

# MORNING STAR ACADEMY ATHLETIC HANDBOOK

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**PREFACE**

This handbook is primarily written with the Middle school athletic program in mind. However, the Middle School and Senior High programs at MSA are within the same organization and administration. Each of the principles contained within this document are also designated for the High School program. Any references to the IHSAA apply only to the High School program because the IHSAA does not sponsor or regulate programs below the senior high school level.

## I. INTRODUCTION

**A. To the Parent** This material is presented to you because your son or daughter has indicated a desire to participate in interscholastic athletics. Your family interest in this phase of our school program is important. We believe that participation in sports provides a wealth of opportunities and experiences for the student. It is our hope to maintain a program that is sound in purpose and will further each student's educational, physical and spiritual maturity.

A student who participates in athletics is voluntarily making a choice of self-discipline and self-denial. Failure to comply with team or school rules of training and conduct, or failure to maintain academic requirements may mean exclusion from a squad. There is an expectation that each participant will discipline his/her mind and body for rigorous competition. We believe God calls us to strive for excellence and we do not want our athletes to compromise or accept mediocrity.

Parents play a key and critical role in the overall success of their young person's involvement in athletics. It is important that all parents realize the importance of their role in this area of their student's life. There are some key ingredients in the recipe of success in athletics that need to be provided by parents.

### 1. Support and Cooperation

- a. Attend every contest that is feasible. Being at the game is important to your athlete. However, do not try to live through your child. Be positive and supportive without adding undue pressure and unrealistic expectations.
- b. Try to be objective. Avoid the syndrome of seeing your young person as the best player on the team or as faultless. All players, no matter how capable, need correction, redirection, and occasional chastisement.
- c. Belief in and support of the coach's judgment, character, actions, strategy, and overall philosophy will help your child do the same. In contrast, criticism and constantly questioning a coach's actions and overall program will likewise lead the student-athlete in that way. The attitudes and ideas communicated in the home will often be carried out in the heart and mind of the athlete.
- d. To question is not necessarily to criticize. It's all in the frame of mind and the approach. Be tactful and positive.
- e. Confrontation is sometimes necessary and can be healthy if timing and method are appropriate. It is better to confront an issue in love than to let it go and build up into unnecessary hard feelings.
- f. Let your young person know that you are supportive, that you believe in them regardless of the results of the individual or team performance in a contest.
- g. Be flexible whenever possible. As carefully as planning is done, changes

in times and schedules sometimes need to be made.

- h. Build up, rather than put down other team members. It is important that each one sees the other team members as a vital part of the team, regardless of their role or skill level.
- i. Be sensitive to those around you as you watch the contest. Being a parent of an outstanding player or a parent of a player who plays less often each holds its share of joy and pain.

## 2. Communication

- a. If your young person must miss a practice or contest for family reasons that are unavoidable, let the coach know as soon as possible.
- b. If you have a valid question or comment, verbalize it to the appropriate person (most often the coach). Choose an appropriate time and do so in a positive way. Some issues are best dealt with during the off-season.
- c. Remember that the coach is the designated person in charge. You may not understand or agree with some of his/her philosophies or decisions, but be willing to give the benefit of the doubt and show your support.
- d. Guidelines for handling parent/coach concerns: Generally the first responsibility is for the athlete to work with the coach. A coach appreciates communication from the athletes regarding team or individual situations. A coach will not "hold it against" an athlete for wanting to talk about a situation. If a parent wants to speak with a coach about a concern it should be done at a suitable time or via an appointment. **Confronting a coach before or after a contest, or during practice is not an appropriate time.** If the concern still exists after meeting with a coach the concern should be taken to the AD.

As we build an athletic program we are committed to meeting the following obligations and responsibility toward each participant:

- to provide adequate equipment and facilities
- to provide capable coaches
- to provide equalized contests with skilled officials

Likewise, we feel that you have committed yourselves to certain responsibilities and obligations. One of the purposes of this handbook is to acquaint you with specific policies that are necessary for a well-organized program of athletics. It is the role of the Athletic Department to make rules that govern the spirit of competition for our school. These rules need a broad base of support, which is achieved through communication to the parent. It is our hope to accomplish this objective through this publication.

Your role as a spectator is important. Support your athlete, your team and your school in a positive manner. There are certain things that have become common in some arenas that are not acceptable at Morning Star Academy. Please refer to page 10 for more specifics.

You can see how critical and important your role is in the success of your young person's athletic involvement. Please take the time to carefully consider and evaluate how your

attitudes and actions are presently influencing your child. Most parents desire to enhance the athletic experience of their children. This can best be done with attitudes that are consistently positive.

Your efforts of support, communication and sportsmanship are appreciated by the administration, coaching staff, and most of all the athletes - the chief beneficiaries of parental involvement.

## **B. To the Athlete**

Being a member of a Morning Star Academy athletic team is a privilege and a responsibility. Students accomplishing this are the groundbreakers for future MSA teams. Certain traditions and responsibilities will be set to be maintained by our future. A great athletic tradition is not built overnight; it takes the hard work of many people over many years. As a member of an interscholastic squad at Morning Star Academy, you have inherited a wonderful responsibility to glorify God by winning with honor and losing with grace.

