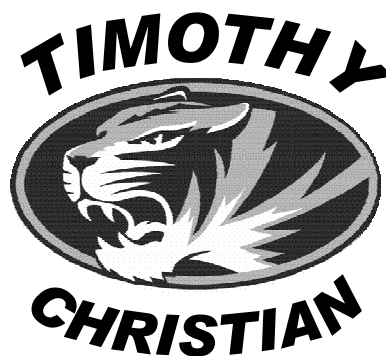


Athletic Handbook



The Timothy Christian School Athletic Department's mission is to develop Christ-like character in each athlete through athletic participation and represent Timothy Christian School to all of New Jersey as a first-class institution. (updated 8/11)

***“Character
and Class”***

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INTRODUCTION TO THE PARENT

- This material is presented to you because your child has indicated a desire to participate in interscholastic athletics and you have expressed your willingness to permit them to compete. TCS believes that participation in athletics provides a wealth of opportunities and experiences which assist students in their growth as Christ-followers.
- TCS feels that a properly controlled, well-organized athletic program can meet student needs for spiritual, physical, social, and emotional growth. It is our intent to conduct a program that is spiritually and educationally sound in purpose and will enhance each student's growth.
- A student who elects to participate in athletics is voluntarily making a choice of self-discipline and self-denial. These are the reasons we place such stress on commitment to our athletic teams. There is no place in interscholastic athletics for students who will not discipline their bodies and minds for rigorous competition. We are striving for excellence and do not want our athletes to compromise with mediocrity.
- When your child joins one of our athletic teams, TCS' obligations are:
 - o To provide adequate equipment and facilities
 - o To provide well-trained coaches
 - o To provide equalized contests with skilled officials
- Likewise, TCS expects parents of athletes to commit to certain responsibilities and obligations. We would like to take this opportunity to acquaint you with the specific policies that are necessary for a well-organized Athletic Department. We hope that this handbook communicates clearly the expectations that TCS holds for its athletes and their families.

INTRODUCTION TO THE ATHLETE

- Being a member of a TCS athletic team is a fulfillment of an early ambition for many students. The attainment of this goal carries with it certain traditions and responsibilities that must be maintained. 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 team of TCS, you have inherited a wonderful tradition which you are challenged to uphold. (*See the back of this handbook for recent championships & accomplishments of TCS' athletic teams.*)
- Our tradition has been to win with honor. We desire to win, but only with honor to the Lord, the athletes, our school, and our community. Such a tradition is worthy of the best efforts of all concerned. Over the years our teams have achieved more than their share of tournament championships and state tournament qualifications.
- It will not be easy to contribute to such a great athletic tradition. When you wear the colors of our school we assume that you not only understand our traditions, but are willing to assume the responsibilities that go with them. The contributions that you make to our tradition should be a satisfying accomplishment to you and your family.
 - o Responsibilities to Christ and yourself: The most important of these responsibilities is to broaden and develop the strength of your Christ-like character. The Bible makes over 50 athletic references, implying the importance of using the athletic to teach spiritual lessons. We believe that you will prepare yourself for a life spent following Christ through your athletic experience here at TCS.
 - o Responsibilities to your School: TCS cannot maintain its position as having an outstanding school unless you do your best in the activity in which you engage. By

participating in athletics to the maximum of your abilities, you are contributing to the reputation of our school. You also assume a leadership role when you are on an athletic team. The student body, teachers, and parents of TCS will know you. The opponents, officials, and fans will judge our school by your conduct and effort. You can contribute significantly to the testimony of Jesus Christ and the reputation of TCS through your role on our athletic teams. Make TCS proud!

