



Auburn Hills Christian School
Athletic Handbook
2024-2025

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SPORTSMANSHIP PHILOSOPHY

Auburn Hills Christian School (AHCS) recognizes that participation in extracurricular activities is a privilege. Participant conduct, in and out of school, shall not reflect negatively on our school or create a disruptive influence on the discipline, good order, moral or educational environment in the school. Student athletes are to be good sports and positive role models on and off the playing field. The following are the core beliefs of the AHCS Athletic Department:

1. Participation is for those who potentially have the skills, attitudes, and willingness to work hard to improve their respective sports.
2. Success is not measured by the win/loss record.
3. The coaching staff, athletes, administration, parents, and fans should always act in a manner that would enhance the positive image of the school and community.
4. Athletes are encouraged to participate in more than one sport throughout the year.
5. Playing time in scheduled contests must be earned and is up to the discretion of the coaching staff.
 - Work ethic, ability, academic standing, and behavior are vital factors.
6. The needs of the team must come before the needs of the individual.
7. Athletic participation is intended to benefit all athletes by teaching fundamentals, strategies, and behavior that will enable our teams and athletes to be successful.

ATHLETIC RULES AND REGULATIONS

The rules and regulations found in this athletic handbook, AHCS student handbook, and all rules of the Michigan High School Athletic Association apply to all athletic competitions for all boys and girls at AHCS. All contents within this athletic handbook apply to both high school and middle school student athletes.

The following applies to the AHCS athletic policy:

1. All suspensions are to start with the next regularly scheduled contest following the violation.
2. A suspension not fulfilled during a particular season will carry over to the next sport the athlete tries out for. The suspension will continue with the first regularly scheduled contest in that sport.
3. A student is considered an athlete once they try out for a sport. They are athletes the entire calendar year.
4. While serving an athletic suspension, practices are mandatory unless excused by the coach.
5. If a team drops below the required number of athletes it takes to compete in that sport, new members may be added to the team.

TRAINING RULES

1. Cleanliness and Appearance: As the appearance of athletes representing a school can bring credit or discredit to the school, all AHCS athletes are required to maintain personal cleanliness and to take pride in personal grooming and wearing apparel.
2. Coaches reserve the right to discipline and/or suspend athletes for inappropriate actions or behaviors that the coach feels are necessary to maintain proper team order and unity.
3. Athletic training rules are in effect the entire calendar year.
4. An athlete cannot serve a suspension for a training rules violation in a new sport. The athlete can only serve the suspension in a sport they have been continuously (annually) competing in. For example, a fall sport athlete who violates a training rule in the winter months cannot go out for a spring sport to satisfy his or her suspension.

SUSPENSIONS OF ATHLETES FROM SCHOOL THROUGH THE PRINCIPAL'S OFFICE

1. Athletes are not allowed to practice during their suspension.
2. If an athlete is suspended for the entire day of an athletic contest the athlete will not be allowed to participate in the contest.
3. If the suspension ends before the school day ends, the athlete will be allowed to participate in or attend the contest.
4. Any practice missed for skipping school will be an unexcused absence.

PRACTICE SESSIONS

1. First Practice Day: The first official practice day for each sport shall be determined by the coach of that sport and the athletic director.
2. First Day: An athlete must come out on the first day of organized practice for that sport. If an athlete is allowed to participate after the first day of practice, he or she must make up all regular practice days missed before participating in a regularly scheduled game or contest. Exceptions to this rule are students who transfer into this school after the beginning of practice sessions. All other exceptions must be cleared through the athletic director.
3. Attendance: An athlete must attend school for at least half the day in order to practice or participate in a game. An athlete that misses school with illness will not be allowed to dress for practice or a game unless they return to school with a doctor, dentist, or court slip. Other unavoidable excuses should be cleared through the principal or athletic director.
4. Grace Period: An athlete has until the first game to decide whether or not he/she wishes to stay out of that sport. If an athlete quits a sport during the grace period, he/she must practice two full weeks before he/she will be allowed to participate in another regular contest in a sport being held during the same season.