We are at the beginning of building a strong tradition. We desire to win, but only if in so doing we Glorify God. Such a responsibility is worthy of the best efforts of all concerned.

When you wear the Navy and Gold of your school, it is assumed that you not only understand, but are willing to assume the responsibilities that go with them. However, the contributions you make should be a satisfying accomplishment to you and your family.

1. **RESPONSIBILITIES TO GOD:** Christians are Ambassadors for Christ and the Light of the World. As a member of an athletic squad from a Christian school, the most important responsibility an athlete has is to be a good representative of God. We will use as a guide specific to our relationship with Christ in Athletics the lessons in **Fellowship of Christian Athletes** Huddles. These principles naturally follow the Mission and Philosophy of Morning Star Academy.
2. **RESPONSIBILITIES TO YOURSELF:** You have a responsibility to broaden yourself and develop strength of character. You owe it to yourself to get the greatest possible good from your school experiences. Your academic studies, your participation in other extracurricular activities as well as sports, help to prepare you for your life as an adult Christian.
3. **RESPONSIBILITIES TO YOUR SCHOOL:** Another responsibility you assume as a squad member is to your school. Morning Star Academy cannot maintain its position of having an outstanding school unless you do your best in whatever activity you wish to engage. By participating in athletics to the maximum of your ability, you are contributing positively to the reputation of your school.

You assume a leadership role when you are on an athletic squad. You are on stage with the spotlight in your direction. What you do with that spotlight, and where you place the glory is seen by your peers, opponents and community. The student body, the community and other communities judge our school by your conduct and attitudes, both on and off the field/court. Because of this leadership role, you can contribute greatly to school spirit and community pride. Make Morning Star Academy proud of you, and others proud of your school, by your faithful exemplification of these ideals.

4. **RESPONSIBILITIES TO OTHERS:** As a squad member you also bear a responsibility to your family and friends and others around you. As an athlete you will be watched by the younger students and they will copy you in many ways. Work hard to set a good example for them.

## C. SPORTS PROGRAM

### Middle School & High School

Currently our high school and middle school students will have the opportunity to try out for athletics at Bettendorf High School and Middle School in all sports except those offered at MSA.

#### Fall – Girls

5<sup>th</sup>-7<sup>th</sup> Grade Volleyball  
8<sup>th</sup> Grade Volleyball  
JV/Varsity Volleyball

#### Fall – Boys

5-8<sup>th</sup> Volleyball

#### Winter – Girls

5<sup>th</sup>-6<sup>th</sup> Grade Basketball  
7<sup>th</sup>-8<sup>th</sup> Grade Basketball  
JV/Varsity Basketball

#### Winter - Boys

5<sup>th</sup>-6<sup>th</sup> Grade Basketball  
7<sup>th</sup>-8<sup>th</sup> Grade Basketball  
JV/Varsity Basketball

#### Spring – Girls

5<sup>th</sup> – 6<sup>th</sup> Track  
7<sup>th</sup> – 8<sup>th</sup> Track  
High School Golf

#### Spring - Boys

5<sup>th</sup> – 6<sup>th</sup> Track  
7<sup>th</sup> – 8<sup>th</sup> Track  
High School Golf

## II. PHILOSOPHY OF ATHLETICS at Morning Star Academy

Morning Star Academy was established in 1993 to provide an education that honors God and teaches every subject from a biblical perspective.

*The mission of Morning Star Academy is to provide a balanced educational experience in which academic disciplines are integrated with Christ-centered living. We strive to meet the individual needs of each student and to equip the student with the values, knowledge, interpersonal skills, and discipline needed to excel in his or her chosen endeavors. Our goal is to prepare students to be productive, capable members of society and faithful servants of our Lord and Savior, Jesus Christ.*

Our Athletic program is based on the same philosophy. The challenge before the coaches, athletes and fans is to understand how God's word applies to this area of life and to learn how to apply the biblical principles in a practical, life-changing manner.

Athletics play a big role in much of today's society. Multiple hours of TV coverage make sports viewing available at any time. The emphasis heard most often is the importance of **winning**. What does it mean to win or lose? The world's view of winning and losing is very simple. Score more points than your opponent and you win - score less points and you lose. Simple and to the point - get it done any way you can.

Another perspective on winning and losing is presented by Wes Neal in his booklet, **Total Release Performance**. He defines winning as *the total release of all that you are toward becoming like Jesus Christ in each situation*. Conversely, *losing is not releasing your entire self toward becoming like Jesus Christ in each situation*. He uses two Bible passages together in an athletic paraphrase to illustrate how God sees winning.

