

**Central Minnesota Christian School
Extra Curricular Handbook
2025-2026**



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PURPOSE

Central Minnesota Christian School offers interscholastic participation and competition for its students on various levels in both boy's and girls' athletics. Central currently offers athletic participation through the MSHSL in Cross Country, Soccer, Volleyball, Basketball, Baseball, Track and Field, Golf, Knowledge Bowl, & One Act Play. Extra-curricular Club opportunities are also offered in Robotics, Lego, Trap Shooting Club, Spring Play, and Dance.

COACHING PHILOSOPHY

Central Minnesota Christian School will secure coaches for each sport and activity listed above. Central will encourage its competent teachers in these sports and activities to serve as coaches. Coaches who are not teachers at Central will be secured from the Central constituency with the primary qualification being a person's Christian testimony and practice with a secondary, but also very important consideration, being coaching competence.

COACHING FOR TRANSFORMATION

Central Minnesota Christian School has adopted Coaching for Transformation (CFT), which provides a framework for principles and practices that point our coaches and student-athletes to accomplishing our school's mission. The Coaching for Transformation "Gameplan" outlines our school's and athletic department's mission statement, highlights our four values (Better Together, Building Trust, Bridging the Gap, and Being Transformed) and how they correlate with our athletic programs and establishes several Essential Practices that coaches will follow no matter what the sport. With our coaches being a mixture of staff, faculty, parents or community members, the CFT Gameplan aims to unify and align our coaches to the higher purpose of coaching at Central.

STUDENT-ATHLETE PHILOSOPHY

The purposes of interscholastic athletic participation and competition at Central Minnesota Christian School include the following:

1. As a temple of the Holy Spirit, a young person's body is something to be cared for physically. The development of athletic skills is one aspect of this physical development.
2. Interscholastic athletic practice and competition allow the student-athlete to use his/her God-given gifts in a wholesome manner in concert with other Christian young people under the direction of a Christian coach. This is a positive opportunity for individual skill development and fostering of the team concept.

The purpose of interscholastic athletic competition should not be the glorification of the individual, the adoption of an attitude of winning at all costs, nor the acceptance of the idea that an end justifies the means. Rather, the interscholastic competition allows the team to demonstrate its level of development with an opponent before parents, peers, the general public, and most importantly, before the Lord. An interscholastic athletic contest should be considered a team's opportunity to witness their faith, demonstrate their unity, exercise their self-control, and show their progress in developing the skills of the sport.

Our teams should compete to honor our God, our team, our school, and the community. Our teams should exemplify the ideals of sportsmanship, fair play, teamwork, and dedication, and hopefully, be carried on throughout the life of the participants. The athlete at Central should play fairly, observe regulations and policies, treat others courteously, and take adversity without complaining. We expect our parents and athletes to always demonstrate respect and courtesy toward teammates, opponents, and officials. Our teams and athletes should strive for integrity in upholding the values of Central.

PARTICIPATION ON NON-SCHOOL TEAMS

We value the gifts and talents of our student-athletes and performers. As a Christian educational institution, we hold our spiritual formation to a high standard for each student participant. We do not actively encourage students to participate in summer recreational or athletic activities that involve Sunday play or practice. Central Minnesota Christian School will not participate in any MSHSL activities that involve practicing or playing on Sunday.

Junior Olympic (JO) Volleyball, American Athletic Union (AAU) Basketball, and American Legion (AL) Baseball or Softball programs are not sponsored by Central, and student participation in these programs is not required by Central or its coaches for an athlete's participation in Central Minnesota Christian School sponsored sports.

HOME SCHOOL PARTICIPATION

Homeschool students are not permitted to participate on Central sports teams (see Home School and Part-Time Student Enrollment Policy).

Students in grades 6-12 may enroll as part-time, half-time, or full-time students. Students entering grades 9-12 must be enrolled in at least 4 classes per semester (half-time) through CMCS (PSEO classes may qualify) to be eligible for sports programs and theater productions.

DUAL ACTIVITY PARTICIPATION

Students may participate in two sports/activities during the same season regardless of the sport being an individual or team sport. If a student desires to participate in two sports/activities simultaneously. They must fill out the Dual Activity Participation Form (See appendix for form), gaining permission from their parents and coaches involved. The goal is to have continuous communication between the student-athlete, coaching staff, and athletic department to avoid putting the athletes or coaches in a difficult situation. Dual sporting may not be the best situation for all students. For this reason, consensus between all parties involved is vitally important.

