



# **Athletic Packet**

**2022-2023**

**Fellowship Christian School Athletic Packet**  
**Table of Contents**

<b>Athletics at Fellowship Christian School</b>	<b>3</b>
<b>Student Athlete Requirements</b>	<b>4</b>
High School Sports (8th-12th Grade)	4
Academic Requirements for FCS Athletes	4
Christian Citizenship Requirements	5
Athletic Training Standards	6
Physicals and Insurance Information	6
Practice Requirements	6
Athletic Fees	7
Uniforms	7
Transfer Students	7
School Attendance Requirements	7
Websites with helpful information for FCS athletes and parents:	7
<b>The FCS Athletic Vision</b>	<b>7</b>
Athletes will:	9
FCS Parent Expectations:	10
Expectations of an FCS Fan:	10
<b>Coaches</b>	<b>11</b>
<b>ATHLETIC SIGN UP/FORMS: 2021-2022</b>	<b>12</b>



# Fellowship Christian School

One Family: Learning, Serving, Sharing & Transforming the World

## Athletics at Fellowship Christian School

Dear parent(s),

This year, Fellowship Christian School will be continuing to partner with the WIAA and expanding our partnership to the Recreational Basketball League of Mill Creek. We will also continue to offer introductory tumbling at FCS, but have changed tumbling to the Spring season (March and April).

**For all those interested in signing up for fall, winter or spring sports, please sign and return the form online.**

### **First Day of the Season**

**WIAA Fall Sports: August 22nd (End date: Nov. 12/19–TBD)**

**WIAA Winter Sports: November 14 (End date: March 4)**

**WIAA Spring Sports: February 27 (End date: May 27)**

**If you are planning on joining the FCS Girls Volleyball Team, you are invited to sign up online, now! We will need to receive sign ups for volleyball by August 1, 2022. You can also register for any/all sports you would like to participate in for the school year.**

Students/families signing kids up with the Recreational Basketball League of Mill Creek will need to arrange carpooling or transportation to practices and games for each sport they play. All game and practice information is given out by the coaches and is also provided on the FCS Athletics page ([www.FellowshipChristianSchool.com/Athletics](http://www.FellowshipChristianSchool.com/Athletics)).

If your child is participating on the WIAA School Team, some practices will be held at Fellowship Christian School, but many practices are also held at partnering schools that allow us to use their facilities for games and practice time. Practices are usually held at nearby schools, in and around the Everett School District.

Practices are typically held at least two days per week, but possibly up to four days per week and sometimes take place on Fridays. All practice schedules will be available closer to the start of each sport. **Game schedules will be posted, for the 2022-2023 school year by July 25 for spring & winter sports on the FCS website. The schedules are subject to change.**

**The signed athletic packet will need to be returned no later than the first day of practice/at the team meeting.**

## Student Athlete Requirements

If students choose to participate and represent Fellowship Christian School in co-curricular athletic activities, they are required to meet basic academic, Christian citizenship, and athletic training standards.

### I. High School Sports (8th-12th Grade)

#### Teams in Division

Fellowship Christian is a member of the WIAA NW1B League. The teams in 1B consist of Cedar Park Christian (Lynn), Darrington, Grace Academy, Lopez Island, Lummi Nation, Orcas Christian, Providence Classical Christian, Shoreline Christian League. At times, we also play teams in the 1B/2B division, to include Chimacum, Concrete (1B), Coupeville, Friday Harbor, La Conner, Mt. Vernon Christian (1B), Orcas Island (1B).

#### High School Sports Offered by Season:

Sports offered are dependent on student interest/sign up, but we generally offer:

- **Fall: Girls Volleyball** (9th-12th Grade; some 8th grade students are allowed to play)
- **Winter: Boys Basketball; Girls Basketball** (9th-12th Grade; some 8th grade students are allowed to play)
- **Spring: Track & Field** (9th-12th Grade; some 8th grade students are allowed to play)

Only Fellowship Christian School students are allowed to participate and compete on FCS teams. If FCS does not offer an athletic team, FCS students may participate in their local high school athletic program and are subject to that school's participation guidelines.

