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Timothy Christian Athletic Handbook

The Timothy Christian School Athletic Department’s mission is..

*to develop Christ-like character in each athlete through athletic participation and*

*to represent Timothy Christian School to all of New Jersey as a first-class institution.*

Updated 8/13/21

*Character and Class*

# **TABLE OF CONTENTS**

|  |  |
| --- | --- |
| Introduction to the Parent………………………………………………………………... | 3 |
|  |  |
| Introduction to the Athlete……………………………………………………………….. | 3 |
|  |  |
| TCS Athletic Philosophy……………………………………………………………….... | 4 |
|  |  |
| Governing Associations / Conference Affiliation……………………………………….. | 5 |
|  |  |
| TCS Athletic Department Staff…………………………………………………………. | 6 |
|  |  |
| Communication To and From the Athletic Department………….……………………… | 6 |
|  |  |
| Parent / Coach Communication………………………………………………………….. | 6 |
|  |  |
| Requirements for Participation…………………………………………………………... | 8 |
|  |  |
| Athlete Code of Conduct………………………………………………………………… | 10 |
|  |  |
| Basic Athletic Department Policies……………………………………………………… | 10 |
|  |  |
| Athletic Department Sponsored Awards………………………………………………… | 15 |
|  |  |
| Championships / Accomplishments……………………………………………………... | 18 |
|  |  |
| Form - TCS Student Athlete/Family Agreement For Athletic Participation.…………… | 19 |
|  |  |
| Form - Weight Room - Informed Consent and Waiver …………………………………. | 20 |
|  |  |

## 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.
* 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 its certain traditions and responsibilities that must be maintained. A great athletic program is not built overnight; it takes the hard work of many people over many years. As a member of an interscholastic team at 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, divisional 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 program should be a satisfying accomplishment for you and your family.

***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 athletics to teach spiritual lessons. We believe that you will prepare yourself for a life spent following Christ through your athletic experience here at TCS.

***Responsibilities to your School*:** By participating in athletics to the maximum of your abilities, you are contributing to the reputation of our school. Being a student athlete comes with a responsibility of knowing that our opponents, officials and fans will judge our school by your conduct and effort. By exhibiting the kind of character and class we expect at TCS each student athlete has the opportunity to be a witness and share the love of Christ in all they do.

## 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*
   1. Our goal: The student-athlete will grow in Christ-like character as a result of athletic involvement.
   2. Our specific objectives:

* 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!
* 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.
* 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.
* 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.
* 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 to the success of the team.
* 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 spiritually, mentally and physically 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](http://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](http://www.njsiaa.org/) : Established in 1918, the New Jersey State Interscholastic Athletic Association (NJSIAA) is a voluntary, non-profit organization comprised of approximately 435 accredited public and non-public high schools.  A member of the National Federation of State High School Associations (NFHS), the NJSIAA conducts tournaments and crowns champions in 33 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](http://www.gmcconf.org/) : TCS is a voluntary member of the GMC since 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 in a majority of our sports, while competing in the blue division for volleyball and golf.

**ATHLETIC DEPARTMENT STAFF**

* + *Director of Athletics:* Nick Badillo is the Director of Athletics at TCS. He graduated from Palm Beach Atlantic University, in WPB Florida, with a B.S. in Biblical Studies. Nick also earned a Master’s Degree in Counseling from Kean University in Union, NJ. Coach Badillo has been a NJSIAA certified coach since 2006 and the Athletic Director at TCS since 2018.*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 head coaches joining our Athletic Department are required to be certified in coaching by the NFHS through a course offered by the NJSIAA.
  + *Athletic Trainer:* Robert Eckert, ATC Athletic Trainer at Timothy Christian School. Rob earned a  
    B.S. in Athletic Training from King’s College in Wilkes-Barre, PA. BOC certified and Licensed Athletic Trainer by New Jersey Board of Medical Examiners. Rob has been an employee of TCS since 2016.
  + *Tigers Den Coordinator:* Karla Elsaesser leads her team of volunteers throughout the sports seasons, providing delicious food and beverages for our families and athletes to purchase. The proceeds from the Tigers Den go directly to the continued growth and development of our athletes.