ATHLETIC PHILOSOPHY

1. *Statement of Philosophy:* The TCS Athletic Department will provide a variety of experiences to enhance the development of Christ-like habits and attitudes that will prepare students for adult life. The TCS Athletic Department will be conducted in accordance with existing Board of Education policies, rules, and regulations. While Timothy Christian School takes great pride in winning, it does not condone “winning at any cost”. It discourages any and all pressures which might lead to neglecting Biblical standards and good sportsmanship. At all times, the Athletic Department must be conducted in such a way that it is a contributing part of the spiritual and educational process.
2. *Athletic Goals and Objectives*
 - a. Our goal: The student-athlete will grow in Christ-like character as a result of athletic involvement.
 - b. Our specific objectives:
 - i. To Work Hard: Colossians 3:23 tells us to work hard at whatever task we take on and Matthew Chapter 25 tells us to work hard to enhance whatever God has entrusted to us. Young people must learn to work hard!!
 - ii. To be Unselfish: Philippians 2:3 tells us to “have the same attitude as Christ Jesus.” We do NOT expect our athletes to think less of themselves. We DO expect them to think of themselves less.
 - iii. To be Committed: Matthew 25:23 says the “committed” will reap the rewards of their efforts. TCS athletes must understand that commitment through all circumstances is the only way to accomplish truly meaningful achievements. Nothing worth having ever comes easy.
 - iv. To Improve: Continual improvement is the only way to excellence. There will be failures for our athletes along the way; however, failure is not fatal. It is necessary for growth and improvement. Proverbs 24:16 tells us that a righteous man continues to get up after failure thus continuing to progress.
 - v. To Enjoy Athletics: Having fun is why an athlete begins participation. It is necessary that the athlete develop a sense of satisfaction and enjoyment from contributing to an athletic team. All of our athletes should learn to find fulfillment in contributing the success of the team.
 - vi. To Develop Personal Health and Fitness Habits: To be an active, healthy contributor to society one must understand how to care for themselves. A TCS athlete should develop an appreciation for the value and benefits of being fit. The appreciation for and habits of fitness should remain with that athlete long after their playing days have concluded.

GOVERNING ASSOCIATIONS AND CONFERENCE MEMBERSHIP

1. *National Federation of High School Associations (NFHS)* / www.nfhs.org : Since 1920, The National Federation of State High School Associations has led the development of education-based interscholastic sports and activities that help students succeed in their lives. It sets directions for the future by building awareness and support, improving the participation experience, establishing consistent standards and rules for competition, and helping those who oversee high school sports and activities. The NFHS, from its offices in Indianapolis, Indiana, serves its 50- member state high school athletic/activity associations, plus the District of Columbia. The NFHS publishes playing rules in 16 sports for boys' and girls' competition and administers fine arts programs in speech, theater, debate and music. It provides a variety of program initiatives that reach the 18,500 high schools and over 11 million students involved in athletic and activity programs.
2. *New Jersey State Interscholastic Athletic Association (NJSIAA)* / www.njsiaa.org : The New Jersey State Interscholastic Athletic Association, founded in 1918, is a voluntary, non-profit organization made up of 425 accredited public, private and parochial high schools in the state. The NJSIAA sets forth the rules and regulations governing high school athletics in order to equalize competition for member schools. The NJSIAA conducts tournaments and crowns champions in thirty-one sports. TCS is a voluntary member of the NJSIAA and agrees to abide by and enforce all rules and regulations of this association such as:
 - Classification by enrollment
 - Age
 - Physical examination standards
 - Seasons of competition
 - Semesters of enrollment
 - Residence requirements
 - Transfers
 - Guardianship
3. *The Greater Middlesex Athletic Conference (GMC)* / www.gmcconf.org : TCS is a voluntary member of the GMC as of the 2010-2011 school year. The GMC was established for the primary purpose of promoting selected interscholastic activities among member schools and the assurance of such advantages as may be gained by a unified effort. The conference was established to encourage member schools to improve their athletic programs. The conference membership facilitates the arranging of schedules, equalizing competition, and conducting league tournaments, meets, and championships. The GMC provides TCS the opportunity for competition without excessive travel and with schools of similar size. The membership implies abiding by conference schedules, rules, and regulations. TCS competes in the gold division of the GMC which, depending on the sport, can consist of the following schools:
 - Dunellen High School
 - South River High School
 - South Amboy High School
 - Piscataway Tech
 - Wardlaw-Hartridge School
 - Perth Amboy Tech
 - East Brunswick Tech
 - Highland Park High School
 - Woodbridge Tech

ATHLETIC DEPARTMENT STAFF

- *Director of Athletics:* Chris Hobbs is the Director of Athletics at TCS. He graduated from Baptist Bible College with a B.S. in physical education and earned a M.S.S. in Sport Coaching from the United States Sports Academy. He earned certification as an athletic administrator (C.A.A.) in 2010 from the National Interscholastic Athletic Administrators Association. Chris was an Athletic Director in Manassas, Virginia from 2005-2007.

