



MIDDLETOWN CHRISTIAN ATHLETICS

ATHLETIC HANDBOOK

2026-2027 Academic Year

DEFEND THE NEST | THE EAGLE STANDARD

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The Eagle Standard

When you step into Middletown Christian Athletics, you become part of something bigger than yourself — you become part of a family. In this family, everyone loves everyone, everyone supports everyone. We win together, we lose together, and no one stands alone.

You'll hear a lot of schools, workplaces, and organizations talk about "culture." But in my opinion, that word gets thrown around too easily. Culture isn't what you say — it's what you do. A lot of people talk about unity, excellence, and support. Few actually live it out.

That's where we must be different.

The Eagle Standard means we pray together, grow together, and fight for each other — not just on game days, but every day. It's not just about the scoreboard. It's about who we are becoming in Christ and in competition. And I believe if we honor God, take care of each other, and do things the right way — the wins will come.

We will be a department where athletes support athletes. When one team takes the field or court, the whole school is behind them. We call that defending the nest — and we do it with passion, presence, and purpose.

When we show up, we expect to win — and we fight for every minute of the game. But more than that, we show up ready to outwork everyone. Because success isn't handed out — it's earned. It's earned in early mornings, in the weight room, in the locker room, in the classroom, and in the smallest moments of discipline and character.

We will respect the game, and we will respect our opponents, because how we carry ourselves matters. But most importantly — we play for our Lord and Savior, Jesus Christ. And that means every rep, every play, every moment, we give everything we have. Not just to win — but to become the best version of ourselves every single day.

This is what we call The Eagle Standard.

Now, it's time to live it.

Let's defend the nest.

Christian Vanover & Jarred Jermacans

Middletown Christian Athletics

Introduction

Middletown Christian Schools athletics serves to give our students the means to translate Christian values into action. Since MCS first opened its doors in 1972, athletics have played a vital role in the formative process that enables this translation to take place.

Through participation in athletics, the MCS athlete matures and learns to take responsibility for his or her growth as a person by developing loyalty, pride, integrity, and commitment. As athletes seek the challenges of competition, even at the risk of failure, they learn that success demands the development and integration of physical skill and intellectual preparedness. Activities enable our athletes to share their God-given talents for the betterment of others rather than for their own glory. Students are required to demonstrate a willingness to commit the necessary time, give intense effort, and place the team above self-interests.

Mission Statement

Middletown Christian athletics provides an atmosphere where student-athletes can develop their physical, mental, social, emotional, and spiritual gifts through the avenue of athletic competition.

MCS athletics should be a catalyst that helps develop a lifestyle of character, integrity, discipline, hard work, and leadership. Athletics provide a meaningful opportunity to develop and practice skills and lessons that are learned in the classroom. MCS athletics can be used as another way to help educate and develop our student-athletes as they mature.

It is the intent of the MCS Athletic Department to provide student-athletes opportunities to glorify our Lord and Savior Jesus Christ with their God-given talents and abilities. The interscholastic athletic program at MCS is an integral part of the entire school program. It is never to be thought of as being separate from, above, or beneath any program of our school. The athletic program supports and reinforces the mission and purpose of Middletown Christian Schools and Grace Baptist Church.

Our hope is that all who participate in the athletic program will grow to become more like Jesus as a result of their involvement in MCS athletics. While teams and athletes with exceptional skills may receive increased visibility and focus, the benefits of participation in our program are not limited to those few.

Our highest goal is to bring athletics under the lordship of Jesus Christ by encouraging the spiritual, academic, social/emotional, and physical growth and development of all participants.

MCS offers a variety of middle school and high school athletic teams for student-athletes to participate in. While all levels of athletics are committed to competing well, there are different expectations at the middle school and high school levels.

Interscholastic sports provide opportunities for participants to demonstrate Christian values, such as humility, compassion, and respect, while under the stress of competition. The MCS Athletic Department is committed to the development of Christian values in our athletes, coaches, and spectators. Each game, practice, and event provides an opportunity for Christian student-athletes and coaches to bring honor to the name of Jesus Christ by using their gifts and talents for His glory.

Participants in the MCS athletic program will experience the privilege and responsibility of membership on a team. As team members, student-athletes learn their responsibility to teammates, coaches, spectators, the school, and members of opposing teams. Participation teaches the important life lesson of placing group goals ahead of personal goals, making personal contributions to the welfare of the team, and treating all team members with respect and dignity. More than mere self-control, sportsmanship is being thoughtful, kind, generous, and courteous even while being intensely competitive. Interscholastic sports teach students how to win and lose with grace and dignity while exhibiting respect for oneself and members of the opposing team.