## COMMUNICATION WITH THE TCS ATHLETIC DEPARTMENT

* *Web*: <http://www.timothychristian.org/> is where you can find the most up to date [athletic calendar.](https://www.greatermiddlesexconference.org/public/genie/343/school/32/) Once you arrive at the website follow the tabs; Athletics 🡪 Athletics Calendar for communication of all games, practices, and special events.
* As of Fall 2021the athletic department began using “TeamSnap” as our major communication tool. Each player and parent/guardian will be given access to this app where they can be able to find the most up to date game and practice schedule, while also communicating with coaches and other players.
* While Parents will have firsthand communication with coaches through our “TeamSnap” app, fans, friends and families that want notifications on game changes can sign up for them on the TCS Athletic Calendar page. There is a “Notify Me” tab that will allow you to open a free account and receive automatic emails and/or text messages when changes occur to the sports schedules.
* *Direct Communication/Social Media*:
  + Director of Athletics: [nbadillo@timothychristian.org](mailto:nbadillo@timothychristian.org)
  + Phone: athletic office: 732.985.0300 x800
  + Instagram: @Tcstigersnj
  + Twitter: @Tcstigersnj
  + Facebook: search ‘Timothy Christian School Athletics’
  + YouTube: search ‘Timothy Christian School Athletics’(please subscribe & turn on notification)

**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.

* *Communications you should expect from your child’s coach:*
  + The coach’s expectations for your child and the team (this most commonly happens in our pre-season coach and parent meeting).
  + An appropriate email address or phone number that the coach is comfortable being reached at. The coach DOES NOT have to give out their cell phone number, but can if they choose to. Coaches ARE expected to give an email address where families can communicate appropriately with them.
  + Another easy way to email the coach is by using our “TeamSnap” app.
  + Location and times of all practices and contests (this is supported by our “TeamSnap App and our “R School” online app and calendar).
  + Team requirements, fees, special equipment, etc.

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. Communication is important to building and sustaining healthy relationships between the coaches, athletes and their families. Therefore, please read the following instructions on how to effectively communicate with our Coaches and AD when challenges arise:

1. The procedure you should follow if you have a concern to discuss with a coach:

* Use the appropriate email address or phone number provided by the coach to setup an appointment.
* If the coach cannot be reached, please email the Director of Athletics and he will assist in arranging a meeting for you.
* 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. Making decisions in the midst of our emotions can lead to unhealthy results that we are trying to avoid. Our goal is healthy relationships and conversations are best had when everyone has had a chance to settle down, collect their thoughts, gather the facts and pray.

1. The Next Step: What a parent can do if the meeting with the coach did not provide a satisfactory resolution:

* Email or call and set up an appointment with the Director of Athletics to discuss the situation.
* At this meeting, the appropriate next step will be determined.

1. As we attempt to communicate properly as coaches and families, please understand that the following issues are not something our coaches should be asked to discuss.

* Playing time
* Team strategy or tactics
* Play calling
* Other student-athletes

## REQUIREMENTS FOR PARTICIPATION

1. *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 365 days 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.
2. *TCS Student Athlete/Family Agreement Form*: Each parent/guardian and athlete shall read the Athletic Handbook and sign the form stating that you have done so. The signed document will be filed in the athletic office.
3. *Other Athletic Participation Forms:* All of the necessary athletic participation forms can be found on our school website [(Timothychristian.org).](https://timothychristian.org/athletics/forms/)
4. *Insurance:* Each family is responsible to provide their own medical insurance coverage, for their student. TCS does provide limited insurance coverage, but only after the family’s personal insurance has been exhausted. It is unlikely that TCS’ insurance company will assist if the student was not initially covered by their family’s insurance.
5. *NJSIAA 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.

