



Athletic Department Handbook
2022-2023



"Blessed are those who hunger and thirst for righteousness, for they shall be satisfied"
Matthew 5:6

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CCHS Mission

To empower world changers in academic excellence, athletic distinction, artistic expression, and social engagement all through a spiritual pursuit of biblical truth.

Philosophy

The Athletic Department at Capital Christian High School is committed to athletic distinction by using sports as a platform to teach life lessons through disciplined training, team building, and competition. We are committed to offering our students the personal attention that comes with a small school experience, yet still compete at a big school level. This unique environment provides the space and encouragement that allows our student-athletes to excel as multi-sport athletes, co-curricular students, and leaders on campus.

Our athletic program is centered around the Christian values of CCS, and our sport teams are an extension of the youth ministries provided on our campus.

Membership

Capital Christian High School is a member of the CIF Sac-Joaquin Section and participates in the Capital Athletic League. Capital Christian participates in the following interscholastic sports:

Girls' Athletic Programs	
Basketball	JV, Varsity
Cheerleading	Varsity
Cross-Country	JV, Varsity
Golf	Varsity
Soccer	Varsity
Softball	Varsity
Track and Field	JV, Varsity
Volleyball	JV, Varsity
Wrestling	Varsity

Boys' Athletic Programs	
Baseball	Varsity
Basketball	Varsity
Cross-Country	JV, Varsity
Football	JV, Varsity
Golf	Varsity
Soccer	Varsity
Track and Field	JV, Varsity
Volleyball	Varsity
Wrestling	Varsity

Eligibility

CIF eligibility requirements: Any student-athlete wishing to participate on a school team must have maintained a grade point average (GPA) of 2.00 or better during the previous quarter's grading period. *Eligibility cannot be reinstated until the following quarter's first grading period.* A student who is placed on academic probation at the end of the school year will remain on probation until the conclusion of the first grading period in the Fall of the next year.

CIF Academic Hardship Waiver

Any student-athlete who falls below the academic standards of the CIF, the Capital Athletic League and CCHS at the end of a grading period may apply for an athletic eligibility extension. Consideration may be granted only for extenuating or unforeseen circumstances which prevented the student-athlete from meeting the requirements. Students not meeting eligibility requirements who wish to participate on an athletic team must apply to our administrative team for an eligibility extension, not to exceed one grading period, before beginning or continuing (if already in progress) the specific sport. The application must be submitted in the form of a letter to the Athletic Department office. Once an application is received, the Athletic Department, in coordination with the Principal, will review the request and make a decision. Others may be invited at the principal's discretion. An eligibility extension will normally be granted only once during a student's high school career.

All new and returning student-athletes trying out for a sport must have a current valid doctor's physical examination form on file before the first day of participation in that sport. A blank doctor's physical examination form can be downloaded from the CCHS website. A completed doctor's physical form must be submitted to the coach or Athletic Department office before the CIF starting date for each specific date. According to California Interscholastic Federation rules, the student must have this physical prior to trying out, practicing for, or participating in interscholastic competition. Physicals are valid for one calendar year per CIF rules. It is strongly recommended that parents keep a copy of the completed form for their records.

All student-athletes are permitted to participate in as many sports as they wish. No coach should advise a student-athlete not to participate in another sport. Concurrent participation in two school sports must have prior approval from the team coaches and the Athletic Director.

A student-athlete who quits a sport or is dropped from one sport for disciplinary reasons will not be permitted to participate in a second sport until the first sport is completed (end of league play).

Appeals with special circumstances must be made to the Athletic Director.

Residential Eligibility for Transfer Students

All student-athletes who transfer to Capital Christian from another high school must fill out the appropriate CIF application before being considered for eligibility in sports. The *Transfer Eligibility Letter to Parents* and *CIF Parent/Student Transfer Paperwork* may be found at the Athletics Department website: These forms may also be found on the CIF section website.

Transfer students and their parents are encouraged to address their circumstances or concerns with the Athletic Director.

Athletic Participation Expectations

Student-athletes must be present for at least one-half day (over ½ the class periods) to be eligible to participate in after-school athletic practices or games. Student-athletes who are absent from school are not allowed to participate, be on campus or attend a team event on the same day unless approved by the administrative team.

Student-athletes participating in athletic events during the day or at night prior to a scheduled school day are expected to be in attendance the full school day following the event.

Student-athletes missing class due to an athletic event are responsible for all work missed. Student-athletes should notify teachers in advance of events whenever possible.