Eligibility standards apply to all students who represent Fellowship Christian School in co-curricular activities. All rules and guidelines are in accordance with the WIAA.

### II. Academic Requirements for FCS Athletes

The WIAA gives member schools a minimum eligibility standard for academic eligibility. It allows member schools to have standards higher than the minimum. Fellowship Christian School has chosen to have a standard higher than the minimum set by the WIAA.

#### Grade Checks & GPA Requirements

Fellowship Christian School establishes a grade check system – there are seven grade checks over the course of the school year. At the time of those grade checks no students can be failing (below a 60%) any of their classes and they are required to hold no less than an overall 2.0 GPA. If a student is failing a class at that time, they will not be allowed to participate in any games/contests for two weeks. Students are not eligible to play if they do not hold a 2.0 GPA.

#### Athletics for Academic Credit

Four semesters of physical education are required for high school graduation (two full credits). 0.5 high school credit may be earned by participation in FCS after-school interscholastic sports.

No partial credits will be given. In order to receive high school credit, the student needs to currently be attending at the high school level and they must attend every practice and game. There are no exceptions to these requirements in order to receive high school credit.

### **III. Christian Citizenship Requirements**

We have been blessed by God and given a great opportunity to spread His Word and show His love and light to so many other student athletes and families. Please continue to pray with us as this sports ministry program gets underway this school year and as we (God's disciples) go out into the community to show others what it means to have Him deeply seeded in our hearts, to be different, just as Jesus was and is, from the rest of the world.

We are very excited about the upcoming season and partnering with you and your children. Our coaching philosophies consist of five key principles:

- 1. We will put God first in all that we do.**
- 2. We will conduct ourselves with biblical character in all that we do.**
- 3. We will give all that we have every time.**
- 4. We will play within the rules and with sportsmanship.**
- 5. We will have fun!**

It is our goal to ensure your child learns about the sport and improves his or her athletic ability, while at the same time learning what it means to be an individual with biblical character as a member of a team.

All student athletes are required to agree with, follow and sign the Christian Citizenship Contract as an additional requirement of playing on a school sport.

#### **Student Athletes, Spectators & Parents agree to the following:**

1. The possession, use or distribution of tobacco/nicotine products (vaping products), alcohol, legend drugs, or controlled substances are violations of the eligibility standard.
2. Violation Consequences:
  - a. When a student athlete violates this eligibility rule, he/she will be ineligible for 1/5 of the contests allowed by the WIAA in that sport. The ineligibility sport specific would be as follows:
    - Baseball, Softball and Basketball – 20 game seasons – 4 game suspension.
    - Soccer, Volleyball and Wrestling – 16 match seasons – 3 game/match suspension.
    - Golf – 12 match season – 2 match suspension.
    - Cross Country and Track and Field – 10 meet/game season – 2 meet/ suspension.
  - b. If any portion of the suspension period is at the end of the sports season and goes into post season play, the season for that student-athlete is over. No student will regain eligibility for that specific season after the regular season has ended.
  - c. A student-athlete who has violated this rule will be ineligible for 1/5 of the contests (listed above by sport), provided the student-athlete participates in an

assessment, and completes a preapproved, prescribed program. The 1/5 of the season ineligibility period will start after an assessment has been completed and a program has been started. The Principal, along with the AD, must approve the program prior to enrollment, and they will closely monitor the program until it is completed. The coach will work closely with the AD and Principal and will alert the involved parties when the ineligibility period starts.

