UPPER SCHOOL EDITION

2017-2018 ACADEMIC YEAR

Athletic HANDBOOK

DC KNIGHTS

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DELAWARE COUNTY CHRISTIAN KNIGHTS

VISION, MISSION & VALUES

VISION

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

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

- Christ-centered, highly qualified, in-house coaching staff.
- Lower School 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.
- Encourage and athletes to participate in several seasons of athletics.

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

- *Honoring God*
- *Developing Christ-Like Character*
- *Pursuing Excellence*

MOTO*:* Growing Champions l Pursuing Excellence

ATHLETIC DEPT. & BOOSTER INFORMATION

ATHLETIC OFFICE

Athletic Director
Mike Walker
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Athletic Coordinator
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Athletic Trainer
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Performance Training Coach
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DC ATHLETIC BOOSTER CLUB

At DC all parents of athletes are Boosters. It takes many hands to provide a premier athletic experience for our children; therefore, it is expected that each family serve in some capacity during each season your athlete participates. A Booster Executive Committee will prepare a list of volunteer opportunities at the beginning of each season with the expectation that all sign ups are completed within the first two weeks of the season. The Executive Committee will also make decisions on the disbursement of funds based on the Athletic Department's recommendations. Any parent can serve on the Executive Committee (when there is a vacancy) by expressing interest to the Athletic Director.

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, Recruiting team parents and team photographers, school spirit events, spirit wear, 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, because 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.

FRESHMAN / SUB-H.S. ATHLETES

Typically, DC does not sponsor freshman level teams. However, if a freshman level team were to be formed and a student participates on a freshman level team, he/she must only play at the freshman level. Once an athlete plays at the JV/V level, they relinquish the right to return to playing at the freshman level.

DELAWARE COUNTY CHRISTIAN KNIGHTS

ATHLETIC POLICIES
ELIGIBILITY

AGE

To be eligible to participate in grades 10 through 12, you must not have reached your 19th birthday by June 30 immediately preceding the school year. Where you will participate only in grades 7 and 8, you may not have reached your 15th birthday by June 30 immediately preceding the school year.

ACADEMICS

An athlete becomes academically ineligible for competition if he or she is failing two courses. Academic probation is reviewed and determined every week on Monday morning. Ineligible athletes and their parents will be contacted by the Upper School Office and an administrator. Ineligibility lasts for one week - until the next Monday morning when grades are again reviewed. An academically ineligible athlete may not play in any games, but should attend practices. The Athletic Office will notify coaches regarding player exclusion from games.

BEHAVIORAL

A student that is involved in athletics is expected to maintain high standards of behavior on and off the field of competition. The Discipline Committee will review all matters of behavior that do not comply with the guidelines set forth in the Student/Parent Handbook.

Coaches, the Athletic Director and the HS Discipline Committee will work together to ensure that discipline and accountability are helping student-athletes grow and mature in all areas of school life.

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.

DELAWARE COUNTY CHRISTIAN KNIGHTS

ATHLETIC POLICIES
ELIGIBILITY

Alumni

Practice: No Alumni, or adult visitors may participate in an in-season practice. Alumni may visit practices and address the team under the direct supervision of the head coach. School employees may participate in drills according to PIAA rules and regulations. No person, post-graduate or adult may participate in football or wrestling drills.

Game Day: Alumni are always welcome back to campus and especially welcome ate sporting events. D.C. Athletics asks that alumni and parents respect the designated team area (sideline, dugout, bench area) during play. Alumni are encouraged to visit with coaches and players briefly before and after the game, but are prohibited from sitting with the team and coaching staff during the competition.

Captains

The coaching staff of each separate team will be responsible to determine how captains are named. While the title of captain is an esteemed position, it is wise to remember that not all captains will lead well and not all leaders will have the title of captain. Some coaches will use captains as an extension of the coaching staff, while other coaches will only really use captains to relay information and attend the pre-game meeting with the officials.

No student-athlete should be a captain of more than 1 team in the same season. Team captains should be more committed, especially responsible and service minded. The Athletic Director will work with the coaches and the Head of the Upper School to ensure that all DC athletes are appropriately representing the mission and vision of the athletic department in the classroom and in competition. The Upper Campus Discipline Committee will handle all issues regarding student-athlete behavior and academic eligibility.