- *Assistant Director of Athletics:* Miriam Hartzler is the Assistant Director of Athletics at TCS. Miriam graduated from Baptist Bible College with a B.S. in History and an M.S. in Health/Physical Education. Miriam has teaching /coaching experience in Pennsylvania and Missouri prior to joining TCS. Along with her responsibilities in the Athletic Department, Miriam also teaches girls health and physical education in our middle school and high school.
- *Coaches:* All TCS coaches possess a background, knowledge, and passion for their particular sports. They value their role as mentors to our athletes as much as their role as sport tacticians. All TCS coaches are required to be certified in CPR and First Aid. As of 2005, all coaches joining our Athletic Department are required to be certified in coaching by the NFHS through a course offered by the NJSIAA.

COMMUNICATION WITH THE TCS ATHLETIC DEPARTMENT

- *Web:* www.highschoolsports.net is used for communication of all games, practices, and scores. Parents can also open a free account that will allow them to receive automatic emails/text messages when changes occur to your child's sport schedule.
- *Email:*
 - o Director of Athletics: chobbs@timothychristian.org
 - o Assistant Director: mhartzler@timothychristian.org
- *Emailing athletic "action" photos for use in TCS publication:* coachhobbs@yahoo.com
- *Phone:* athletic office: 732.985.0300 x624
- *Sports Daily Hotline* (updated by 7:00 a.m. and as necessary during the day): 732.985.0300 x512
- *Fax:* 732.985.8008
- *Facebook:* search 'Timothy Christian School Athletics'
- *TIGER TALK:* TCS' seasonal athletic newsletter

PARENT/COACH RELATIONSHIP & COMMUNICATION: Parenting and coaching are both extremely difficult roles. We are able to provide our student athletes with the greatest benefits by establishing an understanding of each other's roles and expectations. When your children become involved in the TCS Athletics program, as parents you should know what to expect.

1. Communications you should expect from your child's coach:
 - a. The coach's philosophy
 - b. The coach's expectations for your child and the team
 - c. Location and times of all practices and contests
 - d. Team requirements, fees, special equipment, etc.
2. Communications coaches expect from parents:
 - a. Any concerns expressed directly to the coach
 - b. Notification of any schedule conflicts well in advance

As your children become more involved in the athletic programs at TCS, they will experience some of the most rewarding moments of their lives. It is important to understand that there may also be times when things do not go the way you or your child wish. At these times, direct discussion with the coach is encouraged.

3. Appropriate concerns to discuss with coaches:
 - a. The mental or physical treatment of your child
 - b. Ways you can help your child to improve
 - c. Concerns about your child's behavior

It is very difficult to accept your child's not playing as much as you may hope. Coaches are professionals; they make judgments and decisions based on what they believe to be best for all the students involved. As you have seen from the list above, certain things can be and should be discussed with your child's coach. Other things, such as the following issues, must be left to the discretion of the coach.

4. Issues not appropriate to discuss with coaches:
 - a. Playing time
 - b. Team strategy or tactics
 - c. Play calling
 - d. Other student-athletes

These are situations that may require a private conference between the coach and parent. These conferences are encouraged. It is important that both the parents and coaches involved have a clear understanding of each other's position. When these conferences are necessary, the following procedure should be followed to help promote a resolution to the issue of concern.

5. The procedure you should follow if you have a concern to discuss with a coach:
 - a. Call to set up an appointment.
 - b. If the coach cannot be reached, call the Director of Athletics. He will set up the meeting for you.
 - c. Please do not attempt to confront a coach or meet with them immediately before or after a contest or practice. These can be emotional times for both the parent and the coach. Meetings of this nature usually do not promote resolutions.
6. The Next Step: What a parent can do if the meeting with the coach did not provide a satisfactory resolution:
 - a. Call and set up an appointment with the Director of Athletics to discuss the situation.
 - b. At this meeting, the appropriate next step will be determined.
 - c. Research indicates that a student involved in extra-curricular activities has a greater chance of success during adulthood; therefore it is our goal to find resolution and keep students involved.

