

DeMotte Christian Schools, Inc.
Extracurricular Handbook



KNIGHTS

2023-2024

Index

[2.57 DeMotte Christian Schools, Inc. Extracurricular Philosophy](#)

[2.58 Scholastic Extracurricular Information and Offerings](#)

[2.59 Eligibility for Extracurricular Participation](#)

[2.60 Athletic Department Code of Conduct](#)

[2.61 Physical, Medical Release, and Parent Consent](#)

[2.62 Health and Safety](#)

[2.63 Schedules](#)

[2.64 Attendance at School](#)

[2.65 Athletic Uniform Procedures](#)

[2.66 Transportation Policy](#)

[2.67 Attendance at Athletic Practices and Games](#)

[2.68 Playing Time and Cuts](#)

[2.69 Multiple Extracurricular Policies](#)

[2.70 Handling Problems/Solving Disputes](#)

[2.71 Letterman Jacket Policy](#)

2.57 DeMotte Christian Schools, Inc. Extracurricular Philosophy

DeMotte Christian Schools (DMCS), we believe that extracurricular programs are an integral part of a Christian Education. Our goal is to live out the truth of Christianity in every aspect of our lives. We desire our extracurricular programs and athletic teams to

1. represent the Lord well,
2. learn about the Christian life through lessons learned in extracurricular activities such as communication, commitment, respect, self-control, and humility,
3. provide opportunities to strive for and achieve personal excellence and team goals, and
4. grow in knowledge and understanding of how to work together in community and fellowship.

Objectives

1. Use the talents and abilities given to us for God's glory, not our own.
2. To be good stewards of the talents and abilities God has bestowed upon us.
3. To learn how the life lessons found in extracurricular activities and athletics can impact our development as Christians.
4. To recognize and seize the opportunities to share Christ by word and example.
5. To develop a school spirit and promote school loyalty among students.
6. To develop the extracurricular programs as part of the overall ministry of DeMotte Christian Schools. (06-01-2023)

2.58 Scholastic Extracurricular Information and Offerings

Mascot:	Knights
Colors:	Primary: Royal Blue & White Secondary: Black or Graphite
Affiliations:	DeMotte Christian High School is a member of the IHSAA (Indiana High School Athletic Association) Class 1A District 1 Sections 49/50
Conference:	Midwest Athletic Conference

The following extracurricular activities are currently offered:

Season	Sport or Activity	Boys/Girls/Coed	Teams	
All Year	Student Council	Coed	6th-8th and High School	
	Chapel Committee	Coed	High School	
	Yearbook	Coed	High School	
	National Honors Society	Coed	High School Sophomores, Juniors, and Seniors	
Fall	Volleyball	Girls	6th, 7th, and 8th Grade, High School JV and Varsity	
	Soccer	Coed	6-8th Grade A and B	
		Boys	High School JV and Varsity	
		Girls	High School JV and Varsity	
	Cross Country	Coed*	5th-8th Grade**. High School Varsity	
	Golf	Girls	High School JV and Varsity	
	Trap Shooting Club	Coed	High School	
	Fall Play	Coed	High School	
	Winter	Basketball	Boys	6th, 7th, and 8th Grade, High School JV and Varsity
			Girls	6th, 7th, and 8th Grade, High School JV and Varsity
Volleyball		Boys	7th and 8th Grade	
Geography Bee		Coed	4th-8th Grade	
Spell Bowl		Coed	6th-8th Grade	
ISSMA		Coed	High School	
Spring	Track and Field	Coed*	6th-8th Grade and High School Varsity	
	Baseball	Boys	High School Varsity	

	Softball	Girls	High School JV and Varsity
	Golf	Boys	High School JV and Varsity
	Trap Shooting Club	Coed	High School
	Spring Musical	Coed	High School

*These teams practice in a Coed environment but compete only with athletes of the same biological gender.

**5th graders are allowed to participate in cross country, but they will not be allowed to run in conference meets. (06-01-2023)

2.59 Eligibility for Extracurricular Participation

DeMotte Christian Schools considers the student-athlete to be a student first and an athlete second. This means that academic achievement takes precedence over extracurricular and athletic participation. Therefore, students are held to the following high standards to determine academic eligibility while participating in extracurricular activities. The school holds students accountable for maintaining good grades and Christ-like behavior while, in grace, allowing them to learn from and correct their mistakes. All students must display attitudes and behaviors that represent our beliefs as a Christian community as stated in the behavior policies in the Parent-Student Handbook

Teachers may recommend the removal of a student from an extracurricular activity if they notice a drop in a student's grades or an increase in incorrect behavior after the student joins an athletic team or extracurricular activity. This will be discussed with the athletic director, parents, coach/sponsor, and student, and goals will be set for improvement. If they improve, there will be no consequences. If they do not show improvement, they may be placed on probation.

