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VISION

DC’s athletic program will offer a premier student-athlete experience in the Philadelphia area.

To achieve a premier athletic experience, DC Christian commits to:

- Christ-centered, highly qualified, in-house coaching staff.
- Elementary and middle school feeder systems for each varsity program.
- Provide quality facilities for all programs to provide optimum playing experiences.
- Quality fitness center to house our highly effective performance training.
- Striving for BAL, District One and PIAA Championships.
- Provide the opportunity for multi-sport athletes.

MISSION

Developing Christ-like character through the pursuit of competitive greatness.

Competitive greatness demands commitment, places team before self, accepts reality, yet pursues daily improvement for the glory of God.

VALUES

- Honor God
- Development of Christ-like Character
- Pursue competitive greatness

MOTO: Growing Champions | Pursuing Greatness
ATHLETIC DEPARTMENT

Athletic Director
Don Davis
ddavis@dccs.org
610-353-6522 ext 2252

Assistant Athletic Director
Mike Walker
mwalker@dccs.org
610-353-6522 ext 2721

Athletic Coordinator
Katie Levis
kclevis@dccs.org
610-353-6522 ext 2422

Athletic Trainer
Rose O’Brien
dctrainer@dccs.org
610-353-6522 ext 2424

Performance Training Coach
Mike Pinelli
strengthcoach@dccs.org
610-353-6522 ext 2250

DC ATHLETIC BOOSTER CLUB

The DC Athletic Booster Club is an organization consisting of involved, committed parents who support DC athletics in various ways. The Booster Club Executive Committee is composed of parents, the athletic director, the high school principal, and a school board trustee.

In keeping with interscholastic regulations, all disbursements and/or projects must meet with the approval of the athletic director and the administration.

The Booster Club is directly involved with but not limited to the following: concessions, gate, senior game ceremonies, pictures, uniform distribution, school spirit events, etc.
**PHILOSOPHY OF ATHLETICS**

**VARSITY**

The varsity athletic programs seek to refine each player’s athletic skills. The express purpose is to mold the best possible team for competition; at the same time, each program strives to impart each participant with the importance of understanding and performing his or her role for the good of the entire team and the glory of God.

At this level, team performance and team goals become more important than at the previous levels. Each athlete is expected to contribute to the development of the team. Likewise, the team learns that in order to maximize its performance, his or her contribution is vital. Although each individual is equally important, his or her contribution and role is different from others on the team, as DC believes in fielding the best team possible. All preseason camps and tryouts are mandatory unless otherwise announced.

**JUNIOR VARSITY**

The junior varsity programs seek to develop individual skills and team play. Care will be taken to ensure that substitutions are carried out in a manner that will benefit the individual as well as the team; however there may be occasions when players do not participate in a contest. Playing time discussions should be limited to the player and coach. If playing time becomes a concern and cannot be resolved between the player and coach, a meeting with the parents, coach, player, and the athletic director should be scheduled. Parents and players should not discuss playing time with a coach immediately following a contest but, rather, wait until the next day to approach a coach.
AGE

An athlete is ineligible for sports if he or she turns 19 years old before September first of the current school year.

ACADEMICS

An athlete becomes academically ineligible for competition if he or she is failing two subjects. Academic probation is reviewed and determined every week on Friday afternoon. The athletes will be informed in person by his or her principal or designee. The athlete may no longer participate in games but should attend practices beginning the Monday following the determination of ineligibility and continuing through the following Saturday. Athletes should make arrangements with their respective coach if parents and the athlete determine that the latter must miss practice to improve his or her grades. In the case of a student who has an identified learning disability, the Discovery Center director, principal, and/or athletic director may review the situation in order to provide for a special exemption.

BEHAVIORAL

A student becomes ineligible for sports if he or she is placed on behavioral probation. The faculty and an administrator recommendation will establish the terms of the behavioral probation. Athletes who are removed from a team for academic or behavioral reasons will not receive a varsity letter, nor will they be recognized at athletic assemblies or banquets.

