

## Sentinel Athletic Office

(239) 936-3319  
[www.goecs.org](http://www.goecs.org)  
[athletics@goecs.org](mailto:athletics@goecs.org)

Athletic Director: Larry Gritton [lgritton@goecs.org](mailto:lgritton@goecs.org)  
Assistant to A.D.: Linda Lynch [llynch@goecs.org](mailto:llynch@goecs.org)

# ATHLETIC HANDBOOK

## PERSONAL TESTIMONY

Knowing Christ as personal Savior is a prerequisite for a being a coach at ECS. Skill in coaching is very important but more important is the coach's relationship with the Lord Jesus Christ. One can only give out what one possesses. Therefore, to approach coaching from a biblical standpoint, the coach must know Christ as Savior.

## APPLICATION FOR COACHING

To be a coach at ECS, the Coach's Application is to be filled out and submitted to the Athletic Director. A conference will then be held to discuss the position. Upon acceptance, the Coach's Contract is to be filled out, signed, and given to the Athletic Director.

## COACH'S Demeanor

ECS recognizes the physical, social and moral degradation associated with the use of alcohol, tobacco, drugs, participation in sex outside of marriage, living with the opposite sex unmarried, non-support of family, gambling, and indecent language. The use of any of these substances or participation in any of these acts at any time, on or off campus, is expressly prohibited while a coach at ECS. If such should occur, it will be necessary for the administration to discontinue the coach's association with the team or if known prior to association, the application will be denied.

At games, the coach's conduct is to be above reproach.

With the athletes, the coach is to:

- Instruct the athletes to address of him/ her as "coach" plus last name.
- Set the team standards high and expect each athlete to meet them. Be in charge.
- Be a friend but not a buddy. A professional attitude is to be maintained at all times. Athletes do not automatically respect a coach. Respect has to be earned.
- Listen when an athlete needs to talk. A problem may exist that merits extra consideration.
- Be a role model as to how problems should be faced and solved.
- Be consistent and fair. Have no favorites. This is very defeating to the other athletes.
- Be positive, even in difficult situations where there is disappointment with the team's performance or conduct. Make certain that the words you speak and actions you take result in profitable learning for the athletes.
- Refrain from using words that have double meanings
- Refrain from physical contact (male coach) with female athletes

### **ATTIRE FOR COACHES**

For **practice**, t-shirts may be worn providing they are in keeping with ECS standards. Shorts are to be at least mid-thigh in length.

For **basketball (including cheerleading) games, wrestling and golf matches**, gentlemen are to wear casual slacks and coaches shirt with socks and shoes. Ladies are to wear a dress pants or skirt and blouse.

For **baseball and softball games**, team uniform or coaches shirt with khaki shorts.

For **football (including cheerleading) games**, coach's shirt with khaki pants.

For **soccer, tennis, swimming, track and cross-country contests**, the coach is to wear a coach's shirt, walking shorts (mid-thigh or longer), socks and athletic shoes.

For **volleyball games**, gentlemen are to wear casual slacks or khaki shorts and a coaching shirt with socks and gym shoes. Ladies are to wear a dress pants, or khaki shorts or skirt and blouse.

### **HAIRCUT/JEWELRY FOR COACHES**

Men may not wear body piercings. Earrings are not to be worn on campus.

Ladies may not wear body piercings (other than earrings).

### **SUPPLEMENT FOR COACHES**

The coaching supplement will be paid in 2 increments (at half of season & then end of the season). When the season has concluded and the following have been given to the Athletic Director you will be given your second half:

- Completed End Of Season Check-In sheet
- Copy of Game Statistics and Scorebook
- Award Form
- Uniform Distribution and Return Form – completed

### **FINGERPRINTING**

It is required of all persons working on the ECS campus to have their fingerprints on file with the Florida Law Enforcement Office. Each individual is responsible for having his/her prints made. See the Business Office Supervisor for assistance and information. If this procedure has been completed elsewhere, give the Supervisor a paper of proof.