With this philosophy as the cornerstone, the following pillars build out a fully Christian perspective for MCS athletics and help direct us toward Christ-like behavior and attitudes.

- Pillar 1: Teaching that the most important quality of a Christian athlete is to glorify God.
- Pillar 2: Developing character in our athletes.
- Pillar 3: Helping student-athletes understand that their self-worth and performance are not linked.
- Pillar 4: Allowing God to grant victory or defeat.
- Pillar 5: Teaching student-athletes the importance of respect and submission to authority.
- Pillar 6: Providing an athletic experience that educates the whole person.

We should always remember that, first and foremost, Middletown Christian's number-one priority is to lift up the name of Jesus Christ and bring honor to Him. Coaches, administrators, teachers, athletes, and parents must always remember that the Lord God is our Creator and that He blesses us with our abilities. Our actions both on and off the field are critical to our Christian witness and could have eternal implications for teammates, opponents, parents, or coaches. We should always strive to be in control of our words, temper, and actions.

Program Values and Philosophy

Program Values

Value	Expectation
Christ-Centered (Colossians 3:17)	We compete, lead, and serve for the glory of Jesus Christ. Our identity is not found in wins, losses, statistics, or recognition, but in who we are becoming in Christ through athletics.
Family (Romans 12:10)	Middletown Christian Athletics is one family, not a collection of separate teams. We support one another, celebrate one another, and stand together in victory, adversity, success, and struggle.

Value	Expectation
Excellence (Colossians 3:23-24)	We pursue excellence in the classroom, in practice, in competition, and in our daily choices. Excellence is not perfection; it is the commitment to prepare well, work hard, compete with purpose, and give our best in everything we do.
Service (Mark 10:45)	We believe leadership begins with serving others. MCS athletes and coaches are expected to serve their teammates, coaches, opponents, officials, school, and community with humility and purpose.
Honor (1 Peter 2:17)	We represent Christ, our families, our teams, and Middletown Christian Schools in everything we do. We respect the game, respect our opponents, respect officials, and carry ourselves with integrity, discipline, and class.

Athletics as Part of the School Mission

The athletic program is not separate from the mission of Middletown Christian Schools. It should support the spiritual, academic, and relational growth of students and reinforce the values taught in the classroom, at home, and through the local church.

Athletic success is valued, but it is not the highest goal. MCS seeks to build young men and women who honor Christ, compete with excellence, handle success and failure with grace, and serve others with maturity.

Minimum Standards and Governing Authority

This handbook establishes minimum standards for Middletown Christian Athletics. Head coaches may establish additional team standards with approval from the Athletic Director, provided those standards are consistent with school policy, Ohio High School Athletic Association rules, Metro Buckeye Conference expectations, and the mission of MCS.

- All student-athletes, parents/guardians, coaches, and spectators are expected to follow the MCS Student Handbook, this Athletic Handbook, team rules, and all applicable league and association rules.
- MCS competes as a member of the Metro Buckeye Conference (MBC), Ohio High School Athletic Association (OHSAA), and National Christian School Athletic Association (NCSAA) as applicable by sport and level.
- Where OHSAA, MBC, or school policies are revised during the school year, the most current rule or policy will govern.
- The Athletic Director, Assistant Athletic Director, Principal, and school administration reserve the right to interpret and apply this handbook in a manner consistent with the mission and policies of Middletown Christian Schools.

This handbook is intended for athletic department use and does not replace the current OHSAA Handbook, sport regulations, MCS Student Handbook, or school board policy.

Athletic Offerings and Levels of Play

MCS offers varsity sports plus junior varsity, junior high, and elementary opportunities. Program offerings may vary from year to year based on enrollment, participation numbers, facility availability, coaching availability, league structure, and school approval.

For Junior High in the sports of soccer, golf, cheer, baseball & softball, allow for 6th grade to participate. Each 6th grade student athlete playing on a Junior High Team will require MCS School Board Approval.

Level	Primary Purpose	General Philosophy
Elementary (Grades 1-6)	Introduction and development	Focus on fundamentals, joy of participation, teamwork, basic sport understanding, and positive Christian coaching.