SPORTS PHYSICALS

Students are required to obtain medical physicals for participation during the current school year. Physicals must be obtained prior to participation in athletics, including preseason activity.

Only one physical is required per school year regardless of the number of sports in which a student participates. A student must obtain his or her physical after June 1st in order to adhere to PIAA requirements. Each coach must verify each student’s signed medical form is on file in the Athletic Office.

Physicals are obtained through family physicians, a physical provided at DC on the designated day, or at a participating pharmacy. The PIAA physical form must be used.
### FALL PROGRAMS

<table>
<thead>
<tr>
<th>Activity</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>JV/Varsity Football</td>
<td>All boys in grades 9-12 may try out for the football team. The season begins the second week of August while playoffs commence in November. Practices are held at the Upper Campus while home games are played at Marple-Newtown High School. There is a cost of $350 for each athlete who participates.</td>
</tr>
<tr>
<td>Cross Country</td>
<td>All boys and girls in grades 9-12 may try out for the Cross Country team. The season begins the second week of August and ends at the end of October. Practices are held on campus while home meets are run at Rose Tree Park.</td>
</tr>
<tr>
<td>JV/ Varsity Boys Soccer</td>
<td>All boys in grades 9-12 may try out for the soccer team. The season begins the second week of August while playoffs begin at the end of October. Practices and home games are held at the Upper Campus. There is a fee of $10 for each athlete to cover the cost for home and away socks.</td>
</tr>
<tr>
<td>JV/Varsity Girls Soccer</td>
<td>All girls in grades 9-12 may try out for the soccer team. The season begins the second week of August while playoffs begin at the end of October. Practices and home games are held at the Upper Campus. There is a fee of $10 for each athlete to cover the cost for home and away socks.</td>
</tr>
<tr>
<td>JV/Varsity Field Hockey</td>
<td>All girls in grades 9-12 may try out for the field hockey team. The season begins the second week of August while playoffs begin at the end of October. Practices and home games are held on the Upper Campus. There is a fee of $10 for each athlete to cover the cost of home and away socks.</td>
</tr>
<tr>
<td>JV/Varsity Girls Tennis</td>
<td>All girls in grades 9-12 may try out for the tennis team. The season begins the second week of August while playoffs are held in the middle of October. All practices and home matches are held at Delaware County Community College Courts. There is a fee of $50 for each athlete to participate to help cover the cost of court rentals.</td>
</tr>
<tr>
<td>JV/Varsity Co-ed Golf</td>
<td>All boys and girls in grades 9-12 may try out for the golf team. The season begins the second week of September while district playoffs occur in early October. Practices are held at Springfield Country Club, Glen Mills Golf Course, M-Golf Driving Range, and on the Upper Campus. There is a $320 cost for all golfers. This cost covers all greens fees, practice costs, and a DC Golf Polo shirt that all golfers keep (If an athlete is a member at Springfield, the pay-to-play fee is reduced accordingly.) Athletes are responsible for providing their own golf clubs, bag, and shoes.</td>
</tr>
<tr>
<td>Varsity Cheerleading</td>
<td>All girls in grades 9-12 may try out for the cheerleading squad. The season begins the second week of August and lasts until the football team’s season ends. Practices are held in the Upper or Lower Gym while home games are at Marple-Newtown High School.</td>
</tr>
</tbody>
</table>
## WINTER PROGRAMS

