

# Wheaton Christian Athletics Handbook



*So, whether you eat or drink or whatever you do, do it all  
for the glory of God.*

*1 Corinthians 10:31*

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## Purpose of Handbook

It is the purpose of this handbook to set for the operating procedures for the students, parents, and athletic staff at Wheaton Christian Grammar School. It is designed as a reference source that will facilitate the process of seeking and clarifying information concerning administrative and athletic policies and procedures for the athletic program. The Wheaton Christian Grammar School athletic director and administration reserves the right to change any procedure in this handbook at any time at its sole discretion when such decisions are necessary.

## WCGS Athletics Philosophy

Athletics are an important part of the educational experience at Wheaton Christian Grammar School. The athletic program at WCGS exists for the purpose of developing physical, personal, and spiritual skills of the student-athlete that will have lifelong benefits. In providing opportunities for interscholastic competition, the athletic department seeks to support the overall mission of the school, and to promote the Biblical ideal that everything should be done to glorify God. (1 Corinthians 10:31)

## Core Values

Values in the arena of athletics help to accomplish the mission of making disciples. We are here to help train up our student-athletes in the way they should go - Proverbs 22:6. This means that we will coach from a biblical perspective and strive to be a true reflection of Jesus Christ to our athletes.

### Character

Promoting honesty, integrity, humility, loyalty, unity, and encouraging total character development of our athletes is essential. These traits are foundational in building a "TEAM".

Showing good sportsmanship, respecting others at all times and under every circumstance is expected. This includes behavior towards coaches, teammates, officials, opposing coaches, opposing players, and fans. We expect our coaches and athletes to demonstrate respect toward officials, opponents, and fans at all times.

*"Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. <sup>4</sup> Let perseverance finish its work so that you may be mature and complete, not lacking anything." James 1:2-4*

## Relationships

Relationships are key for a program to come together and be successful. We want relationships that are transformational with each individual in the program that goes well beyond the court or that particular season. Creating a winning environment by displaying a positive attitude and providing daily encouragement to those under our leadership helps build strong relationships. We will strive to build personal relationships with our players to meet them at all the different levels and stages of life they are currently in. Every player is unique and valuable to the success of the team, and we hope to clearly convey that message and our student athletes are confident in their place on the team.

The most significant and meaningful relationship we aim to develop is for each of our student athletes to have a personal, vibrant and growing relationship with Jesus Christ. We believe that if we achieve this goal, even when we lose a match or game, we have accomplished our mission. Conversely, if we win every game but fail here, we will have achieved little of lasting significance.

*“As iron sharpens iron, so one person sharpens another.” Proverbs 27:17*

*“Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, <sup>4</sup> not looking to your own interests but each of you to the interests of the others.” Philippians 2:3-4*

## Competitive Culture

Fostering a commitment to excellence is a key to success. Success in athletics is the result of coaches and players going the extra mile. Teams who pay the price in the off-season win championships. We must communicate great expectations, provide great instruction, emphasize great fundamentals, and demand great effort, in the context of strong relationship. Most importantly, according to God’s word, if we want to be great, we must model great servant hood to our teams.

*“So, whether you eat or drink or whatever you do, do it all for the glory of God.”*

I Corinthians 10:31

*“Whatever you do, work at it with all your heart, as working for the Lord, not for human masters,” Colossians 3:23*

## Sports Offered

Season	Sport	Levels	Grade(s)	Tryouts
Fall	Boys Soccer	JV and Varsity	6-8	Yes
	Girls Volleyball	JV and Varsity	7-8	Yes
	Boys Cross Country	TBD	6-8	*No
	Girls Cross Country	TBD	6-8	*No
Early Winter	Boys Basketball	7 <sup>th</sup> and 8 <sup>th</sup>	7-8	Yes
	5 <sup>th</sup> Boys Basketball	TBD	5	*No
	6 <sup>th</sup> Boys Basketball	TBD	6	*No
Late Winter	Girls Basketball	JV and Varsity	7-8	Yes
	5 <sup>th</sup> Girls Basketball	TBD	5-6	*No
	6 <sup>th</sup> Girls Basketball	TBD		*No
Spring	Boys Volleyball	JV and Varsity	7-8	Yes
	Girls Soccer	Varsity	6-8	Yes
	Boys Track and Field	TBD	5-8	*No
	Girls Track and Field	TBD	5-8	*No

\*Administration reserves the right to limit the team sizes if necessary for that particular season.