5. Quitting a Sport: Any athlete quitting a sport following the grace period shall not be allowed to participate in that sport for the remainder of that season or participate in any other sport that is being played during that season. In addition, the athlete will miss 25% of his/her next sport season.

ATHLETIC ATTENDANCE POLICY

1. All athletes will attend every practice.
 - a. If an athlete has a doctor, dentist, or another appointment they must let their coach know at least 2 weeks in advance.
 - b. If an athlete will be going on vacation during a practice period, they must let their coach know at least 2 weeks in advance.
 - c. If an athlete becomes sick the day before a practice or game, they must let their coach know and provide a doctor's note if possible.
2. If an athlete is in school and cannot attend a practice after school, he/she must report to his coach to get excused from practice within 24 hours before the practice begins.
 - a. The coach will let the athlete know if they are excused from the practice. If they are not excused, they are expected to still attend practice.
3. If the athlete is not excused by his/her coach or misses practice without informing his coach or with permission even though he/she has a good reason for missing practice he/she will be disciplined with the coach's and athletic director's discretion.
4. Detentions are not excused absences. It is not considered an unexcused absence if the athlete reports to practice by the scheduled practice time. The coach will still apply the consequences outlined above.
5. Two unexcused absences will result in the penalties outlined above.
6. If it is judged that an athlete is purposely violating rules to get kicked off the team, the athlete will miss 25% of his/her next sport season.
7. If an athlete misses more than half a day, they will not be allowed to practice or participate in a game on that day. Only doctor, dentist, and court excuses will be accepted. An athlete still must attend school part of the day, even if they have a doctor, dentist, or court excuse. Exceptions may be appealed to the athletic director and principal (For example, appointments a considerable distance from the high school may be considered).
9. Athletes must make 80% of all games and practices.

ATHLETIC ATTIRE & UNIFORMS

Athletes will be given a jersey to use for the season, they will be required to sign a contract stating that they have borrowed the jersey and if they lose it or damage it they are responsible for covering the cost of the jersey. Jerseys will be returned to the coach after each game so they can be washed by our coaching staff.

On Game Days:

Athletes are permitted to dress up for game days but must abide by the following dress code:

Girls:

- Blouse & knee-length skirt or dress
- Dress shoes
- All attire must be ironed and presentable

Boys:

- Button up shirt with tie
- Dress pants or khaki pants
- Dress shoes
- All attire must be ironed and presentable

Failure to comply with the game day dress code will result in not being able to participate in the game that day. All varsity athletes are required to dress up, junior varsity and middle school teams have the choice.

If they choose to not dress up, they should wear their school uniform.

The following is the practice attire for all athletes:

Girls:

- Knee length shorts or loose sweatpants
- Loose fitting t-shirt

Boys:

- Loose fitting shorts or sweatpants
- T-shirts are required

DISMISSAL FOR MISCONDUCT

If an athlete is dismissed from a team for what the coach feels is a serious violation, he/she must make an appointment with the Athletic Director, Principal and their coach before reinstatement to any athletic team.

ATHLETIC APPEALS PROCESS

1. If an athlete is suspended or dismissed from an athletic team he/she is entitled to a hearing before the athletic board of appeals if he/she desires. The following procedure will be followed:

- a. Athlete must give written notice to the athletic director within three (3) days of the problem, that he/she desires a hearing.
- b. Written notice of the meeting and charges against the athlete shall be supplied to the student and his/her parent or guardian.
- c. Parent, guardian, and council may be present at the hearing.
- d. The student shall be given an opportunity to give his/her version of the facts and their implications. They should be allowed to offer testimony of other witnesses and other evidence.