<table>
<thead>
<tr>
<th>Program</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Varsity Wrestling</strong></td>
<td>All boys in grades 9-12 may try out for the wrestling team. The season begins in November and playoffs are scheduled for March. Practices and home meets are held at the Upper Campus.</td>
</tr>
<tr>
<td><strong>JV/Varsity Boys Basketball</strong></td>
<td>All boys in grades 9-12 may try out for the basketball team. The season begins in November while playoffs are in March. Practices are held at the Upper Campus and at the Devon Campus. All home games are held in the Lower Gym.</td>
</tr>
<tr>
<td><strong>JV/Varsity Girls Basketball</strong></td>
<td>All girls in grades 9-12 may try out for the basketball team. The season begins in November while playoffs are in March. Practices are held at the Upper Campus and at the Devon Campus. All home games are held in the Lower Gym.</td>
</tr>
<tr>
<td><strong>Boys &amp; Girls Indoor Track</strong></td>
<td>All girls and boys in grades 9-12 may participate in indoor track. Due to the nature of indoor track with the PIAA ad BAL, it is considered a club program at DC. This season is viewed as an opportunity to help athletes prepare for the spring outdoor track season. Practices are held at the Upper Campus 3 days a week. Meets are usually on Saturdays at various indoor locations. There is a $150 fee for all athletes who participate.</td>
</tr>
</tbody>
</table>

## SPRING PROGRAMS

<table>
<thead>
<tr>
<th>Program</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>JV/Varsity Baseball</strong></td>
<td>All boys in grades 9-12 may try out for the baseball team. The season begins in March while playoffs are in May. Practices and home games are held at the Upper Campus.</td>
</tr>
<tr>
<td><strong>JV/Varsity Softball</strong></td>
<td>All girls in grades 9-12 may try out for the softball team. The season begins in March while playoffs are scheduled for May. Practices and home games are held at Troop Field in Newtown Square.</td>
</tr>
<tr>
<td><strong>Track and Field</strong></td>
<td>All boys and girls in grades 9-12 may try out for track and field. The season begins in March with playoffs slated for May. Practices and home meets are held at the Upper Campus.</td>
</tr>
<tr>
<td><strong>JV/Varsity Boys Tennis</strong></td>
<td>All boys in grades 9-12 may try out for the tennis team. The season begins in March while playoffs are in May. All practices and home matches are held at the Delaware County Community College Courts. Athletes are required to purchase a uniform shirt for matches. There is a fee of $50 for each athlete to participate to help cover the cost of court rentals.</td>
</tr>
<tr>
<td><strong>Varsity Boys Lacrosse</strong></td>
<td>All boys in grades 9-12 may try out for the lacrosse team. The team consists of players from both DC and Devon Prep. The season begins in March while playoffs are in May. All practices and home games are held at the Devon Campus. There is $100 cost for all athletes who play boys lacrosse.</td>
</tr>
<tr>
<td><strong>Varsity Girls Lacrosse</strong></td>
<td>All girls in grades 9-12 may try out for the lacrosse team. The season begins in March while playoffs are held in May. All practices and home games occur at the Devon Campus.</td>
</tr>
</tbody>
</table>
ATTENDANCE

Before joining a team, parents and athletes should understand what commitment to a team entails. After joining the team, each athlete is responsible to fulfill this commitment by attending all team practices, contests, and required team functions. Through the course of a season, once-in-a-lifetime events or emergencies are likely to occur (weddings, funerals, sicknesses). Any DC school-related conflicts will be considered excused absences. Please communicate these situations to your coach as early as possible. Unexcused absences will be dealt with in the following manner:

**First-time absences** for athletes will result in disciplining measures to be determined by the coach.

**Second-time absences** for athletes will result in a one game ineligibility.

**Third-time absences** for the athlete will result in his or her removal from the team and forfeiture of all academic credit and team awards. Such a dismissal will be handled in a manner similar to an athlete’s decision to quit a sport.

Each team member must be in attendance at school on the day of a contest in order to participate that day. The athlete must sign in at the office and be in school by the beginning of 3rd period. If a student has an excused absence from school but will be back in time to compete in an athletic contest, he or she must have obtained approval from their principal.