The following eligibility expectations are also included in the Handbook for Parents and Students:

Middle School Athlete	
Academic Guidelines	No grade lower than a "C-" (70%) in any particular class
Timeline	At the end of the 4th week of a grading period and the end of the grading period -The Athletic Director will complete the Eligibility Report and submit it to the Principal.
Consequences	Parents will be notified immediately and the student will be placed on a two-week suspension. - suspension begins the day after a decision is made and communicated -students on suspension may attend practice -students on suspension may attend but not suit up for home games and may not attend away games. -if the student does not maintain grades of C- (70%) or higher in all classes (not just the one class that initially caused the suspension), the student will not be allowed to attend practices or participate in games for another two-week period -It is at the discretion of the teachers and coaches to have a student miss all or part of practice to get make-up/missing work completed.

Grace	<p>With input from the faculty and parents/guardians, the principal and athletic director reserves the right to lift the athletic suspension for students that demonstrate excellent effort but fail to meet the academic guidelines.</p> <p>A student determined to be on athletic suspension may appeal in writing to the Eligibility Committee, made up of the principal, athletic director, and a faculty member to lift the probation within the 2nd week.</p>
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High School Athlete (DMCS Expectation), Yearbook, Student Council, and Chapel Committee	
Academic Guidelines	A "C" (73%) average of all classes and may not be failing in any class
Timeline	<p>At the end of the 4th week of a grading period and the end of the grading period</p> <p>-The Athletic Director will complete the Eligibility Report and submit it to the Principal and Guidance Counselor.</p>
Consequences	<p>If a student who falls below the guidelines and is a <u>member of an athletic team</u> will be suspended from the team for at least 2 weeks as follows:</p> <ul style="list-style-type: none"> -The student-athlete will attend no more than two days of practice per week (defined as Monday through Saturday) and will not attend any contests as a member of the team. -On the days that they are not practicing, these student-athletes would be attending supervised study hall time where they would be completing homework and making up any missing work. <p>A student who falls below the guidelines and is a <u>member of a committee</u> will be suspended from the committee for 2 weeks. They will not be allowed to participate in committee meetings and events.</p> <p>If a student is a <u>member of an athletic team and a committee</u> and falls below the guidelines at any time both types of suspensions would apply simultaneously.</p> <p>If after the initial 2-week suspension, the student does not meet the guidelines of a "C" (73%) average of all classes or is failing any class (not just the one class that initially caused the suspension), or has any missing or late work the student will be suspended for another two-week period as follows:</p> <ul style="list-style-type: none"> -the student <u>member of a team</u> will not be allowed to attend open gym, practices, or contests of any team until the next grading period. -The student <u>member of a committee</u> will not be allowed to attend or participate in committee meetings and events until the next grading period. <p>Athletes must meet IHSAA rule 9-14 criteria before they can resume competition.</p> <ul style="list-style-type: none"> -if an athlete misses between 8-14 consecutive days of practice they must participate in 2 separate days of-practice before participating in a contest. -if an athlete misses more than 14 consecutive days of practice, 3 separate days of practices must be completed before participating in contests
Grace	The principal and athletic director, with input from the faculty and parents/guardians, reserves the right to lift the athletic suspension to students that demonstrate excellent effort but fail to meet the academic guidelines.

High School Athlete (IHSAA Expectations**)	
Academic Guidelines	Students must have received passing grades and earned credit at the end of their last grading period in at least 70% of the maximum number of full-credit subjects that a student can take and must be currently enrolled in at least 70% of the maximum number of full credit subjects a student can take. Currently, at DMCHS, a student may not be failing two or more classes to meet eligibility requirements for the IHSAA
Timeline	At the end of the grading period. -Grades will be certified to the IHSAA on the dates determined by the principal at the beginning of the school year. -The Athletic Director will complete the Eligibility Report and submit it to the Principal and Guidance Counselor.
Consequences	Ineligible -student athlete is not allowed to participate in competition until the next eligibility check which is at the end of the next grading period
Grace	None, this is not a DMCS rule therefore we have no control over the consequences

**DMCHS athletes are held to an academic standard which is higher than set forth by the IHSAA. However, the IHSAA eligibility check determines athletic eligibility for an entire grading period. Eligibility is based on grades from the previous grading period, including the last grading period of the previous academic year for fall athletes.