DEFINITION OF LEVEL OF PLAY

In the sports or activities where Central Minnesota Christian School offers multiple levels of participation (Varsity, Junior Varsity, C Team, Junior High), the following considerations will guide the coaches as they make decisions about individual athletes:

Varsity

Varsity level participation implies a school putting together its best athletes on a team where all the team members contribute to the whole team's strength. The Varsity team may consist of students from 7th-12th grade. Players are selected based on the highest talent, commitment, and competitive level - not by age. Playing time is earned by position, ability, effort, and situation and is not guaranteed. Decisions about "cuts" from the team, playing time, and/or "starters" for a game will be made by the varsity coach and must reflect his/her opinion of what constitutes the best short-term and long-term interests of the team. The coach must realize the need to communicate to the team and the individual athlete the rationale behind his/her decisions, but the decision will rest with the coach. Central follows the Minnesota State High School League eligibility rules.

Junior Varsity

Junior Varsity level participation implies those things mentioned above but includes the following considerations: a junior varsity team is a team still in training; a junior varsity team provides opportunity and time for its members to develop skills. The JV team may consist of students from 7th-11th grade. Players at this level should exhibit strong fundamental skills and a strong level of commitment. "Cuts" from a junior varsity team should be kept to a minimum with the benefit of the doubt given to the player who may need to develop individual and team skills for another year or two before being ready for varsity level participation. The coach will make decisions concerning "starters" and "playing time"; however, the coach should balance an emphasis on winning with whole team participation and skill development. Playing time for all is encouraged, but those whose abilities are stronger and show greater potential may receive more playing time. Students should be tactfully encouraged to seek involvement in other activities if it is apparent that their abilities are not developing to the next level of competition.

C Team

C Team level participation implies those things mentioned above but includes a higher emphasis on development and fundamentals and less on winning. The C Team may consist of students from 7th-10th grade. Playing time is earned, not guaranteed, but playing time for all is highly encouraged. Students whose abilities are stronger may receive more playing time. If numbers are too large to keep all 9th-10th grade players on the team, the coach must consult with the A.D. before deciding on cutting a player. The main purpose of the C team is to improve players' skills and help them learn more about game strategies.

Middle School

Middle School level participation implies what has been previously mentioned but also includes these considerations: a middle school team is a team learning a sport, and a wide range of talent levels and development is accepted. Middle School teams may consist of 6th-8th

graders. The rules of the sport, basic individual skills, and the fundamentals of team play and commitment are to be emphasized at this level of participation. "Cuts" should not be made by a middle school team, and decisions about "starters" and "playing time" should be made by the coach. The coach should strive to give all the team members individual coaching attention in keeping with individual needs and will attempt to allow all team members to participate in game situations. At the middle school level of participation, the emphasis should be on learning the skills of the game by the team members, and the need to "win the game" should be of lesser importance than the need for "all team members to learn and to play."

PHILOSOPHY OF CALLING PLAYERS TO PLAY UP

All students (7th-12th) are allowed to compete in high school sports. If a coach wishes to bring up a younger player for participation, the following criteria must be followed:

1. No player may be cut to make room for a younger student.
2. The coach must meet with the Athletic Director and give valid reasons for bringing the player(s) up.
 - a. The A.D. reserves the right to accept or decline the coach's request to pull the player(s) up.
 - b. The coach and A.D. should consider physical maturity, social maturity, "needs" of the team, team chemistry, and parental permission.

SCHEDULING

Team practice and schedule of games for the various teams will abide by these guidelines:

1. On the Varsity and Junior Varsity level of participation, Central may schedule the number of games, matches, or meets up to the maximum permitted by the MSHSL. The Athletic Director should schedule interscholastic contests so that levels of competition are sought in keeping with our school's size and playing ability. The schedule will be arranged so that the games are equally distributed throughout the playing season and that there are a similar number of home and away contests each year.
2. When scheduling games during exam week, the A.D. will schedule only 1 (home or away) game per team during that week. If a second game must be scheduled during that week it must be a home game.
3. Varsity and Junior Varsity team practices will normally be held in the afternoon, beginning immediately after school. The Athletic Director will establish the gym usage schedule for games and practice sessions. If another school event (such as a drama or music production) needs access to one of the gyms, then the athletic practice sessions will take a lesser priority than games or other school events.
4. Wednesday evening has been designated "church activity night" by the schools in this area; consequently, all team practices shall terminate no later than ~~5:30~~ 5:00 p.m. on Wednesday.

