



# CASCADE CHRISTIAN SCHOOLS ELEMENTARY ATHLETICS

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# PROGRAM INFORMATION PACKET

# CCS MISSION STATEMENT

To glorify God by providing an excellent Christ-centered education dedicated to developing discerning leaders who are spiritually, personally, and academically prepared to impact their world.

## CCS STATEMENT OF FAITH

We believe:

- in one sovereign and eternal God, revealed as Father, Son, and Holy Spirit (Ephesians 4:4–6, John 15:26–27).
- God created man in His own image, as male and female (Genesis 1:27).
- all of humanity is created equally in the image of God (Genesis 1:27).
- we were separated from God as a result of choosing sin, and those who believe have been restored by God's love through faith in the life, death, and resurrection of Christ (Romans 3:23, Romans 5:12–19).
- in the virgin birth and the deity of Jesus Christ, the only begotten Son of God, truly human and truly divine (Matthew 1:23, Colossians 2:9–10).
- salvation has been provided for all people through the loving and sacrificial act of Christ's death and resurrection, resulting in eternal life for all who believe, repent, and place their faith in God (Ephesians 2:8, John 3:16).
- in the spiritual unity of all believers, each of whom is an integral part of the church—the body of Christ (1 Corinthians 12:12–14, Ephesians 4:3).
- all believers are responsible to fulfill the Great Commission and make disciples of all people (Matthew 28:19–20, Acts 1:8).
- the Bible is the inspired Word of God—revealed to the world—and contains His plan of salvation and redemption for all of creation (2 Timothy 3:16–17, John 1:14).
- in the Second Coming of Christ and the fullness of salvation for eternity (Hebrews 9:28, Acts 1:11).

# ATHLETE LIFESTYLE AND CONDUCT EXPECTATIONS

Cascade Christian Schools strives to reinforce a godly lifestyle for all athletes. Accordingly, Cascade Christian expects athletes to adhere to standards that represent the highest levels of integrity and godly character, “to walk in a manner worthy of the calling with which [they] have been called,” (Ephesians 4:1, NASB). All students enrolled in Cascade Christian’s Recreation programs are expected to engage in appropriate behavior at all times, both on and off campus, “for whatever you do, do all to the glory of God,” (1 Corinthians 10:31, NASB). Cascade Christian Schools’ Recreation staff will partner with parents or guardians to ensure that student behaviors are pleasing to God, believing that “we are to train up a child in the way he should go, and when he is old he will not depart from it,” (Proverbs 22:6, NKJV).

As a CCS Elementary Athletics Athlete,

I will:

1. Live by biblical standards in all relationships and treat people with respect at all times.
2. Commit to excellence in all things, including a sustained, dedicated pursuit of my God-given potential.
3. Refrain from engaging in bullying directly, indirectly, or online; this includes any form of intentionally intimidating conduct or statements.
4. Be punctual and maintain regular program attendance.
5. Adhere to the Recreation Department’s dress code.
6. Refrain from sending or requesting inappropriate digital messages, photos, or videos, or otherwise misusing technology.
7. Become familiar with the guidelines as listed in the District Parent/Student Handbook and adhere to them.
8. Behave and work responsibly in all Recreation programs, abiding by the standards set by the school.
9. Refrain from unwholesome talk or behavior, and represent myself with pure speech and behavior.
10. Have a courteous, respectful, obedient, and cooperative attitude toward administrative staff, coaches, teachers, staff, volunteers, and all students in the school.
11. Not possess, or in any way make the impression of possessing, or threaten to use any form of weapon, including firearms and explosives.
12. Abstain from all use of tobacco, marijuana, inhalants, drugs and/or alcohol both on and off campus while a student at Cascade Christian Schools.
13. Adhere to Cascade Christian Schools’ technology expectations. Cascade Christian Schools students will conduct themselves with honor and integrity at all times. They will not lie, cheat, or steal, nor will they accept the actions of those who do.