*"Conduct yourself in word and action the same way as Jesus Christ would conduct Himself (Col. 3:17). Do what ever you do with a TOTAL RELEASE of your mental and physical abilities and your emotional energies toward performing like Jesus. Have in mind that He is your only audience" (Col. 3:23).*

Some might ask if this concept then makes winning on the scoreboard of no importance. The answer is no, it just puts it in proper perspective. If the objective of a contest is to defeat the other team, it would not be honoring to God as a coach or an athlete to enter that contest and not give one's best to try to win. The responsibility of coaches is to provide the proper balance at each level of competition. For example, one objective for coaches coaching below the varsity level is to provide game experience for each participant.

Another way to look at competition and the perspectives of winning and losing is to divide the objectives into two categories: **Goals** and **Desires**. A goal would be defined as something which one strives for and which they also have control over whether or not the objective can be accomplished. A desire is something to be strived for but over which one does not have control of the results.

Winning games does not fit under the category of a goal as defined above. For a Christian, the purpose in life involves a relationship with God, resulting in allowing God's glory to reflect through his own life. A single all-encompassing goal then is to honor and glorify God through the athletic participation. The accomplishing of the goal is left in the hands of the athlete. The athlete is the one in control of his/her own behavior and attitude and is the one who determines his/her relationship to God. Effort, teamwork, enthusiasm, compassion, humility, all are positive reflections of God working through one's life. If one's goal is to honor God, what kind of effort will that person give in practice and games? What will the reaction be to an incorrect call by an official or an unkind action by a team mate or an unfair decision by a coach? What will the reaction be to lack of playing time or a tough loss? These are areas of life over which the athlete has control - effort, reaction, attitude.

Winning does fit under the category of a desire as defined above. Circumstances beyond ones control can prevent even the best team from defeating another in some situations. The desire to win is very strong. Winning games, league championships and state titles should be the desire of every athlete. Individual success at the team, league and state level is a dream of most athletes. As long as all of the desires involved with athletic competition are brought under the umbrella of the goal - to honor and glorify God - then they are kept in proper perspective. A balance is there which allows the athlete to compete at his/her best.

It is the desire of the athletic department that every team or individual that competes for Morning Star Academy experience the thrill of winning games and of rising to ones full potential. More importantly, however, the goal of the athletic department is that everything that is done be honoring and glorifying to God.

### **III. GOVERNANCES**

#### **A. MORNING STAR ACADEMY**

1. The Board is responsible for all school policies and delegates their fulfillment to the administration. The head administrator delegated with the responsibility of the athletic program is the Headmaster.
2. The day to day responsibility for overseeing the athletic program is assigned to the Athletic Director. Each participant is directly responsible to his/her own coach who is responsible to the Athletic Director who in turn reports to the Headmaster.
3. All athletes are required to have a sports physical completed annually. A licensed Physician or Doctor of Chiropractic will examine, for a fee of \$10.00, which is donated to the Morning Star Academy Athletic Program. This examination will be given toward the end of the school year. Athletes may also complete this with their family Physician or Chiropractor

#### **B. IOWA HIGH SCHOOL ATHLETIC ASSOCIATION & IOWA GIRLS HIGH SCHOOL ATHLETIC UNION**

All member high schools voluntarily join IHSAA and IGHSAU and compete only with other member schools in Iowa or schools of other states who are members of their state association. As a member school Morning Star Academy agrees to abide by and enforce all rules and regulations set forth by this Association. The associations

have specific rules regarding individual eligibility including attendance, grades, age, awards, cooperative share agreements, school representation and transfers between schools which all schools must follow. The primary role of the associations is to maintain rules and regulations that ensure equity in competition for the student athletes and a balance with other educational programs. Further information about the IHSAA & IGHSAA can be found on their website at: [iahsaa.org](http://iahsaa.org) and [ighsau.org](http://ighsau.org)

### C. BETTENDORF HIGH SCHOOL

All student athletes wishing to participate at the high school level will have the opportunity try out for one of the Bettendorf High Squads. Students and parents will be required to read the Bettendorf High School Athletic and Activities Handbook and sign the last sheet, which is an acknowledgement stating they have read the rules and regulations. Parents and students are to sign this sheet and hand it in to the Activities Office.

A school physical is required of all student athletes each year. The Official School Physician will examine, for a fee of \$10.00, which is donated to the Bettendorf Athletic Boosters Club, all athletes in the sophomore, junior, and senior years. This examination will be given toward the end of the school year. **Freshman are required to get a complete physical from their own physician and pay the cost of the examination.**

### D. BIG EAST CONFERENCE

Primarily Class 1a Iowa High School Conference MSA would like to join. More information will come upon entrance in to the conference.

### E. QUAD CITY 8 CONFERENCE

All member Middle/Jr. High schools voluntarily join and become a member if approved by a 2/3 vote of the member schools and upon compliance with the Constitution, By-Laws and Policies. Member Schools currently include Colona, Eagle Ridge/Carbon Cliff, Hampton, Heritage Christian/Eldridge, Morning Star Academy, Our Lady of Grace/East Moline, Quad City Christian, Rivermont Collegiate/Bettendorf, Silvis Junior High, and Trinity Lutheran/Davenport.

