



# **Athletic Handbook**

**For Coaches, Student-Athletes, and  
Parents**

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(208) 932-0210**

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## **PURPOSE**

The only reason we exist is to serve Jesus Christ by developing the whole person to impact the world for Him.

## **MISSION**

Partnering with Christian parents, Watersprings School provides a Christ-centered education built upon a biblical foundation of love, truth, and discipline and trains students spiritually, academically, physically, and socially for a lifetime of glorifying and serving the Lord.

## **OBJECTIVES**

- To develop young people who have a truly authentic walk with Jesus Christ.
- To provide an athletic environment which includes a practical understanding of Biblical truth.
- To represent Christ and His attributes to surrounding schools and communities.
- To create enthusiasm for Watersprings School by forging a bond between student-athletes, faculty, and community.
- To see teams reach their potential by focusing on the **process** rather than the **outcome**.

## WATERSPRINGS ATHLETIC DISTINCTIVES

Shepherding the achievement of the physical potential of our students is an integral part of our educational program. The participation in Watersprings athletics is about far more than physical challenges and accomplishments. It is about using the vehicle of athletics to discover one's true identity in Jesus Christ and to be made "mature, and complete, not lacking anything" as a result of these very tangible opportunities. The following are Biblical philosophies that serve as the foundation for all Watersprings athletic activities.

- **Representing Christ- 1 Corinthians 5:20, 21**  
First and foremost, you are called to be an ambassador of Jesus Christ at all times.
- **ATTITUDE IS Everything – Philippians 2:5-16**  
One of the most crucial and basic elements of becoming a mature believer is learning to control the things that are in our control. Attitude is at the top of that list. We get to choose our attitude every single day.
- **Giving your BEST EFFORT for God's Glory – Colossians 3:17-23**  
Our motivation in any activity as believers is simple- to do the best we possibly can as an act of worship to our Lord. We desire to work hard as a habit, not for individual achievement or the praise of men, but that God might be glorified. Hebrews 12:11
- **UNITY as a Witness to Unbelievers – John 17:20-23**  
As Jesus was preparing to depart, he prayed for his disciples, and then for all who would believe in Him through their message- which includes us today. His primary request of the Father was that we would be UNIFIED so an unbelieving world would look at us and see a picture of God's love to humanity through His son, Jesus Christ.
- **UNITY Within the Body – 1 Corinthians 12:12-26**  
For a group of believers (in this case an athletic team) to reach their potential, every member must recognize, embrace, and play their role to the best of their ability. Not every member is the same. Some play more on game night than others. Each has a slightly different function. Some players will offer their largest contribution in practice or in the social/spiritual dynamic of the team. But EVERY MEMBER is essential for the body to function properly and reach its potential.
- **Service to Others and Humility – Philippians 2:1-3**  
We look to the attitude of Jesus and His sacrificial love as our example. We are called to do nothing out of selfish ambition or vain conceit as we put others above ourselves. Sports are not always fair, and neither is life. In God's strength we can choose to serve and humbly put others ahead of ourselves.
- **Refusing to Play in Fear – 2 Timothy 1:7**  
There is a myth in Christian athletics that we have to choose between being "Christian" and being "competitive." On the contrary, the Bible says that part of honoring God with everything we do is being bold, strong, and courageous. We are told that in Jesus, we do NOT have a spirit of fear, but a spirit of POWER, LOVE, and SELF-CONTROL. We approach athletics with that spirit.
- **Striving to Win (Running in Such a Way) – 1 Corinthians 9:24-27**  
We do not see anything in scripture that would discourage us from desiring to win. But the emphasis is on the PROCESS (striving to win) rather than the OUTCOME (winning). As Paul states in 1 Corinthians 9, we want to run IN SUCH A WAY as to get the prize. Winning becomes a by-product of taking a God-honoring approach to the process of playing the way we are called to play.
- **Accountability – Hebrews 12:7-11**  
Part of serving on a team and as a member of a body is willingly submitting to being held accountable by others, knowing that loving discipline and correction are part of healthy growth.