## Athletic Affiliations

### Suburban West Athletic Conference - SWAC

WCGS is a current member of the Suburban West Athletic Conference (SWAC). Members of SWAC include Aurora Christian, Benjamin Middle School, Christian Liberty Academy, Harvest Christian Academy, Timothy Christian School, Westminster Christian School, and Wheaton Christian Grammar School.

The Suburban West Athletic Conference classifies our playing levels as Junior Varsity and Varsity. Within the JV and Varsity classifications both 7<sup>th</sup> and 8<sup>th</sup> graders may be on each roster. Meaning both teams, JV and Varsity, can have a mixture of 7<sup>th</sup> and 8<sup>th</sup> graders on the team. Our goal is to appropriately place each player on the team that best fits their abilities, meets the competitive standards of that sports, and helps best to develop the overall program.

## **Illinois Elementary School Association – IESA**

Wheaton Christian is also a member of the Illinois Elementary School Association (IESA). Through the IESA Wheaton Christian participates in the post season series at the state level for multiple athletic teams.

Participation at the state level may require the team setup and management to be different than the JV/Varsity levels used for conference play. The school athletic director and administration reserve the right to implement the necessary changes according to the requirements of our IESA participation.

## **Tryout Policy**

Because junior high sports help prepare students for the rigors of high school athletic competition and our gym time and space availability are limited, sports with 'team size limits' must go through tryouts. Tryouts usually take two to three days. Selections will be based on skill, attitude, effort, and a coachable spirit.

A predetermined number of students will be kept for basketball, soccer, and volleyball. Students who for medical reasons are not able to participate during the tryout period may be given one of the designated spots on the roster if, in the coach's sole discretion, that student would have been selected had he/she been able to participate in the tryouts.

No student who is selected and participates on a team will be guaranteed playing time unless the coach determines that effort, skill, attitude, and the particular game conditions warrant playing the student.

### **Prior to tryouts and team selections**

- Choosing team members is the responsibility of the head coach of the team.
- Before tryouts begin, coaches will provide information to all candidates including the length of the evaluation/tryout period, and an explanation of the skills and abilities to be evaluated as well as the commitment necessary to make the team.
- Students should not try out for a team unless they are willing and able to make the emotional, physical and time commitments necessary should they make the team.
- Athletes trying out for a team must be at all tryout practices. Coaches must be notified ahead of time if an athlete is going to miss the first day of tryouts for an excusable reason (illness, death in family, etc.).
- Coaches will discuss options for individuals who do not make the team before tryouts. One alternative might be to assist as team manager or statistician.
- Coaches will communicate the team selections individually when cuts are necessary
- When tryouts are being used to select teams, athletic fees will not be due until teams have been selected.

## Player Expectations

Attendance at practice is expected of all student athletes. The only acceptable reasons for missing practice are because of a(n):

- Injury / Illness
- Family Emergency
- School Conflict (another WCGS sponsored activity)

If a player is going to miss a practice, they should make every effort to notify the coach at least one day prior to the day of the practice. Repeated absences and/or unexcused absences can result in decreased playing time, suspensions and/or removal from the team.

Athletes should notify their coaches as soon as possible if they are going to miss a game. If a game is missed for an unexcused reason, the coach will determine status and playing time for the next contest and remainder of the season.

### **Eligibility**

In order to participate in any co-curricular activity (athletic practice or game, fine arts practice or performance), a student must not be absent for any part of the day of the activity. Any student arriving after 10:30 a.m. or departing before 2:00 p.m. will be marked ½ day absent, and therefore ineligible to participate in any co-curricular activity that day. The only exception is in the case of a pre-arranged absence, such as a dental appointment, or as the result of direct, personal consultation (not by note), between a parent and teacher/director/coach.