3. A student who conducts themselves in a manner that discredits themselves, others, or the school may be declared ineligible.
  - Examples include but are not limited to content on all forms/apps/message boards of social media, negative attitude towards school (staff or students), truancies, bullying, harassment, theft, vandalism, inappropriate language, poor sportsmanship, violation of civil and/or criminal law, etc.
  - Each of these will be looked upon case by case and suspensions from games/contests and/or practices will coincide with school discipline/procedures.
  - General rules regarding eligibility:
    - A suspended student may not participate in or attend any co-curricular activity (practice or contest) during the time of his/her suspension.
    - An ineligible student may try-out for, practice with, and be a member of a co-curricular group, but may not participate in a contest or performance.

## IV. Athletic Training Standards

### Physicals and Insurance Information

1. A complete physical is required at the beginning of 7th grade, 9th grade and 11th grade or anytime a student does not yet have a sports physical on file with FCS.
  - **Physical examinations are valid for 24 consecutive months**
  - **Physical forms must be signed by a physician.**
  - FCS reserves the right to request additional physical examinations based on need.
  - Physical Forms are available on the FCS website (<http://fellowshipchristianschools.com/sports/>).
2. Insurance/Uniform Waiver and the Emergency Medical Information must be filled out each year a student participates in athletics.
3. New students to FCS need to contact the Athletic Department and may need to get a new physical depending on when their last physical occurred or what sports/activities they participated in at their previous school.

### Practice Requirements

All students participating in a sport at the High School level must participate in 10 practices before playing in a game, match, or meet. **Student athletes must be present at all required practices in order to play in the scheduled games.**

### **Activity Abandonment Repercussions**

We feel it is important for all students to uphold/honor commitments they make. With that, we want students to understand the impact abandoning a commitment can have on a team and on themselves.

We require all student athletes to attend all practices and fulfill the team commitments in full (the entire season) in order to participate in FCS athletics. **If a student athlete chooses to abandon the commitment they have made (quit the team, etc.), they will not be allowed to participate in any other school year sports.**

If student athletes are injured, they will still be asked to finish the season with the team, in a support role, attending practices and games/meets until a physician has cleared them for play.

### **Athletic Fees**

**All students participating in an FCS sport must pay an athletic fee.** The fee for volleyball is \$200. The fee for basketball is \$225. The fee for Track & Field is \$200. All athletic fees are placed on the student's tuition statement, via Quickbooks.

If costs are an issue, please get in touch with the Athletic Director (Mr. Smith) as soon as possible and we will do our best to work out possible payment arrangements.

### **Uniforms**

1. Uniforms will not be given to students until uniforms from previous sports seasons have been returned. If a uniform can not be found, the student athlete will be charged for the full replacement cost.
2. Uniforms for all sports teams are the property of Fellowship Christian School. It is each athlete's responsibility to care for their uniform. If any uniform is lost or damaged, students will be asked to pay the full replacement cost.
3. **All uniforms are required to be returned at the end of the season.** Per WIAA rules, uniforms are not allowed to be worn outside of the sports season.

### **Transfer Students**

Transfer students in 10th, 11th, and 12th grade from another school need to complete eligibility forms from WIAA before they can participate in any high school sport if they have competed at the high school level previously. These forms can be picked up in the Athletic Office.

### **School Attendance Requirements**

A student must be in school to participate in after school activities. Students must be in school by 11:00 am and be taking at least 3 classes, in order to participate in after school athletic activities.

If students are sick, they are asked to stay home and recuperate; they should not attend practices or games. If a student goes home sick during the school day, he/she is ineligible to practice or participate in any contest that day.

### Websites with helpful information for FCS athletes and parents:

- Fellowship Christian School Sports & All Required Forms: <http://fellowshipchristianschools.com/sports/>
- Sports Physical Form: <http://fellowshipchristianschools.com/wp-content/uploads/2021/07/Physical-Exam-Form-Athletics.pdf>
- Eagles Athletics (WIAA & VNN) Season Page: <https://fellowshipchristianeagles.com/>

## V. The FCS Athletic Vision

Our goal is to prepare young people to live fully for God in a rapidly changing world, with the ability to understand, evaluate and transform their world from the foundation of God's unchanging values. The FCS athletic vision affirms these principles.