Level	Primary Purpose	General Philosophy
Junior High (Grades 6-8)	Developmental competition	Prepare student-athletes for high school athletics through skill development, commitment, competitive habits, and team responsibility.
Junior Varsity (Grades 9-11)	Preparation for varsity	Develop athletes for future varsity contribution while competing with excellence and learning program systems.
Varsity (Grades 9-12)	Competitive excellence	Represent MCS at the highest school level with a focus on team success, accountability, leadership, and mature Christian witness.

Eligibility and Academic Standards

Note: Parents who disagree with the OHSA or MCS eligibility policy should not allow their student to begin participation in athletics and later withdraw them due to personal expectations.

OHSA Eligibility – High School

All high school student-athletes must meet current OHSA eligibility requirements. These include, but are not limited to, enrollment, academic credit requirements, age, semesters of eligibility, transfer/residency rules, amateurism, and sport-specific regulations. Questions about eligibility should be directed to the Athletic Director before a student participates.

Use of an ineligible student-athlete may result in forfeiture of contests and additional consequences for the team and school. Families should communicate any transfer, home education, course load, grade, or residency question to the Athletic Department as early as possible.

The Ohio High School Athletic Association (OHSA) establishes minimum academic standards for student-athletes across all member schools. Middletown Christian Schools (MCS) upholds these standards while also maintaining additional academic expectations for our own student-athletes.

OHSA Eligibility Requirements

State Ineligibility

- Per OHSA regulations, all high school students (except incoming freshmen) must pass courses totaling at least 5 credit hours each quarter.
- Failure to meet this requirement results in ineligibility for the following 9 weeks. Students are responsible for understanding the credit value of each course to ensure compliance.

Non-Interscholastic Participation

- A student-athlete representing MCS may not participate in the same sport for another organization during that sport's school season.
- The athlete's primary commitment is to the school team while "in season."
- Participation in a non-interscholastic league or event during the same season is a violation of OHSA regulations.

MCS Academic Eligibility - High School

Initial Eligibility (Beginning of the School Year)

- Students must be enrolled at MCS at the start of the sports season.
- Incoming freshmen must have passed 75% of all courses from the previous quarter.
- Sophomores, juniors, and seniors must have passed courses totaling at least 5 credit hours in the previous quarter. (Summer school courses do not count toward eligibility.)

During the School Year

- Students must maintain a 1.7 GPA or higher and may have no more than one “F” on their grade card to remain eligible.
- Grades will be checked at the end of each quarter.
- Students who become ineligible must sit out of competition for a mandatory two-week period.
- After two weeks, grades will be rechecked:
- If all grades are above 65%, eligibility is reinstated. If not, the next check will occur at the progress report.
- If a student remains ineligible at the progress report check, they will be ineligible for the remainder of the season or until the end of the grading period—whichever comes first.

MCS Academic Eligibility – Junior High

Initial Eligibility (Beginning of the School Year)

- Students must be enrolled at MCS at the start of the sports season.
- Starting the new school year, students are automatically eligible regardless of prior academic performance in previous years.
- The first grade check for eligibility will occur at the first progress report date of the school year, students must have a minimum grade of 60% or higher in all classes to remain eligible.

During the School Year

- Students must maintain a minimum grade of 60% or higher in all classes to remain eligible.
- Grades will be reviewed at the end of the first grading period and at each subsequent progress report or report card.

Ineligibility Procedures

- All students must meet initial eligibility and During the School Year requirements before being allowed to participate in athletics.
- Students who do not meet these requirements must complete the current quarter and meet eligibility standards before being declared eligible.
- A courtesy grade check will occur two weeks after each progress report or report card. If all grades are above 60%, eligibility will be restored.
- A student declared ineligible twice during the same season will remain ineligible for the remainder of that season.

Academic Support and Student Responsibility

MCS student-athletes are students first and are expected to take ownership of their academic growth. Teachers are available to provide academic support as needed, and student-athletes are responsible for communicating with their teachers, seeking help, completing missing work, and using available support opportunities when academic challenges arise. Student-athletes should contact their teachers promptly when they are struggling, missing work, or have questions about assignments, assessments, or grades. Families are encouraged to partner with teachers and school administration regarding academic concerns. Coaches and the Athletic Department may encourage accountability and communicate general concerns, but academic instruction, grading, and academic support are overseen by teachers and school administration. Athletic eligibility and participation may still be affected by current OHSA requirements and MCS academic standards.

Attendance and Good Standing

A student-athlete must be in good standing with school attendance, conduct, and financial obligations to participate in athletic activities. School discipline, excessive absences, outstanding obligations, or unresolved conduct issues may affect eligibility or team standing.

