only, suspensions may be altered by administration for which extenuating circumstances may have occurred.

- b. **Second offense:** Suspension for the remainder of the season of the sport in which the student is currently playing, and the entire next sport season in which the student participates. The student must complete the sports season or seasons to fulfill the requirements of their suspension. Before being readmitted to a team following suspension for the second violation, the student shall show evidence in writing of having received counseling (i.e. school counselor, drug counselor, pastor, psychiatrist, or psychologist).
- c. **Third offense:** Suspension from all athletic activities for 365 consecutive days. This includes practices and competition. If, after the third violation, the student becomes a participant in a chemical dependency program or treatment program, the student may apply to the Board of Education for reinstatement in interscholastic activities. A minimum period of 12 weeks of such treatment shall have been completed. The director or counselor of a chemical dependency program must issue certification of treatment. After the year period and the presentation of counseling certification, application may be made to the Board of Education for reinstatement.

These penalties pertain to athletics only. Penalties assessed by the school take precedence. If the following conditions are met, any athlete who believes he/she may have a substance abuse problem may turn himself/herself in to the Athletic Director (one time only) without penalty:

- i. The athlete, his/her parent(s) and/or legal guardian agree in writing to receive professional help. Before being readmitted to a team the student shall show evidence in writing of having received professional counseling.
- ii. There are no unsolved allegations currently under review by the Athletic Director regarding the athlete's involvement in a violation of the substance abuse regulation.

### **MHSAA Athletic Code for Athletes**

1. Know and adhere to the athletic code of the school
2. Exceed all attendance and academic requirements as practical evidence of loyalty to school and team and a proper philosophy of school sponsored athletics.
3. Observe completely all policies regarding conduct, doing so as a duty to school, team and self.
4. Counsel with the Athletic Director over questions of eligibility
5. Practice and play fairly, giving complete effort in all circumstances and credit in victory to teammates and opponents in defeat.
6. Accept favorable and unfavorable decisions, as well as victory, and defeat, with equal grace.
7. Demonstrate respect for opponents and officials before, during, and after contests.

Participation in extracurricular competitive interscholastic athletics is a student's privilege, not a right that can be removed at any time for failure to meet the standards and requirements of particular teams, school or school districts, leagues or conferences, and regional, statewide or national organizations to which the student's school belongs.

### **Rules governing the provisions of the Athletic Code**

1. According to the MHSAA policy, the provisions of the athletic code are in effect for the school year, which begins the first day of practice for fall athletes and continues until the last day of school or the

last day of competition for spring athletes if the season runs beyond the end of the school year. All athletes are regarded as athletes whether in season or not.

2. When serving a team suspension, an athlete may participate in all practice sessions (coach and Athletic Director approval required) and must be present with the team at all contests during the suspension.
3. If a second offense is committed while a previous penalty is being served, the penalty for the second offense will begin after the penalty for the first offense has been served.
4. If a penalty is not served during a given sport season, the remaining percentage of time not served will be carried over to the next sport season in which the athlete participates.
5. These offenses will accumulate throughout the athlete's Junior and Senior High School athletic career.

## **Responsibilities of Athletes**

### **A. Athletic Fees**

- a. High School sports have a \$150 fee.
- b. Middle School sports have a \$90.00 fee.
- c. Elementary Sports have \$25.00 fee.
- d. Athletes must have fees paid **by the first practice or payment arrangements made** for all sports.
- e. Athletic fees should be paid by check or money order to "Traverse City Christian School Athletics".
  - i. Write the Athlete's name along with "Athletic Fee" in the memo.
  - ii. Checks should be given to the school office.
- f. If you have difficulty paying the fee, please see the Athletic Director as scholarships are available.

### **B. Physicals**

- a. All athletes must obtain a physical prior to practicing for any sport. Completed MHSAA physical forms must be returned to the office **prior to participating in the first practice**. The athletic director will forward a copy of the physical form to the school where a student participates in a cooperative sport. Sports physicals are provided by many of the area walk-in clinics, etc, and forms are available in Traverse City Christian's main school or athletic office.
- b. All athletes must turn in an up to date physical card dated April 15, or later of the current year. This form must be turned in to the athletic office **prior to participation in the first practice**. This form gives permission for medical treatment should an emergency arise.

### **C. Athletic Injuries and Insurance**

- a. Traverse City Christian does not assume financial responsibility for medical, hospital, or ambulance expenses incurred because of athletic injuries. Athletics is a voluntary program in which the students may participate only if they have medical insurance (the insurer and policy number should be included on the physical form).
- b. Traverse City Christian will assist student athletes in finding insurance if needed.
- c. A Concussion Form must also be completed and signed before taking part in any practices. This form only needs to be filled out once per school year.