## IV. BASIC ATHLETIC DEPARTMENT POLICIES

### A. REQUIREMENTS FOR PARTICIPATION

#### 1. A Summary of the Minimum Requirements of the IHSAA

**Academics** – passing the equivalent of 20 semester hours or more the previous semester. In the block scheduling, you must pass two (2) blocks on a four (4) block system. Local eligibility rules established by Morning Star Academy, which meet the Bettendorf High School rules will prevail.

#### 2. Minimum Requirements of Morning Star Academy Middle School/High School

**a. Academics** – student-athletes at Morning Star Academy are expected to maintain a 2.0 accumulative GPA. If the GPA falls below a 2.0 (or the student receives a grade below “C”) the student is subject to the conditions outlined in the **Athletic/Activities Eligibility Policies**.

#### **b. Athletic/Activities Eligibility Policies – Middle School**

All Students participating in Athletic or other Co-Curricular activities will need to maintain at least a passing (2.0) grade point average in all classes. The guidelines below will be followed to check eligibility.

- i. Students' grades will be checked at mid-quarter and end of quarter.
- ii. If a student receives a 73% or below in any subject, then he/she will be checked weekly until the next mid or quarter grading period.
- iii. Grades will be checked on Mondays for the following week of eligibility.
- iv. A student who receives an ineligible grade (69% or below), will be out of games, performances, etc. for the following week. This does not mean they are out of practice.
- v. A student receiving a failing grade at the end of a quarter will sit out of the first 2 weeks of the next quarter, and grades will be checked weekly.

**c. Attendance** - if a student is absent *unexcused* any part of the day, they will not be allowed to participate in any practice or game that day. If a student is absent *excused* more than half a day, or ill in any part of the second half of the day, they will not be allowed to participate in any practice or game that day without special permission from the Headmaster.

**d. Athletic Participation Permit** - completed annually by the parent/guardian - includes permission, assumption of risk, insurance information and emergency information.

**e. Athlete/Parent Acknowledgement of Athletic Policies** – This document is attached to the end of the handbook. Each parent/guardian and athlete shall read the material in the handbook and certify that they understand the athletic eligibility rules and policies of the school and agree to abide by them. The signature of each is required to be on file with the medical and participation forms **before participation in practice or games.**

**f. Insurance** - the school insurance will not cover student athletic injury expenses.

**g. Risk of Participation** - All athletes and parents must realize the risk of serious injury that may be a result of athletic participation. Morning Star Academy coaches will advise, caution and warn athletes of the potential for injury and the proper procedures for participation in the particular sport.

**h. Financial Obligations and Equipment**

- **Athletic Fee** -- \$75 for middle school and \$125 for high school athletics will be assessed per season.
- **Uniforms** - in several sports, athletes will be required to help with fundraising for a portion of the game uniform. School issued uniforms are to be worn only for games/competition or as designated by the coach.
- **Equipment/Practice Gear** - athletes are responsible for the proper care and security of equipment issued to them. All equipment not returned in good condition at the time requested at the end of the season will be subject to a financial penalty no higher than replacement value.
- **Practice clothes** – Athletes are expected to provide proper practice gear. Be modest in your choice of athletic wear. Remember you are athletes. School P.E. guidelines should be followed for short lengths and t-shirts etc.

## B. ATHLETIC CODES OF CONDUCT

### 1. Sportsmanship

**a. Athletes** All athletes shall abide by a code of ethics, earning them the honor and respect that participation and competition in the interscholastic program affords. Any conduct that results in dishonor to the athlete, the team or the school (and ultimately God) will not be tolerated. Intimidation or forms of "trash talk" will not be tolerated. An MSA athlete should be diligent in preparation, relentless in effort, disciplined by nature, respectful in actions, self-controlled with words, humble in spirit, and aggressive in pursuit of excellence, without regard to the score, opponent, time, referee, etc.... As Christian athletes display these characteristics, good things usually happen: teams are successful; players are motivated; fans are supportive and enthusiastic; parents are proud; perspective athletes want to participate, and very often non-believers are drawn to Christ.

**b. Parents and Spectators** It is important to make guests to our school activities feel welcome and be respectful of other facilities. All visitors should feel as though they have been treated fairly and dealt with in a sportsmanlike way. The skills of the visiting team should be recognized and appreciated. Everyone needs to work to create a positive Christ-like atmosphere at Morning Star Academy. The following behavior is not acceptable at any contest, whether "home" or "away": booing or jeering, mocking or taunting, yelling negative comments to officials. Never confront officials or other participants during or following a contest. If a problem occurs inform the school administration and allow them to deal with the

situation. A game official or school administrator (or their designee) has the authority to remove any person from the confines of an athletic contest for unsportsmanlike behavior. The school may also deny the privilege of attending future contests.

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**2. Substance Abuse** *Any student who is known to use alcoholic beverages, tobacco in any form, illegal drugs of any kind on or off campus, will be suspended or excluded from school.* A student not in school for disciplinary reasons will not participate in practices or games and any further participation will be determined by the administration.