Home-Educated Student-Athletes

OHSAA School Resources: <https://www.ohsaa.org/School-Resources> Bylaw 4-3-1:

<https://ohsaaweb.blob.core.windows.net/files/SchoolResources/Handbook.pdf> All students participating in school-sponsored sport must be enrolled in and attending full-time in accordance with all duly adopted Board of Education or similar governing board policies of that school. EXCEPTION 5: A student who is receiving home instruction in accordance with division (A)(2) of section 3321.04 of the Revised Code and is enrolled in a non-public member school in accordance with the partial enrollment policy of the governing board of that non-public school may be eligible at the non-public school where the student is enrolled and attending. Such partial enrollment policy requires that at least one of the courses be an academic course taken at the school's physical location. Note: A student entering a member non-public school from a home school must do so at the beginning of the school year after having been home educated for at least one calendar year. Failure to meet this one-year provision requires the student to be enrolled for a minimum of one grading period before the student can be declared eligible.

- MCS may allow eligible home-educated students to participate in athletics when they meet current OHSAA requirements, Ohio law, MCS partial enrollment policy, and all athletic department expectations.
- Home-educated students must complete all required athletic registration materials before participation.
- When required by OHSAA rules and MCS policy, the student must be enrolled in at least one academic course at Middletown Christian Schools.
- Home-educated students must follow the MCS Student Handbook, Athletic Handbook, team rules, attendance expectations, and code of conduct.
- Families must submit academic documentation at required grade-check points so eligibility can be verified.
- Participation fees and sport-specific fees apply in the same manner as they apply to MCS enrolled students unless otherwise determined by administration.
- Any home education eligibility question should be resolved before the first practice date.

Home-Educated Student-Athletes – Elementary Athletics

To be considered for participation, homeschool students must meet the following eligibility criteria:

Eligibility Requirements

1. Enrollment Status

The student must be enrolled in a recognized homeschool program and may not be concurrently enrolled in another elementary school.

2. Affiliation with MCS

The student and/or family should demonstrate a connection to Middletown Christian Schools.

Examples of acceptable affiliation include, but are not limited to:

- A current family member enrolled at MCS
- A student who previously attended MCS and is now homeschooled
- Active membership at Grace Baptist Church

3. Team Availability

Participation is contingent upon roster needs. Placement will only be considered if the applicable grade-level team has availability and a need for additional players.

Participation Registration and Required Forms

A student-athlete may not participate in practices, scrimmages, or contests until all required items are submitted and approved by the Athletic Department. MCS may use school-approved digital platforms such as FinalForms, Hudl Programs, or other school systems for registration and compliance tracking.

Required Item	Expectation
OHSAA Preparticipation Physical Evaluation	A current physical must be on file and valid for participation according to OHSAA requirements.
Emergency Medical Authorization	Current emergency contacts, medical information, and parent/guardian authorization must be submitted.
Parent/Student Permission and Handbook Acknowledgment	Parent/guardian and student-athlete must acknowledge this handbook and team expectations.
Concussion Information / Return-to-Play Acknowledgment	Required concussion education and acknowledgment must be completed.
Sudden Cardiac Arrest / Lindsay's Law Form	Student-athlete and parent/guardian must review and sign required SCA materials.
Transportation Permission	Transportation and release expectations must be acknowledged.
Fees and Equipment Obligations	Participation fees, team fees, and uniform/equipment obligations must be satisfied according to school policy.

Fees and Financial Responsibilities

Participation fees, team fees, spirit wear, uniform items retained by athletes, tournament costs, and optional team expenses may vary by sport. Any required fee will be communicated before or near the beginning of the season.

- Payment of a fee does not guarantee playing time, team placement, or a minimum number of contests.
- Fees help cover athletic operating expenses such as officials, equipment, uniforms, facility needs, tournament costs, and other program expenses.
- Refunds, credits, and fee adjustments are subject to school policy and administrative approval.
- Families with financial concerns should communicate with the Athletic Director or school administration before the season begins.

Team Service, Concessions, and Fundraising

Athletic teams may be asked to support school events, concessions, fundraising, admissions, youth programs, or service projects. These opportunities help build school spirit, support athletic operations, and teach student-athletes to serve the MCS community.

Sports Season, Tryouts, Cuts, and Team Selection

Sports Season

Once a student participates in a practice, scrimmage, team event, or contest, he or she is considered a member of that MCS athletic program for that season. This designation continues until the final contest, team meeting, or awards recognition, unless the Athletic Director determines otherwise.