# PARENT COMMITMENT

- I will set an example for my child by honoring our Lord, the game, all players on the court, coaches, and other parents. “In everything, set them as an example by doing what is good. In your teaching, show integrity, seriousness, and soundness of speech that cannot be condemned, so that those who oppose you may be ashamed because they have nothing bad to say about us,” (Titus 2:7-8).
- I will encourage my child and their teammates at all times.
- I will refrain from “sideline coaching” and allow my child’s coaching staff to do their job.
- I will communicate in advance when my child cannot attend a practice or game.
- I will have my child to practices and games on time and will be on time to pick them up.
- I will support, encourage, and take part in a positive youth sports environment.
- I will refrain from making any inappropriate, negative, rude, or insulting comments to the referees.
- I will represent the league with stellar character and integrity.
- I will address any concerns I have about my child’s sport experience with my coach.
- I will bring concerns to the attention of the coach immediately and in the appropriate manner.
- I will set up a time to meet with the coach and will not address the coach with concerns during a practice or game.
- I will supervise any other children I have at the games and will not allow them to run in the hallways, gym, or throughout the campus without supervision.
- This is a great video on bringing joy and perspective back into youth sports for families (we recommend that parents and coaches watch)! **[CLICK HERE](#)**

# **PARENT SPORTSMANSHIP GUIDELINES**

- Remember that young people play sports for THEIR enjoyment. You are at a game to enjoy the competition, not to intimidate or ridicule the other team and players.
- Respect the officials' decisions and encourage all participants to do the same. Understand that they are doing their best to help promote the student-athlete and admire their willingness to participate in full view of the public.
- Respect and show appreciation for the coaches and understand that they have given their time to teach and coach our kids.
- Show respect for the opposing players, coaches, and fans. Realize that there would be no game without them.
- Learn the rules of the game so that you may understand and appreciate why certain situations take place. Encourage athletes and coaches to play by these rules and to resolve conflict without resorting to hostility.
- Always show good sportsmanship since young people learn best by example. Do not use bad language and harass athletes, coaches, officials, or other spectators.

## **PARENT STATEMENT OF UNDERSTANDING**

- I understand that Cascade Christian Schools is not responsible for the behavior, conduct, or actions of players, teams, or other participants from any partnered organizations or schools, during any activities related to this partnership, including but not limited to competitions, events, or training. Cascade Christian Schools will exercise reasonable care to ensure a positive and fair environment for all participants. We are not responsible for: any inappropriate conduct or violations of rules by players or teams representing the Partner Organization; any damage, loss, injury, or claims arising out of the actions of players or teams affiliated with the Partner Organization; any legal or financial obligations incurred by the Partner Organization or its participants.
- I will clean up my area in the bleachers before leaving. No food or drinks will be allowed in the gym (other than water) unless stated differently by an individual school.

# OVERVIEW

## **The Elementary Nisqually League (ENL)**

The Elementary Nisqually League, or ENL, mimics the JH/HS Nisqually League. ENL schools include, but are not limited to: Cascade Christian Schools, Annie Wright Schools, Life Christian Academy and Charles Wright Academy. These same schools compete against one another from K-12th grade.

Many of our sports participate in this league, including, soccer, cross country, recreation basketball, track and field, flag football, and volleyball.

Sports that do not participate in this league will have applicable league information listed on the specific sport website page.

## **Facilities**

For all outdoor sports, our teams practice at the McAlder and Frederickson campuses. Puyallup Elementary teams will travel to McAlder for field use. For all indoor sports, our teams utilize the gyms at McAlder, Frederickson, and CCS's Junior High and High School. Gym time at McAlder and Frederickson is severely limited due to the shared nature of those spaces.

In rare cases, when additional practice space is needed, the Elementary Athletics Department has reserved third-party facilities to host our teams. During such instances, additional travel time will be necessary.

## **Registration**

Registration forms are strictly web-based via Formsite. Open registrations are announced via email along with electronic flyers. Links can be found on the individual Elementary Athletics sports pages on the CCS website.

The deadline to register is listed on sport specific website pages. Registration deadlines are created so the rostering and scheduling process can begin.