**3. Hazing** is not to be a part of the Morning Star Academy athletic program. Hazing is defined as an initiation process conducted against a player or prospective player of a team that degrades or humiliates that person in order to join a team or be accepted. Any behavior directed toward another student that endangers the mental or physical health or safety of the student for the purpose of initiation or admission into or continued membership on any such team is not acceptable behavior.

**4. Game Behavior - according to MAC & IHSAA sportsmanship rules:**

If a high school player is ejected by an official for an unsportsmanlike act :

1<sup>st</sup> Offense – must sit out of the next contest

2<sup>nd</sup> Offense – must sit out of the next 4 contests

3<sup>rd</sup> Offense – ineligible for the remainder of that sports season

The offense and penalty is specific to that sport; it will carry over to the next season if the time period requires such penalty.

**5. School Disciplinary Actions**

a. **Detention** - A student in detention may not reschedule his/her detention because of conflict with a game or practice. Any playing time consequences are up to the coach. Missing practices, excused or unexcused, may result in less playing time in a game.

b. **In school suspension/Off campus suspension** – Any student suspended from class for a day(s) will not be allowed to participate in practices or games that day(s)

**C. DROPPING A SPORT** Quitting a sport after the season has begun may create problems for the entire program. On occasion, an athlete may find it necessary to drop a sport for a good reason. If this is the case, the athlete is to consult with his/her immediate coach and also the head coach of that sport.

**D. EQUIPMENT** School equipment checked out to the student/athlete becomes his/her responsibility. The athlete is expected to keep it clean and in good condition. Equipment/practice gear/uniforms are to be used only in practice or contests or as directed by the coach. It is not to be worn in PE classes or at other times unless directed by the coach. Loss of any equipment is the financial obligation of the athlete at full replacement value. Fees may be charged for late return of equipment. No athlete will be allowed to participate in a sport until all previously issued athletic equipment has been returned or proper restitution is made.

**E. MISSING PRACTICES/CONTESTS - REMOVAL FROM A TEAM** When an athlete joins a team the commitment is made not only by the athlete but the parents as well. It is hard work scheduling around an athletes schedule for a season. An athlete is expected to attend all scheduled practices. If an athlete is going to miss a practice or contest, the coach should be consulted as far ahead as possible. If a family finds it necessary to be gone for an extended time during the season it is important to work with the coach so he/she can plan also. Missing a practice or contest will generally result in some consequences usually involving the amount of game play.

At times parents may deem it necessary to remove their student from an athletic team on a temporary or permanent basis. It must be realized that these actions penalize the entire team in addition to the removed athlete. It is suggested that this course of action be viewed only as a last resort and used only when other disciplinary

methods have been exhausted. Regular consultation should be maintained with the coach if removal from the team is a consideration.

**F. TRAVEL** At this time, all team members, statisticians etc. are expected to meet at the site of the contest at the time their coach designates, in transportation provided by their parents/guardians. Carpooling to contests may make it easier. Each person is also expected to return home with his/her parents/guardians unless prearranged to ride with a teammate. A parent/guardian at the site of the contest they may take their student after checking out with the coach.

**G. CONFLICTS IN EXTRACURRICULAR ACTIVITIES** Inevitably in a school situation, scheduling conflicts will arise between athletic events and other school activities. When the athletic schedule is produced, care will be taken by the Athletic Director to avoid conflicts if possible. In some instances, a student will have to choose prior to the season such as playing on an athletic team or taking a part in a drama production. Typical conflicts may involve musical performances/competitions with athletic practices or events. A student who is participating on an athletic team is expected to attend all regularly scheduled practices and should not expect to miss practice to try out for another activity.

For students participating in a number of activity programs, scheduling conflicts will occur. It is important that the student keep a calendar of events for his/her activities and if a conflict is found, immediately inform all of the sponsors/coaches involved. In order to deal with each participant fairly, a consistent policy is necessary. If left unattended, unresolved and not discussed, the student athlete is often placed in a difficult position between the athletic coach and the activity sponsor. The student may feel pressured by both sides wanting his or her talents and abilities. The decisions are difficult, but the following guidelines are presented as the method for dealing with activity schedule conflicts.

**Priority I** Precedence is based on the sanctioning of the activity by the IHSAA, IGHS AU.

**Priority II** Contests that are a criteria for advancement to a higher level of competition such as a state tournament.

**Priority III** Major competitions and performances including contests or tournaments determining conference and district championships.

**Priority IV** Includes regularly scheduled games, contests and major performances. An event previously scheduled and placed on the school calendar will take precedence over a rescheduled event or addition to the calendar.

**Priority V** How important the student's participation is to the success of the group's performance.

If after utilizing the prioritized criteria, all items remain equal, the final decision must be made by the student in consultation with Headmaster. **NO PENALTY IS TO BE ASSESSED TO THE PARTICIPANT AFTER FOLLOWING THIS PROCEDURE.**

**H. RELEASE FROM CLASS** If a student misses a class because of an athletic contest it is the responsibility of the student to turn in all work due **BEFORE** leaving school. Scheduled tests and quizzes must be taken before leaving unless other arrangements have been made with the teacher.