## PROGRAMS OFFERED

LEVEL	GRADES	GENDER	SPORT	APPROX START
Middle School	6 <sup>th</sup> - 8 <sup>th</sup> Grades	Girls Girls Girls Boys  Boys Boys	Volleyball Basketball Track Football (play with Sandcreek Grid Kid) Basketball Track	Mid-August Mid-October Mid-March Early August  November Mid-March
High School	9 <sup>th</sup> -12 <sup>th</sup> Grades	Girls Girls Girls Boys Boys Boys	Volleyball Basketball Track Football Basketball Track	Mid-August Late October Late February Early August Mid-November Late February

## ATHLETIC FEES

Athletic fees are assessed to help offset the costs of uniforms, equipment, transportation and facilities. If possible, fees should be paid at the beginning of the school year. If not, they are due prior to the start of the sport season.

### Fee Schedule

Middle School Volleyball	\$100
Middle School Basketball	\$100
Middle School Track	\$100
High School Volleyball	\$150
High School Football	\$200
High School Basketball	\$150
High School Track	\$150

## **EXPECTATION OF PARENTS/GUARDIANS**

- Accept responsibility for the education and training of their student
- Understand the purpose and philosophies of the athletic program
- Allow the coaches to coach their student
- Cooperate in helping their student embrace their part in helping the team reach its fullest potential
- Disciple and challenge their student in learning how to communicate concerns directly – player to coach
- Model a positive approach to conflict resolution, showing respect for Watersprings Warrior coaches and staff at all times
  - If parents/guardians have any issues or problems, please do not approach the coaches with it on game day. Give yourself 24 hours, then talk to the coach.
  - Understand that our purpose is to help your player be the best they can be, not only now, but in life. We do not do anything to purposefully hinder or hurt your player. Please keep that in mind before approaching coaches with potential issues.
- Parents are not allowed in locker rooms before, during, or after practices or games unless requested by the coach.
- Make any concerns which would affect the student’s wellbeing or performance known to the coach
- Communicate in advance to the head coach any known future absences
- Respect the officials and set a good example
- HAVE FUN- be a positive role model in cheering for and supporting Watersprings Warriors, taking the “high road” at all times

## **EXPECTATION OF STUDENT-ATHLETES**

- Accept personal responsibility for their development as an athlete, understanding that they are accountable to God, self, parents, coaches, and teammates
- Represent themselves, the team, the school, and Jesus in a positive light on and off the court/field
- OFF THE FIELD/COURT
  - Demonstrate discipline in following a healthy diet and plenty of sleep
  - Perform above average in school
    - Travel to games does not remove the responsibility to have school work done on time.
    - REMEMBER, playing sports is a privilege
  - Strictly follow curfews and other rules implemented by coaches
  - Contribute to a positive school atmosphere
- ON THE FIELD/COURT
  - Always hustle on and off the field/court, between drills, and to and from water breaks
  - Come with an attitude to learn and compete in a sport, not mess around
  - Communicate directly to anyone with which there is a concern- player or coach

## EXPECTATION OF STUDENT-ATHLETES (CONT.)

- SPORTSMANSHIP
  - Show the coaches respect
  - Treat each other with respect
  - Treat opponents with respect
  - Treat officials with respect
  - Treat parents, siblings, teachers, and other students with respect
- ATTITUDE
  - Give full effort to something greater than yourself
  - Have a **WINNING** attitude. That means every weightlifting session, practice, and game you should have the attitude that you will accomplish what is set before you and you will not allow anything to stop you.
  - Respond positively to the encouragement and correction of coaches
- GODLINESS
  - Proverbs 3:5(KJV): Trust in the Lord with all thine heart; and lean not unto thine own understanding.
  - Proverbs 16:3(KJV): Commit thy works unto the Lord, and thy thoughts shall be established.
- GAME TIME AND POSITIONS
  - Playing time is **EARNED** in practice. No player is entitled to any playing time. Our goal is that all players will **EARN** significant playing time.
  - Attendance and participation at practice are **REQUIRED** to earn playing time during games.