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.)

1. TCS Scholastic Eligibility: A student will be placed on academic ineligibility at progress report and report card times if the following academic criteria are not met:

* No more than 1 grade average of F (55-64) in any course
* No average grade below a 55 in any course
* No more than 2 grades of a D (65-69) in any course

Academic ineligibility will affect participation in athletics, debate, class activities, plays, music performances, after-school clubs, etc. Implementation of these restrictions is at the discretion of the administration.

Academic ineligibility begins the day after progress reports and report cards are released and extends two weeks from that day until the next grade check, regardless of whether the student takes corrective measures to raise his/her grade during the two weeks.

If the student’s grades meet the eligibility criteria at the end of the two-week ineligibility period, the student will be allowed to resume extra-curricular activities. If the student’s grades do not meet eligibility requirements, the student will remain ineligible for the next two weeks until the next grade check. A “W/F” will be treated the same as a failure.

If a student is issued academic ineligibility for multiple weeks and shows no desire to improve his/her grades, some specific action by the administration may be taken with regard to the student. This may result in academic probation.

1. *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:

* Require that all coaches be certified in CPR and first aid.
* Instruct all athletes about the dangers of participation in their particular sport.

1. *Financial Obligations & Equipment*

* Uniforms – All game uniforms are purchased by the athletic department and must be returned to the athletic department after each season.
* 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.
* 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 a 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, the principal(s) and head of school, shall meet and determine the appropriate discipline if necessary.

## BASIC ATHLETIC DEPARTMENT POLICIES

1. ***Participation*** – an athlete may participate in only one sport per season (unless approved by the AD)
2. ***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. In the case of a student transferring sports, all such moves must be approved by the AD. In the case of a student who quits, they 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:

* Consult with the head coach for whom the athlete plays.
* Report the situation to the Director of Athletics
* Hand in all TCS issued equipment and apparel

1. ***Practice & Game Attendance*:** 
   1. ***The commitment to play*** on a team affects more than just one athlete. If athletes are inconsistent at practice or games then the development of that player and the rest of the team is affected. Any athlete that thinks they may need to miss games or practice (multiple times in a season) should re-consider their involvement on the athletic team.
   2. ***Once-in-a-Lifetime-Events:*** As an athletic department we understand that there are events in the lives of our athletes and their families that they will need to attend. A coach may excuse an absence only in the rarest of “once-in-a-lifetime” family events. Weddings, immediate family members graduations and funerals are all examples of those excused absences.
   3. ***Doctor/Dentist Appointments*** are all scheduled ahead of time, unless there is an emergency. It is expected that parents/guardians won’t schedule regular appointments for their athlete during a practice or a game. If after multiple attempts to schedule or reschedule your child’s appointment prove difficult, please contact the coach and work something out separately.
   4. ***Practice and Games are mandatory****,* unless stated as optional by the head coach of that sport. In the rare case that an excused absence is necessary, an athlete should always consult their coach immediately of the possible absence. If an athlete is not at practice or misses a game they must understand the consequences of their absence. If the athlete is not at practice or at a game they are not able to prepare properly. As a result, their absence could lead to a loss of a starting spot or a reduction of playing time. Our coaches and athletes spend a lot of time preparing for every game and it is up to the coach to utilize, challenge and grow each player while doing what’s best for the team. If suspension or any kind of discipline is necessary (as a result of a player’s absence) the head coach of that team will communicate that information with the athlete and their parent/guardian.
2. ***Travel*:** It is encouraged that all athletes 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 are extenuating circumstances or other transportation plans have been made between the student athlete, family and head coach.
   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.
3. ***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.
4. ***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:

* Relative importance of the event to the student
* Importance of each event to the school
* Relative contribution the student can make
* How long each event has been scheduled
* 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.