All student-athletes are financially responsible for any items issued by the school. A replacement charge will be billed to parents for articles that are lost, stolen, or damaged. Any lost, stolen, or damaged equipment should be reported to the coach immediately.

All school equipment and uniforms must be returned in similar condition as it was when distributed.

Any student-athlete participating on an athletic team accepts all the rules of that team as explained by the coach(es). During school holidays and breaks, student-athletes are expected to attend all practices and games.

Practices

The usual policy is to practice every weekday except game day.

Head coaches are to determine and communicate, in advance, the practice schedules and attendance policies for their teams.

Saturday and most holiday practices are allowed with advance notice. No meetings involving students are allowed on Sunday. Practice on major holidays must be clear with the Athletic Department.

Practices may only be conducted with a coach present. Coaches will establish their own attendance policy for student-athletes.

During the high school season, no student-athlete can participate in the same sport with an outside organization (see *CIF Constitution and Bylaws Article 60 for limited exceptions*).

Student-Athletes moving up Classifications

Every effort will be made to have student-athletes compete at their appropriate level.

The higher-level coach will use the following criteria when considering movement of an underclassman to the JV or varsity level:

The student-athlete fills an obvious need that cannot be met by at-level players.

The student-athlete will either start or play regularly through the entire season.

The student-athlete is superior in ability and maturity.

The student-athlete's parents are supportive of the move.

All decisions to move an underclassman will be determined by the Athletic Director in consultation with all coaches affected by the move.

Student-athletes wishing to participate on an athletic team must abide by the rules of fair play and proper sportsmanship as outlined in the California Interscholastic Federation's Sac-Joaquin Section Sportsmanship Resolution and the Sportsmanship Preamble. Furthermore, profanity, fighting, hazing or other conduct unbecoming of a student at Capital Christian High School will not be tolerated at any time. Such behavior may warrant sanctions by the head coach, the Athletic Director, or the Principal, and may include suspension, removal from the team, or dismissal from the school.

Ejection

Any student-athlete ejected from a game automatically receives a one-game suspension. Coaches will inform the Athletic Director immediately of any ejection and submit a written report to the Athletic Director within 24 hours of the incident. Repeated ejections will incur additional sanctions as deemed appropriate by CIF, league rules, and/or the school administration.

Awards

At the completion of each season and at the discretion of each head coach, certificates and/or will be presented to student-athletes participating on a sport team. Eligibility will be determined based on, but not limited to, participation, sportsmanship, contribution to the team, and commitment.

Capital Athletic League (CAL) Scholar-Athlete Award Criteria

Varsity team members are eligible for the award for each season for which they qualify. To qualify, the student-athlete must finish the season in good standing and must have a cumulative 3.50 (or above) weighted or unweighted grade point average, as well as a current 3.5 (or above) weighted or unweighted GPA at the completion of the grading period of the sport season in which they participated. Freshmen are not eligible as the student-athlete must have at least one year of grades, beginning with the ninth grade.

Drug and Alcohol Policies Are Consistent with School Policies

If a coach becomes aware of any situation in which a student-athlete is involved with drugs or alcohol issues, the student-athlete will be referred to the Dean's office.

Harassment Policies Are Consistent with School Policies

If a coach becomes aware of any situation in which a student-athlete is involved with harassment issues, the student-athlete be referred to the Athletic Director and Dean of Students. Harassment occurs when an individual is subjected to treatment or an environment which is unwelcome, hostile, or intimidating. Harassment can come in the form of hazing, bullying, verbal, written, and/or physical intimidation. Student-athletes who are found to have engaged in harassment activities are subject to suspension and/or removal from an athletic team in addition to school consequences.

Athletic Training Procedures

The athletic trainer will only treat student-athletes who are injured while participating on a school team. Coaches will send for the athletic trainer or send the injured student-athlete to the athletic trainer for evaluation. The athletic trainer will inform the coach after the evaluation of restrictions or special attention needed for the student-athlete. Any student-athlete who is referred or who seeks care from a physician must be cleared by that physician before the student- athlete will be considered released for activity. Final clearance is the responsibility of Athletic Trainer.

Athletic Participation Fee

Athletes participating in a sport will be charged a non-refundable athletic fee for each season of sport in which they participate. This fee helps offset costs associated with participation, (i.e., officials, uniforms, travel, facility rental, equipment, tournaments, strength, and conditioning program etc.) This applies once a roster has been submitted and the student-athlete has participated in one contest. Even if a student-athlete quits or is removed from a team, he or she is financially responsible to pay this fee. This fee will be added to the account.