## EXPECTATION OF COACHES

- Esteem the salvation and spiritual development of each player as top priority
- Shepherd students on an individual level as much as possible, both athletically and relationally
- Accept personal responsibility for their coaching, understanding that they are accountable to God, self, administration, other coaches, and athletes
- Accept ultimate responsibility for how their team conducts themselves during practice, games, and travel
  - Lead the team in being a blessing to host schools, restaurants, gas stations, hotels, etc
- Model the same unity and maturity within the coaching staff and other Watersprings Warrior staff that is expected from the team
- Always do what is best for the team and intentionally communicate to individuals through the process
- Set and model high expectations for the players
  - Challenge students to reach their fullest potential
- Help students learn how to play and think like a champion- focusing on the process of excellence
- Create an environment that is consistent with the school's philosophies and objectives
- COMMUNICATION
  - Clearly communicate concepts and expectations
  - Clearly communicate roles on the team, giving players an opportunity to dialogue on a regular basis
  - Clearly communicate with parents and athletes regarding logistics such as travel, practice times, etc

- Communicate any concerns about a player's well-being to parents/guardians
- SPORTSMANSHIP
  - Treat the athletes with respect
  - Treat the parents with respect
  - Treat the officials with respect
- GAME TIME AND POSITIONS
  - Put the players in positions that will help the TEAM be successful
  - Everything is done with the purpose of helping the players improve in the sport, including experiencing the principle "You reap what you sow"
    - We do not run the players or work them hard because we want to weed anybody out. Rather we want them understand that they can push themselves much further than they typically do and there is great reward for hard work.

## REQUIREMENTS FOR PARTICIPATION

- ACADEMIC ELIGIBILITY
  - Students must be academically eligible in order to participate in extracurricular activities such as sports, academic events, associated student body (ASB), etc.
  - If a student has two D's or one F when athletic grade reports are run (every 4 weeks on a Tuesday), the student will be put on Academic Probation and is ineligible for that week.
  - For those students ruled ineligible, grades will continue to be checked each week throughout the trimester and if at any time grades dip below eligibility status (two D's or one F), the student becomes ineligible for that week and the process starts over again.
  - Students may practice during times of ineligibility, not at the expense of getting their work completed.
- ATTENDANCE
  - Students must be in attendance for at least one half of the school day in order to participate in a school sponsored activity or contest on that day.
    - In special circumstances, the principal may make exceptions.
- PRACTICE REQUIREMENTS
  - The IHSAA (Idaho High School Athletic Association) requires all high school athletes to have a minimum of 10 practices in before participation in games. This is not required at the middle school level, but generally followed.
- PHYSICAL EXAMS
  - The IHSAA requires all high school athletes to have a current physical exam form on file with the school prior to participation in practice or contests. Sports physicals are valid for **two years** from the date of the exam.
    - Typically, physical exams are done prior to participation for 9<sup>th</sup> and 11<sup>th</sup> grade years.
  - For the off-years, an interim Questionnaire Form needs to be completed and on file with the school.
    - Typically, interim forms are completed for 10<sup>th</sup> and 12<sup>th</sup> grade years.
  - Middle School does not have a state requirement, but the school requires Middle School Athletes to have a physical on file. Only one physical is required for all years of Middle School Sports.

- **ENROLLMENT**

- For a student to participate at Watersprings, they must be enrolled at Watersprings with the following exceptions:
  - Middle School students who are home schooled or attend a charter school may be able to participate if the school deems it appropriate and the numbers support additional participants.
  - There are **NO EXCEPTIONS** to this rule at the high school level.

## **TRANSPORTATION**

- All athletes must ride school-provided transportation to and from sponsored events. This may include school-owned vehicles, parent drivers, or chartered vehicles.
- Parent Drivers must have a copy of their driver's license and insurance card on file with the school office.
- Drivers of school buses must have a copy of their CDL, insurance information, and a background check on file with the school in order to drive Watersprings sponsored events.
  - Drivers must be at least 23 years of age.
- Players **MUST** ride back in the vehicle they rode to the event unless they are signed out by a parent or legal guardian. They may ride home with another adult if written authorization is given to the coach.

## **DRESS AND APPEARANCE**

- Dress in a manner that reflects the work ethic and character we desire to possess as an athletic program. The school dress code will be adhered to as a minimum.
- Each coaching staff will establish the specific requirements for their team.
  - It is expected that the players will observe these requirements and not try to test the boundaries by meeting the bare minimum.