### **BUS DRIVING – CDL LICENSE**

All coaches are encouraged to secure the necessary licensing for driving a school bus and are to drive when necessary.

### **ASSISTANT COACHES**

Any assistant a coach desires to have must first fill out an application, go through the approval process (see page 5), and sign a Coaches Contract. Failure to secure this confirmation prior to the assistant beginning his responsibilities could mean dismissal of the assistant.

### **MATERIALS FOR DISTRIBUTION**

All materials, letters, flyers, etc. for distribution to athletes and parents are to have prior approval from the Athletic Office.

### **KEYS (SCHOOL)**

School keys issued to the coach may not be duplicated, given to or loaned to another person.

## ***PRE-SEASON ORGANIZATION***

### **SENTINEL ATHLETIC BOOSTER CLUB**

The Sentinel Athletic Booster Club is a support organization for the athletic department. Their role is to work with the A.D. and coaches regarding special athletic needs. All coaches are encouraged to attend the monthly Booster meetings and make their team needs known.

### **FUND-RAISING**

There are a number of fundraising opportunities available. Program Ads and Fence Banner sales are among the best. For other suggestions, please consult the A.D.

### **PURCHASES**

All purchases for each sport are to have prior approval from the A.D. through the use of a purchase order. If you make a purchase without the purchase order and A.D.'s approval, you may be subject to pay for that purchase.

## ***REQUIRED FORMS***

### **PHYSICALS**

All athletes in grades 6-12 are required to have a physical examination. Physicals are provided by the Athletic Office in May, for a small fee.

Before the first practice, the following forms are required to be on file in the Athletic office:

- Athletic Participation Form
- Physical Evaluation
- Consent and Release from Liability Certificate

\*The athletic office will notify you of any athletes that would not be able to participate because of paperwork not turned in. It is the coach's job to notify the Athletic Office of any new athletes that come out for your team that was not previously on your roster that you turned in to the athletic office.

## ***TRY-OUTS / PARENT MEETING***

### **TEAM SELECTION**

Athletes are to be chosen for our teams based on skill and attitude. Being a member of one of our teams is not a right, but a privilege. Students from a lower grade level may be placed on a higher-level team with the Athletic Director's approval. Cuts from the team are to be approved by the Athletic Director before any discussion with the athletes.

### **PARENT MEETING**

Each team will have an organizational meeting prior to the first match of the season. The following information must be covered:

- Parent Volunteer Sign-up
- Cover the points of the "Parent Orientation Meeting" form
- Athletic Paperwork
- Practice Schedules
- Team Rules
- Parent Contact
- Uniform Distribution/Care/Return
- Dress Code for practices and to/from games
- Senior Night (Varsity teams only)
- Team Awards

## *IN-SEASON*

### **ATHLETIC EVENT REPORT**

After each game, the coach is to provide the Athletic Office with game scores and other notable game information. For announcements of game scores in the following Morning Announcements, game information must be emailed to [athletics@goecs.org](mailto:athletics@goecs.org) by 7:00am the morning following the game.

### **MUSIC**

All music for home games or matches must have approval by the Athletic Director before playing in our athletic facilities.

### **WEBSITE**

Check the website daily for schedule changes, new events, current records, etc. Please inform the parents to check the webpage daily as well. The webpage is our most current information that will help with changes in the schedules.

### **TOURNAMENTS**

Periodically throughout the year, the school will sponsor tournaments. The proceeds will be placed in the school's sports fund for use in their sports program. Attached are the guidelines and financial sheets.

### **TEAM PHOTOGRAPHS**

Team photographs will be scheduled and taken by a photographer designated by the Athletic Department. All players must be in uniform when these photos are taken. Only players, coaches, and managers are allowed in the team photos. Every effort will be made to ensure that all players are present for the picture.

## *EQUIPMENT / UNIFORMS*

### **EQUIPMENT CARE**

The sports' equipment is expensive! It is to be guarded and accounted for after each practice and game. At no time is equipment to be left at the game site. Leather basketballs are to be used **inside only**. When running on the bleachers the players are to run with running shoes, not cleats.