For athletic eligibility purposes, a student is considered to be enrolled in DeMotte Christian Schools once the Education Committee approves the family and then notifies us in writing or via email that they will be coming for the current school year.

Trying out for a team if ineligible

1. A student-athlete who is ineligible for athletic participation when the team tryouts are held will be allowed to try out for the team. The 10-day ineligibility for practice would then take effect, along with the 4 ½ week athletic competition ineligibility.
2. A student-athlete who is ineligible at the end of the school year must complete Summer School Credit Recovery classes (Indiana Online or Principal-approved courses.) A passing grade in all summer courses must be achieved to become eligible for the next school year.
3. Once the suspension is complete, the student-athlete must comply with IHSAA rule 9-14 to regain IHSAA athletic eligibility. Student-athletes are not permitted to practice with a different sports team to speed up their return to competition.

Student Council (Middle School)	
Academic Guidelines	No grade lower than a "C-" (70%) in any particular class

Timeline	At the end of the 4th week of a grading period and at the end of the grading period
Consequences	Two-week probation period during which the student may not act as a Student Council representative -If after the two-week probation, the grade or behavior issues are not improved the advisor may choose to remove the student from office.
Grace	The administration, with the input from the faculty and parent(s)/guardian(s), reserved the right to offer grace to students that demonstrate excellent effort but fail to meet the academic guidelines.

Geography Bee (Only the State Qualifier Round is considered extracurricular)	
Academic Guidelines	No grade lower than a "C-" (70%) in any particular class
Timeline	Grade check will be one week before departure for the state contest.
Consequences	The student will not be allowed to participate in the State Qualifier Round
Grace	The administration, with input from the faculty and parent(s)/guardian(s), reserved the right to offer grace to students that demonstrate excellent effort but fail to meet the academic guidelines.

Spell Bowl	
Academic Guidelines	No grade lower than a "C-" (70%) in any particular class
Timeline	At the end of the 4th week of a grading period and the end of the grading period
Consequences	One-week probation, the student misses practices If, after one week, the grade or behavior issues are not improved, the coach/administrator may choose to remove the student from the Spell Bowl Team. The rationale for the one-week probation is unless the team goes to state, there is only one meet.
Grace	The administration, with the input from the faculty and parent(s)/guardian(s), reserved the right to offer grace to students that demonstrate excellent effort but fail to meet the academic guidelines.

Middle School Musical	
Academic Guidelines	No grade lower than a "C-" (70%) in any particular class to be considered for a Level 1 role or leadership position (principal, group leaders) at the time of casting.
Timeline	-prior to casting -March report card. -three weeks prior to the first performance

Consequences	Two-Week Probation -if students have work completed, they may participate in practices, but may have responsibilities removed and/or roles reduced. -if after the two-week probation, the grade or behavior issues are not improved, the director may choose to remove the student from certain responsibilities in the musical. -At the three-week eligibility check, if a Level 1 performer does not meet the academic requirements, she/he will be removed from the Level 1 position.
Grace	The administration, with the input from the faculty and parent(s)/guardian(s), reserved the right to offer grace to students that demonstrate excellent effort but fail to meet the academic guidelines.

High School Musical and Play	
Academic Guidelines	A "C" (73%) average and may not be failing in any class.
Timeline	At tryouts a student must meet academic guidelines to be eligible for a speaking role. At the nearest grade check prior to the start of the practice schedule, students must meet academic guidelines to maintain a speaking role. -at the grade check that is approximately 4 weeks into the practice schedule, all students must meet academic guidelines (this is the last grade check)
Consequences	Students are unable to try out for or practice as in a speaking role during the first four weeks. However, they can sign up to be an extra or in the chorus. -If any student falls below the academic guidelines at the last grade check he/she will be placed into two-week suspension status. -If any student is below the academic guidelines throughout the eligibility process and remains below at the last grade check he/she will be removed from their role.
Grace	The administration, with the input from the faculty and parent(s)/guardian(s), reserved the right to offer grace to students that demonstrate excellent effort but fail to meet the academic guidelines.