FCS is committed to educating both the heart and the mind of the student athlete. Athletics are a vital part of the Christian educational experience. As teachers/coaches, we believe in educating the whole person through mind, body, heart and spirit.

In athletics, we actively integrate faith, learning and character in our students. The FCS athletic program enhances the quality of life in the individual participants, the school culture, and the greater community. It affords students an atmosphere of hard work and discipline, as they explore their own unique God-given gifts.

### The FCS Athletic Department Affirms:

- Academic aspirations of students
- Good sportsmanship
- Giving, receiving and rewarding maximum effort
- Encouraging all students to participate in athletic activities as athletes or spectators
- Appropriate levels of competition for each developmental stage
- The desire to reach personal and team excellence when measured against one's "best self." (1 Corinthians 9:24- 27)
- The value of competition inherent in sports

As in other areas of Christian life, athletics tests our perspective. Contrary to the attitude of the culture around us, **we affirm that our athletes should participate in a manner that enriches living, brings out sportsmanship, builds fellowship and un-wraps God-given gifts.** FCS will continually work to maintain a balanced perspective, ensuring that the competition inherent in sports complements all a student's education.

**As representatives of Jesus Christ and FCS, each person involved in athletics will approach competition with the values of honesty, fairness, respect and humility, realizing that it is a privilege and honor to be a representative of Jesus Christ.** We expect students to submit assignments on time and take tests as scheduled.



Success of the FCS Athletic Programs will be measured through a reasonable combination of player/ team development, improved competition and wins/losses, but most importantly our growth & reach through Christ.

FCS will always play to win while demonstrating individual intensity and respectful competitiveness. While we are always working to win, we believe that winning must be redefined from what our popular culture calls “winning”. The scoreboard should never be the only indicator of success. Many times, all that is required to get to a win is overlooked without the proper perspective.

- The effort to prepare, and the desire to compete, must take precedence over a comparative score. It is with such perseverance and grit that teams win. Success is not just based on the number of games won or lost, but rather on the basis of what each individual does in relation to his or her own ability and how the team has progressed as a cohesive group. **This effort makes all the difference and yes, produces those W's.**

FCS defines success as that self-satisfaction which comes from knowing that coaches and athletes did everything within our power to develop ourselves physically and spiritually.

FCS athletes, students, parents and fans should exhibit an attitude of sportsmanship that reflects our Christian values. At Fellowship Christian School, we believe that our behavior and attitudes should model those of Christ.

- Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves. Each of you should look not only to your own interests, but also to the interests of others. (Philippians 2:3)
- "Do everything without complaining or arguing, so that you may become blameless and pure, children of God without fault in a crooked and depraved generation, in which you shine like stars in the universe" (Philippians 2:14-16).

We should strive toward the highest of standards, that is, a Christ-like attitude. **Athletics provides a tremendous opportunity and responsibility to model our beliefs in the public arena.** Whether it is fair or not, everyone involved in athletic competition is under constant scrutiny because of the performance aspect of sport.

**Choosing to be involved in the athletic program at Fellowship Christian School as an athlete, coach, or spectator means choosing to represent Christ above all else.**

Sportsmanship must be a priority at Fellowship Christian School. It must be taught, modeled and expected from athletes, coaches, the student body and adults.

Cooperation is a key component of a successful athletic experience. We discredit the Lord and lose credibility with members of our community when we fail to show good sportsmanship.

Officials are an essential part of the game and must be honored as an authority figure. Although they are not perfect in judgment and action, officials are serving our athletes; their efforts must be valued and respected.