ELIGIBILITY

Central Minnesota Christian School Middle and High School students who intend to participate in extra-curricular athletic activities must meet the following requirements.

1. GENERAL ELIGIBILITY FORMS

Central students who intend to participate in extra-curricular athletic activities at the Varsity, JV, or C Team level must complete the following forms before the beginning of the year's first practice.

- a. Student Athletic Commitment Form (See Appendix for form. Parent signature is required.)
- b. MSHSL Eligibility Brochure (Click [here](#) or see link listed in Appendix. Parent signature required.)
- c. Athletic Driver Parent Permission and Release of Liability

2. MEDICAL ELIGIBILITY

Students who intend to participate in extra-curricular athletic activities entering 6th grade or are first-year Central athletes are required to complete a sports physical before the beginning of the first practice. (See Appendix for form. Parent signature is required.) Sports physicals are required every 3 years.

3. ATTENDANCE ELIGIBILITY

For a student to participate in an extra-curricular event on a particular day, that student must attend school for at least half of that day.

INELIGIBILITY AND REINSTATEMENT

Central Minnesota Christian School Middle and High School students are eligible to participate in extra-curricular activities unless the student has been declared ineligible for one of the following reasons:

1. ACADEMIC INELIGIBILITY

- a. Students need to be responsible for maintaining their eligibility; however, Central Faculty and Coaches should regularly stress the importance of maintaining academic eligibility.
- b. Central Students will be declared ineligible for any of the following criteria:
 - i. If a student receives one or more failing grades bi-weekly. The Registrar will run bi-weekly reports for the AD.
 - ii. If a student receives one or more failing grades for a quarter on his/her report card.
 - iii. If a student receives one or more failing grades for a semester on his/her report card.
 - iv. If a student is caught cheating or plagiarizing.
- c. Academic Ineligibility Terms
 - i. Students shall be ineligible for the duration of one calendar week (Monday–Saturday). Students will be allowed to participate in daily practice sessions after one hour of supervised study time during the school week period of ineligibility. Students will be required to check in at

- the High School Office for supervision during their study time. During the week of ineligibility students will miss the first game or performance.
- ii. A student will serve a 2 week ineligibility period for their second offense of cheating or plagiarizing.
- iii. A third offense will be suspended for the remaining academic year.
- d. Academic Reinstatement
 - i. After the period of ineligibility, the A.D. will assess the student's grade(s) currently in question.
 - ii. If progress is made, the student will be allowed to participate in full practice and events after the one week probation period.

2. CHEMICAL INELIGIBILITY

- a. The MSHSL rules state that chemical and tobacco ineligibility rules apply to all MSHSL participants from the first day of a student's 7th grade year until the end of the year of graduation.
- b. Per the MSHSL rules, students are not permitted to possess, use, or consume controlled substances while participating in interscholastic activities. Central students will be declared ineligible for extra-curricular participation for any of the following reasons:
 - i. Confirmed student possession or use of alcohol.
 - ii. Confirmed student possession or use of any tobacco product.
 - iii. Confirmed student possession or use of any controlled substance defined by law as a drug.
- c. Chemical Ineligibility Terms
 - i. First confirmed violation - nonparticipation in extra-curricular events for four weeks or the next two consecutive interscholastic events, whichever is longer.
 - ii. Second and subsequent confirmed violations - nonparticipation in extra-curricular events for the rest of the school year or the next six consecutive interscholastic events, whichever is longer.
 - iii. Participation while ineligible
 - 1. While a student is ineligible to participate in extra-curricular events due to chemical use, she/he may be allowed to participate in rehearsal or practice for the duration of the ineligibility.
 - 2. Advisors/Coaches of the various extra-curricular activities may establish and enforce additional practice participation guidelines.
- d. Chemical Ineligibility Reinstatement
 - i. It will be left to the discretion of the advisor/coach whether or not a student may be admitted to the activity or team after the start of the new season (i.e., if ineligibility happens between seasons). The application of the eligibility rules shall be in effect from the start of the first rehearsal or practice of any school-sponsored activity in the fall until the end of the school year in the spring.

