

SOUTHWEST CHRISTIAN HIGH SCHOOL ATHLETIC HANDBOOK



Southwest Christian High School

Southwest Christian High School exists to develop mature disciples of Jesus Christ who seek, know, live, and proclaim the Truth and glorify God through academic, artistic, and athletic excellence.

SWCHS Athletics Philosophy

Southwest Christian Athletics creates opportunities for students to pursue both their passion for and excellence in competitive sports in a Christ-centered environment.

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Core Values

Commitment

Commitment is the building block for creating a culture of excellence. **Commitment** for SWCHS student-athletes, coaches, and staff members means we will honor God in everything we do, by being committed to serve and honor each other; to practice, compete and work hard at our sport with joy and effort; to be physically and mentally prepared at all times; and be humble in victory and gracious in defeat.

Integrity

Integrity is to be honorable and consistent in principles, intentions and actions. Coaches and student-athletes will hold each other accountable to be upright and fair in word and deed. When faced with challenges or temptations in practice and competition, our character will not be compromised nor decay, but instead, we will stand firm on the moral teachings and values of Jesus Christ.

Discipline

Discipline is the character trait that helps a student-athlete and a team develop a consistent work ethic, self-control, and focus needed to accomplish and reach goals.

Discipline breeds success in the classroom, in competition, and assists in spiritual growth. SWCHS athletes will see that discipline is a choice, and that progress and improvement come from hard work, persevering through challenging circumstances, and finishing tasks to the best of their abilities.

Expectations of Coaches

Discipleship

- Have received Jesus Christ as their personal savior and Lord
- Accept without reservation SWCHS's Statement of Faith and Vision Statement
- Integrate faith in each aspect of their coaching in accordance with the school's athletic philosophy and school vision
- Teach and reinforce Christian character while leading by example both on and off the court/field

Training

- Instruct players in fundamental skills, rules and strategies of their sport, as well as proper attitude and sportsmanship
- Varsity level programs and coaches will develop excellence in training to compete at the highest level
- Demonstrate proper conduct during and after the games, win or lose ("Be humble in victory and gracious in defeat.")
- Recognize the value of each individual athlete and encourage players of all skill levels
- Head coaches need to be involved in all state coaches' associations. Highly encourage all coaches become active members at the state and national level associations
- Be fully prepared for practices so they are effective, efficient and as safe as possible
- Respect all practice and game facilities and leave facilities better than upon arrival
- Abide by all MSHSL and MRC rules and regulations

Relational

- Discipline fairly and consistently regardless of the player, the score, and the importance of the game
- Honest, open and effective communication is a must with student-athletes, assistant coaches, athletic director, and parents
 - Use the 24-hour rule when addressing conflict
 - Give time for reflection and prayer for all parties prior to addressing the situation
- Demonstrate respect to contest officials, other coaches, players, parents, and the athletic director

Expectations of Athletes

Southwest Christian is a Christ-centered school and we expect student-athletes to be a reflection of this in everything they do.

Academic

- Meet the academic requirements necessary to participate in games
 - Student-athletes with 2 D's, or an F, will be put on probation
- Attend at first half of the school day to be eligible to play or practice on that day
- Students that have an excused absence in the afternoon are eligible to play in practice or competition.

Conduct

- Treat coaches with respect and follow all instructions given by the coaching staff
- Inappropriate language will not be tolerated **at any time** and could be grounds for not participating in practice or a competition.
- Must be ambassadors in the community: Shine the light of Christ in all aspects of their life; in the classroom, in the community, and on/off the field.
- Demonstrate good sportsmanship toward officials, as well as opposing players, coaches and fans
- Use or possession of drugs, alcohol and/or tobacco is prohibited **at all times** (consequences are in school handbook and through the MSHSL guidelines)

Practice and Games

- Arrive on time and attend all practices and competitions (required for all levels)
 - Illness and emergencies will be the only excused absences
 - Work and other appointments must be scheduled so as not to interfere with practices and games
- Travelling with the team to all road games is mandatory unless written permission has been given by a parent and approved by the coach

Logistics

- Have a current sport physical on file in the athletic director's office. Submit all the necessary forms and fees before the date of the first practice
- Take proper care of uniforms and return them (cleaned and folded) to the head coach as soon as the sport season is over

Expectations of Parents

- Act in accordance with Southwest Christian's athletic philosophy
- Help your student-athlete be on time for all practices and games
- Make sure your student-athlete is picked up in a timely manner following practices and/or games
- Schedule all non-emergency medical and dental appointments as not to interfere with practices and/or games
- Support your student-athlete by attending as many games as possible
- Demonstrate a positive attitude toward SWCHS student-athletes, coaches, parents, and athletic director
- Treat opposing teams' student-athletes, coaches, and fans with respect and dignity
- Respect all game facilities and help dispose of any trash from concessions left in the bleachers at both home and away games
- Understand that **your** attitude will determine how your child interprets their athletic experience with their coaches and teammates, as well as the game officials.