(04-02-2013, 05-05-2015, 03-08-2022, 06-01-2023)

2.60 Athletic Department Code of Conduct

Demotte Christian School's athletic department follows all guidelines outlined in the DeMotte Christian Schools Parent Student Handbook. Student-athletes are expected to adhere to all the policies and rules both in and out of the season. Disciplinary action will be determined by the building Principal, with input from the Athletic Director/s and head coach.

1. Middle School Code of Conduct Policy

- a. **Behavior Detentions** (see Levels 2, 3, 4, of Jr. High Discipline Policy in Parent/Student Handbook):
 - i. A student receiving their **first behavioral detention** will miss a full game.
 - ii. A student receiving their **second behavioral detention** will miss a second full game.

- iii. After any other **subsequent behavior detention**, the situation will be reviewed with the administrator, athletic director, student, coach (if necessary), and parents (if necessary) to see if the behavior warrants the student's removal from the team.
- b. **Academic Detentions** (see Levels 1, 2 of Jr. High Discipline Policy in Parent/Student Handbook):
 - i. A student receiving their **first academic detention** will miss half of playing time in a game.
 - ii. A student receiving their **second academic detention** will miss a full game.
 - iii. A student receiving their **third academic detention** will miss a second full game.
 - iv. After any other **subsequent academic detentions**, the situation will be reviewed with the administrator, athletic director, student, coach (if necessary), and parents (if necessary) to see if the behavior warrants the student's removal from the team.
- c. All these implications begin when the season begins. It is understood that the season begins on the day of the first practice. These implications **DO NOT** reset at the end of a quarter when a season straddles two quarters (for example 6th girls, 7th girls, 7th boys, 8th girls, and 8th boys basketball seasons). Suspensions will normally be administered in the first available athletic contest, starting the day after the detention and suspension were communicated. (12-09-2006, 06-01-2021, 06-01-2023)

2. High School Code of Conduct Policy

- a. Infractions/Violations
 - i. Category one offenses

1. First offense	Conference with coach
2. Second offense	Suspension from ½ of next athletic contest
3. Third offense	Suspension from next athletic contest
4. Fourth offense	Suspension from next 2 athletic contests
5. Fifth offense	Dismissal from team
 - ii. Category two offenses

1. First offense	Suspension from next athletic contest
2. Second offense	Suspension from next 2 athletic contests
3. Third offense	Dismissal from team
 - iii. Category three offenses
 - 1. Follows the discipline policy as stated in Handbook for Students & Parents.

3. Code of Conduct Suspensions

- a. Any student-athlete suspended from school (in-school or out of school) is ineligible for practice and athletic competition for the duration of the suspension.
- b. The principal and athletic director reserves the right to extend the athletic suspension beyond the duration of the school suspension.

- c. Once the suspension is complete, the student-athlete must comply with IHSAA rule 9-14 to regain IHSAA athletic eligibility. Student-athletes are not permitted to practice with a different sports team to speed up their return to competition. (06-01-2021)
4. **Athlete Conduct During Contests - All Grades**
- a. Soccer Violations for unsportsmanlike conduct/behavior directed at a specific individual:
 - i. First Yellow card- removed for the remainder of half
 - ii. Second Yellow card- removed for the remainder of game
 - 1. Must watch NFHS video
 - iii. Straight Red card- removed for the remainder of the game and the entire next game (IHSAA rule)
 - 1. Must write an apology letter to team and opponent/ref regarding conduct
 - b. Basketball Violations for unsportsmanlike conduct/behavior directed at a specific individual:
 - i. First Technical Foul of the season- removed for the remainder of half
 - 1. Must watch NFHS video on related topic
 - ii. Second Technical Foul of the season- removed for the remainder of game
 - 1. Must write an apology letter to team and opponent/ref regarding conduct
 - iii. Third Technical Foul of the season- removed from the remainder of the game and unable to play the next game
 - c. Baseball/Softball Violations for unsportsmanlike conduct/behavior directed at a specific individual:
 - i. First ejection of the season- removed for the remainder of game
 - 1. Must watch NFHS video on related topic
 - ii. Second ejection of the season- removed from the remainder of the game and unable to play in the next game
 - 1. Must write an apology letter to team and opponent/ref regarding conduct
 - d. Other School Sponsored Athletic Activities Violations where participants engage in unsportsmanlike conduct or behavior
 - i. First Offense of the season- removed from the remainder of event
 - ii. Second Offense of the season- removed from the remainder of the event and not allowed to attend next event
 - e. A coach has the ability to remove a player from a contest at any time if unsportsmanlike conduct occurs, even if it is not seen by an official. (06-01-2023)

2.61 Physical, Medical Release, and Parent Consent

- 1. For all student-athletes to be allowed to try out or practice for an athletic team, he/she must have the **entire** IHSAA pre-participation physical packet (history form, physical with physician clearance, and the Consent & Release Certificate) on file in the athletic office.