**I. SQUAD SELECTION/PLAYING TIME** In accordance with our philosophy of athletics and our desire to see as many students as possible participate in the athletic program at Morning Star Academy, coaches are encouraged to keep as many students on a team as can be reasonably managed. Time, space, facilities, equipment and other factors will place limitations on the most effective squad size for any particular sport. It is the decision of the coach regarding the number of players to be named to a team in a given season.

It needs to be understood that students who make a team will not necessarily see equal playing time. No amount of playing time is guaranteed to an athlete. Playing time depends on the skill, experience, commitment, and effort of the athlete and how those attributes blend with the rest of the team and the level of competition. Playing time is

an appropriate point of discussion between an athlete and the coach. Coaches will not be expected to discuss playing time with parents. At all levels below HS varsity it is generally expected that an athlete will participate in each contest, but there may be occasions when this does not happen.

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In Middle School Athletics, it is the policy of Morning Star Academy to require its middle school coaches to play every player on the team in each game. It is the philosophy of the school to encourage student participation and commitment to each sport by giving instruction at practice as well as giving a commitment to actual playing time to the middle school athlete in order to prepare him for high school athletics. Requiring the student to discipline himself/herself to practice every day and then remove any opportunity to use the skills developed in practice on the field or in the gym does not follow the philosophy of providing a balanced middle school athletic program. Part of their development and improvement in the sport they choose is to make sure they have a sense of what it is like to be in actual competition while they learn. However, an exception is made with an athlete who is missing a significant amount of practice. Athletes need to remember their practice commitment directly reflects the amount of playing time they will participate, and the amount of success a team has. Missing practices means missing important skill/team learning. **A coach is not required to adhere to the above Middle School policy if an athlete misses practices.**

Another exception in Middle School may include post-season and/or tournaments/playoffs. The coach may opt to use a more limited rotation of players during the post season and will notify squad members of the tentative plan.

**J. COACHES' POLICIES** Each coach may establish other rules or standards for the team or program in which they work which go beyond those listed in this handbook. They may even be unique to that sport or program. The policies will be consistent with and not contradict other school practices and policies. The coach will make these know to the team and file a copy of the rules with the Athletic Director.

**K. CONFLICT RESOLUTION** If a conflict or perception of a conflict arises with a coach or other staff person, the first responsibility is for the athlete to discuss the situation with the coach. This should occur before the parent speaks with the coach. If no resolution is found, the next two steps of appeal are to the Athletic Director and then the Principal in that order. Before or after game/meet, are not appropriate times for a parent to approach a coach to discuss a situation.

**L. SPECIALIZATION** The tendency for many athletes in schools today is to specialize in only one sport in high school. Some think that it will help their chances to play in college. It is the recommendation of the athletic department at Morning Star Academy that athletes not limit their participation to just one sport if they have the ability and are capable of playing in two or three sports per year. If an athlete is truly a "blue chip" participant it may be to their advantage to specialize. However, for 99% of athletes, the most important thing to concentrate on in high school athletics is to work hard and have fun. Many college coaches would prefer athletes that are multi-sport participants in high school. Many studies show that multi-sport athletes maintain higher grades in high school.

**M. REPORTING OF INJURY** All injuries which occur while participating in athletics must be reported to the coach. If the injury requires medical attention by a doctor or treatment center, it will be necessary to have an injury report form completed.

#### **N. PERSONAL BELONGINGS/VALUABLES**

It is the responsibility of the athlete to secure personal belongings at MSA or when traveling to other schools. Money and valuables should not be left unprotected. The school will not be responsible for loss.

#### **O. SPORTS SEASONS/PRACTICE TIMES**

##### **1. High School**

### **Middle School**

Volleyball – Practice begins two weeks prior to games. Games played in September and October

Boys Basketball – Practice begins last week of October., two weeks before games. Games played November - January

Girls Basketball – Practice begins in Decrmbler. Games played January – March

Track– Practice beginning middle of March with four to 5 meets and ends first week of May

## **2. Practice Times**

High School practices are determined by the Bettendorf High School Athletic Department. MSA middle and high school practices times will be determined by Coach and Athletic Director. An individual practice session will begin after school and last approximately 1 ½ - 2 hrs, with the exception of the beginning of the season. Practices will be held for some teams during vacation time or days when school is not in session. Weekend practices will not generally be held unless cleared by the Athletic Director.

- 4. Weather Related Problems** There are sometimes delays or cancellations due to weather conditions or other circumstances. When school is canceled, a contest or practice is not automatically canceled. Decisions may be made in relation to weather conditions throughout the day. According to Quad City 8 Conference Bi-Laws, canceled games are to be rescheduled whenever possible, and must be rescheduled when first place would be determined

**P. ADMISSION** High School activities admissions will be determined by the Bettendorf High School Athletic/Activities Department, as well as other high school institutions in the Mississippi Athletic Conference. According the the Quad City 8 Bi-Laws, admissions to

### **Middle School athletic contests shall not exceed:**

- \$1.00 for grade school students(under 6 free)
- \$2.00 for high school and older
- \$5.00 family rate

### **High School athletic contests shall not exceed**

- \$4.00 for students(under 6 free)
- \$6.00 for adults
- \$12.00 family rate

## **Q. PHYSICALS, INSURANCE, ACKNOWLEDGMENT, AND CONSENT FORMS**

Any student wanting to participate in athletics must have completed the following requirements before joining one of the athletic teams.