REQUIREMENTS FOR PARTICIPATION

- A. *Completed NJSIAA Physical Examination and Form:* The NJSIAA-mandated physical examination form is required to be filled out by a medical doctor prior to any student's involvement in our athletic program. The form is valid for 12 months from the date of examination and covers all sports that TCS offers. It is to be turned in directly to the nurse's office and the athletic office will be notified of the students meeting of this requirement.
- B. *Student / Parent Acknowledgement of Athletic Policies Form:* Each parent/guardian and athlete shall read all of the enclosed material and certify that they understand the athletic eligibility rules and policies of TCS. The signed document will be filed in the athletic office.
- C. *Insurance:* Each family is responsible to provide their own insurance coverage, for their student. TCS does provide limited insurance coverage but only after the families personal insurance has been exhausted. It is unlikely that TCS' insurance company will assist if the student was not initially covered by their families insurance.

- D. *Scholastic Eligibility*: In order to participate on a TCS athletic team, each athlete must have satisfied all of the scholastic eligibility requirements prior to participation for both the NJSIAA and TCS.
- a. The NJSIAA reviews scholastic eligibility on a semester basis. At the close of the fall semester a high school student must have earned 13.5 credits. At the close of the winter semester (summer break) the student must have earned 27 credits for that scholastic year. (The NJSIAA does not have scholastic standards for middle school students.)
 - b. A TCS student is evaluated for scholastic eligibility on a quarterly basis. A student may participate in extracurricular activities provided the student is passing all classes with the exception of one grade not to be below 60. Exceptions may be granted to this policy with the advice and consent of the Superintendent. (TCS applies this standard to high school AND middle school students.)
- E. *Risk of Participation* – All athletes and parents must realize the risk of serious injury which may be a result of athletic participation. TCS will use the following safeguards to reduce the risk of injury:
- a. Conduct a mandatory parent/athlete orientation meeting prior to the start of the scholastic year to fully explain the athletic policies and to advise, caution, and warn parents/athletes of the potential for injury.
 - b. Require that all coaches be certified in cpr and first aid.
 - c. Instruct all athletes about the dangers of participation in their particular sport.
- F. *Financial Obligations & Equipment*
- a. Uniforms – In several sports, athletes will be required to purchase a portion of the game uniform, which will become their property.
 - b. Equipment – All athletes are responsible for the proper care and security of equipment issued to them. School-furnished equipment is to be worn only for contests and practice. All equipment not returned in good condition at the end of the season will be subject to a financial penalty.
 - c. Travel expenses – when necessary, athletes may be charged a fee to cover the cost of overnight accommodations, meals, and other such travel expenses. The most likely occurrence of such expenses will apply to tournaments and opponents that require considerable travel.

ATHLETE CODE OF CONDUCT

1. The TCS general student handbook describes a very clear standard of expectation for the conduct of our students. The standard of conduct extends to our athletes. Our athletes, many times, will be held to a higher standard of conduct due to the very public nature of athletics. Our athletic teams are not the most important part of TCS, but they are high profile part. TCS' athletes represent the whole school to the entire state of New Jersey and beyond on a daily basis. With this great privilege comes the great responsibility of representing TCS and Jesus Christ well.
2. Penalties for violations of code of conduct: Due to the serious nature of these types of violations, the coach involved, the director of athletics, and the principal(s) shall meet and determine the penalty that could range from an evaluation period to permanent dismissal from a team according to the degree of infraction. Due to the mentoring nature of our coaches here at TCS, the Director of Athletics and principal(s) attempt to avoid permanent dismissal from a team if at all possible.