The IHSAA requires that physicals be dated between April 1 and the first practice of each year. These forms can be found in the school offices, on the DMCS Athletics website, and via the IHSAA website under the Health and Well-being tab. A student-athlete WILL NOT be allowed to participate until this packet is turned in.

2. A parent or guardian and the student-athlete must turn in a completed form agreeing to abide by the terms of the DeMotte Christian High School Athletic Handbook. This must be turned in before participation in any practice or contest.
3. High school students **MUST** turn in the completed [Concussion Acknowledgment and Signature form](#) and [Sudden Cardiac Arrest Acknowledgment and Signature form](#) to the athletic director prior to participating in sports.

(06-01-2023)

2.62 Health and Safety

1. If a student-athlete is suspected to have a concussion, the student-athlete may not participate in any practices, games, or contests until they are evaluated by a qualified healthcare professional in a timely manner. The coach will notify parents and the athletic director about student-athletes who sustained direct contact to their head during practice or a game. If a student-athlete is diagnosed with a concussion, the athlete **MUST** be cleared by either an MD, DO, or NP in accordance with the IHSAA concussion policy and Indiana State Law. The athlete must have their doctor complete the "[Concussion Evaluation and Release to Play Form](#)" which can be found in the athletic office, on the IHSAA website, or using the above link. The building principal, guidance counselor, and athletic director will coordinate a plan of care based on the academic accommodations provided by the treating physician. The athlete is allowed to return to sports-related activities once released in writing by the treating physician. The student-athlete must complete a gradual return to play progression that is outlined by the IHSAA and Indiana Law. If a student is injured during the school day, the teacher must complete a school incident report and the school will notify the student's parents.
2. If a student-athlete is suspected of experiencing a symptom of sudden cardiac arrest during an athletic practice or contest:
 - a. the student-athlete shall be removed from practice or play immediately and parents/legal guardians should be notified immediately followed by the athletic director
 - b. the student-athlete cannot return to sports until evaluated by a healthcare professional and cleared
3. If a student-athlete sustains an injury during a practice or game that limits their participation for 2+ days, they **MUST** be seen by a healthcare provider before returning to full participation.
4. If a student-athlete is treated by a medical professional (NP, DO, MD, etc), they must turn in a note allowing them to return to sport (practice and competition) with no restrictions. The note should be turned in to the athletic director upon return to school. If no note is turned in to the athletic office, the student-athlete is not permitted to participate until a note is received.

(06-01-2023)

2.63 Schedules

1. The scheduling of athletic contests and practices is determined by the athletic director with input from the coaches in that sport.
2. Wednesday Activities - Extracurricular activities will not be scheduled past 5:00 at DeMotte Christian Middle or High School on Wednesdays during the academic school year without Education Committee/Administrative approval, unless a team is participating in a postseason tournament where dates and times are determined by the IHSAA or set by the Midwest Conference. Students are required to vacate the premises by 5:15 pm on Wednesdays during the academic school year.
3. Saturday Activities -Athletic practices and games may be scheduled on Saturdays and all team members are expected to attend.
4. Sunday Activities -Practices and contests will never be scheduled on Sunday.
5. Activities on School Breaks - Usually, contests and practices will be scheduled during a school break (i.e. – Thanksgiving Weekend, Christmas Break tournaments, Spring Break). The dates for these events will be handed out as soon as possible and all team members are expected to be in attendance.
6. Activities on Religious Holidays - Scheduling athletic contests on Religious Holidays (Maundy Thursday, Good Friday, Ascension Day, etc) should only occur when permission is granted by the Education Committee and must cease by 5:00.
7. Leaving School Early - Athletic teams are not permitted to leave before 2 pm for away competitions on a school day without permission from the AD, Building Principal, and Ed Committee.
8. Middle School Schedules -Athletic activities (including practice and games) for each middle school sport shall not exceed 4 days during the school week (M-F). Practices shall not exceed 2 hours in length.
9. School Cancellation and E-learning Policy - If school is canceled or an E-Learning Day is utilized for inclement weather, all extracurricular events will also be canceled for that day, except for special exceptions. Decisions regarding these special exceptions will be determined by the Superintendent after conferring with the Building Principal and Athletic Director. If DMCS utilizes E-Learning for reasons other than weather, extracurricular practices, if permitted, must take place outside of school day hours.
10. DMCS Open Practice Policy - Out-of-season sports can hold Open Practices in accordance with the IHSAA. An in-season coach CANNOT prohibit student-athletes from attending open practices. The student athletes' decision to attend is **voluntary** and between the student-athlete and their parents/guardians. If an in-season student-athlete decides to attend, they **must notify** their in-season coach of their desire to participate in an off-season Open Practice. If the in-season coach has an issue with this, they must discuss an amicable solution to share the student-athlete. Student-athletes SHOULD NOT have to pick between sports and SHOULD NEVER be put in the middle. If a student-athlete is under the care of a physician, the student-athlete must obtain clearance from the physician to attend Open Practices. High School student-athletes should have the opportunity to participate in any and all extracurricular activities they choose without