Detentions may not be deferred for participation in co-curricular activities. At the discretion of coaches/activity directors, students may be permitted to participate in that day's activity after the detention has been served.

Grades for all students who participate in co-curricular activities (athletics or fine arts) will be reviewed every three weeks by the administration and coaches. To be eligible for games/performances, a student must be passing in all classes (no "F's"). A student's average for all grades must be at least a "C." Ineligibility begins the day after the grade report is issued and will last until the average is raised to a "C" average of all grades. Participation in practice sessions during the ineligible period is at the discretion of the coach or teacher.

If a student has missing work or outstanding make-up work when grades are issued and reviewed, he will be academically ineligible for the following week (and all subsequent weeks that work is outstanding). Ineligible students will have their grades checked at the end of each week. Once the average of all subjects is "C" and no work is outstanding, a student may again participate in activities.

Any student not able to fully participate in physical education classes will not be permitted to participate in inter-school sports.

Any teacher may report to the administration problems of discipline, lack of courtesy, scholarship, etc. Together they will decide on the student's eligibility.

## **Team Fees**

There is an Athletic Fee of \$125.00 that is billed to your school account for each sport your student participates in. Fees are not assessed until after the tryouts and team rosters have been completed. Team apparel items are included in the Athletic Fee.

## **Required Forms and Procedures**

- Sports Registration
- Athletic Physical / Health Form
- Travel Permission Form
- Concussion Information / Consent Form
- Post-concussion Consent Form
- Coaches Education Requirements
- Criminal History / Background Check

## **Sports Registration**

All students must register for each sport prior to the start dates provided for each sport. Communication will be sent when registration is open for each individual sport. See instructions and steps below:

- Go to the school website ([www.wheatonchristian.org](http://www.wheatonchristian.org))
- Scroll and click on the ParentsWeb link
- Log into [ParentsWeb](#)
- Select student Information on the left
- Select child's name
- Use dropdown arrows to select sport
- Click SAVE

## **Athletic Physical / Health Form**

All athletes must have an updated physical on file with the nurse's office prior to tryouts or the teams' first official practice. A copy of the Health Examination Form can be obtained from the school nurse or directly from the Illinois Department of Health website:

<http://www.dph.illinois.gov/sites/default/files/forms/certificate-ofchild-health-examination-03032017.pdf>





**WCGS Athletics Travel Permission  
Form 2024-25**

Dear Parents of Interscholastic Sports Participants,

We have scheduled a number of away games for the students participating in Interscholastic Sports. The transportation for these games is fulfilled by coaches, parents or volunteer adult drivers.

The expectation is that you will either take your child home from these games, or arrange for your child to be taken home by an adult relative or another parent. There will be a sign-out sheet that you or your authorized driver must sign prior to leaving the facility. If you are unable to arrange transportation, please notify the coach in advance so that other arrangements can be made.

I give permission for my child, \_\_\_\_\_ (Child's Name), to ride in any vehicle designated by Wheaton Christian Grammar School, its employees or adult volunteers, while participating in and traveling to and from all of the team's away games this school year. I agree to accept full responsibility, financially or otherwise, for any damage my child may do to the property of Wheaton Christian Grammar School, properties visited at away games, other's personal property or vehicles used for transportation. We will not hold Wheaton Christian Grammar School responsible for any accident or injury.

I also understand that personal injury can and may occur to my child, and I hereby authorize my child's driver and Wheaton Christian Grammar School personnel, to seek and consent to emergency medical attention for my child as needed; and I further agree to be liable for and to pay all costs incurred in connection with such medical attention.

I hereby release, and will hold harmless and indemnify, Wheaton Christian Grammar School, its employees, agents and volunteers, from and against any and all liabilities, claims, demands, causes of action and possible causes of action whatsoever arising out of or related to any loss, damage or injury (including death) that may be sustained by my child while participating in or traveling to or from these games, team practices or team gatherings.