1. ***School Attendance*:** Students missing or showing up late (after 9am) to school for reasons other than illness must have an excused absence in order to participate in that day’s athletic events. Final authority for infractions of this rule will be the principal.
2. ***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!
3. ***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 (unless approved by the administration).
   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.
4. ***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.
5. ***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:

* Extent of the try-out period
* Practice commitment upon making the team
* Game commitments upon making the team

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

* Completed a minimum of 2 practice sessions or 4 hours of practice time
* Performed in at least one intra-squad competition
* Been personally informed of the cut by the coach, including the reason for the action
* Alternative possibilities for other areas of activity in the program if a position is available

1. ***Crowd Behavior:***Since athletics is such a high-profile aspect of a school, it stands to reason 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
  1. 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

1. ***Reporting of Injury*:** All injuries which occur while participating in athletics should be reported to the coach and the athletic trainer. 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.
2. ***Locker Room Regulations***
   1. Rough-housing is not allowed for any reason. Respect one another’s space.
   2. All athletic cleats and spikes should be put on outside, as to not damage the gym floor.
   3. It is expected that all personal possessions be removed from the locker room each night.
3. ***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, unless approved by the trainer.
   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. Using heavy weights incorrectly greatly enhances the risk of injury.
   7. You must warm-up properly before lifting weights.
   8. No chewing gum, eating food, or drinking while in the weight room. (Bottled water is acceptable.)
   9. No horseplay in the weight room at any time.
   10. 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 by the end of season meeting, uniform collection or date defined by the coaching staff.

1. ***Seasonal Awards***– TCS coaches will recognize individuals for their outstanding achievements at each athletic award celebration.
   1. Athletic Participation Certificates – all 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.
   2. Varsity Athletes & Managers Lettering and Pins

* The chenille “T” is presented to any varsity athlete upon successful start and completion of their first full varsity season.
* 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.
* 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 awards celebration.

1. ***Coaches Awards -*** The coach may give out any combination of the following awards as they see fit.
   1. Rookie of the Year Award: The ROY award will be given to that player that has participated in our JV & Varsity Teams for the first time. At TCS we most commonly have underclassmen competing at the varsity level and this award is to recognize that first year player who competed on each team. This award can be given to an upper classman that is playing the sport for the first time.
   2. Coaches Award: The CA is awarded to that athlete that represents the ideal mental, emotional, and spiritual disposition. The list of characteristics that the Coaches Award recipient possesses may include but not limited to:

* Unselfishness
* A coachable spirit
* Enthusiasm
* A positive mental, spiritual, and emotional influence on his/her teammates
* A high level of work ethic, especially during practices
  1. Most Improved Player Award: The MIP award will be given to the player that has shown tremendous improvement over the course of the season or possibly career. Areas of improvement that can be considered for this award are (but not limited to); Statistical improvement and overall player development over the course of a season.
  2. 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. This athlete must check all of our core value boxes. Simply put, their display of character and class must also match their high performance as an athlete. When all of these come together, you are able to identify the most outstanding player.

1. ***Annual Awards* –** Timothy Christian School’s Director of Athletics, with input from the appropriate sources, will choose the recipients of these awards:
   1. Athletic 4 Year Commitment 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
   2. 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.
2. ***Greater Middlesex Conference*** *(GMC) Awards*:
   1. 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.
   2. TCS has the privilege each year of selecting a male and female student athlete for the following awards:

* Sportsmanship Award
* Scholar Athlete Award (one of the two recipients will also become eligible for the NJSIAA Scholar Athlete award as well)

**CHAMPIONSHIPS & ACCOMPLISMENTS:**

(Records beginning with the mid 1990’s)