interference. DMCS students are not permitted to attend open practices hosted by or at other school corporations per IHSAA Rule 20-9.

11. Feeder School Information - The IHSAA recognizes Demotte Christian Middle School as the Feeder School for the Demotte Christian High School athletic programs. Students who are found to be participating in Open Practices outside of their school system, face IHSAA eligibility sanctions and violations issued to both schools.

(06-02-2021, 03-08-2022, 06-01-2023)

2.64 Attendance at School

1. Students must attend school on the days of an extracurricular event in order to participate in that event, this applies to both practice and contests/performances. The minimum attendance for a student to participate is
 - a. Middle School - at least the last 4 class periods of the instructional school day.
 - b. High School- at least the last 4 class periods of the instructional school day.
2. The principal and/or athletic director may grant a student-athlete permission to participate because of extenuating circumstances.
3. Any absence that would be categorized as unexcused will render a student unable to participate in the day's events.

(06-01-2023)

2.65 Athletic Uniform Procedures

In an effort to maintain the inventory of all DeMotte Christian Schools athletic uniforms (jerseys, shorts, pants, etc.), the following procedures will be required of all athletes participating in all DMCS sports.

1. A refundable uniform deposit of \$25.00 (cash in a labeled envelope or check payable to DeMotte Christian Schools, Inc.) will be required before the first scheduled contest of every DMCS athletic season. Deposits should be turned in to the school office. Non-compliant athletes will become ineligible for contests until the deposit is received.
2. Student-athletes are responsible for all equipment issued to them. Uniforms will be distributed prior to the first contest of the season by the head coach of each sport. Athletic uniforms are issued to athletes for the sole purpose of athletic contest participation. Uniforms should not be used for any other purpose.
3. Important! Parents or guardians of the student-athlete are to maintain the cleaning and quality of the uniforms during the athletic season.
4. At the end of each athletic season, all uniforms should be cleaned by the parents and returned to the head coach, not the school office, in a timely manner (announcements will be made). The head coach will return all uniforms back to the athletic director for storage.
5. The refundable uniform deposit (cash in a labeled envelope) will be returned as a credit on the students' tuition bill after the uniforms are satisfactorily returned. A cleaning fee of up to \$25.00 may be assessed if uniforms are not clean.
6. The parent or guardian of the student-athlete is responsible for the replacement cost of any lost or damaged school-issued equipment or uniforms. Any lost or unreturned uniforms will be assessed a fee of up to \$100.00 by the end of the school year. Transcripts (i.e. – college)

will not be sent from DMCHS until a uniform is returned or the assessed fee is paid.
(06-01-2023)

2.66 Transportation Policy

Athletic team members are expected to travel with the team to away events. High school athletes are encouraged to travel with the team from away events. Athletic teams practice and play as one unit and thus should travel as one unit to discuss game strategies, strengthen relationships, and create memories. Exceptions to this policy can be granted with permission from the Athletic Director prior to departure for the event with parent/guardian signature. Students are not permitted to drive themselves to away events however, in rare situations, with the approval of the athletic director, parents may transport their students to an away event.

(06-01-2021, 06-01-2023)

2.67 Attendance at Athletic Practices and Games

Each member of a Demotte Christian Schools athletic team must assume the responsibilities associated with such a position. The athlete has ethical obligations to the team and the school. This obligation includes regular practice attendance. The Athletic Department/s recognizes that emergencies may arise which make it impossible for an athlete to attend practice. These absences should be communicated to the coach as early as possible.