## **Payment**

Sports fees are collected at the time of registration via PayPal. A PayPal account is not required to complete a payment. PayPal will allow users to pay as guests via debit/credit card.

## **Refunds**

Due to limited space and advance planning for staffing, supplies, uniforms, and equipment, cancellation refunds are unavailable without two weeks' prior notice to the first practice. With two weeks' prior notice, a partial credit may be available. If an outstanding balance is owed to CCS, the credit will be applied to the outstanding balance.

If there is a schedule change that CCS needs to make because of an unavoidable situation, we will offer a combination of make-up sessions and/or refunds, depending on the specifics of the situation. This will be determined at the time by CCS.

# OVERVIEW CON.

## Participation Guidelines

Girls may not participate in a boys' league if a girls' league is available for the same sport and season. Likewise, boys may not participate in a girls' league when a corresponding boys' league exists. This policy applies regardless of skill level or team preference.

## Playing Up (Advancement to Older Age Group)

Athletes are highly encouraged to participate in their respective age group. Requests to “play up” into an older age division or grade-level team within their designated league will be considered on a **case-by-case basis**.

## SportsEngine App

Elementary Athletics utilizes the SportsEngine app for team communications and scheduling. The app is free, and account invites are generated by the Elementary Athletics staff. Parents can use the same account year after year.

## SportsEngine Parent Guide

## Uniforms

The cost of participating in an Elementary Athletics sports season includes a new uniform. Each season, every sport will feature a new, unique uniform. Athletes are able to keep their uniform and do not need to return them to Elementary Athletics.

## Use of CCS Name, Branding, and Uniforms

To protect the integrity and identity of CCS Athletics, the use of CCS names, logos, uniforms, or branding for teams participating in outside leagues is **not permitted without prior approval** from CCS Athletics.

We recognize that some families may seek additional playing opportunities outside of our CCS Rec or Elite leagues. However, **creating or using CCS-branded uniforms or team names for unsanctioned teams is not allowed**. This includes teams organized by parents or outside groups.

If CCS offers a program in a given sport and age group (e.g., basketball Rec or Elite), families may not form independent CCS-branded teams to compete elsewhere. Participation in outside leagues must not be presented as an extension of CCS Athletics. If you have questions or would like clarification on this policy, please contact the CCS Athletics Department directly.

## Team Photos

Elementary Athletics staff will coordinate with coaches to schedule team picture days. Purchasing individual and/or team photos is optional. Photos are ordered online, directly from the photographer, and are mailed to your home.

# OVERVIEW CON.

## Equipment

Most equipment is provided by Elementary Athletics. However, the few additional equipment needs are as follows:

- Soccer: cleats and shin guards
- Cross Country: running shoes
- Basketball: basketball shoes (optional)
- Baseball: glove, baseball pants, belt (optional: cleats, bat, batting helmet, batting gloves)
- Track: cleats (optional)
- Flag Football: mouth guard, shorts with no pockets, cleats (optional)
- Volleyball: knee pads, volleyball shoes (optional)
- Wrestling: wrestling shoes, headgear (optional), mouthguard (optional)

## Awards

Upon completion of the sports season, every athlete will receive a certificate from Elementary Athletics. Some sports may also include a medals or ribbons. Coaches may choose to hand out their own awards, in addition to the certificate provided by Elementary Athletics.

# TIMELINE

The general timeline for each sports season is as follows:

1. Registration is opened.
2. Registrations are collected and registration closes.
3. Teams are established and coaches are assigned.
4. Coaches are trained and prepared.
5. Develop practice schedules and begin the season!

## Building Teams

This process depends on a number of different factors. The grade divisions can vary from sport to sport. Our registration numbers are different for every season. These numbers change for each campus, grade and gender. Therefore, it is a puzzle-like process to sort the collection of registrations for each new season.

As a general rule, teams are organized by campus, and the designated divisions for each sport. These divisions can be found on the Elementary Athletics section of the website by clicking on the button of each sport. Campuses may need to be combined to create a full team, if the situation calls for it.

In the case of mix-campus teams, practice location may change, and travel will be required.