Game Day Attire during school day for Student-Athletes

To promote school spirit at CCHS, our student-athletes are encouraged to wear "Game Day Attire" on the day of competition and on Fridays preceding Saturday games. For Game Day Attire during the school day student-athletes may wear:

Game jerseys that have sleeves with dress code bottoms.

Team polo shirts designating sport representation with dress code bottoms.

No warm-up pants may be worn, but warm-up jackets and sweatshirts that comply with regular dress code requirements. All "Game Day Attire" must observe the CCHS dress code standards of modesty, moderation, and good taste.

Travel and Game Attire

Students are expected to be in the following attire when they arrive at sites for competition as directed by the head coach:

Athletic game uniform

Professional Dress

Capital Christian Travel Attire

Students are expected to be in appropriate clothing for all practice sessions regardless of location. Attire should be of like fashion to what is worn in contests.

Spirit Packs

With the approval of the Athletic Director, each sport may offer "spirit packs" to the members of their team. These packages usually include sport-specific logo wear which is designed for use in practice and contests. Packages may include mandatory and/or optional items. Spirit pack fees are not the same as Athletic Participation Fees.

Equipment and Uniforms

Equipment and uniform costs vary from sport to sport. Capital Christian makes every attempt possible to ensure our student-athletes have the best equipment available. There will be instances where certain sports require their student-athletes to purchase uniforms or a limited amount of equipment. Please see the head coach of the respective sport for more information.

Transportation

The school's interscholastic and other athletic programs consist of a variety of competitive sports teams, membership on a competitive sports team, participation in try-outs, games, tournaments, meets and matches, both at the school and at other locations, training, practice, fund raisers, and other related activities and events. Participation in the School's athletic program may involve travel beyond the confines of the school campus and to various locations both within and outside California. This policy is applicable for all activities of the school athletic program throughout the entire academic year.

Transportation will be provided for all necessary travel for athletic contests except: Any contest on a non-school day or weekend.

Transportation will often be drop off only unless the contest or practice ends earlier than 6:00 pm

*If for any reason, charter buses are used within the greater Sacramento area, they will drop off only and parent(s)/guardian(s) will be expected to make transportation arrangements back to their student athlete's residence.

Parent(s)/guardian(s) are responsible for all athletic event transportation arrangements for their student with the exception of transportation provided by the school as outlined above.

When school transportation is provided, student must travel to the event in the provided transportation, unless the parent/guardian notifies the coach in writing that they will be transporting the student. If the school provides travel associated with the event, the school will utilize chartered buses or employee-driven school-owned vehicles.

If the school is not providing transportation to and from an event, it is the responsibility of Student-Athlete and his/her parent(s)/guardian(s) to provide all necessary transportation. If no parent or guardian is able to provide transportation to/from an event in situations where the school is not providing transportation, parent(s)/guardian(s) must arrange for alternative transportation if Student-Athlete intends to participate in the event. The school assumes no responsibility for arranging alternative transportation.

In such situations, the student-athlete's parent or guardian may arrange for his or her student to obtain transportation from a private volunteer driver, including another student or another student's parent ("private volunteer driver"). A private volunteer driver is one who is not employed by the school, or if employed is acting outside of the scope of his or her employment, and who is not utilizing a school-owned vehicle. The school is not responsible for transportation by private volunteer drivers and assumes no liability for any accidents or injuries arising out of transportation provided by private volunteer drivers, as set forth below.

Private volunteer drivers providing transportation to athletic contests for students subject themselves to their own risk of liability and to use of their private insurance coverage. The school does not assume any liability to either the students who ride with private volunteer drivers or to private volunteer drivers for any accidents or injuries arising out of transportation provided by private volunteer drivers.

Official Dates

Official dates for each season (Fall, Winter, and Spring) are published on the Athletic Department website.

Collegiate Athletics

There are many opportunities to pursue athletics at the collegiate level; NCAA, NAIA or NJCAA. If a student is interested in pursuing athletics after high school, he or she should consult his or her counselor and head coach. For complete information about requirements visit the respective organizations' website: NCAA www.ncaa.com , NAIA www.naia.org or NJCAA www.njcaa.org.

CIF SAC-JOQUIN SECTION SPORTSMANSHIP RESOLUTION

Code of Ethics

It is the duty of all concerned with high school athletics:

1. To emphasize the proper ideals of sportsmanship, ethical conduct, and fair play.
2. To eliminate all possibilities which tend to destroy the best values of the game.
3. To stress the values derived from playing the game fairly.
4. To show cordial courtesy to visiting teams and officials.
5. To establish a happy relationship between visitors and hosts.
6. To respect the integrity and judgment of sports officials.
7. To achieve a thorough understanding and acceptance of rules of the game and the standards of eligibility.
8. To encourage leadership, use of initiative, and good judgment by all players on the team.
9. To recognize that the purpose of athletics is to promote the physical, mental, moral, social, and emotional well-being of the individual players.
10. To remember that an athletic contest is a game and not a matter of life and death for the player, coach, school, officials, fans, community, state, or nation.