The following IHSAA practice rules are intended for the high school level only:

1. Each team member must practice a minimum of ten (10) times (only one per day) before they become eligible to play in a contest (see IHSAA rule).
2. A student-athlete must attend and actively participate in regularly scheduled Practice sessions during a Practice Season, Contest Season, or Tournament Series to be eligible for inter-school athletic competition in an Emerging or Recognized Sport. If a student fails to attend and actively participate in more than Seven (7) but less than Fifteen (15) days of practice sessions or contests; they must participate in 4 practices before competing. If a student fails to attend and actively participate in more than Fourteen (14) days of practice sessions or contests; they must participate in 6 practices before competing. When calculating days, Sundays do not count.

Days Missed	# of practices needed
8-14	2
15+	3

3. Summer and off-season activities (Open gyms, conditioning programs, camps, and leagues) are strongly recommended, but will not be required by coaches.
4. Moratorium Week – All IHSAA schools shall observe a moratorium week starting on Monday of the week which includes July 4th. During this Seven (7) day period, there shall be no contact between athletes and coaches, and no athletic activities, including conditioning, conducted (see IHSAA rule).

The following are DMCS practice guidelines:

1. An excused absence is defined as a death of a family member, sick and not at school, a doctor's appointment that cannot be rescheduled, or other school-approved function (i.e., play or other sport).
2. Absences from practice sessions will be handled in the following manner:
 - a. Excused absence No action
 - b. Unexcused absence
 - i. 1st offense Conference with coach
 - ii. 2nd offense Suspension of ½ of next contest
 - iii. 3rd offense Suspension from next contest
 - iv. 4th offense Suspension from the next 2 athletic contests
 - v. 5th offense Dismissal from team
3. Absences from athletic contests will be handled in the following manner
 - a. Excused absence No action
 - b. Unexcused absence
 - i. 1st offense Suspension from next contest
 - ii. 2nd offense Suspension from next two contests
 - iii. 3rd offense Dismissal from team
4. DMCS will observe a no-contact week so that families can have time together. This no-contact week will take place on the week immediately following the ISHAA moratorium week. During these seven days, there will be no athletic activities scheduled at DMCS.
(06-01-2023)

2.68 Playing Time and Cuts Policy

DeMotte Christian Schools coaches and administrative personnel believe it is important to broaden the experience of its athletes. The DMCS coaches and administrative personnel also believe that all athletic teams strive toward excellence. Therefore, a graduated approach to playing time will be emphasized throughout Middle School. However, there are no minimum playing time provisions for athletes in any sport at the High School level. Coaches at all levels have full discretion on all playing time decisions.

Cuts may be experienced in certain situations. DMCS coaches reserve the right to cut athletes from their respective programs when they deem it necessary with approval from the Building Principal and Athletic Director/s.
(06-01-2023)

2.69 Multiple Extracurricular Policies

Student-athletes are encouraged to be involved in a variety of extracurricular activities. This includes athletics, drama, and other clubs.

1. If a student-athlete chooses to be a part of multiple extracurricular activities during a particular season, it is the responsibility of coaches, sponsors, directors, students, parents, etc. to work out scheduling difficulties to allow the student-athlete to succeed in those activities. If students are participating in multiple sports in the same season, they must declare a Primary and Secondary sport per IHSA rules.

2. When a student-athlete makes a commitment to participate in a sport, he/she is making the commitment to the team to be at his/her peak performance. Therefore, the student-athlete will not be able to participate in off-season activities for other sports organized by other non-school coaches without permission from the in-season coach.
3. Word of Caution: Student-athletes are discouraged from participating in club teams, little league, and other non-school athletic teams during the season of the same sport they are involved in at DeMotte Christian Schools.

IHSAA Rules prohibit an athlete from participating in a sport on a non-school team while participating in that same sport on a high school team, during the designated IHSAA season. (i.e., A basketball player playing on an AAU team during basketball season is prohibited.) However, it is permissible to participate in club sport activities on non-school teams during a sports' IHSAA "out-of-season" period. IHSAA rules limit the number of current high school team members per club team. It is important that student-athletes communicate with their respective coaches before joining a non-school team.

(06-01-2023)

2.70 Handling Problems/Solving Disputes

All disputes at DeMotte Christian Schools, Inc. including those related to athletic matters, should be handled in a Biblical manner. Those with grievances are encouraged to wait 24 hours before approaching the other party. In particular, DMCS encourages the application of the Matthew 18 principle when handling a problem/settling a dispute. This principle encourages the offended party to go directly to the one with whom he/she has a problem. If the situation is not resolved, the offended party is encouraged to seek a solution by speaking, at an appropriate time in private, to the next person in authority. Simply put, an athlete should talk to the coach first, the athletic director second, and the principal third.