BASIC ATHLETIC DEPARTMENT POLICIES

- A. *Participation* – an athlete may participate in only one sport per season.
- B. *Quitting or Transferring Sports* – Quitting is an unacceptable habit. Parents & athletes would do well to determine in their minds that they will finish any athletic season in which they begin. A quitter may lose the privilege of participating further in the Athletic Department. In unique circumstances, an athlete may find it necessary to quit their team for a good reason. If this is the case, the following procedure should be followed
 - 1. Consult with the head coach for whom the athlete plays.
 - 2. Report the situation to the Director of Athletics
 - 3. Check in all equipment
- C. *Practice Attendance*: Attendance to practices is mandatory. In the rare case that an excused absence is necessary, an athlete should always consult his coach 24 hours prior to the absence. An athlete that thinks they may need to miss games or practice should re-consider their involvement on the athletic team. An athlete should be prepared to face the consequences of an unexcused absence, such as loss of starting spot, reduction of playing time, or practice discipline.
- D. *Game Attendance*: Game attendance is mandatory. A coach may “excuse” an absence only in the rarest of occasions such as “once-in-a-lifetime” family events. (weddings, immediate family members graduations, funerals, etc). If an athlete missing a game they should expect to be suspended from the next game that they are present. They will attend the game with their team. They will NOT dress or participate in the game.
- E. *Travel*: All athletes must travel to and from “away” contests in transportation provided by TCS unless previous arrangements have been made by the parents for an exceptional situation.
 - 1. Athletes will remain with their team and under the supervision of the coach when attending “away” contests.
 - 2. Athletes that miss the bus will not be allowed to participate in the contest unless there is extenuating circumstances.
 - 3. All regular school bus rules will be followed.
 - 4. TCS fans/parents may not travel on the team bus unless it has been previously arranged / approved by the head coach of the team that is traveling
 - 5. If at all possible, athletes should attempt to wear TCS-logo wear when traveling as representatives of the school/Athletic Department. This may include, but is not limited to t-shirts, sweatshirts, sweatpants, jackets, warm-up suits.
- F. *College Recruitment Policy*: In the event an athlete should be contacted personally by a college recruiter, that athlete has an obligation to work through their coach and the Athletic Department. Coaches should be contacted as soon as possible. College recruitment information is available in the athletic office. NCAA and NAIA standards are available to students and families in the athletic office. It is the Athletic Department’s privilege and pleasure to assist students and their families in these situations.
- G. *Conflicts in Extracurricular Activities*: An individual student who attempts to participate in several extra-curricular activities will create conflicts of obligations and interests. The Athletic Department recognizes that each student should have the opportunity for a broad range of experiences in the area of extracurricular activities, and to this end, will attempt to schedule events in a manner to minimize conflicts. Students have a responsibility to do everything possible

to avoid continuing conflicts. Positive efforts might include being cautious about joining too many activities where conflicts are unavoidable. It also means notifying the faculty sponsor/coaches involved immediately when a conflict arises. When a conflict arises the sponsors/coaches will work out a solution so the student does not feel caught in the middle. If a solution cannot be found, the Director of Athletics & principal(s) will make the decision based on the following:

1. Relative importance of the event to the student
2. Importance of each event to the school
3. Relative contribution the student can make
4. How long each event has been scheduled
5. Communication with the parents

Once a decision has been made and the student has committed to that decision, he/she will not be penalized in any way by either sponsor or coach. If it becomes obvious that a student cannot fulfill their commitment to a particular group/team the student should withdrawal from one or the other.

- H. *School Attendance*: Students must be in attendance by the start of 9:00 in order to participate in a game or practice that same day. Students missing school for reasons other than illness must have an excused absence in order to participate. Final authority for infractions of this rule will be the principal. Students absent from school on Friday with a contest the following day (Saturday) will be eligible to participate provided the absence is excused by the Director of Athletics.
- I. *Early Dismissal from Class Due to Athletic Event*: It is the responsibility of athletes to see their teacher before the beginning of the class that they will be released from to obtain assignments that will be missed. All assignments will be required at the same deadline as the rest of the class unless otherwise specified by the teacher. Athletic participation is not an excuse for work to be late!
- J. *Uniform Wear and Care*: Athletic uniforms are to be cared for with the utmost respect. They are the preeminent visual testimony of our Athletic Department. If a team is outfitted in clean, colorful, and matching uniforms it reflects positively on our school. The following wear and care rules will be adhered to by team members
1. Team uniforms are only to be worn for contests. They ought not to be worn for other athletic activities such as physical education classes or practices.
 2. The uniforms should be cleaned after each use. Typically, cleaning instructions are located on the tags inside of the uniform. Usually, washing them in cold water with like colors and hanging them to dry is the best method.
 3. Uniforms should be folded properly and brought to school on game days only. Poorly stored uniforms on game days will lead to a wrinkled and disheveled appearance
 4. A student-athlete that forgets pieces of their uniform gives their coach the impression that they are not ready to compete. "Game day" ought to be the most exciting day of the week for an athlete and that enthusiasm ought to be evident in preparation. Coaches may refuse to hand out additional pieces of a uniform if they feel that the athlete has displayed a pattern that reflects a lack of commitment and preparation.
- K. *Vacation Policy*: Vacations by athletic team members during a sport season are discouraged. Parents/athletes wishing to do so may want to reassess their commitment to being an athlete during that season. In the event of unavoidable absences due to a vacation, an athlete must:

1. Be accompanied on that vacation by their parents
 2. Contact the head coach prior to the vacation
 3. Be willing to assume the consequences related to their status on the team (loss of starting spot, loss of playing time, practice discipline, etc.)
- L. *Team Selection*: In accordance with our philosophy of athletics and our desire to see as many students participate in the athletic program as possible while at TCS, we encourage coaches to keep as many students as they can without unbalancing the integrity of their sport. Time, space, facilities, equipment, personal preference and other factors will place limitations on the most effective team size for any particular sport.
- M. *Tryouts/“Cuts”*: Choosing members of the team is the sole responsibility of the coaches of those teams. Prior to trying out, the coach shall provide the following information to all candidates for the team:
1. Extent of the try-out period
 2. Criteria used for selecting the team
 3. Practice commitment upon making the team
 4. Game commitments upon making the team

When a “cut” becomes necessary, the process will include four important elements. Each student trying out shall have:

- a. Completed a minimum of 2 practice sessions or 4 hours of practice time
 - b. Performed in at least one intra-squad competition
 - c. Been personally informed of the cut by the coach, including the reason for the action
 - d. Alternative possibilities for other areas of activity in the program if a position is available
- N. *Crowd Behavior*: Since athletics is such a high profile aspect of a school, it reasons that
1. Those who take advantage of the privilege of athletics as a spectator are expected to conduct themselves in a manner that does not detract from the testimony of Jesus Christ or the educational principles that direct TCS.
 2. Athletes and officials are human beings; they are not perfect and are trying to perform skills under considerable pressure. They will make mistakes! Please remember that performing athletically is never as easy as it looks and certainly not as easy as we remember it to be. (“when I was playing, I never/always.....”)
 3. Fans and spectators are expected to:
 - Stand during the national anthem
 - Cheer for their team rather than against the opponent
 - Maintain self-control at all times, remembering that you are representing TCS
 - Show respect for the opponent in every possible way
 - Always be positive in your support of TCS teams
 - Respect officials and their decisions
 - Be humble in victory and gracious in defeat
 4. Fans and spectators will not:
 - Participate in behaviors that taunts, harass, demean, or embarrass others in attendance or brings disrespect to game officials
 - Stand directly next to playing surfaces (outside of spectator seating) or near team benches

- Interact with players during an athletic contest. An athletic contest begins during pre-game warm ups and concludes when the team is dismissed from the post-game meeting
 - Bring artificial noise makers to athletic contests
 - Throw anything onto the playing surface or at others
- O. *Reporting of Injury:* All injuries which occur while participating in athletics should 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 completed. Once athletes are treated by a physician, the athlete must obtain the doctor's permission to return to activity.
- P. *Locker Room Regulations*
1. Rough-housing is not allowed for any reason.
 2. All showers should be turned off.
 3. All spiked/cleated shoes must be put on and taken off outside of the gymnasium. Spiked / cleated shoes should never be worn inside of any building on campus.
 4. Spiked / cleated shoes should never be "clapped" out inside of the locker room.
 5. It is recommended that all personal possessions be removed from the locker room each night.
- Q. *Weight Room Regulations*
1. Any student who uses the weight room must have a signed parental permission/release form on file in the athletic office. Elementary and middle school students are not permitted to use or enter the weight room.
 2. Shirts and shoes are required at all times in the weight room.
 3. No one is to be in the weight room alone.
 4. All students using the weight room outside of team instruction must obtain a weight room pass from the Director of Athletics on a daily basis.
 5. All weights should to be "racked" immediately following use.
 6. Know your limits! Performing the lifts correctly with lighter weight has far more value than performing the lifts incorrectly with heavier weight.
 7. Do the lifts correctly! Using heavy weights incorrectly greatly enhances the risk of injury
 8. Warm-up properly before lifting weights.
 9. Because of limited space, no more than 10 lifters in the weight room at a time.
 10. No chewing gum, eating food, or drinking while in the weight room. (Bottled water is acceptable.)
 11. No horseplay in the weight room at any time.
 12. No abuse of equipment or using equipment in a manner for which it is not designed. Report broken equipment to the physical education staff or Director of Athletics immediately.