**PHYSICAL EXAMINATIONS:** The State Athletic Association/Union's (IHSA & IGSAU) rules require all student athletes to have a physical exam before starting athletic practices each year.

**The Morning Star Academy School Board also requires all athletes to have physicals before they are eligible to participate.**

This exam may be any time after May 1, preceding the next school year. Should you want this exam to be completed by your family physician, please secure the examination form from the Office. (Your physician must use this form.) Every year, each student shall present to the student's

Athletic Office, a certificate signed by a licensed Physician and surgeon, Osteopathic physician and surgeon, Osteopath or qualified Doctor of Chiropractic, to the effect that the student has been examined and may safely engage in athletic competition. The certificate of physical examination is valid for the purpose of this rule for one (1) calendar year. A grace period not to exceed thirty (30) days is allowed for an expired physical.

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**UNDER NO CIRCUMSTANCES WILL PHYSICALS BE COPIED OR DUPLICATED FOR CAMPS, COLLEGE, ETC.**

Each doctor of chiropractic licensed as of July 1, 1974, shall affirm on each certificate of physical examination completed that the affidavit required by Iowa Code section 151.8 is on file with the Iowa Board of Chiropractic Examiners.

**Athletes may take part in the exam given at Morning Star Academy or go to their own physician**

**Physical completed at Morning Star Academy**

A School Physician or qualified Doctor of Chiropractic will examine all student athletes in the 5<sup>th</sup> – 12<sup>th</sup> grades, for a fee of \$10.00, which is donated to the Morning Star Academy Athletic Boosters Club. This examination will be given toward the end of the school year.

**INSURANCE:** The Morning Star Academy policy requires all student athletes, to be covered by insurance. (Health and Accident) through ones own family insurance. You are required to have an acknowledgment sheet filled out by parent/guardian and then returned to the Athletic/Activities Office before participation in any practices or games.

**CONSENT FORM:** Parents must consent to their son or daughter's participation in sports, knowing on some occasions that serious, perhaps crippling, injuries may occur.

## **Specific Academic Eligibility Rules**

1. Athletes in grades 9 – 12 shall be passing all coursework for which credit is given, with at least a 65%, and shall be making good progress toward graduation requirements at the end of each grading period.
2. If at the end of any nine week grading period a contestant is given a grade of 64% or less in any course for which credit is awarded, the contestant is ineligible to dress for and compete in the next occurring interscholastic athletic contests and competitions in which the student is a contestant for 30 consecutive calendar days. There is no requirement that the student competed in the sport previously.

In addition to the end of any grading period, athletes' grades will be check at mid-quarter.

Students in baseball or softball have the same penalty as all other students.

3. If at the end of any mid-quarter period a contestant is given a grade of 70% or less in any course for which credit is awarded, the contestant may be ineligible to dress for and compete in the next occurring interscholastic athletic contests and competitions in which the student is a contestant for 7 consecutive calendar days beginning the Monday following the mid-quarter report. The school Athletic Director will determine if a contestant is eligible or ineligible based on mid-quarter results. A contestant who is ruled ineligible due to mid-quarter reports may practice.
3. This eligibility policy covers all non-graded school activities. Examples included but not limited to Sports, Worship Team, Student Council, Drama, Music.

## Student-Athlete Eligibility Requirements as set forth by the IHSAA & the IGHSAA for High School Extracurricular Activities

1. All contestants must be enrolled and in good standing in a school that is a member or associate member in good standing of the organization sponsoring the event.
2. All contestants must be under 20 years of age.
3. All contestants shall be enrolled students of the school in good standing.  
Coursework taken from a postsecondary institution and for which a school district or accredited nonpublic school grants academic credit toward high school graduation shall be used in determining eligibility. No student shall be denied eligibility if the student's school program deviates from the traditional two-semester school year.
4. A student who meets all other qualifications may be eligible to participate in interscholastic athletics for a maximum of eight consecutive semesters upon entering the ninth grade for the first time. However, a student who engages in athletics during the summer following eighth grade is also eligible to compete during the summer following twelfth grade. Extenuating circumstances, such as health, may be the basis for an appeal to the executive board which may extend the eligibility of a student when the executive board finds that the interests of the student and interscholastic athletics will be benefited.
5. A student who meets all other qualifications may be eligible to participate in interscholastic athletics for a maximum of **eight consecutive semesters** upon entering the ninth grade for the first time. However, a student who engages in athletics during the summer following eighth grade is also eligible to compete during the summer following twelfth grade. Extenuating circumstances, such as health, may be the basis for an appeal to the executive board which may extend the eligibility of a student when the executive board finds that the interests of the student and interscholastic athletics will be benefited.