**Our competitors are not our enemies. Rather, they are what sharpen us as “iron Sharpens iron” (Proverbs 27:17).** They have similar goals, having prepared as diligently as we have, and God loves them as much as He does us. **The stronger the opponent, the better chance we have of producing our best performance.**

For those students observing as fans, the school’s teams are, in a fascinating way, an extension of themselves. There is a special institutional connection which motivates our fervent support and then rewards steadfast loyalties in a great variety of ways. By the same token, they must exhibit the same Christ-like expressions as players, coaches and parents.

### **Athletes will:**

- Show respect to officials, coaches, teammates and competitors.
- Show respect for opponents
- Accept the decisions of contest officials.
- Display a Christ-like modesty in victory and graciousness in defeat.
- Submit to the disciplinary actions of the coach.
- Respect rules as guides to protect the team relationships.
- Win and lose with dignity.

### **FCS Parent Expectations:**

Parents should set an example in conduct and behavior with their children in all of their athletic endeavors echoing the words of Proverbs 22:6, “Train up a child in the way he should go: and when he is old, he will not depart from it.”

- Be positive with your child. Let him/her know they are accomplishing something by simply being part of the team. Assure them that his/her role (no matter how much they play) is extremely important to the team.
- Support your child’s coach(es). Publicly criticizing judgments made by a coach is detrimental to the program.
  - Remember to follow the Matthew 18 principles.
- Encourage your child to follow team rules set by the coach. A coach will expect more from their athletes than from a typical student.
- The more a student gives to the team, the more that team means to the student. Parents need to appreciate this and help motivate their child to succeed.
- Insist on your child doing their best in the classroom.
- Be team players. Strive to understand the importance of the “team”. You as parents are a vital part of our program. When the coaches, players, parents and administration (with Jesus at the center) are all supporting each other and believing in each other, all things are possible!
- Be an enthusiastic FCS Eagles fan!

- Always display a Christian attitude at ALL events. Don't degrade officials or opponents.
- Expect your child to take responsibility for his/her actions. Give credit when things go well.
- Hold him/her responsible when mistakes are made. We can only learn from our mistakes when we are held responsible for our actions.

## Expectations of an FCS Fan:

"But the wisdom that comes from heaven is first of all pure, then peace loving, considerate, submissive, full of mercy and good fruit, impartial and sincere." (James 3:17)

- Join in! Feel free to participate in cheers and applaud good performances. This encourages the team and makes a big difference.
- Work cooperatively with contest officials and supervisors in keeping order.
- Refrain from crowd booing, disruptive foot stomping or making negative comments about officials or participants.
- Always stay off the playing floor or contest area.
- Respect public & private property.
- Show the same respect for injured competitors as you would for FCS team players. Love your neighbor as yourself. (Matt 22:39)

## Coaches

Coaches at Fellowship Christian School build lifetime Christian character traits in young people. The Christian coach **focuses on the example we have in Jesus Christ and lives an attitude that is glorifying to God in all that they do** (Col. 3:17, 23, and 24).

The coach works to help develop a team that is **goal oriented, self disciplined, displays unity, and hard work**. These traits show the team's love and respect for each other and their opponents.

Coaches help athletes understand the difference between right and wrong behaviors, how to work to achieve a goal, and how to accept positive discipline. These actions best express love for the athletes.

The coach assists the student athlete in developing the appropriate skills necessary to contribute to the success of the team and skills which are age and ability appropriate to the team.

The coach will provide a firm foundation for how student athletes will approach life after FCS. An FCS Coach will:

- Model Christian values
- Provide a positive learning environment (Train your child in the way he should go; and when he is old, he will not depart from it. Proverbs 22:6)
- Honor athletes with respect and dignity
- Model emotional control and sportsmanship in all circumstances

- Communicate openly and honestly with athletes and parents
- Select a team that will represent FCS well, using physical skills, behavior and attitude as criteria for team membership
- Establish and maintain high ethical standards for behavior – expect and accept only good sportsmanship and behavior during all practices, games, on buses and while visiting other schools
- Teach fair play, and appreciation of the other team’s players, coaches, parents, and officials
- Teach how to win and lose with dignity
- Follow school policies and communicate effectively with the Athletic Director