### **UNIFORMS**

The school will purchase all uniforms. Each team may purchase new uniforms on a four to five year rotation schedule. New styles do not justify a need for new uniforms.

The uniform is loaned to the athlete, and he/she is responsible for its care. It is to be cleaned for each game. Impress upon the athletes to wash the uniform properly. They are to be washed alone with a mild detergent and line dried – NEVER put uniforms in the dryer. Failure to follow these guidelines will require replacement payment by the athlete as determined by the Athletic Director.

### **UNIFORM DISTRIBUTION AND RETURN**

Fill out completely the **Uniform Distribution and Return** Form when uniforms are issued to the players and returned. Have the athletes bring a change of clothes to the final game, change, and turn in uniforms immediately. Return all uniforms and the **Uniform Distribution and Return Form** to the Athletic Office.

It is the coach's responsibility to collect and return ALL uniforms prior to receiving the coach's stipend.

## ***PRACTICE FACILITIES***

Practice facilities are scheduled according to season. For multi sports in/on one facility, cooperation and careful scheduling is necessary. It is the responsibility of the varsity coach to coordinate practice times for each of the sub-level teams.

Off-season sports may schedule open gyms through the Athletic Department.

### **CARE OF GYM AND FIELDS**

After each **practice** and **game**, the coach is responsible to help the athletic personnel and maintenance department by instructing players to help put chairs away, field equipment, empty water coolers, remove all clothes and personal effects from the field and bench areas, clean locker rooms, pick up trash on field or court, etc. The gym and fields are to be left clean and neat. This will teach the athletes to have ownership of their equipment and facilities.

During practices and games, no food may be eaten in gym. No open containers are allowed.

### **LOCKER ROOM**

The coach is to be present in the locker room while the athletes are dressing for practice and after the practice. The conduct of the athletes is to be orderly. No loud yelling or horseplay is to take place. During practices and games, the athletes' books, clothes and valuables are to be locked up in the locker room. No player is allowed to leave the locker room until the locker room and restroom are clean and free of clothing and trash. Each coach is responsible for keeping the locker rooms clean.

## ***PRACTICES***

### **PRACTICE ON WEDNESDAYS**

All Wednesday practices must end at 5:30 p.m. to allow for church attendance. If a student has a youth event to get ready for, they cannot be punished for not practicing on Wednesday's due to church activities.

### **PRACTICE PATTERNS**

For consistency, the varsity coach for each sport will establish the basic practice patterns for all of the teams to follow. Adherence is required.

### **PRACTICE REGULATIONS**

Practices should include prayer. Coaches are to be certain the gym and locker rooms are left clean and orderly. Gum may not be chewed at an on campus practice or game nor on the bus at an away game.

Non-team members are not to be in the gym during practice. The coach is to ask them to leave. Outsiders are not to be involved unless invited by the coach. Visitors are to abide by ECS standards while on campus. For sports played in the gym, team members are to be in the gym and in the vision range of the coach at all times. Loitering outside of gym or away from coach's supervision is not permitted. For sports played outside, athletes are to always be in the vision range of the coach.

After an off-campus practice or game the coach is to remain on campus until all team members have left. He/she is to be aware of who is picking up the students after practice. If something seems amiss, it is to be reported to the A.D.

No prior athlete who has been asked to withdraw or has withdrawn with disfavor from ECS may practice or be in the gym during practice.

Practice that occurs on the day of a school activity (banquet, concert, etc.) in which the athlete is to participate is to be over at a reasonable hour to allow the athlete time to prepare. The Athletic Schedule is to be flexible to allow time for Fine Arts and other school activities in which the students participate. Conflicts in scheduling are to be resolved by the Athletic Director, coaches, and teachers without penalty to the student.

### **PRACTICE OF NEXT SEASON SPORT**

An upcoming sport may be promoted or practiced as long as it does not interfere with the current sport season. If an upcoming sport needs to start practicing before the current one is over, the coaches are to meet with the Athletic Director. If the practice of the upcoming sport is in the evening after the current season's practice, the coach must make allowances for academics and other conflicts. The upcoming sport may not practice players from the current sport during preparation for Districts or any of the advanced stages until the current season ends.