### **A Student is not eligible if:**

1. If you do not have a physician's certificate of fitness issued for this school year.
2. If you are 20 years of age or older
3. If you have attended high school for more than 8 semesters(20 days of attendance or playing in one contest, constitutes a semester.
4. If you have been given a failing grade(or grade below 65%) in any credited coursework.
5. If you were out of school last semester, or if you entered school this semester later than the second week of school.
6. If you have changed schools this semester.
7. If you have ever accepted an award for your
8. If you have ever accepted an award for your high school participation from an outside group other than an inexpensive, unframed, unmounted paper certificate of recognition, or, if you have ever received any money for expenses or otherwise, for your participation in an athletic contest.
9. If you have competed on an outside school team as a team member or as an individual while out for a sport and during that sport season without the previous written consent of your superintendent or designee. Example: While you were out for wrestling and during wrestling season you want to participate on an outside school wrestling team or tournament, you would have to have permission from the school superintendent or designee or you would be declared ineligible. Once wrestling season is over, you may participate with out written permission.
10. If you have ever trained with a college squad or have participated in a college event.
11. If your habits and conduct both in and out of school are such as to make you unworthy to represent the ideals, principles and standards of your school.
12. Student declared ineligible under the prior school district's Good Conduct Rule and then without having completed the full period ineligibility at that school transfers to Morning Star Academy, will not be eligible for

interscholastic competition at Morning Star Academy, until the full period of ineligibility has been completed. Once that time period of ineligibility has been completed, the student is then immediately eligible for interscholastic competition at Morning Star Academy as far as any Good Conduct Rule is concerned.

**DUE PROCESS - STUDENTS GOVERNED BY IGSSAU/IHSAA RULES**

A student athlete, drama and/or debate team member or parent contesting the declared ineligibility of a student based on these rules, shall be required to state the basis of their objections in writing and also their request for oral hearing, addressed to the Executive Office of the Iowa High School Athletic Association or Iowa Girls' High School Athletic Union. The executive officer shall then schedule a meeting of the executive board within 20 days of receipt of such objections, giving at least five days written notice of said hearing, unless a shorter time is mutually agreeable. The executive board shall consider the evidence presented including statements by the appellant's legal counsel and make written findings of its decision within five days of the hearing, mailing a copy forthwith to said appellant.

**APPEALS - IGHSAU & IHSAA RULES:**

If the claimant is still dissatisfied, an appeal may be made in writing to the State Board of Education by giving written notice of the appeal to the Executive Officer of the IHSAA or IGHSAU with a copy by registered mail, to the State Director of the Department of Education. Such appeal shall be taken within ten days after the date of mailing of the decision of the governing organization. The State Director of the Department of Education shall establish a date for hearing within 20 days of receipt of said written notice of appeal by giving five days written notice to appellant unless a shorter time is mutually agreeable. The procedures for hearing followed by the State Board of Education shall be applicable.

**MORNING STAR ACADEMY  
ATHLETIC ACTIVITIES PERMISSION FORM**

**THIS FORM NEEDS TO BE COMPLETED BEFORE THE FIRST PRACTICE.**

I give permission for my son/daughter, \_\_\_\_\_, to participate in athletic activities at Morning Star Academy. I am aware that participation in all sports on rare occasions, can lead to serious, perhaps crippling injuries. Being aware of this fact, I agree not to hold any coaches and/or Morning Star Academy responsible for any accidents that may occur. I carry health insurance for my child and understand that in the event of an injury to my child, my health insurance is the primary carrier.

Check the sports your student-athlete will participate in this year.

\_\_\_\_ Volleyball – High School                      \_\_\_\_ Basketball – High School  
\_\_\_\_ Volleyball – Middle School                      \_\_\_\_ Basketball – Middle School  
\_\_\_\_ Golf – High School                      \_\_\_\_ Track – Middle School

Physician \_\_\_\_\_ Phone# \_\_\_\_\_

Address \_\_\_\_\_

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Parent's Home Phone #

Cell #s

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E-mail(s)

**ATHLETE-PARENT HANDBOOK ACKNOWLEDGEMENT**

**1. Athletic Handbook**

I hereby acknowledge that I have read the MSA Athletic Handbook and understand the Athletic Rules and regulations.

2. The student named below has insurance coverage through our home policy.

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Name of Insurance Company

Policy Number

**Travel/Activity Authorization (for high school athletes only)**

**I do/do not(*circle one*)** give permission for my student to leave Morning Star Academy for athletic practices and/or games in a car/van with another athlete who has a valid driver's license.

**I do/do not(*circle one*)** give permission for my student with a valid driver's license, to transport other students for athletic practices and/or games in a car or van.

**3. Consent to participate in MSA Athletics and Athletic Handbook Acknowledgement**

STUDENT NAME \_\_\_\_\_ GRADE \_\_\_\_\_

STUDENT SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

PARENT/GUARDIAN SIGNATURE \_\_\_\_\_