# **TIMELINE CON.**

## **Practice Schedule**

As previously mentioned, a team's practice schedule cannot be established until teams are formed and coaches are assigned. We use this process for a number of reasons:

- The number of teams for a given season changes from sport to sport and season to season. A valid practice schedule cannot be established until the number and ages of the teams are known. The number of teams also dictates the amount of practice time that we can offer to each team.
- It takes time to connect with our volunteer coaches and prepare them for the season. We honor our coaches by allowing them to choose a practice schedule that works with their schedule, rather than limiting them to a predetermined time slot.

## **Game Schedule**

Game dates are generally published prior to registration, and officially announced once registration is opened. It takes time for each school to establish their teams for that season and then collaborate together. The official game schedule is usually published within two weeks of the first game. Games are entered into SportsEngine for each team.

## **Transportation**

Elementary Athletics does not provide transportation for any practices, games or events.

## **After-School Care**

For families that are unable to pick their child up from school and transition them into sports practice, CCS offers after-school care through the Cougar Club program. Cougar Club offers monthly plans and drop-in service (for a small fee, and as needed). If practice is taking place at the school, coaches can pick up the student for practice and return them to Cougar Club after practice is over. Please contact the Elementary Athletics staff to inquire.

## **Note**

This program information packet is provided for parents and interested parties to get a better understanding of our programs. Please note, this information packet may not be fully applicable to every sport offered. Some of our competitive sports operate through a tryout process and may participate in different leagues/tournament formats. All of the necessary sport-related information will be provided at the time of registration, or shortly thereafter.

# VOLUNTEERING

## Requirements:

- Background check through CCS and our partner organization (if required)
- Signed CCS Statement of Faith
- Signed Coaching Code of Conduct
- First Aid/CPR Training
- Sudden Cardiac Arrest Training
- Abuse Prevention Training

## **Time Commitment**

Coaching with Elementary Athletics can look a little bit different each season - dependent on the sport. However, most sports include: (1) pre-season coaching clinic, (1-2) practices per week, (7-8) games, and (1) post-season party. This does not include any prep-work, admin, or travel time for practices/ games

## **Biblical Worldview Immersion (BWI)**

Every school year at CCS features a new spiritual theme. The spiritual theme is dispersed throughout the school year via the spiritual theme matrix. Elementary Athletics uses this matrix to develop materials that tie the spiritual theme in with athletics.

One of the primary resources is the BWI Coaching Planner. The planner includes training materials, the spiritual theme matrix and planning tools to help Elementary Athletics coaches implement BWI with their athletes.

# CCS COACHES CODE OF CONDUCT

According to the National Federation of State High School Associations, "The function of a coach is to educate students through participation in interscholastic competition. An interscholastic program should be designed to enhance academic achievement and should never interfere with opportunities for academic success. Each student should be treated with the utmost respect, and his or her welfare should be considered in decisions by the coach at all times."

In alignment with our Parent Sportsmanship Guidelines, NFHS Coaches Code of Ethics, and our CCS Athletes Lifestyle, and Conduct Expectations, as a CCS Elementary Volunteer Coach, we ask that you abide by these items and understand the role in maintaining this behavior:

As a CCS Coach, I will:

- remember that young people play sports for THEIR enjoyment, and that I am influential to our CCS athletes. I will not intimidate or ridicule the other team and players.
- respect the officials' decisions and encourage all participants to do the same. Understand that they are doing their best to help promote the student-athlete and admire their willingness to participate in full view of the public.
- show respect for the opposing players, coaches, and fans. Realize that there would be no game without them.
- learn the rules of the game so that I may teach them to my team. I will encourage athletes to play by these rules and to resolve conflict without resorting to hostility.
- always show good sportsmanship since young people learn best by example. I will not use bad language and harass athletes, parents, officials, or other coaches.
- set an example for my child by honoring our Lord, the game, all players on the court, parents, and other coaches. "In everything, set them an example by doing what is good. In your teaching, show integrity, seriousness, and soundness of speech that cannot be condemned, so that those who oppose you may be ashamed because they have nothing bad to say about us." (Titus 2:7-8)
- always encourage my players, and understand that with high pressure, must come high praise.
- support, encourage, and take part in a positive youth sports environment.
- represent the League with stellar character and integrity.
- address any parent concerns with openness and kindness. The Elementary Athletics Staff are there to support coaches, in need of intervention I will inform and discuss the matter with the Directors of Recreational Sports.
- bring concerns to the attention of the Directors of Recreational Sports immediately, and in the appropriate manner.
- be prepared for all practices and games and teach the fundamental skills so that all athletes have an opportunity to improve their skills through active participation.
- communicate with my team via SportsEngine in the event of cancelled practice (of my own choosing).
- take care of, and return, any loaned out equipment at the end of the season.