I agree and consent to all of the above.

Parent/Guardian Printed Name \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_

Date \_\_\_\_\_

*Rev. 08/2016*

Updated 8/15/2024

# Concussion Consent Form

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

**Symptoms may include one or more of the following:**

- |  |   |
|--|---|
| <ul style="list-style-type: none"> <li>• Headaches</li> <li>• “Pressure in head”</li> <li>• Nausea or vomiting</li> <li>• Neck pain</li> <li>• Balance problems or dizziness</li> <li>• Blurred, double, or fuzzy vision</li> <li>• Sensitivity to light or noise</li> <li>• Feeling sluggish or slowed down</li> <li>• Feeling foggy or groggy</li> <li>• Drowsiness</li> <li>• Change in sleep patterns</li> </ul> | <ul style="list-style-type: none"> <li>• Amnesia</li> <li>• “Don’t feel right”</li> <li>• Fatigue or low energy</li> <li>• Sadness</li> <li>• Nervousness or anxiety</li> <li>• Irritability</li> <li>• More emotional</li> <li>• Confusion</li> <li>• Concentration or memory problems (forgetting game plays)</li> <li>• Repeating the same question/comment</li> </ul> |
|--|---|

**Signs observed by teammates, parents and coaches include:**

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily or displays in coordination
- Answers questions slowly
- Slurred speech
- Shows behavior or personality changes
- Can’t recall events prior to hit
- Can’t recall events after hit
- Seizures or convulsions
- Any change in typical behavior or personality
- Loses consciousness

Adapted from the CDC and the 3<sup>rd</sup> International Conference on Concussion in Sport Document Created 7/1/12 Reviewed 4/24/13

**KEEP THIS COPY FOR YOUR INFORMATION. PLEASE RETURN SIGNATURE PAGE TO NURSE’S OFFICE.**

**What can happen if my child keeps on playing with a concussion or returns too soon?**

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often fail to report symptoms of injuries. Concussions are no different. As a result, education of administrators, coaches, parents and students is the key to student-athlete's safety.

**If you think your child has suffered a concussion**

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The Return-to- Play Policy of the IESA and IHSA requires athletes to provide their school with written clearance from either a physician licensed to practice medicine in all its branches or a certified athletic trainer working in conjunction with a physician licensed to practice medicine in all its branches prior to returning to play or practice following a concussion or after being removed from an interscholastic contest due to a possible head injury or concussion and not cleared to return to that same contest. In accordance with state law, all schools are required to follow this policy.

You should also inform your child's coach if you think that your child may have a concussion. Remember it's better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

For current and up-to-date information on concussions you can go to:

<http://www.cdc.gov/ConcussionInYouthSports/>

**Student/Parent Consent and Acknowledgements**

Each year IESA member schools are required to keep a signed Acknowledgement and Consent form and a current Pre-participation Physical Examination on file for all student athletes.

By signing this form, we acknowledge we have been provided information regarding concussions.

**Student: (Print)** \_\_\_\_\_

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Grade Student will be in for 2016-2017: \_\_\_\_\_

**Parent: (Print)** \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Relationship to Student: \_\_\_\_\_

Adapted from the CDC and the 3<sup>rd</sup> International Conference on Concussion in Sport Document Created 7/1/12 Reviewed 4/24/13



Post-concussion Consent Form  
(RTP/RTL)



Date \_\_\_\_\_

Student's Name \_\_\_\_\_ Year in School 9 10 11 12

By signing below, I acknowledge the following:

1. I have been informed concerning and consent to my student's participating in returning to play in accordance with the return-to-play and return-to-learn protocols established by Illinois State law;
2. I understand the risks associated with my student returning to play and returning to learn and will comply with any ongoing requirements in the return-to-play and return-to-learn protocols established by Illinois State law;
3. And I consent to the disclosure to appropriate persons, consistent with the federal Health Insurance Portability and Accountability Act of 1996 (Public Law 104-191), the written statement of the treating physician, athletic trainer, advanced practice nurse (APN), or physician assistant (PA) and, if any, the return-to-play and return-to-learn recommendations of the treating physician, athletic trainer, advanced practice nurse (APN), or physician assistant (PA), as the case may be.