ATHLETIC AWARDS & POLICIES: The following awards are recognized, endorsed, and/or sponsored by the TCS Athletic Department. In order to be eligible for the TCS-sponsored awards, an athlete must begin and finish the season in good standing with the coach and Athletic Department. The beginning of the season is defined as the first day of practice and the end of the season is defined as the end-of-season athletic banquet.

1. *Seasonal Awards* – TCS coaches will recognize individuals for their outstanding achievements at the end-of-season athletic banquet.
 - a. Athletic Participation Certificates – all varsity, junior varsity, and middle school athletes that begin and complete the season in good standing will receive a TCS Athletic Participation certificate recognizing their contributions to their team. Managers will earn a certificate according to the same standard.
 - b. Varsity Letter
 - i. The chenille “T” is presented to any varsity athlete upon successful start and completion of their first full varsity season.
 - ii. Once the varsity letter has been earned, the athlete will receive a gold pin emblem of that sport to be pinned to the letter. The gold sport pin represents years of participation.
 - iii. Managers will earn a varsity letter/pins according to the same standard

The following awards are given at the discretion of the coach at the end-of-season athletic banquet. The coach may give out any combination of the following awards not to exceed three awards per team.

- c. Most Improved Player Award: The MIP award will be given to that player that has shown tremendous improvement over the course of a season or possibly a career. Areas of improvement that could be seen are listed below but not limited to:
 - i. Statistical improvement
 - ii. Leadership skills
 - iii. Emotional control
 - iv. Work ethic
 - d. Coaches Award: The CA is awarded to that athlete that represents the ideal mental, emotional, and spiritual disposition. The list of characteristics that the CA recipient possesses may include but not limited to
 - i. Unselfishness
 - ii. A coachable spirit
 - iii. Enthusiasm
 - iv. A positive mental, spiritual, and emotional influence on his/her teammates
 - v. A high level of work ethic, especially during practices
 - e. Most Outstanding Player: (Please notice we have intentionally avoided the title “most valuable player”. All of our athletes are valuable to their team and we will not attempt to gauge whose value is higher than another.) The MOP is awarded to the athlete that was simply your best; however, this award ought not be given out solely based on athletic prowess. We do not want to reward “Jonny/Jenny Jerk” just because he/she can run fast, jump high, or throw far. The emphasis of our Athletic Department is the development of Christ-like character through athletics and we will not reward anyone who has not demonstrated that ideal.
2. *Annual Awards* – TCS’ Director of Athletics, with input from the appropriate sources, will choose the recipients of these awards:
 - a. Athletic Distinction Award: This award is bestowed upon a senior athlete that meets the ideological standard of TCS athletics. It is given to any senior athlete that has proven to excel in athletics, leadership of others, academic performance, and Christ-like character. The senior athlete must have distinguished themselves from their peers in all 4 areas. This award may be given out to as many as are deserving, or not at all.

- b. Athletic Excellence Award: presented to any senior athlete that has completed four years of participation in one sport. To pursue excellence in any area one must “stick to it” for an extended period of time and the Athletic Department awards those athletes that have given themselves four years to fully develop as an athlete
 - c. Athletic Commitment Award: presented to any senior athlete that participated in three sports during their senior year. The senior year “pulls” a student in many different directions and the Athletic Department awards those seniors that placed TCS athletics at the top of their priority list
 - d. William Bills Athletic Endurance Award: presented to any senior athlete that has participated in three sports for four consecutive years of high school. It is named after TCS’ first Director of Athletics, William Bills, who coached 3 varsity sports per year for 25 years and set the standard of endurance for TCS athletics.
3. *Greater Middlesex Conference (GMC) Awards*: TCS athletes are eligible for all-division and all-county awards as a result of membership and competition in the GMC. These awards are voted upon at the GMC seasonal coaches meeting for each sport.