- **The Matthew 18 principle:**

“Beware that you don't look down on any of these little ones. For I tell you that in heaven their angels are always in the presence of my Heavenly Father”

- Use the 24-hour Rule when addressing conflict
 - Take time for reflection and prayer prior to addressing the situation the following day
- Meet with the head coach and student-athlete
- Address the problem only with the person (or people) involved
- Notify the athletic director if a solution was not reached. A conference can then be arranged
- If necessary, the head of school and/or the board of education may be notified by the athletic director

Competition Philosophy

Southwest Christian is a part of the Minnesota State High School League and the Minnesota River Conference. In varsity competition, playing time will vary from athlete-to-athlete and the head coaches will determine who will be in the game.

Please do not expect equal playing time between players at any level.

Nevertheless, we do put a larger emphasis on athlete development at the lower levels of competition and strive for a more equal opportunity. If, at any point during the season, you feel there might be a problem in this regard, please follow the Conflict Resolution guidelines on the following page.

Competition: SWCHS Athletics strives to be excellent in all facets, which includes training, competition, but most important...discipleship. We hire coaches that strive to be great mentors and teachers; and emphasize the importance of discipleship and intentional relationship building with each student-athlete. We hold a high standard of commitment to winning and discipleship in each respective sport. We will also teach our student-athletes to have fun first, while also instilling more passion to enjoy their sport.

Playing Time:

- Varsity Level
 - Within this framework we want to position ourselves to achieve the highest possible success
 - The best players will play at this level
- JV
 - Develop as many players as possible to prepare them for Varsity
 - Not all players will have equal playing time
 - Not all players will have the opportunity to play in each game
- C/9th
 - Coaches are encouraged to play all athletes on the team
 - Not all players will receive equal playing time
 - Head coaches will use discretion on how much playing time each player receives, and the best situation to put each player in

Conflict Resolution

The Matthew 18 Principle:

In the event of a conflict within the athletic department involving a student-athlete, or family, the following process will be implemented:

- **Reflection and prayer:** Use the 24-hour Rule when addressing conflict: Take time prior to addressing the situation the following day
- **Step 1:** The student-athlete will approach their coach (current level) about meeting
- **Step 2:** If not resolved after step 1: Include the Varsity Head Coach with current level coach and student-athlete.
- **Step 3:** If not resolved after step 2: Include the Varsity Head Coach, current level coach, student-athlete and parent(s)
- **Step 4:** Notify the athletic director if a solution was not reached. A conference can then be arranged

*If necessary, the head of school and/or the board of education may be notified by the athletic director

2020–21 SPORTS OFFERED

Fall

Girls Volleyball
Boys Soccer
Girls Soccer
Boys Cross Country
Girls Cross Country
Girls Swimming (co-op)
Girls Tennis (co-op)
Football (co-op)

Winter

Boys Basketball
Girls Basketball
Boys Hockey
Girls Hockey (co-op)
Girls Dance
Wrestling (co-op)
Fencing

Spring

Baseball
Softball
Boys Lacrosse
Girls Lacrosse
Boys Golf
Girls Golf
Boys Track
Girls Track
Boys Tennis
Trap Shooting
Fishing (Club)

VARSIY HEAD COACHES

| | | |
|------------------------------|------------------|--------------------------------------------------------------------------------------------|
| Girls Volleyball | Greg Sayuk | G_sayuk@swch.org |
| Boys Soccer | Brad Carlson | B_carlson@swchs.org |
| Girls Soccer | Mark Anderson | M_anderson@swchs.org |
| Boys and Girls Cross Country | Stacy Ingraham | ingraham.stacy@gmail.com |
| Girls Swimming | TBA | TBA |
| Boys and Girls Tennis | Gary Schmidt | G_schmidt@swchs.org |
| Football | TBA | TBA |
| Boys Basketball | TBA | TBA |
| Girls Basketball | Eli Groenendyk | pastor.eli.calvary@gmail.com |
| Boys Hockey | Erik Westrum | E_westrum@swchs.org |
| Girls Hockey | TBA | TBA |
| Girls Dance | Kiana Carlson | kcarlson325@gmail.com |
| Wrestling | TBA | TBA |
| Fencing | TBA | TBA |
| Baseball | Rob Wassenaar | R_wassenaar@swchs.org |
| Softball | Heidi Larkin | hslarkin21@gmail.com |
| Boys Lacrosse | Thor Benson | T_benson@swchs.org |
| Girls Lacrosse | Mark Anderson | M_anderson@swchs.org |
| Boys Golf | Ben Thorson | B_thorson@swchs.org |
| Girls Golf | Bill Hoag | B_hoag@swchs.org |
| Boys and Girls Track | Shani Johnson | sjohnsonjumps@gmail.com |
| Trap Shooting | TBA | TBA |
| Fishing | Brian Bredenberg | Brian.Bredenberg@focus33-print.com |