### **D. Equipment/Uniforms**

- a. Every athlete is responsible to properly maintain all athletic clothing and equipment assigned to him/her. If clothing and/or equipment are not returned to the coach at the end of the season, the athlete will be charged \$150 for items not returned. An athlete with fines outstanding from a previous sport season will not be allowed to begin the next sport season.

- b. Athletes will be held responsible for school equipment that is damaged due to negligence or abuse.
- c. Athletic department equipment is not to be used for physical education or activities other than the sport for which they were issued.
- d. Equipment exchanges must be sanctioned by the coach or the Athletic Director

**E. Locker Rooms**

- a. During all practices and home games, all money and valuables should be locked in lockers. Traverse City Christian School will assume no responsibility or liability for personal contents in the lockers.
- b. Each player is to keep his/her own equipment in his/her own locker.
- c. Athletic equipment, clothing, schoolbooks and/or other personal property must not be left on the locker room floor or in lockers after practices/games.
- d. For safety reasons, "horseplay" in the locker room is strictly prohibited and may result in suspension.

**F. Travel and Transportation Regulations**

- a. Athletes will ride with the team to away competitions unless other arrangements are made. When a bus is not available, and athletes ride with parents, the athletes must report to the coach with whom they are planning to ride.
- b. Athletes will not be allowed to drive to away games without written permission from his/her parents.
- c. Parent volunteer drivers must have a completed Volunteer/Employee Driver Information Form on file along with a copy of their valid driver's license
- d. Athletes will return home the same way they arrived, unless a parent or legal guardian gives permission for another way of transportation. This arrangement must be made prior to leaving for the game, and the permission must be given in writing to the coach or verbally given by the parent/legal guardian to the coach.
- e. Drivers, coaches, and/or the Athletic Director may remove any and all riding privileges at any time.
- f. Students/athletes accept responsibility for all personal items.
- g. A non-team member may not ride with a "team" to a sporting event unless pre authorized in writing by the Athletic Director or Administrator and written permission from the parent.
- h. Under no circumstances does a non-team member share a hotel room with the team, coaches or chaperone. The non-team member must make their own housing arrangements as well as have their own chaperone/guardian/parent not affiliated with the "team". Coaches and chaperones are not responsible for non-team members.
- i. All out of town and travel accommodations for team members must be submitted in writing one week in advance and approved by the Athletic Director and/or Administrator.

**G. Dropping a Sport**

- a. If a student must drop out of a sport, during the season, it must be done in the proper way. The reason for dropping must be made known to the coach personally, and all equipment must be returned.
- b. If the team has been selected, or if the sport is dropped after the first interscholastic competition in that season, the student may not participate in 50% of the following sport season unless he/she obtains a written release from the coach of the sport he/she dropped.

- c. Athletic fees will be refunded 50% if a student drops a sport prior to the end of the first week of practice and 100% if a student is cut from the team. No refunds will be given after the first week of practice.

### **Recognitions/Awards**

A letter is awarded to the participant in a varsity sport by the school. To receive a letter is considered an honor by every letter recipient. If a letter winner betrays his/her responsibility by not living up to the policies of the handbook, he/she will forfeit his/her right to receive the letter. The coach of each sport will make recommendations for letter awards on the basis of the participant's contribution to the team.

### **Miscellaneous**

#### **A. School Cancelled Due to Poor Weather**

- a. When school is canceled or let out early due to bad weather, elementary practice and sporting events will be canceled for the day unless an announcement is made to the contrary. MS/HS & JV/V sports will be determined on an individual basis and athletes will be contacted by coaches. Students participating in cooperative sports should contact that school's office to confirm practice and sporting events have been canceled.

#### **B. Emergency / Injury Situations**

- a. The coach can tend to injured athletes if it is a normal first aid procedure. If the injury appears more serious, the athlete will be referred to the athletic director, and the parents will be contacted. Parents are primarily responsible for the medical treatment of their child. Coaches must fill out an injury report and give the report to the athletic director.

#### **C. Parent Meeting**

- a. Prior to a team's first athletic competition, the coach will schedule a MANDATORY athletic meeting to give parents the opportunity to hear the rules and expectations for the upcoming season as well as fill out all necessary paperwork. They will also have time to meet as a team with the coaching staff. Practice and game schedules will be handed out, team goals and expectations discussed, game day attire, and numerous other subjects will be reviewed. This is an excellent opportunity for parents to ask questions about the upcoming year.

#### **D. Medical Insurance**

- a. Traverse City Christian is not responsible for any medical bills or other costs arising from injuries due to athletic participation. Costs for athletic injuries are the sole responsibility of the athlete and their parents or guardians.

### **Important Emergency Phone Numbers:**

Ambulance, Fire and other Emergency	911
Superintendent/MS & HS Principal – Tyler Van Schepen	231-929-1747 ext.170
Assistant Principal/Athletic Director – Micah Gallegos	231-929-1747 ext.121
Athletic Administrative Assistant - Heather Smith	231-929-1747 ext.129
Traverse City Christian School	231-929-1747