## **UNIFORMS**

- **CHECK OUT PROCEDURE**
  - All uniforms and accessories will be checked out by the coaching staff.
  - If you have questions about your uniform or changes that need to be made, please work with your coach.
  - Make sure you can easily identify your uniform articles by numbers and sizes when they are checked out to you.
  - If the uniform and equipment is not returned at the conclusion of the season, the athlete will be held financially responsible.

## **VARSITY LETTERING PROCEDURE**

All participants in high school athletics (including managers and statisticians) will be given an opportunity to earn a Watersprings Warriors letter award. We believe this to be an important symbol of the sacrifice and commitment necessary to participate at the highest level of high school athletics. As such, it is an accomplishment that needs to be earned.

- **CERTIFICATE OF PARTICIPATION**
  - Students who complete a season as member of any high school team will receive a Certificate of Participation. They must adhere to all of the Watersprings Warriors athletic requirements and finish the season academically eligible.
- **GENERAL LETTERING REQUIREMENTS**
  - To earn a letter in any sport a player must complete the entire season, adhering to all Watersprings Warriors athletic policies and any other requirements established by the head coach for that particular sport.
  - A student must finish the season academically eligible to be considered.
- **SPORT SPECIFIC LETTERING REQUIREMENTS**
  - Football, Volleyball, Basketball: Athlete must participate in at least 50% of the Varsity contests.
  - Track: Athlete must score at least 10 points over the entire season, or medal in any event at the state meet.
  - Manager/Statistician: Student must complete two entire seasons in service to a given program.

**WHAT WE ARE DOING HERE IS MORE THAN JUST SPORTS. WE ARE TRYING TO PREPARE THE PLAYERS FOR LIFE, TO BE GODLY MEN AND WOMEN, AND WARRIORS FOR THE LORD.**

## WHAT IT MEANS TO PUT ON A WARRIOR JERSEY

*Do everything without complaining or arguing, so that you may become blameless and pure, children of God without fault in a crooked and depraved generation, in which you are like stars in the universe as you hold out the word of life – in order that I may boast on the day of Christ that I did not run or labor for nothing.*  
*Philippians 2:14-16*

### The Warrior Pledge

Participating in athletics at Watersprings School is a privilege, not an entitlement. The moment you put on a Warrior jersey, you are representing much more than just yourself. Athletes are among the most visible individuals at Watersprings. Your **words, actions, and attitudes** make statements about your team, coaching staff, school, and the name of Christ.

Signatures at the bottom of this page indicate acknowledgement of the following:

- PARENTS/ GUARDIANS
  - I have read through and understand the **Athletic Distinctives** section of the Watersprings Warriors Athletics Handbook.
  - I have read through and understand my expectations as a parent as set forth in the **Expectations of Parents/Guardians** section of the Watersprings Warriors Athletic Handbook.
  - I will strive for unity as a faithful supporter of Watersprings Warriors Athletics.
  - I will model sportsmanship and Christ-honoring behavior at events and encourage others to do the same.
  - I will partner with the coaching staff in challenging my child to reach their fullest potential on and off the court/field as a Warrior athlete.
  
- PLAYERS
  - I have read through and understand the **Athletic Distinctives** section of the Watersprings Warriors Athletics Handbook.
  - I have read through and understand my expectations as a student-athlete as set forth in the **Expectations of Student-Athletes** section of the Watersprings Warriors Athletic Handbook.
  - I understand the privilege of wearing a Warrior uniform and willingly accept the expectations and heightened scrutiny that come with it.
  - I agree to be held accountable for my words and actions (on or off the court/field) by my teammates, coaches, and Watersprings staff.
  - I commit to avoiding conduct that is detrimental to myself or my teammates.
  - I understand that if my name is consistently mentioned in the context of conduct unbecoming of this program and Watersprings School, it may affect my playing time and/or standing on the team. The burden of proof is not on those in authority over me to prove what I did or did not do. The burden and responsibility is on ME to avoid situations where I can be associated with those things.
  - I will strive to be a positive leader and good example in school.
  - I will speak positively of coaches and teammates.

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Athlete Signature

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WW Representative (Coach)

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Parent/Guardian Signature