# Fellowship Christian School

One Family: Learning, Serving, Sharing & Transforming the World

## ATHLETIC SIGN UP: 2022-2023

- \*Sign Up by Aug. 1, 2022 for Girls Volleyball\* (8th-12th Grade), \$200
- \*Sign Up by Oct. 1, 2022 for Basketball (Boys or Girls)\* (8th-12th Grade), \$225
- \*Sign Up by Dec. 1, 2022 for Track & Field (Co-ed)\* (8th-12th Grade), \$200
- \*Sign Up by February 1, 2023 for Tumbling\* (Pre-K - 3rd Grade), \$160

I would like to participate in (CIRCLE BELOW):

GIRLS VOLLEYBALL (8TH-12TH)      BOYS/GIRLS BASKETBALL (8TH-12TH)

TRACK & FIELD      TUMBLING (PRE-K & K)      TUMBLING (GRADES 1-3)

### Athlete Information:

Student Athlete

Name: \_\_\_\_\_ Age/DOB: \_\_\_\_\_ Grade: \_\_\_\_\_

### Parent Consent & Info:

I give my consent to have my child sign-up for and participate in the sports selected above.

Parent Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Parent

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Emergency

Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

### Parent Agreements (Please initial/sign):

1. My child will have a Sports Physical/Waiver completed and turned into the school before participating in any school sports. \_\_\_\_\_
2. I understand that sports are physically exerting and I give consent to have my child participate in such an activity. \_\_\_\_\_
3. I realize athletic activities can pose some risk for injury and I give consent to have my child participate. The school will act to the best of their ability to keep my child safe, but I will not hold the school responsible for injuries that result from activities/practices/games that take place as a result of the sport I have allowed my child to participate in. \_\_\_\_\_
4. I understand that my child will not be allowed to participate in games/performances if they are not at mandatory practices and/or they are not currently meeting academic requirements set forth in the Athletic Conduct Packet. I also understand my student may be immediately expelled from the team if they fail to meet the code of conduct set forth (portraying themselves in a Biblical manner—showing respect and honoring God). \_\_\_\_\_

**UNIFORMS (COMPLETE IN FULL):**

**SHIRT SIZE:** \_\_\_\_\_ YOUTH/ADULT

**SHORTS SIZE:** \_\_\_\_\_ YOUTH/ADULT

**SWEATSHIRT SIZE:** \_\_\_\_\_ YOUTH/ADULT

**SWEATS SIZE:** \_\_\_\_\_ YOUTH/ADULT

---

**DOCUMENTS TURNED IN:**

- Signed up online (via Jotform)
- Agreements & Athletic Packet signed
- Athletic Waiver & Sports Physical Signed & turned in before 1st practice.
- Insurance & Medical Emergency Form turned in before 1st practice

---

**PARENT AGREEMENT**

I acknowledge receipt of the FCS Athletic Packet, have fully read through and agree to follow all of the information, procedures and rules set forth as well as give permission for my child,

\_\_\_\_\_, to fully participate in the sports designated. I have

signed and will turn in all required documents before the first full class/practice (signed up online, Agreements & Athletic Packet, Athletic Waiver/Physical Form).

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Printed Name (Parent)

\_\_\_\_\_  
Date

**STUDENT ATHLETE AGREEMENT**

I, \_\_\_\_\_, acknowledge receipt of the FCS Athletic Packet, have fully read through and agree to follow all of the information, procedures and rules set forth and agree to fully participate in the sports designated.

I have signed and will turn in all required documents before the first full class/packet (signed up online, Agreements & Athletic Packet, Athletic Waiver/Physical Form).

\_\_\_\_\_  
Student Athlete Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Printed Name (Athlete)

\_\_\_\_\_  
Date