Playing time concerns should first be addressed by the student directly to their coach. If the student is still lacking clarity on reasoning and areas to improve upon to earn more playing time. In that case, parents/guardians can then engage in a respectful conversation with the coach. A coach will only address playing time concerns for the inquiring parent/guardian student.

(06-01-2021, 06-01-2023)

2.71 Letterman Jacket Policy

Eligibility – A student must fulfill the requirements in one of the following extracurricular activities to receive their Varsity letter:

Team or Activity	Eligibility	Award
Athletic team with a JV and V	-One full season on the Varsity roster -Each additional season on the Varsity roster will earn an additional award	-Award one: Varsity letter a chevron with a ball insert to represent their sport

		<ul style="list-style-type: none"> -Award two and beyond additional chevrons for each additional year of Varsity participation -Team captains will be awarded a captain pin
Athletic team with only a V	<ul style="list-style-type: none"> -Participation in two full seasons of a Varsity athletic team if that sport only has a Varsity team. If it is agreed upon by coaches and the athletic director that a first-year athlete is an outstanding performer, that athlete may be awarded a Varsity letter. -Each additional season on the Varsity roster will earn an additional award 	<ul style="list-style-type: none"> -Award one: Varsity letter a chevron with a ball insert to represent their sport -Award two and beyond additional chevrons -Team captains will be awarded a star pin -Track pins may be worn on jacket
Athletic Team manager	<ul style="list-style-type: none"> -Participation as a manager for the same sport for two full seasons. -Each additional season as a team manager will earn an additional award 	<ul style="list-style-type: none"> -Award one: Varsity letter a chevron with a ball insert to represent their sport -Award two and beyond additional chevrons
Musical or play	<ul style="list-style-type: none"> -Participation in 4 high school musicals or plays -Participation in an additional 2 high school plays/musicals will earn an additional award 	<ul style="list-style-type: none"> -Award one: Varsity letter a pin to represent their activity -Award two and beyond Additional pins
Band	<ul style="list-style-type: none"> -Participation in four semesters of band and instrumentals ISSMA two times (Piano ISSMA may be counted as an instrumental or vocal ISSMA). -Each additional year (two semesters) will earn an additional award 	<ul style="list-style-type: none"> -Award one: Varsity letter a pin to represent their activity -Award two and beyond Additional pins -ISSMA pins may be worn on jacket
Choir	<ul style="list-style-type: none"> -Participation in four semesters of Choir or Advanced Choir and vocal ISSMA two times. A student in both Choir and Advanced Choir in the same semester may count it as two semesters. (Piano ISSMA may be counted as an instrumental or vocal ISSMA) -Each additional year (two semesters) will earn an additional award 	<ul style="list-style-type: none"> -Award one: Varsity letter a pin to represent their activity -Award two and beyond Additional pins ISSMA pins may be worn on jacket
Student Council	<ul style="list-style-type: none"> -Earning 75 points One year of participation in the Student Council is 50 points. Student-logged work outside of meetings is valued at one point per thirty minutes of service. -STUCO earners will be awarded an additional pin for earning an additional 25 points of work <i>outside of meetings</i>, provided they are still Student Council Representatives 	<ul style="list-style-type: none"> -Award one: Varsity letter a pin to represent their activity -Award two and beyond Additional pins

Yearbook	-2 full years of participation -Each additional year (two semesters) will earn an additional award	-Award one: Varsity letter a pin to represent their activity -Award two and beyond Additional pins
Chapel Committee	-Three full years of service; one shall be the senior year	-Award one: Varsity letter a pin to represent their activity
National Honor Society	-If a National Honor Society member has not already received their letter before the induction ceremony in their senior year, they will receive a letter at that time. -Each additional year (two semesters) will earn an additional award	-Award one: Varsity letter A NHS pin at induction -Award two and beyond Additional pins
Academic Honors	-For each school year that a letter earner maintains a GPA of 3.8 or higher they will be awarded an academic honor pin	-Academic honors pin

*Coaches and sponsors have the discretion to award or withhold letters in special circumstances.

Letterman Jackets must be purchased by the school-authorized supplier, Varsity Sports in DeMotte, IN.

(05-07-2019, 06-01-2023)