DELAWARE COUNTY CHRISTIAN KNIGHTS

ATHLETIC TEAMS

FALL PROGRAMS **All programs begin two weeks prior to the start of school.**

Varsity Football	All boys in grades 9-12 may try out for the football team. 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. Each individual athlete will be billed on October 1st. The season runs through play-offs, which typically commence in early November.
Cross Country	All boys and girls in grades 9-12 may try out for the Cross Country team. Practices are held at the Upper Campus while home meets are run at Rose Tree Park in Media, or the lower school campus. The cross country season typically ends in late October.
JV/Varsity Boys Soccer	All boys in grades 9-12 may try out for the soccer team. Practices and home games are held at the Upper Campus. There is a fee of $25 for each athlete to cover the cost for home and away socks and practice jerseys. Each individual athlete will be billed on October 1st. Varsity playoffs begin in late October.
JV/Varsity Girls Soccer	All girls in grades 9-12 may try out for the soccer team. Practices and home games are held at the Upper Campus. There is a fee of $25 for each athlete to cover the cost for home and away socks and practice jerseys. Each individual athlete will be billed on October 1st. Varsity playoffs begin in late October.
JV/Varsity Field Hockey	All girls in grades 9-12 may try out for the field hockey team. Practices and home games are held on the Upper Campus. There is a fee of $25 for each athlete to cover the cost of home and away socks and practice jerseys. Each individual athlete will be billed on October 1st. Varsity playoffs begin in late October.

FALL PROGRAMS (Continued)

JV/Varsity Girls Tennis	All girls in grades 9-12 may try out for the tennis team. 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. Each individual athlete will be billed on October 1st. Playoffs begin in mid-October.
JV/Varsity Golf	All boys and girls in grades 9-12 may try out for the golf team. The BAL championship is held at the end of September while district playoffs occur in early October. Practices are held at Springfield Country Club 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. Athletes are responsible for providing their own golf clubs, bag, and shoes.
Varsity Cheerleading	All girls in grades 9-12 may try out for the cheerleading squad. The season 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.

ATHLETIC TEAMS

WINTER PROGRAMS

Varsity Cheer	All girls in grades 9-12 may try out for the cheerleading squad. The season lasts until the varsity basketball season ends. Practices are held at the Lower School campus and games are at the Upper Campus Lower Gym.
JV/Varsity Boys Basketball	All boys in grades 9-12 may try out for the basketball team. There is a fee of $25 for each athlete to cover the cost for a practice jersey. The season begins in November while playoffs are in March. Practices are held at the Upper Campus and at the Lower Campus. All home games are held in the Lower Gym.
JV/Varsity Girls Basketball	All girls in grades 9-12 may try out for the basketball team. There is a fee of $25 for each athlete to cover the cost for a practice jersey. The season begins in November while playoffs are in March. Practices are held at the Upper Campus and at the Lower Campus. All home games are held in the Lower Gym.
Boys & Girls Indoor Track	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, DC's indoor track program is a club program. This season is viewed as an opportunity to help athletes prepare for the spring outdoor track season. Practices are held at the Upper Campus three days a week. Meets are usually on Fridays or Saturdays at various indoor locations. There is a $150 fee for all athletes who participate.

ATHLETIC TEAMS

SPRING PROGRAMS

JV/Varsity Baseball	All boys in grades 9-12 may try out for the baseball team. There is a fee of $25 for each athlete to cover the cost for a pull over athletic sweatshirt. Each individual athlete will be billed on May 1st. The season begins in March while playoffs are in May. Practices and home games are held at the Upper Campus.
JV/Varsity Softball	All girls in grades 9-12 may try out for the softball team. There is a fee of $25 for each athlete to cover the cost for a pull over athletic sweatshirt. Each individual athlete will be billed on May 1st. The season begins in March while playoffs are scheduled for May. Practices and home games are held at Troop Field in Newtown Square.
Track and Field	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.
Varsity Boys Lacrosse	All boys in grades 9-12 may try out for the lacrosse team. The team is 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 Lower Campus. There is $100 cost for all athletes who play boys lacrosse. Each individual athlete will be billed on May 1st.
Varsity Girls Lacrosse	All girls in grades 9-12 may try out for the lacrosse team. There is a fee of $15 for each athlete to cover the cost for a practice jersey. Each individual athlete will be billed on May 1st. The season begins in March while playoffs are held in May. All practices and home games occur at the Lower Campus

ATHLETIC POLICIES COMMITMENT

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, sickness).

The Athletic Department works with the Upper School office to limit conflicts between athletic commitments and other DC related school functions. If you foresee a conflict in the future, 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 10:00 am. 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 prior approval from the Head or Assistant Head of the Upper School.

DELAWARE COUNTY CHRISTIAN KNIGHTS

Athletic policies commitment (cont.)

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).

Athletic policies communication

You can stay up to date on the latest information pertaining to DC athletics through a variety of communication outlets.

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.

thedcknights.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.

Twitter.com/thedcknights

This site is most useful as an app on smart phones.
Twitter users may follow @thedcknights 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

Instagram.com/thedcknights

This site is most useful as an app on smart phones.
Instagram users may follow @thedcknights and view images that promote, capture or celebrate coaches and athletes. Anyone can join or start a conversation by using the hashtag #DCKnights

Facebook.com/thedcknights

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. Please "like" our page!

EMAIL

The athletic department will disseminate important information about upcoming special events through email. Coaches are encouraged to email weekly updates in addition to communicating changes directly to parents from the team's head coach.