## ***INCLEMENT WEATHER***

### **LIGHTNING**

- 30-30 Rule
  - If lightning is reported, the FHSAA requires a 30 minute delay of game.
  - In the Athletic Director's office is a lightning meter which can be used to detect potential lightning.

## ***TRAVEL***

### **NIGHT GAMES (AWAY)**

Athletes are to remain in the gym during the entire time they are at an away game. Athletes are to inform their parents in advance of the time they will be returning to the ECS campus. Pickup is to be immediate. After an away night game, the coach is to remain at school until all of the athletes have left.

### **OUT-OF-TOWN GAMES ON SCHOOL NIGHTS**

It is customary for a team to stop at a restaurant after an out-of-town game. It is important that the players arrive on campus by 11:00 p.m. on a school night.

Any team or group on a designated ECS activity that arrives back at school after midnight on a school night will be excused from first period the next day. Any assignments, quizzes or tests, due first period must be completed and turned in on that day. Any student arriving after the start of second period will be considered unexcused.

### **INFORMATION BULLETIN**

Prior to an overnight trip or leaving for camp, an Information Bulletin is to be published for the benefit of the athlete and the parents. The information is to be given to the A.D. for approval and printing.

## **OVERNIGHT TRIP EXPENSES**

Overnight trip expenses (hotel, entry fee, food, etc.) can be shared equally by the participating athletes or paid for out of the team's fund. ECS will reserve and pay all costs deemed necessary for transportation during district, regional, and state competitions

## **BUS MAINTENANCE**

The buses are a very vital part of the school's program. Teams using the buses are to respect them. No abuse of the interior is to take place. If such should occur, the coach is responsible for seeing that the perpetrator pays for the damage. No gum chewing is to occur on the bus. On away trips, enough time is to be allowed for eating in a food establishment.

Upon return to campus, the coach is to inspect the interior of the bus, making certain it is clean. If dirt and sand are obvious, it needs to be swept and seats wiped.

## **BUS CLEANING**

It is the responsibility of the coach to make sure that everything is cleaned on the bus before he/she leaves. Nominate a few players to pick up the trash, sweep the floor and empty the trash. Do a thorough check before your students leave.

## **TRANSPORTATION TO AND FROM GAMES**

Athletes must ride the bus to and from an away game. An athlete may return home with his/her parent but not with friends. Coaches are to enforce the following guidelines on the bus:

- Use of Ipods, MP3 players, & CD's are allowed upon the discretion of the coach.  
**NOTE:** All music listened to by athletes must be Christian. If a secular CD is found, it is to be confiscated by the coach. This policy is for personal, not public, use (i.e. Weight room, home athletic events, etc.).
- Talk is to be quiet.
- Rowdiness is not allowed.
- Athletes who disturb others will have assigned seats.
- Girls need to sit in the front and boys in the back on both sides.
- While the bus is in motion, athletes must be seated.
- Misconduct and inappropriate language is to be dealt with immediately and reported to the Athletic Director.
- At least one, preferably two, coaches are to be on the bus to supervise. Do not depend on parents to take care of discipline problems.
- After an out-town-trip, the athletes are to clean the bus (sweep, wipe seats, pick up clutter).

## ***POST-SEASON AWARDS***

### **AWARDS NIGHT**

At the end of each sport's season, Coaches may hold an awards party. To receive an earned award, the athlete should be present at the awards ceremony unless a valid reason is provided. Parties are to be in keeping with the school's guidelines.

### **AWARD SHEETS**

**Immediately** upon the end of the sport's season, the coach is to give the Athletic Office the completed **Award Sheet**. Plaques are awarded to athletes in sport-specific categories (i.e. Most Valuable Player, Best Defensive Player, etc.). The Athletic Department will provide a maximum of 6 plaques per team.