3. DISCIPLINARY INELIGIBILITY (See Student Handbook for Definitions)

- a. Extra-curriculars are considered a privilege and a student's extra-curricular eligibility will be affected using the following framework for disciplinary offenses.
 - i. Level 1 Detention: remain eligible
 - ii. Level 2 Detention: ineligible for 1 game
 - iii. Level 3 Detention: ineligible for 1 week or 2 games whichever is fewer
 - iv. Level 4 Detention: ineligible for 1 week or 2 games whichever is greater
 - v. Suspension: ineligible for 2 weeks or 2 games whichever is greater

** Ineligibility will be effective within a week of the offense (or the time of confirmed discipline)*

*** Leadership reserves the right to expedite decisions regarding students' eligibility (including attending practices) in cases involving bullying, safety concerns, or unreasonable offenses.*

4. GAMBLING INELIGIBILITY

- a. Gambling, although legal for those 18 years of age or older, is not an acceptable activity for Central students who wish to represent our school in extra-curricular events. Attendance at a gambling casino or track is detrimental to the witness of the school and bespeaks a reliance on chance rather than trust in God to care for us in all circumstances.
- b. Students on an extra-curricular team and confirmed to have attended a gambling establishment will be declared ineligible to participate in a game or event for one week and at least one game if no game is scheduled during that week of ineligibility.
- c. Participation while ineligible
 - i. While a student is ineligible to participate in an extra-curricular event due to gambling ineligibility, she/he may be allowed to participate in rehearsal or practice for the duration of the ineligibility.
 - ii. Advisors/coaches of the various extra-curricular activities may establish and enforce additional practice participation guidelines.

*Coaches reserve the right to implement rules for missing practices, behavior, curfew, or other team rules that may apply to a specific sport.

TRANSPORTATION

Transportation is provided for Varsity, Junior Varsity, and C Team events. Central does not provide school-sponsored transportation to Junior High events; however, the Athletic Department may assist in organizing parent-provided transportation. All student athletes must complete the Athletic Driver Parent Permission and Release of Liability each academic year.

The following considerations apply to Varsity, JV, and C Team transportation:

1. A student member of the team or event must ride on the bus or other school-provided transportation to and from the game.
2. Coaches are responsible for accounting for all team members to/from each game.
3. A student may ride home from the game or event with a parent or with another person designated by the parent as per a parent-signed Permission Slip (See Appendix for

Transportation Permission form). Coaches will also have copies of this form at each event for parents to sign.

4. A separate slip must be made out for each event, and the coach or event sponsor must keep this permission slip on file.
5. If a student violates this policy, he/she is subject to discipline by the coach and athletic director.

WEATHER RELATED CANCELLATIONS

If school is dismissed for weather-related reasons, all after-school extra-curricular practice sessions and events will be canceled for that day. Students will be sent home, and decisions about evening activities will be made separate. If school is canceled for weather related reasons, afternoon practice sessions will be left to the discretion of the coach and administration.

LETTERING

A student may receive a junior varsity letter if he/she participates in practices regularly for the season of a sport or if she/he participates in an Instrumental or Vocal Sub-Sectional Contest as a performer or an accompanist. A student may receive a varsity letter, activity emblem/pin, or experience bar if he/she fulfills the junior varsity requirements and accomplishes the following in each sport or event:

- Soccer - plays in more than half of the varsity games
- Cross Country - TBD
- Volleyball - plays in more than half of the varsity games
- Basketball - plays in a minimum of four halves of varsity games
- Music - earns a starred rating at a Sub-Sectional or Sectional contest
- Drama - performs a major role in the drama or musical production
- One Act Play - earns a starred rating at the Sub-Sectional contest
- Knowledge Bowl - earns a position on the varsity team
- Baseball - plays in more than half of the varsity games
- Track – serves as a track team member for the season and participates in Sub-Section
- Golf - TBD

APPENDIX

Required Athletic Forms For All Athletes:

- **Athletic Registration Form**

This form needs to be filled out for every student who wishes to participate in athletics (including One Act) - can be found on the Central website under "Central Resources".

- **MSHSL Sports Physical Questionnaire**

This form is required every 3 years for all student-athletes, beginning with 6th grade or first-year students - can be found on the Central website under "Central Resources".

A clinic-provided form is also acceptable.

Supplemental Forms:

- **After Game Transportation Permission Form**

This form is required when a student will NOT be riding home from an event in school-provided transportation - can be found on the Central website under "Central Resources". A separate form needs to be filled out for each event.

- **Dual Activity Participation Form**

Any student who wishes to participate in two extra-curricular activities during the same sports season must complete this form - can be found on the Central website under "Central Resources".