MINIMUM NUMBER OF PRACTICES

Players are expected to be at each practice; as a result missing team activities will incur both natural and mandated consequences. For the health and safety of student-athletes, each team member must practice a minimum of ten (10) times (only one/day) prior to the first contest. If a player is transitioning from one season to the next within the same school year, that player must practice a minimum of five (5) times.

QUITTING A TEAM

Quitting a team should not be commonplace in DC’s athletic program, for it is harmful to both the individual and the team. Athletes, who quit mid-season without cause, will not be eligible to participate in the next season’s athletic programs (i.e. if a player quits a winter sport, he or she will not be eligible to participate in a spring sport). Prior to the next season in which the athlete is able to participate in a sport, a conference will be held between the athlete, coach(es) and athletic director. This meeting will be used to determine the athlete’s understanding of the obligation to fulfill his or her commitment to the team (I Cor. 9:24-27, II Timothy 4: 7-8).
There are a number of outlets for communication from the DC athletic office. Listed below are the details for each one, including pertinent information that will help both students and parents to stay abreast of the DC community’s athletic endeavor.

www.dccs.org
The school website is the most common location for people to find information concerning DC athletics. The athletic tab of the school website includes schedules, rosters, coaches information and more. Each calendar item contains even more details (dismissal, departure and directions) when users click the event. Special articles highlighting accomplishments or promoting special events will also be posted on the main athletic page. This website has the capacity to send its users alerts via email or text. It also can perform a calendar import.

www.schedulestar.com
This website provides a direct link to the actual scheduling program that the athletic office uses to schedule all practices and games. This website is the most accurate source available as it is updated first when changes occur. In addition this website is able to send users alerts via email or text. It also can perform a calendar import.

www.twitter.com/DC_Knights
This site is most useful as an app on smart phones. Twitter users may follow @DC_Knights and receive the most up-to-date information, announcements, live scores and updates. This website will send all tweets to a user’s phone as text messages for those who sign up for text alerts. Anyone can join or start a conversation by using the hashtag #DCKnights

www.facebook.com (search DC Knights Athletics)
For those who are not twitter users, but instead have facebook accounts, this is an easier way to get all of the updates as a direct push from the twitter feed. Either way, please “like” our page!

EMAIL
The athletic department will disseminate important information about upcoming special events through email. The distribution list that is used is pulled directly from Renweb. Coaches are encouraged to email weekly updates in addition to communicating changes directly to parents from the team’s head coach.
AWAY GAMES

Transportation will be provided for all athletes to and from away games by bus or van. If parents would like to take their children home after an away game, they may do so after informing the coach. If a parent would like another parent to take his or her child home from an away game, the former parent must communicate this to the coach.

PRACTICES AND HOME GAMES

Transportation will also be provided to practices and home games that are not held at the upper campus. However, each athlete will need to be promptly picked up at that event location at the end of practice. Coaches will wait with any child who hasn’t been picked up until his or her ride arrives.

<table>
<thead>
<tr>
<th>Sport</th>
<th>Location (home practices and games)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Field Hockey</td>
<td>Upper Campus</td>
</tr>
<tr>
<td>Girls Soccer</td>
<td>Upper Campus</td>
</tr>
<tr>
<td>Boys Soccer</td>
<td>Upper Campus</td>
</tr>
<tr>
<td>Football</td>
<td>Practice: Upper Campus Games: Marple Newtown HS</td>
</tr>
<tr>
<td>Golf</td>
<td>Springfield Country Club</td>
</tr>
<tr>
<td>Girls Basketball</td>
<td>Devon Campus (some practices); Upper Campus (practice and games)</td>
</tr>
<tr>
<td>Boys Basketball</td>
<td>Devon Campus (some practices); Upper Campus (practice and games)</td>
</tr>
<tr>
<td>Wrestling</td>
<td>Upper Campus</td>
</tr>
<tr>
<td>Softball</td>
<td>Troop Field</td>
</tr>
<tr>
<td>Baseball</td>
<td>Upper Campus</td>
</tr>
<tr>
<td>Track and Field</td>
<td>Upper Campus</td>
</tr>
<tr>
<td>Boys &amp; Girls Lacrosse</td>
<td>Devon Campus</td>
</tr>
</tbody>
</table>