I, \_\_\_\_\_, acknowledge that I have read, and agree to abide by the CCS Elementary Athletics Code of Conduct. I understand that in the event I fail to abide by this code of conduct, this may result in the removal and banning from coaching in any CCS Elementary Athletics programs.

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

# INCLEMENT WEATHER POLICY

The goal of Cascade Christian Schools' Elementary Athletics program is to provide a fun, healthy and safe environment for athletes. Protecting those athletes (as well as coaches, spectators, and game officials) from inclement weather risks during practices and games is vital to their safety.

Communication concerning the status of practices and/or games will be distributed primarily through Sports Engine, so it is vital that parents/guardians sign up to use this platform. An email/text will be sent to parents/guardians and to game officials as soon as possible. In most cases, game administrators or coaches at the site will determine whether to stop a practice or game due to weather or field concerns.

The following procedures will be used to determine when to stop or cancel a game or practice. All elementary athletics games and practices will be canceled or postponed should Cascade Christian Schools (CCS) be closed due to inclement weather

## **Scheduling**

In the event of inclement weather on game days when CCS remains open, a decision to cancel or play will be made as early as possible. Both outdoor and indoor activities may be canceled due to inclement weather that could cause unsafe playing conditions or unsafe travel. If a game is canceled due to inclement weather, all efforts will be made to reschedule that game. However, some games may not be made up due to time constraints or site availability.

Games will be played in the rain unless the fields are closed, determined to be unplayable, or risk damage, or if lightning is present. The CCS representative on site will work with the game officials to determine the proper decision for the safety of all players and spectators. If no game officials are on site, the CCS representative will make the decision. The information will be provided to the coaches as soon as possible. Parents are responsible for dressing their children appropriately when the weather is less than optimal. Head coaches will make the decision about whether to cancel practices, but that decision **MUST** be approved by either the CCS Elementary Athletics Director or the CCS Elementary Athletics Assistant.

## **Lightning and Thunder**

In case of lightning and thunder, all players, coaches, spectators, and officials must leave the playing field and seek shelter in their vehicles or nearby safe buildings. Not evacuating – for instance staying at the side of the field, in the bleachers or standing under a tree – is dangerous and never recommended.

A waiting period of 30 minutes will take place after the first lightning flash is seen, and an additional 30 minutes from the last flash before play is resumed. To continue the practice or competition, the coach, in consultation with an administrator or game official, will determine if there is enough time to complete the activity. If conditions limit completion, the activity will be canceled, postponed, or suspended.

# **INCLEMENT WEATHER POLICY CON.**

## **High Heat**

In the unusual event of extreme heat, all athletes are required to stay hydrated under the coaches' supervision. Water breaks may be instituted during the game at the direction of the coach or game official when the temperature reaches above 82 degrees. (5- to 10-minute water breaks per every 30 minutes of play). Parents are asked to provide a water bottle or water container for their athlete. In the event of cold temperatures, hydration and layers of clothing are strongly recommended.

## **Air Quality Index**

<https://doh.wa.gov/sites/default/files/legacy/Documents/Pubs/334-332.pdf>

## **Travel**

When inclement weather creates travel challenges, CCS Elementary Athletics staff members and team coaches will decide as early as possible about canceling or postponing practices and/or games. That information will be distributed to parents through Sports Engine, and game officials will be notified via email.