Medical Forms

A valid doctor's physical must be on file in the athletic office for a student to be considered eligible for interscholastic athletics. Physicals are valid for three years from the date of your examination. At that time, another physical must be presented to the athletic office to maintain eligibility. Physical forms can be downloaded via the MSHSL website:

<http://www.mshsl.org/mshsl/publications.asp#5>

Athletic Fees

\$310

Except for the following sports:

Hockey- \$800

Trap- \$210

Fishing- \$75

Practice Sites

On-campus practices: Girls Volleyball, Cross Country, Boys and Girls Soccer, Boys and Girls Tennis, Boys and Girls Basketball, Boys and Girls Lacrosse

Off-campus practices:

Baseball – Cologne-Fritz Field (Varsity) and Sunset Park (JV)

Softball – Chaska Community Park

Track – Eden Prairie

Golf – Dahlgreen Golf Club, Chaska Town Course, & Bluff Creek Golf Course

Boys hockey (Richfield Ice Arena and Chaska Community Center)

Co-op sports practice times can be found on the website of the host school.

PRACTICE SCHEDULES ARE SUBJECT TO CHANGE.

UPDATED SCHEDULES CAN BE FOUND AT

<http://www.mnriverconference.org>

Practice and Game Transportation

For most away games/matches, a bus will depart SWCHS at the time published on the athletics website and the team schedule. Unless noted on the schedule, a return bus will be provided. *For some away games, a return bus may not be provided.* Student-athletes will be notified in advance, and therefore will be expected to find alternate transportation home. Some road games/matches require teams to leave school prior to the end of the school day. For those games, student-athletes are dismissed from class 15 minutes prior to bus departure. Student-athletes must be prepared to depart the school **on time** and therefore must manage their time wisely. A student-athlete may be left on campus if they do not adhere to the schedule and will then need alternate transportation to the practice or competition (Students will need to get a signed waiver from a parent in order to drive on their own or get a ride).

Uniform Return Policy

Uniforms will be issued prior to the first game of the athletic season. Uniforms will not be issued to any student who has missing fees or paperwork. It is expected that uniforms will be given proper care throughout the season. Upon conclusion of that season, uniforms are to be returned (washed and in good condition) to the head coach of that sport within one week of the final contest. Failure to do so will result in a fine for the cost of the uniform that will be billed to your account.

Athletics Eligibility

From the SWCHS Student Handbook:

If a student-athlete earns an F, or more than one D, on any Educate report or mid-semester grade report, that student-athlete will receive a warning. The student will have until the next Educate report period (three weeks) to bring his or her class grade(s) up to at least a C-.

*If the student fails to bring up the grade(s) after the three-week period, then he or she will be **ineligible** for co-curricular activities (excluding practices) for three weeks. The student will once again be eligible for co-curricular activities only if he or she has no D's or F's at the end of the three-week ineligibility period.*

*Note: Ineligible students are not permitted to ride the bus with the team to athletic events.

Students must be in school at least half of the day (excluding pre-arranged medical or dental appointments) in order to practice or participate in co-curricular activities that day (games or practices).

Students must serve school detentions before they may participate in a practice, game, or activity. If they do not, the detention will double. Additional consequences for detentions may be applied by the coach.

Sports Information

Information such as schedules, results, statistics, rosters, and standings can be found at following websites:

- <http://www.mnriverconference.org> This site contains all practice and game schedules, bus times, and directions to events. It is highly recommended that you become familiar with this website.
- www.swchs.org/sportsnews.htm SWCHS sports news and announcements, as well as links to rosters, results, records and history.
- <https://twitter.com/swchssports>
- www.mshsl.org The Official website of the Minnesota State High School League. Find information regarding section and state tournaments, as well as rosters and information about every high school in Minnesota.
- www.minnesota-scores.net This site collects scores from around the state and is a good place to find the weekly rankings.

The Star Tribune websites for all individual sports showing scores, stats, rankings, and more.

- Mngirlsbasketballhub
- Mnboysbasketballhub

- Mnboyshockeyhub
- Mngirlshockeyhub
- Mnsoccerhub