NOTE: Each of these is the preferred location; however, the location may be subject to change. Updates can be found on the DC website.
UNIFORM POLICY

Students are responsible for their uniforms, warm-ups and any other team equipment. Therefore, a replacement cost will be assessed if these items are not returned or are damaged in any way. Uniforms may cost up to $200, a cost that will be applied to a student’s school bill if not returned. Uniforms should be returned in the plastic bag in which they were issued to the appropriate head coach.

Students may wear their athletic uniform to school with their teammates on the days of two different games. The high school principal and the athletic director must have previously approved those days.

ATHLETIC OUTERWEAR IN SCHOOL

Athletic outerwear can only be worn in school if it meets the following requirements:

• The athletic outerwear must be worn with a dress code shirt underneath.
• Administration and the athletic director or faculty leader must approve the athletic outerwear.
• The school logo must be on the jacket.
• The jacket must be one of the following colors: hunter green, grey or black.
ATHLETES

Athletics is a visible entity of our school. It is vital that our athletes represent the Lord and DC in a distinctive way. Hence, athletes are expected to conduct themselves properly.

- The use of alcohol, tobacco, or any harmful drug is strictly forbidden.
- Verbal abuse of officials, opponents, or coaches will not be tolerated.
- Athletes are expected to respect DCCS faculty, staff, students, property, and parents.

If an athlete's actions violate this code, the following procedures will ensue:

- The use of alcohol, tobacco, or drugs shall immediately terminate the athlete's privilege to participate in the remainder of that season. The athlete may return to participate only through the consent of the head of school, high school principal, athletic director and present coach.
- The coach shall govern verbal violation and disrespect of property of individuals. If any action continues, the athletic director reserves the right to remove such player(s) for an indefinite period of time.
- Athletes will abide by school codes and regulations. If an athlete is consistently disregarding school regulations, he/she may be dismissed from participation.

PARENTS

- Parents are expected to partner with school staff and coaches to speak and act as representatives of the Lord and DC. Expectations of fans can be no less than those for players, coaches and officials as they respond to the events of the contest.
- Parents are expected to support not only their children but also the team, the coach, and DC. Parents should not be verbally arrogant or abusive to any person at a contest.
- Parents are expected to deal with their concerns with the person most directly involved before taking their concerns to those not involved.
- Parents are expected to help their children learn dependability, promptness, and accountability by being aware of the practice and game schedule as well as other responsibilities.
PURPOSE
To equip and protect our athletes as they strive to reach their full physical potential for the honor and glory of Jesus Christ.

MISSION
To TEACH, TRAIN, TEST, and TRANSFORM

STRATEGY
- **Teach** proper form and technique
- **Train** athletes to reach their full potential for the honor and glory of Jesus Christ in a safe fun environment.
- **Test** the athlete’s progress through 8-week training sessions.
- **Transform** each athlete’s mind, body, and spirit

BENEFITS
- Injury prevention/concussion prevention
- Performance enhancement (strength, speed, agility)
- Character development

PROGRAMMING
In-season teams train 1-2 days per week during regular practice times.

Out of season athletes may choose from two training sessions:
- **Session 1**: Monday, Wednesdays and Fridays from 3:15-4:45
- **Session 2**: Tuesday and Thursdays from 3:15-4:45
A certified athletic trainer (ATC) is a healthcare professional who works to enhance athletic performance. Athletic trainers work to provide excellent medical care to all athletes. Athletic training encompasses the prevention, diagnosis and intervention of emergency, acute and chronic medical conditions. Athletic trainers work under the direction of physicians, and require a state licensure and certification. Certified athletic trainers are trained in the prevention, recognition, management and rehabilitation of injuries that result from athletic activity.