California Interscholastic Federation New Article 5 By-Law 522

"Any student who physically assaults the person of a game or event official shall be banned from interscholastic athletics for the remainder of the student's eligibility. A game or event official is defined as a referee, umpire or any other official assigned to interpret or enforce rules of competition at an apply for reinstatement of eligibility to the State Commissioner."

Guidelines for Parents and Procedures for Communicating Concerns

1. Good sportsmanship is expected from everyone at Capital Christian. The coaches and players are expected to and are held accountable for representing Capital Christian High School with dignity and integrity. The same high standards of behavior are expected from all adults and fans.
2. Not all players get the same playing time. The nature of athletics and high school competition means we try to put the best team on the court or field. It is the coach's job to decide who the most qualified players are so the team has its best chance for success. Part of any player's maturation process includes putting one's personal desires aside for the betterment of the team.
3. Coaches are to be treated with the same respect accorded any other professional.
4. If you have any concerns about your child's coach or your child's athletic participation on a team, please use the following procedure in order until you feel the issue is resolved:
 - **Have your child speak to his/her coach.** Sometimes the coach is unaware of your child's concern or feelings. It is also important that we teach our students how to communicate effectively with adults in a mature manner.
 - **Arrange an appointment to speak with your child's coach.** Our coaches will respond to your request as quickly as possible.
 - **Arrange an appointment with the Athletic Director.** The athletic department will investigate the situation promptly.
 - **Arrange an appointment with the Principal** if you feel the issue still has not been resolved.
5. Playing time, game strategy, play calling and other athletes are not appropriate issues to discuss with the head coach, athletic director or principal.

Guidelines for High School Fans

High school athletics is also a place for learning. Following is a list of guidelines that all high school fans should follow, whether they are adults, students, or children.

1. Since the playing field is an extension of the classroom, *all student-athletes should be allowed to try and fail without judgment*. Since all humans are fallible, mistakes will happen. It is another part of the game and adds to the excitement and unpredictability of high school sports.
2. **Keep comments positive and supportive.** Criticism is easy, and it is destructive because it only points out faults and shortcomings.
3. **Respect a coach's ability to teach.** Keep in mind that many factors influence game-time decisions. Some factors are obvious and others more subtle, but each lead to decisions that are made in the best interest of the team.
4. The school and the Athletic Department reserve the right to remove or refuse admission to persons who belittle, chide, berate, taunt, or bait any player, coach, or official. Profanity is never acceptable language no matter the reason. Even though an admission fee is charged for some high school contests, payment does not give license to the fans to "speak their minds." This is high school, and a proper perspective must be maintained.

What are the signs and symptom of a concussion?

Signs Observed by Parents or Guardians *If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs and symptoms of a concussion:* appears dazed or stunned, confused about an assignment or position, forgets an instruction, unsure of game, score, or opponent, moves clumsily, answers questions slowly, loses consciousness (even briefly), shows behavior or personality changes, cannot recall events prior to hit or fall.

Symptoms Reported by Athlete headache or "pressure" in head, nausea or vomiting, balance problems or dizziness, double or blurry vision, sensitivity to light and noise, feeling sluggish, hazy, foggy, groggy, concentration or memory problems, confusion or does not "feel right"

Concussion Protocols

An athlete who is suspected of sustaining a concussion or head injury shall be immediately removed from activity for the remainder of the day, and shall not be permitted to return to the activity until he or she completes the following steps:

- The athlete must be evaluated by a licensed health care provider, trained in the management of concussions, acting within the scope of his or her practice.
- The athlete must receive written clearance to return to the activity from that licensed health care provider.
- Classroom accommodations will be forwarded to the athlete's teachers.
- When the athlete is cleared to begin the CIF Concussion Return to Play Protocol, it will be completed under the direct supervision of the athletic training staff.
- Full return to play requires a release from the doctor.

What Is a Concussion?

A concussion is a brain injury. Concussions are caused by a bump or blow to the head. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious. You can’t see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

What should I do if I think I have a concussion?

Tell your coaches, athletic trainer, and your parents. Never ignore a bump or blow to the head even if you feel fine. Also, tell your coach if one of your teammates might have a concussion.