## Award Requirements:

- Shown good sportsmanship/attitude.
- Been present in at least 80% of the practices and played in 80% of the games \*
- Shown a certain level of skill to be determined by the coach.

Note: 6th grade Varsity athletes may Letter at the Coach's discretion

### • VARSITY -

- Varsity Letters, Letter Pins, & Letter Certificates are awarded to varsity athletes & managers who meet the above requirements.
- Team Certificates are awarded to statisticians who meet the above requirements.
- Participation Certificates are awarded to varsity athletes, managers, & statisticians who do not meet the above requirements.

### • ALL OTHER LEVELS -

- Team Certificates are awarded to athletes, managers, & statisticians who meet the above requirements.
- Participation Certificates are awarded to athletes, managers & statisticians who do not meet the above requirements.

## SPORTS CAMPS

Varsity coaches will have the opportunity to conduct a sports camp during the summer to refine the skills of the athlete and to generate operating funds for coach. Attached are the guidelines and financial sheets.

# ***FHSAA RULES AND REGULATIONS***

## **ELIGIBILITY GUIDELINES**

### **FHSAA**

ECS is a member of the Florida High School Activities Association, which is the governing body for high school athletics. Questions pertaining to FHSAA rules and regulations should be directed to the Athletic Director.

### **ACADEMIC ELIGIBILITY**

#### **Grades 9<sup>th</sup> – 12<sup>th</sup>**

- Students must have a cumulative GPA of 2.0 based on a 4.0 scale to remain eligible.

### **LIMIT OF ELIGIBILITY**

- Each student shall have four consecutive years of eligibility beginning when they first enter 9th grade.
- Four years from the date he/she entered 9th grade, students shall become ineligible for all interscholastic sports.
- Middle School students may participate in interscholastic athletics one year as eighth graders, one year as seventh graders, and one year as sixth graders. Middle School students repeating any grade may not participate in interscholastic athletics during their second year in grades 6, 7 or 8.
- A student must be less than 19 years, 9 months of age to participate in high school athletics.

## TRANSFER STUDENTS

- A student will be eligible at the school in which he/she first enrolls each school year or at the school in which he/she becomes a candidate for an athletic team by engaging in a practice that begins prior to the start of the school year .

**NOTE:** If the athlete participates in any summer team camp or practice at the prior school, they are ineligible to participate in any of our summer team camps or practices.

- A student who transfers, (changes schools after beginning the school year at another school) will be ineligible for athletics for 1 year unless he/she meets one of the following exceptions:

**9.3.2.1 Exception – Full and Complete Move to New Residence.** A student who moves to a new home address due to a full and complete move by the student and the persons with whom he/she has been living for at least one calendar year that makes it necessary for the student to attend a different school and meets all other eligibility requirements as provided in Article 9 will be eligible subject to Bylaw 9.3.3. A student and his/her parents cannot occupy a residence at more than one address, and only the student's current residence may be used for eligibility purposes.

**9.3.2.1.1 Full and Complete Move Defined.** The following items are evidence a move is full and complete:

- (a) The former residence is not occupied for any purpose at any time by the student or any of the persons with whom the student has been living; and
- (b) All personal belongings are moved from the former residence; and
- (c) Mail is received at the new residence; and
- (d) All utilities are transferred to the new residence; and
- (e) Driver's license, voter registration and other forms of legal identification are changed to the new residence.

**9.3.2.2 Exception – Necessary Relocation to Residence of Another Individual.** A student who transfers because he/she has to move into the residence of another person who lives at a residence that makes it necessary for the student to attend a different school and meets all other eligibility requirements as provided in Article 9 will be eligible at the new school subject to Bylaw 9.3.3. This exception applies only to the following specific situations:

- (a) One of the persons with whom the student has been living dies;
- (b) One of the persons with whom the student has been living is imprisoned or committed by court order to a mental facility;  
or
- (c) The student is made a ward of the court or state and is placed in a foster home by a court of legal jurisdiction. In this case, a certified copy of the court order, a copy of the petition upon which the order was based, and other evidence the court had to consider in issuing the order must be provided to the FHSAA Office. Temporary guardianship that is granted without the approval of a court of legal jurisdiction does not meet this requirement.

