



CASCADE CHRISTIAN ELEMENTARY ATHLETICS

PROGRAM HANDBOOK

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).**

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.

Facilities

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

In the rare instance that additional practice space is needed, Elementary Athletics has reserved third-party facilities to host our teams.

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.

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. Payment plans require a PayPal account.

Refunds

Due to limited space available, and the advance purchases of supplies and equipment, only cancellations received 72 hours prior to the start of the season will receive a partial credit to your account. If there is an outstanding balance owed to CCS, the credit will be applied to the outstanding balance.

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 over year.

[SportsEngine Parent Guide](#)

Uniforms

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

Equipment

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

- Soccer: cleats and shin guards
- Cross Country: N/A
- 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)

Team Photos

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

Awards

Upon completion of the sports season, every athlete will receive a certificate from Elementary Athletics. Some sports may also include a medal 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.
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.

Practice Schedule

As mentioned above, 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 published prior to registration and announced once registration is opened. It takes time for each school to set 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 help transition them into sports practice, CCS offers after school care through the Cougar Club program. Cougar Club offers monthly plans, or can accommodate students on a drop-in (as needed) basis and for a small fee. 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.

VOLUNTEERING

Requirements

- Background Check through CCS and partner org (if required)
- Signed CCS Statement of Faith
- Signed Coaching Code of Conduct
- First Aid/CPR Training
- Concussion 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.

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 needed, and in as timely a manner 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 the contests 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, who also can override the decision.

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 not an acceptable option.

A waiting period of 30 minutes will take place after the first lightning flash seen and an additional 30 minutes from the last flash seen 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.

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 break 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.