TRANSPORTATION & FACILITIES

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 student 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 student 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

Sport	Location (home practices and games)
Field Hockey	Upper Campus
Girls Soccer	Upper Campus
Boys Soccer	Upper Campus
Football	Practice: Upper Campus Games: Marple Newtown HS
Girls Tennis	Delaware County Community College
Golf	Edgmont Country Club
Girls Basketball	Lower Campus (some practices); Upper Campus (practice/games)
Boys Basketball	Lower Campus (some practices); Upper Campus (practices/games)
Cheerleading	Fall: Practice UC / Games MNHS Winter: Practice LC / Games UC
Softball	Troop Field
Baseball	Upper Campus
Track and Field	Upper Campus
Boys & Girls Lacrosse	Lower Campus

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 & ATHLETIC GEAR

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 Head of Upper School and the athletic director must have previously approved those days.

ATHLETIC OUTERWEAR IN SCHOOL

*Please refer to the 2017-2018 Academic Handbook

Dress for Athletes at Sports Banquets

The Athletic Banquet is an opportunity to show the DC community that we are intentional about living out our mission. Athletes are expected to "dress up" for the evening. This means a dress, skirt, blouse for female athletes and a shirt and tie for male athletes. Athletes will be socially engaged with adults, often seated in the front of the room and even invited to the stage in the auditorium. Please consider all of this when choosing your outfit for the evening.

DELAWARE COUNTY CHRISTIAN KNIGHTS

CODE OF CONDUCT

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 DC faculty, staff, students, property, and parents.

If athletes' 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, HS Discipline Team, Head of Upper School, 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.

DELAWARE COUNTY CHRISTIAN KNIGHTS

PERFORMANCE TRAINING

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 train Monday through Thursday 3:45-4:45. Athletes train under the watchful eye of a DC performance coach and follow the PLT4M program.

PLT4M
TRAIN TO WIN

DELAWARE COUNTY CHRISTIAN
KNIGHTS

SPORTS MEDICINE

A certified athletic trainer (LAT/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.

Premier Orthopaedics & Sports Medicine

At Delaware County Christian School, the LAT/ATC is responsible for the medical care of all athletes. The LAT/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 LAT/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 LAT/ATC will evaluate and treat the injured athlete. If an athlete should sustain an injury, the LAT/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 LAT/ATC will outline a treatment program (stretching, therapeutic exercises, etc) that can be used to specifically target the injury and initiate healing. The LAT/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 LAT/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

A concussion is a brain injury that results in a temporary disruption of normal brain function. A concussion occurs when the brain is violently rocked back and forth or twisted inside the skull as a result of a blow to the head or body. Athletes at your age are particularly vulnerable to the effects of concussions. Once considered little more than a minor "ding" on the head, it is now understood that a concussion has the potential to result in death or short- and/or long-term changes in brain function.

If a sports official removes you from a Contest because you have exhibited signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, and/or balance problems) you may not return to participating in Practices, Inter-School Practices, Scrimmages, and/or Contests until cleared by a licensed physician of medicine or osteopathic medicine who is sufficiently familiar with current concussion management.

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.

AWARDS
VARSITY LETTERS

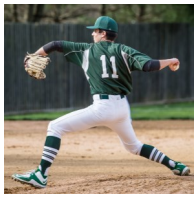
The selection of award winners is an important, yet difficult task as awards mean a great deal to athletes and carry a certain amount of prestige. The coach is obligated to be fair, accurate, and impartial in making such selections. The coach is solely responsible for selection of such awards.

VARSITY LETTER CRITERIA

Soccer	Played in 60% of halves
Field Hockey	Played in 60% of halves
Cross Country	Among top 7 varsity runners
Football	Played in 60% of quarters
Basketball	Played in 60% of quarters
Baseball	Played in 60% of innings
Track & Field	Earned 10 points in varsity competition
Softball	Played in 60% of innings
Tennis	Played in 60% of matches
Cheerleading	Participated in 90% of all team events
Golf	Played in 60% of matches
Lacrosse	Played in 60% of all periods

DELAWARE COUNTY CHRISTIAN KNIGHTS

AWARDS INDIVIDUAL



VARSITY INDIVIDUAL AWARDS

XC, Golf, Baseball, Softball Basketball, Tennis, Cheerleading, & Wrestling	*Coach's Award* *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.

SPECIAL AWARDS

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.

NOTE: Coaches will nominate athletes for the major awards. The athletic director will compile the nominations, and the coaches will vote to determine winners.

SPECIAL AWARDS

GEORGE HUSMANN SPORTSMANSHIP AWARD

The Chester County Officials Association initiated this award in 1983 in honor of George Husmann, 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.

AFFILIATIONS

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

National Federation of State High School Associations

PENNSYLVANIA INTERSCHOLASTIC ATHLETIC ASSOCIATION (PIAA)

We are members of the PIAA, specifically District I (http://www.piaa1.org).

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.

DELAWARE COUNTY CHRISTIAN KNIGHTS