**9.3.2.3 Exception – Move to New Residence Following Marriage.** A student who marries and immediately establishes a new residence with his/her spouse at a residence that makes it necessary for the student to attend a different school and meets all other eligibility requirements as provided in Article 9 will be eligible subject to Bylaw 9.3.3.

**9.3.2.4 Exception – Reassignment by District School Board.** A student who is reassigned during the school year to a different school by the district school board, as long as the reassignment is not for athletic or disciplinary reasons, and is not requested by the student or his/her parents, and meets all other eligibility requirements as provided in Article 9 will be eligible at the new school subject to Bylaw 9.3.3. In this case, the student may participate in interscholastic athletic competition at the public school where he/she is assigned or a private school he/she chooses to attend.

# GUIDELINES FOR ATHLETES

## PLAYER CONDUCT

Abusive language, rude or disrespectful behavior or fighting will not be tolerated. All technical fouls, red cards, and unsportsmanlike conduct by players during practices or games will be reported to the Athletic Director and the FHSAA, if necessary. Discipline may include suspension from the team for a determined number of days, weeks, or contests.

## GRADE LEVEL EXCEPTIONS

Athletes will play on teams in keeping with their grade level (Exception: Upon recommendation by the coach, the Head Administrator and the Athletic Director will consider allowing an athlete to move from a lower team to a higher team). Athletes in grades 6 - 12 may try out for any sport that has only one level.

## WEIGHT ROOM REGULATIONS

The weight room may be used by permission only. An adult must be present at all times for the weight room to be open.

## STUDENT MANAGERS

Student Managers are valuable assets to our athletic teams. Students desiring to serve as managers should contact the Head Coach. Student Managers are required to meet and follow all rules and regulations pertaining to athletics and may earn varsity letters by meeting the same criteria as team members.

## *CONDUCT*

### CONDUCT/ATTITUDE

Athletes are to maintain exemplary conduct and attitude **at all times**. Failure to do so could result in suspension from the team.

### DISCIPLINE OF AN ATHLETE

Should an athlete be issued a disciplinary action for a day that conflicts with a practice, he must serve the disciplinary action given. If a disciplinary action is issued for a day that conflicts with a game, he/she may request to reschedule the disciplinary action to the next available day. An athlete may request one disciplinary change per semester.

For Districts, Regionals, Sectionals, and State games, the disciplinary action will be postponed. However, additional disciplinary action will be given. If an athlete is on Internal Suspension on the day of a

game, he/she must dress up and sit with the squad but not participate. He/she is to participate in practice, however. If such should occur during Districts, Regionals, Sectionals, and State games, the disciplinary action will be postponed. However, additional disciplinary action will be given.

If an athlete is on External Suspension on the day of a game, he/she is not allowed to be on campus or attend any school sponsored event that day or evening (on or off campus) including games and practice. This also applies to Districts, Regional, Sectionals, and State games.

Participation in any of the following items listed below will result in expulsion from the team.

1. Smoking
2. Drinking of alcoholic beverages \*
3. Using drugs \*
4. Being suspended from school
5. Displaying poor class or bus conduct
6. Persistent violation of dress or uniform code
7. Use of unacceptable language

## **POLICY ON SCHOOLWORK MISSED DUE TO EARLY DEPARTURE**

When leaving school early for an athletic event, all schoolwork including test, quizzes, and homework due that day are to be completed and turned in before departure.

### **INITIATION**

No initiation or hazing of any kind is allowed. No athlete will be allowed to take advantage of another athlete in any way. Severe discipline of the team will result upon violation of this rule.

### **NON-SCHOOL COMPETITION**

Participation by a student in non-school competition (i.e. AAU, USVBA, American Legion, club settings, etc.), as a member of a team that is affiliated with any school other than the school which the student attends, followed by a transfer by that student to that school, shall be considered prima facie evidence that the student was recruited by the school to which he/she transferred.