Student's Signature \_\_\_\_\_

Parent/Guardian's Name \_\_\_\_\_

Parent/Guardian/s Signature \_\_\_\_\_

**For School Use only**

Written statement is included with this consent from treating physician, advanced practice nurse (APN), physician assistant (PA) or athletic trainer working under the supervision of a physician that indicates, in the individual's professional judgement, it is safe for the student to return-to-play and return-to-learn.

**Cleared for RTL**

**Cleared for RTP**

Date \_\_\_\_\_

Date \_\_\_\_\_

# Coaches Education Requirements

The state of Illinois has implemented a new law that requires all coaches and athletic personnel complete Coaches Education on Concussion Training. The material listed below contains instructions on how to login and complete the required training.

Once you have completed all the requirements email the athletic director. The AD will collect all your emailed certificates and confirm with the IESA that you are compliant. This needs to be completed before your first game.

## STEP 1: Logging into IESA Website:

- Go to [www.iesa.org](http://www.iesa.org)
- Top left of page – click on red box MEMBER LOGIN
- In the box IESA Member School Login
  - School = Winfield Wheaton Christian
  - Password = (AD will have to supply current login password)
- Top right of page – click on CONCUSSION CERTIFICATION
- Section 'A' – contains the required videos and articles (see below for directions)
- Section 'B' – contains the IESA CONCUSSION TEST (see below for directions)
- In Section 'B' you can also check the list of certified coaches/administrators for WCGS by clicking on YOUR CERTIFIED COACHES link

## STEP 2: Required Videos

Video Presentations are located in Section A

- Click on video link: [IHSA/IESA Video Presentation](#)
  - The page will open up with a Brainshark sign-in box
  - Sign-in – be sure to enter correct email address – page will redirect and open the presentation – it will begin automatically
  - You must play the entire video. At the conclusion on the presentation at the top right of the page – there will be a box with a GREEN CHECKMARK and will say COMPLETION CRITERIA HAVE BEEN MET
  - You will be emailed a certificate of completion – EMAIL A COPY to the Athletic Director upon completion.
- Click on the video link: [NFHS Concussion Course](#)
  - Top right of page click on REGISTER
  - Account Setup page – create an account with your own password
  - Once logged in and registered – click on courses – find CONCUSSION IN SPORTS – click on ORDER COURSE – follow prompts in Shopping Cart (course is free)

- DOUBLE CHECK – DO NOT download the CONCUSSION FOR STUDENTS course— not the same as concussion in sports.
- After checkout is completed – click on Dashboard – click on My Courses – click on Begin Course
- There will be questions at the end of the video you will answer
- Download and Save the certificate of completion – EMAIL A COPY to the Athletic Director upon completion.

### STEP 3: Required Reading

Click on the following articles located in Section A:

- CDC Concussion at Play
- CDC Implementing Return to Play
- CDC A Fact Sheet for High School Sports Officials
- NASP Return to Learning
- CDC Returning to Learning
- CDC Concussion Guide for Coaches

### STEP 4: IESA Concussion Test

The IESA Concussion Test is located in Section B

- Click on IESA CONCUSSION TEST in Section B
- Page will redirect – fill out the registration – click continue
- The test will appear – complete the test – click submit
- You will be given your score right away – 80% or better is required – you can take the test as many times as possible to pass
- Once you pass the test – go to Section B and click YOUR CERTIFIED COACHES – your name should be added to the list

### **Criminal History / Background Check**

All coaches and volunteers must complete the Criminal History / Background Check prior to first contact with students. See instructions and steps below:

- Go to the school website ([www.wheatonchristian.org](http://www.wheatonchristian.org))
- Scroll and click on the ParentsWeb link
- Log into [ParentsWeb](#)
- Click on School Information
- Click on Web Forms
- Select link for Criminal History Background Check (parent)
- Complete online form and click SAVE