At Delaware County Christian School, the ATC is responsible for the medical care of all athletes. The ATC is trained to evaluate injuries, develop treatment plans and initiate rehabilitation programs so that all athletes are able to compete at the safest, most optimum level. An ATC will be available at the school each day from 2:30pm-5:30pm for practices and games. In the event of an injury, the ATC will evaluate and treat the injured athlete. If an athlete should sustain an injury, the ATC is also trained to design and implement specific rehabilitation programs so that athletes can return to activity in the safest, most efficient way possible.

WHEN AN ATHLETE IS INJURED
An athlete who is injured should see the ATC as soon as possible to obtain an accurate assessment of the injury. The ATC will outline a treatment program (stretching, therapeutic exercises, etc) that can be used to specifically target the injury and initiate healing. The ATC will also communicate with the coaching staff and parents with regards to the severity of the injury, treatment plan and expected return-to-play date. The ATC will communicate with the athlete and coaching staff on a daily basis for re-evaluation of symptoms.

RETURN TO PLAY
In order for an athlete to return to activity following an injury, he or she must be able to pass a series of sport specific functional tests without any pain or limitation related to the injury. Some examples of functional tests include the following: jogging, sprinting, cutting, jumping, throwing, defensive slides, karaoke drills, ball dribbling, etc. If an athlete is under the care of a physician for a sports-related injury, a clearance note from the doctor must be given to the ATC before the athlete returns to activity.

CONCUSSIONS
Every athlete participating in a contact sport is required to take an impact test prior to the first contest. An athlete who sustains a concussion will be required to take the impact test 24-48 hours following the head injury. After the test is taken and reviewed, a thorough evaluation of all signs and symptoms associated with the head injury will take place. The ATC will then communicate with the coaching staff and parents regarding the treatment protocol that will be followed.
The selection of award winners is an important, yet difficult task as awards mean a great deal to athletes and carry a certain amount of prestige. The coach is obligated to be fair, accurate, and impartial in making such selections. The coach is solely responsible for selection of such awards.

**VARSITY LETTER CRITERIA**

<table>
<thead>
<tr>
<th>Sport</th>
<th>Requirement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Soccer</td>
<td>Played in 60% of halves</td>
</tr>
<tr>
<td>Field Hockey</td>
<td>Played in 60% of halves</td>
</tr>
<tr>
<td>Cross Country</td>
<td>Among top 7 varsity runners</td>
</tr>
<tr>
<td>Football</td>
<td>Played in 60% of quarters</td>
</tr>
<tr>
<td>Basketball</td>
<td>Played in 60% of quarters</td>
</tr>
<tr>
<td>Baseball</td>
<td>Played in 60% of innings</td>
</tr>
<tr>
<td>Wrestling</td>
<td>Played in 60% of matches &amp; earned three team points</td>
</tr>
<tr>
<td>Track &amp; Field</td>
<td>Earned 10 points in varsity competition</td>
</tr>
<tr>
<td>Softball</td>
<td>Played in 60% of innings</td>
</tr>
<tr>
<td>Tennis</td>
<td>Played in 60% of matches</td>
</tr>
<tr>
<td>Cheerleading</td>
<td>Participated in 90% of all team events</td>
</tr>
<tr>
<td>Golf</td>
<td>Played in 60% of matches</td>
</tr>
<tr>
<td>Lacrosse</td>
<td>Played in 60% of all periods</td>
</tr>
</tbody>
</table>
VARSITY INDIVIDUAL AWARDS

XC, Golf, Baseball, Softball
Coach’s Award
Basketball, Tennis, Cheerleading, & Wrestling
Most Valuable Player
Soccer, Field Hockey, Football & Lacrosse
Coach’s Award
Defensive Most Valuable Player
Offensive Most Valuable Player
Track & Field
Boys Coach’s Award
Girls Coach’s Award
Boys Outstanding Runner
Girls Outstanding Runner
Boys Outstanding Field Athlete
Girls Outstanding Field Athlete

JUNIOR VARSITY INDIVIDUAL AWARDS

Coach’s Award and Most Improved Player awards are given for all JV teams.