Unless prima facie evidence of recruiting is disproved by the school and the student to the satisfaction of the Commissioner, the student shall be ineligible to represent that school in interscholastic athletic competition for a period of 365 consecutive days from the date of his/her enrollment in that school.

A team affiliated with a school is one that is organized by and/or coached by any member of the coaching staff at, or any other person affiliated with, that school; and/or on which the majority of the members of the team (participants in practice and/or competitions) are students who attend that school.

### **PERFORMANCE-ENHANCING DRUGS**

The use of anabolic steroids or other performance enhancing drugs by a student athlete is not permissible and is considered to be an act of gross un-sportsmanlike conduct. A student athlete discovered

to be using such substances will be ineligible to compete in any interscholastic contest until such time as medical evidence can be presented that the student's system is free of those substances.

## ***ATTENDANCE/PARTICIPATION***

### **SCHOOL ATTENDANCE**

To participate in an afternoon or evening sport, the athlete is required to be in ½ school day or 4 periods on the day of the event.

### **PRACTICE AND GAME ATTENDANCE**

Prior notice is to be given to the coach for any absences. If prior notice is possible, but neglected, the absence will be counted unexcused.

The following are considered as excused absences:

- Illness
- Unavoidable medical appointments
- Death in family
- Private academic tutoring (should be scheduled on Tuesday or Thursday at the same time as group tutoring)
- Special family situations (Weddings, counseling, etc.)
- Special church activities (when choosing to attend a special activity, the athlete should keep in mind the attendance policy for lettering and the pressure imposed on the team by being absent.)

Unexcused absences to practices will receive the following:

- First absence = Lost practice time will be made up individually
- Second absence = Suspension from participating in upcoming game
- Tardiness = Discipline for tardiness will be at the discretion of the coach.

An **Unexcused absence** to a game can result in expulsion from the team.

### **DUAL-SPORT ATHLETES**

A player committed to one sport may not quit during the season to participate in another sport. ECS student-athletes may participate in only one major & minor sport during the course of the same season. Student-athletes may not participate in 2 major sports in the same season.

**Major Sports:** Volleyball, Football, Basketball, Soccer, Baseball & Softball

**Minor Sports:** Cross Country, Swimming, Tennis, Golf, Track & Field & Wrestling

### **PRACTICE DRESS CODE**

Sports are to be practiced in shorts that are at least to the middle of thigh for girls. Girls may wear spandex shorts only if regular shorts are worn over them. Shirts with pictures or words are to be in keeping with school standards. Boys are to keep shirts on during and after practice unless the coach directs otherwise.

### **AFTER SCHOOL**

To be on campus after 4:00, a student must be in a study hall, help class, with a coach, or with a supervising teacher.

## **LEAVE OF ABSENCE/WITHDRAWAL FROM SPORT**

Athletes may not take a “leave of absence” from the team, unless deemed necessary by the Coach and Athletic Director.

## **TEAM SHIRT SCHOOL DAY POLICY**

The following are the guidelines for all athletic teams (including cheerleading) when wearing team shirts during the school day:

### Official Team Shirt Days

1. Approved team shirts will be worn for *home games only*.
2. Teams may wear shirts *no more than one day a week*.
3. A student wearing a team shirt on a wrong day, or a wrong shirt on a team shirt day, will be considered out of uniform.
4. Teams whose players disregard the guidelines will be denied the privilege of home game shirt days.

### Shirt Guidelines

1. All shirts must be approved by the administration.
2. Shirts must have sleeves.
3. Official team jerseys or shirts (professionally printed) only may be worn.
4. The team must wear the same shirt. (i.e. football team must all wear jerseys, not some wear jerseys and some wear football T-shirts)
5. Shirts must be worn with uniform pants and shoes
6. Certain jerseys may require a shirt to be worn underneath.
7. Shirts must be long enough to avoid exposing the stomach or underwear.

Because the athletic department must give the upper school administration a schedule of all home game shirt days, coaches are required to provide the Athletic Office with the home game dates **BEFORE** team uniforms can be worn.