CHAMPIONSHIPS & ACCOMPLISHMENTS: (Records beginning with mid 1990’s)

Soccer:

ACSI Regional Soccer Champions (boys) – ’95, ’96, ’97, ’98, ’99, ’01, 02, 03
 Patriot League Champions (boys) – ’05 / Patriot League Champions (girls) – ’08
 NJSIAA State Tournament Qualifier (boys) – ’07, ’09, ’10
 Rutgers’ Prep Invitational Champions (boys) – ’04, ’05
 ACSI Regional Soccer Champions (girls) – ’99, ’02, ’03
 NJSIAA State Tournament Qualifier (girls) – ’07, ’08, ’09, ’10
 GMC Divisional Champions (girls) – ’10
 Five alumni have played on NCAA national champion soccer teams

Volleyball:

NJSIAA State Tournament Qualifier (girls) – ’08

Basketball:

NJSIAA State Tournament Qualifier (boys) – ’07, ’08, ’09, 10, ’11
 TCS Invitational Tournament Champions (boys) – ’07, ’08
 Valley Forge Christian College Invitational Tournament Champions (boys) – ’08
 NJSIAA State Tournament Qualifier (girls) – ’09, ’10, ’11
 TCS Invitational Tournament Champions (girls) – ’07, ’09
 Boys’ 1,000 point club: 11 members
 Girls’ 1,000 point club: 8 members

Golf:

NJSIAA State Tournament Qualifier – ’07

Softball:

NJSIAA State Tournament Qualifier – ’07, ’10, 11

Track & Field:

ACSI Regional Champions (girls) – ’08, ’09, ’10 / ACSI Regional Champions (boys) – ’09
 NJSIAA Meet of Champion Individual Qualifiers - 2

Baseball:

NJSIAA State Tournament Qualifier – ’10, ’11
 GMC Divisional Champions – ’11

Timothy Christian School Athletic Department
STUDENT /PARENT AGREEMENT FOR ATHLETIC PARTICIPATION

The commitment of a TCS student to an athletic team is a considerable one. TCS believes that athletics is one of the most unique character-training programs a student can be involved in. Whether it is daily practice devotionals from our coaches, the heart-break of defeat, or the elation of finally winning the “big one”, the TCS athlete will experience life in “fast-forward”.

The TCS athlete will also be an ambassador for our school. The reputation of hundreds of TCS families, teachers, administrators, and coaches is on the line when our teams go out into Central New Jersey to compete. The athletic teams of TCS are truly the “front porch” of our school. Your child, upon commitment to one of our teams, will become part of something much bigger than themselves. Please carefully consider this responsibility of representation before committing. Our school and Athletic Department strive for total excellence and that can only be accomplished with unwavering commitment from our athletes and their families.

If you are ready and willing to make a commitment to our Athletic Department please read, sign and return this form to the athletic office.

I, _____ and my child have read the TCS athletic handbook. We are in full agreement and compliance with the policies and standards within this handbook. As parents of _____, we give full permission and support for our child _____ to join a TCS athletic team.

Parent’s signature: _____

Student’s signature: _____

Date: _____

Timothy Christian School Athletic Department
TCS Weight Room: Informed Consent and Waiver of Claim Form

I would like to use the weight lifting facilities and equipment at the Timothy Christian School Weight Room. I am aware that using exercise and weight lifting equipment can be a dangerous activity involving many RISKS OF INJURY. I understand that the dangers and risks of working out with exercise and weight lifting equipment include, but are not limited to death, serious neck and spinal injuries which may result in complete or partial paralysis, brain damage, serious injury to virtually all internal organs, serious injury to virtually all bones, joints, ligaments, muscles, tendons, and aspects of the muscular system, and serious injury or impairment to other aspects of my body, general health, and well being. I understand that the dangers and risks of participating in a workout with exercise and weight lifting equipment may result not only in serious injury, but in a serious impairment of my future abilities to earn a living, engage in other business, social and recreational activities, and generally enjoy life.

Because of the dangers of working out with exercise equipment and weight lifting equipment, I recognize the importance of following instructions regarding proper use of the equipment, appropriate training and other rules, etc., and to agree to obey such instructions.

In consideration of being presented this opportunity to use the weight lifting facilities and equipment at Timothy Christian School and in acknowledging that I am aware of and willing to assume the risks associated with use of exercise and weightlifting equipment, I hereby voluntarily agree to waive, hold harmless and indemnify Timothy Christian School from any and all claims, demands, damages and causes of action of any nature whatsoever arising out of ordinary negligence which I, my heirs, my assigns or successors may have against them for, on account of, or by reason of my voluntary use of the weight lifting facilities and equipment at Timothy Christian School. I understand the content of this document, and I execute this INFORMED CONSENT AND WAIVER OF CLAIM FORM of my own free will and accord.

PARENT NAME (Print): _____

PARENT SIGNATURE: _____

DATE: _____

STUDENT NAME (Print): _____

STUDENT SIGNATURE: _____