CRITERIA

Coach’s Award
Positive Christian Testimony
Leadership
Sportsmanship
Commitment
Industriousness
Responsibility

Most Valuable Player
Positive Christian Testimony
Team Player
Leadership
Athletic Ability

Most Improved Player Criteria
Improvement of a JV player throughout the season, which may include consideration of off-season development.

NOTE: An athlete who no longer participates due to academic and/or behavioral problems is not eligible to receive recognition or awards at athletic assemblies or banquets. This also includes those athletes who quit a sport.
ANNE BERKE and CARL BOWEN AWARDS
These special awards are given in honor of Anne Berke, DC's first P.E. Instructor and girl's athletic coach, and in memory of Carl Bowen (Class of 1973). These awards are directed to the outstanding senior girl and boy athlete at DCCS. The athlete must qualify for the award and be selected by the coaching staff as per their voting procedure. This award must be earned decisively and, therefore, does not have to be awarded annually.

CRITERIA
- The athlete must have been enrolled at DC the past two years.
- The athlete must have received recognition such as all-league, MVP, or Coaches Award.
- The athlete must have received six varsity letters.
- The athlete must have been an industrious player.
- The athlete must have been a team player.
- The athlete must have demonstrated a positive Christian character on the athletic field, in the classroom and in the community.
- The athlete must have demonstrated a growth in his/her Christian testimony in at least his or her senior year.

GEORGE HUSSMAN SPORTSMANSHIP AWARD
The Chester County Officials Association initiated this award in 1983 in honor of George Hussman, DC's first athletic director.

CRITERIA
- Awarded to one girl and one boy in the junior or senior class who have participated, to some degree, in DC athletic programs.
- The athletes shall have demonstrated an ability to set a leadership tone on the team through all-around good sportsmanship. While the athletes are obviously committed to excellence which results in a winning performance, the outcome is always secondary to the manner in which the goal is achieved.
- The athletes have shown a consistent, respectful spirit for the leadership and goals of the coach or coaching staff. Any responsibilities given to the athlete by the coach will have been handled diligently.
- The athletes will display a respectful attitude toward fellow members on the team and will set a high tone of commitment to them, as well as to the overall school program.
- The athletes will have demonstrated a courteous and respectful spirit toward the officials who direct the activities.
- The athletes must qualify for the award and be selected by the coaching staff as per their voting procedures.
- Should no athlete qualify, no award will be given.

NOTE: Coaches will nominate athletes for the major awards. The athletic director will compile the nominations, and the coaches will vote to determine winners.
NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

Each Season the NFHS prints a rulebook for all the sanctioned sports for our school. The rulebook is intended to promote and preserve the sound traditions of the sport and minimize the risk to participants. This is a model interpretation of the rules of the game. www.nfhs.org

PENNSYLVANIA INTERSCHOLASTIC ATHLETIC ASSOCIATION (PIAA)

We are members of the PIAA, specifically District I (http://www.district-one.net/). A DC coach NEEDS to be well informed of the rules and regulations set by the state pertaining to his/her sport. Before the start of each season, a coach will attend a local rules interpretation meeting (see AD for details) and visit www.piaa.org for new rules and points of emphasis.

BICENTENNIAL ATHLETIC CONFERENCE (BAL)

Delaware County Christian School is one of 16 schools that compete in the BAL. This conference was established in 1975 to create competition among schools of comparable size and to determine a champion. The BAL has its own constitution, policies, and moreover it sets its own schedules. Interested parties may visit http://www.balsports.com for the latest news, champions, and new stories.