- e. The student shall be allowed to observe all evidence offered against them and be allowed to question any witnesses.
 - f. The hearing shall be conducted by the athletic appeals board who shall make its determination solely upon the evidence presented at the hearing.
2. Athletic Board: Composed of the athletic director - Anthony Asbury and members, Erica Sise, Meghan Asbury, Gewanda Brown, Crystal Jackson, Dawson Carpenter and Mark Milby.
- Duties:
- (1) Discuss and rule on disciplinary problems as they relate to high school athletics.
 - (2) A majority vote of the appeals board would constitute a decision.
 - (3) If a coach is a member of the appeals board he/she will not be allowed to vote if they are directly involved in the problem.

ATHLETIC PHYSICALS

Each athlete, male or female, must have a physical once a school year before practicing or participating in sports. It is the responsibility of the student-athlete and/or the parent/guardian to have the physical completed by the first practice date. Only physicals completed after April 15 will be accepted. This is in accordance with MHSAA guidelines.

ELIGIBILITY HIGH SCHOOL

- 1. In order to be eligible to participate in the athletic program at AHCS, participant must attend the school with at least 50% of their course load.
- 2. (MHSAA) Previous academic record – No student shall compete in any athletic contest that does not have, to his or her credit, in the official records of the school, to be represented at least 66 percent of full load potential for a full-time student for the semester/trimester during which he or she shall have been enrolled in grades 9 to 12 . For example:
 - Passing 3 of 4 classes
 - Passing 4 of 5 classes
 - Passing 4 of 6 classes
 - Passing 5 of 7 classes
 - Passing 6 of 8 classes
- 3. Eligibility shall be determined every week on a cumulative basis for the marking period. An athlete will be eligible if he/she has at least an average of 66% of the full load potential.
 - a. If a student-athlete has not maintained an average of 66% within his/her class load, the first step will be for them to set up a meeting with their teachers
 - b. The teacher and student must develop a plan to get the student back on track that will be based on a weekly period
 - c. Both the student and teacher must sign a piece of paper stating they have agreed to this plan
 - d. The athletic director will check in on a weekly basis for updates on the students' performance. As long as the student is keeping up with the plan that they and their teacher developed, they will be allowed to participate.

- e. However, if they fail to keep up with the developed plan, there will be a suspension from the team until they can get back onto the plan they made.

BUS TRANSPORTATION - GAME DAY

The Athletic Department will not accept the responsibility when students are driving to/from games. No coach has the authority to allow the students to drive to/from athletic events, but in special circumstances, the Athletic Director can authorize students to drive to/from events as long as no school transportation (bussing, van, etc.) is provided. Parents must notify coaches the Sunday of the next week concerning whether or not their student athlete will need a ride to and from that week's contests. If parents want to take an athlete home, the coach must give the parent permission to do so.

EQUIPMENT

All athletes are responsible for all equipment issued to them. All lost, stolen or damaged items will be paid for by the athlete. All awards will be withheld until equipment is turned in or paid for. Athletes will also not be allowed to try out for their next sport.

INJURY AND WAIVERS

Each athlete and parent must read and sign the waiver that is given upon registration. If this waiver is not signed, the athlete will not be able to participate in the sport.

ATHLETIC AWARDS

1. Each spring, the Athletic Department hosts an Athletic Banquet, this is not mandatory, but is encouraged.
 - a. The banquet is used to celebrate our athletes, parents, and coaching staff and the successful seasons that they have had throughout the year.
2. Each team of each sport has a maximum of 3 awards to give out to their athletes, these awards will be given out at the coaches discretion
3. Varsity letters and certificates will also be presented to those athletes that have completed their first varsity sport
 - a. If an athlete has already completed a varsity sport in years prior, they will receive pins to attach to their varsity jackets
4. A Student Athlete of the Year award will also be presented to a student athlete that has been voted on by our coaching staff and athletic board. This award will be given to a student athlete who meets the following criteria:
 - a. Excels in their academics and shows a dedication to their academic success
 - b. Presents leadership, integrity and character on and off the court or field among their peers

- c. Participates and does well in more than one sport
- d. Communicates well with their teammates and coaches
- e. Shows that they have a growth mindset and are easily coachable and take constructive criticism well

PAY TO PARTICIPATE

AHCS requires all highschool athletes (8th-12th grades) to pay \$175 to compete in their first sport, \$75 for any sports they participate in after their initial sport. All Middle School (4th-7th grades) athletes will pay \$150 for the first sport, \$50 for any sports they participate in after their initial sport. An athlete will not compete in an event until his or her money is paid.