Get a medical checkup. A doctor or health care professional can tell you if you have a concussion and when you are cleared to return to play.

Give yourself time to get better. If you have had a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have a second concussion. Second or later concussions can cause damage to your brain. It is important to rest until you get approval from a doctor or health care professional to return to play.

CIF Sudden Cardiac Arrest Information

What is sudden cardiac arrest (SCA)?

Sudden cardiac arrest (SCA) is when the heart stops beating, suddenly and unexpectedly. When this happens blood stops flowing to the brain and other vital organs. SCA is NOT a heart attack. A heart attack is caused by a blockage that stops the flow of blood to the heart. SCA is a malfunction in the heart's electrical system, causing the victim to collapse. The malfunction is caused by a congenital or genetic defect in the heart's structure.

How common is sudden cardiac arrest in the United States?

As the leading cause of death in the U.S., there are more than 300,000 cardiac arrests outside hospitals each year, with nine out of 10 resulting in death. Thousands of sudden cardiac arrests occur among youth, as it is the #2 cause of death under 25 and the #1 killer of student athletes.

Who is at risk for sudden cardiac arrest?

SCA is more likely to occur during exercise or physical activity, so student-athletes are at greater risk. While a heart condition may have no warning signs, studies show that many young people do have symptoms but neglect to tell an adult.

This may be because they are embarrassed, they do not want to jeopardize their playing time, they mistakenly think they're out of shape and need to train harder, or they simply ignore the symptoms, assuming they will "just go away." Additionally, some health history factors increase the risk of SCA.

What should you do if your student-athlete is experiencing any of these symptoms?

We need to let student-athletes know that if they experience any SCA-related symptoms it is crucial to alert an adult and get follow-up care as soon as possible with a primary care physician. If the athlete has any of the SCA risk factors, these should also be discussed with a doctor to determine if further testing is needed.

Wait for your doctor's feedback before returning to play, and alert your coach, trainer, and school nurse about any diagnosed conditions.

The Cardiac Chain of Survival

On average it takes EMS teams up to 12 minutes to arrive to a cardiac emergency. Every minute delay in attending to a sudden cardiac arrest victim decreases the chance of survival by 10%. Everyone should be prepared to take action in the first minutes of collapse.

Early Recognition of Sudden Cardiac Arrest

Collapsed and unresponsive. Gasping, gurgling, snorting, moaning or labored breathing noises. Seizure-like activity.

Early Access to 9-1-1

Confirm unresponsiveness. Call 9-1-1 and follow emergency dispatcher's instructions. Call any on-site Emergency Responders.

Early CPR

Begin cardiopulmonary resuscitation (CPR) immediately. Hands-only CPR involves fast and continual two-inch chest compressions-about 100 per minute.

Recognize the Warning Signs & Risk Factors of Sudden Cardiac Arrest (SCA)

Tell Your Coach and Consult Your Doctor if These Conditions are Present in Your Student-Athlete:

Sport	Head Coach	Email Address
Football	Saul Patu	saul.patu@capitalchristian.school
Cross- Country	Jonathan Lee	jonathan.lee@capitalchristian.school
Golf – Girls, Boys	Robert Jones	robert.jones@capitalchristian.school
Volleyball – Girls, Boys	Erin Butler	erin.butler@capitalchristian.school
Cheer	Fallon Vallejo	fallon.vallejo@capitalchristian.school
Soccer – Boys	Josh Robinson	josh.robinson@capitalchristian.school
Basketball – Boys	Michael Lorente	michael.lorente@capitalchristian.school
Basketball – Girls	Chance Peterson	chance.peterson@capitalchristian.school
Wrestling	Deron Hendrick	deron.hendrick@capitalchristian.school
Baseball	Mark Cole	mark.cole@capitalchristian.school
Softball	Caitlyn Olan	caitlyn.olan@capitalchristian.school
Track & Field	Ike Okoroike	ike.okoroike@capitalchristian.school
Soccer – Girls	Tim Rosales	tim.rosales@capitalchristian.school

Athletic Department & School Administration		
Athletic Director	Aaron Garcia	aaron.garcia@capitalchristian.school
MS Athletic Director, Athletic Coordinator	Doug Brown	doug.brown@capitalchristian.school
Assistant Athletic Coordinator	Corey Brannon	corey.brannon@capitalchristian.school
Athletic Administrative Assistant II	Selena Brusuelas	selena.brusuelas@capitalchristian.school
Principal	Chris Orr	chris.orr@capitalchristian.school