## Soccer:

## ACSI Regional Soccer Champions (boys) – 1995, 1996, 1997, 1998, 1999, 2001, 2002, 2003

## Patriot League Champions (boys) – 2005

## Patriot League Champions (girls) – 2008

## Rutgers Prep Invitational Champions (boys) – 2004, 2005

## ACSI Regional Soccer Champions (girls) – 1999, 2002, 2003

## GMC Gold Boys’ Division Champs – 2012, 2013, 2017

## GMC Gold Girls’ Division Champs – 2010, 2013, 2014, 2021

## Five alumni have played on NCAA national champion soccer teams

## Volleyball:

NJSIAA State Tournament Qualifier (girls) – 2008, 2016, 2017, 2018, 2019, 2021

Cairn University Tournament Champions - 2021

**Baseball:**

## GMC Gold Boys’ Division Champions – 2011

## TCS Boys’ Tournament Champions – 2013

**Softball:**

TCS Girls’ Tournament Champions – 2013

## Basketball:

## GMC Gold Girls’ Division Champions – 2013, 2014, 2017, 2019

## GMC Gold Boys’ Division Champions – 2014, 2018

## Eastern Christian Christmas Tournament Champions - 2016

## TCS Invitational Tournament Champions (boys) – 2007, 2008

## Valley Forge Christian College Invitational Tournament Champions (boys) – 2008

## TCS Invitational Tournament Champions (girls) – 2007, 2009

## Boys’ 1,000 point club: 11 members

## Girls’ 1,000 point club: 8 members

## Golf:

NJSIAA State Tournament Qualifier – 2007

## Track & Field:

ACSI Regional Champions (girls) – 2008, 2009, 2010

ACSI Regional Champions (boys) – 2009

NJSIAA Meet of Champion Individual Qualifiers – 2

MACSA (Girls) 2019 First Place Team Finish

**TCS Student Athlete/Family Agreement For Athletic Participation**

Upon accepting a spot to compete on a TCS Athletic Team, you are **committing** to following the guidance provided in our TCS Athletics Handbook. TCS Athletics has three types of athletes who commonly commit to competing on our teams. The first athlete is the individual who is looking at sports from a community and exercise perspective often committing to play a sport for the first time. The second type athlete is often an individual who has played sports most of their lives and now wants to take their skills to another level. Our third type of student athlete can be described as someone who aspires to play the game at the college level and possibly beyond. What makes TCS Athletics so unique is that all three of these types of athletes can commit and compete on the same team. What brings all of our athletes together is their commitment! When everyone is committed, great things can happen.

Here are some examples of what you will find in our TCS Athletic Handbook to help describe commitment:

* A commitment to pursuing and growing your relationship with Jesus Christ.
* A commitment to putting your best efforts into your academics.
* A commitment to the team, knowing that all events (practices, games, fundraisers, and awards ceremonies) are mandatory inside of each sports season. All H.S. teams practice Monday through Saturday, unless otherwise decided by the coaching staff.
* A commitment to maintain a healthy level of communication between coach, student athlete, and families.
* A commitment to being teachable, flexible, humble, and having integrity and compassion. These core values reflect the heart of a TCS Tiger.

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Commitment isn’t commitment until something comes along to challenge that commitment. In other words, we understand that there will be many times during the season, that you will have to choose between your commitment to this team and other opportunities that may present themselves. Before committing to the team, we ask that each student athlete and family consider the commitment at hand. Our Athletic Director and Coaching Staff will work closely together with our student athletes and families to make sure that every student athlete that wants to compete on a TCS athletic team is able to.

If for some reason you have questions or concerns about the obligation or your ability to commit, please do not hesitate to setup a meeting with our coaching staff. They will do their best to guide you in what is or isn’t possible based on the challenges you are facing with committing to the team. God Bless & Go Tigers!

**Your signature below expresses that you are in full agreement and compliance with the heart, policies and standards of this form and all that is written within our TCS Athletics Handbook.**

**Player’s Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Parent’s Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Coach’s Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**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’s Printed Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent’s Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Student’s Printed Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Student’s Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date of Signing: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_