These fees will be paid through TeamSnap.

AHCS ATHLETE DECLARATION FOR DUAL SPORTS PARTICIPATION

1. Athletes interested in participating in two sports during the same season shall adhere to the following stipulations: The athlete must complete a Declaration Form identifying which sport is primary and secondary for participation purposes. Generally, this means which sport will take priority in practice and competitions when conflicts arise.
2. Approval may be denied or rescinded because of academic concerns at any time during the season. In such cases, the athlete will participate only in the primary sport.
3. The head coaches of each sport must mutually agree to the participation of the athlete in two sports. Approval is also required from administration and parents/guardians.
4. Any penalties issued as a result of a violation of the athletic code of conduct will apply to BOTH sports.
5. Once a primary sport is declared, the decision cannot be changed without the completion of a new Declaration Form (all signatures required). If coaches do not agree with the changes, the original form remains in effect.
6. Practice requirements and game/meet expectations for both sports shall be established prior to the start of the sport seasons.

TEAM SNAP

AHCS will be utilizing Team Snap beginning in the 2024 school year. This is an application that should be downloaded from the App Store as soon as you register your child for a sport. This application will be used for all communications, game schedules, practice schedules, athletic department wide events, fundraisers, etc.

ATHLETIC NEWSLETTERS

There will be athletic department newsletters sent out every Friday afternoon. These contain department updates, along with individual team updates, practice and game schedules and upcoming events.

PARENT PARTNERS

The athletic department is constantly looking for help and support from our parents. Our parent partners are those that help run games and events. For example, a parent partner may help run concessions for home games or they may take on the responsibility of keeping the score books for their student-athletes games. If you are interested in becoming a parent partner, please reach out to our athletic director, Anthony Asbury, at ahcsathletics@ahchristian.com.

GYM/FACILITY USE

If a student athlete would like to use the gym or facilities at AHCS when a practice or workout has not been scheduled, they should contact our athletic director, Anthony Asbury, at ahcsathletics@ahchristian.com AND their head coach to see if the gym/facilities are available. They should include the times and dates that they would like to use the facilities and what they will be doing. There MUST be a member of the coaching staff in the gym/facilities during this time for the duration of the use.

ATHLETIC BOARD MEMBERS

Athletic Director - Anthony Asbury ahcsathletics@ahchristian.com

Treasurer - Dawson Carpenter

Board Member - Meghan Asbury meghanasbury@ahchristian.com

Board Member - Erica Sise ericasise@ahchristian.com

Board Member - Gewanda Brown gewandabrown@ahchristian.com

Board Member - Crystal Jackson cjacksonphd@gmail.com

Board Member - Mark Milby mark@acauburnhills.com

2024-2025 Athletic Teams Offered

Fall Sports

Girls Volleyball - Middle School (6th-7th Grades); Varsity (8th-12th Grades)

Cross Country - 6th-12th Grades

Winter Sports

Girls Basketball - Middle School (6th-7th Grades); Varsity (8th-12th Grades)

Boys Basketball - Middle School (6th-7th Grades); Varsity (8th-12th Grades)

Cheerleading - Middle School (6th-7th Grades); Varsity (8th-12th Grades)

Spring Sports

Girls Soccer - Middle School (6th-7th Grades); Varsity (8th-12th Grades)

Boys Volleyball - Varsity (7th-12th Grades)