Tryouts and Team Selection

Tryouts may be necessary when roster sizes exceed safe, manageable, or competitive program needs. Team selection decisions are made by the head coach in consultation with the Athletic Director. Coaches should communicate tryout dates, evaluation criteria, roster expectations, and next steps as clearly as possible.

- Tryouts for junior high and high school teams may result in cuts when necessary.
- Elementary programs are intended to be developmental and typically do not make cuts unless league structure, safety, or roster limitations require administrative review.
- Roster decisions should consider skill, coachability, effort, attitude, commitment, team need, positional need, attendance, and readiness for the level of competition.

- Students not selected for a team are encouraged to pursue other roles or future opportunities when available, including manager, statistician, film assistant, or practice player when appropriate.

Quitting or Removal from a Team

A student-athlete who quits or is removed from a team may lose eligibility to participate in another sport during that same season unless approved by the Athletic Director. Before removal, the head coach should communicate concerns with the athlete and, when appropriate, the parent/guardian and Athletic Director.

Removal from a team may occur for conduct, attendance, academic, safety, team commitment, or disciplinary reasons. An appeal may be made to the Athletic Director and then to school administration according to the communication process in this handbook.

Practice, Attendance, and School-Day Requirements

Practice Expectations

Practices are important for team development, safety, conditioning, spiritual growth, and competitive preparation. All scheduled practices, meetings, film sessions, team events, and contests are considered mandatory unless excused by the head coach or Athletic Director.

- No Wednesday evening or Sunday practices, games, or required team activities will be scheduled by MCS Athletics unless approved by administration for an extraordinary circumstance.
- Wednesday activities should be scheduled with sensitivity to church and family commitments and must follow school guidelines.
- Practice times and locations are subject to change based on facility availability, weather, transportation, and school events.
- Parents are not permitted to observe or interrupt practices unless the head coach or Athletic Director grants permission.

Excused and Unexcused Absences

Student-athletes are expected to communicate conflicts early. Coaches should publish team attendance expectations before the season and apply consequences consistently.

Absence Type	Examples and Expectations
Generally Excused	Illness, injury requiring medical restriction, funerals, emergency family situations, school-approved trips, college visits for seniors, and other conflicts approved by the coach/AD in advance.
May Be Unexcused	Work, non-school activities, avoidable appointments, lack of transportation, repeated late notice, or conflicts not communicated in advance.
Effect on Playing Time	Even when an absence is excused, missed preparation may affect readiness, role, or playing time until the coach determines the athlete is prepared to return.
Repeated Absences	Repeated or excessive absences may result in reduced role, missed contests, loss of awards, or removal from the team after AD review.

School-Day Attendance

A student-athlete must attend at least half of the scheduled eight bells of the school day in order to participate in after-school practices, contests, or team activities. Exceptions may be made for prearranged school-approved absences, medical appointments, funerals, court appearances, emergencies, or other circumstances approved by administration.

A student who leaves school early due to illness may not participate in athletic activities that day unless cleared by school administration. Students showing a pattern of absences following late contests may be subject to administrative review.

School Closures and Weather Days

When school is closed due to weather or emergency conditions, athletic practices and contests are canceled unless approved by the Athletic Director and administration. When possible, a decision regarding practices or contests will be communicated by early afternoon through school-approved communication channels.

Mandatory Dead Period

Each summer, the Athletic Department may designate a family/dead period of approximately 7-10 days during which MCS teams will not hold required practices, open gyms, lifting, camps, or team activities. The purpose is to provide rest, family time, and a healthy rhythm for athletes and coaches. The dead period will typically be scheduled around the July 4 holiday and communicated annually.

Multi-Sport, Out-of-Season, and Non-Interscholastic Participation

Multi-Sport Participation

MCS values multi-sport student-athletes. Participation in multiple sports can build athleticism, leadership, school spirit, and healthy relationships. When a student desires to participate in two sports during the same season, the Athletic Director must approve the arrangement after communication with both head coaches and the family.

- The student-athlete must identify a primary sport before contests begin.
- Both coaches must agree on practice and contest expectations.
- The student-athlete must communicate schedule conflicts in advance.
- The arrangement may be changed or ended if academic, health, attendance, or team concerns arise.

Out-of-Season Activities During an In-Season Sport

A student-athlete's in-season MCS team has priority. A student currently participating in an in-season MCS sport may not attend out-of-season workouts, open gyms, skill sessions, lifting sessions, or conditioning for another MCS sport when it interferes with the in-season team unless approved by the Athletic Director.

The student-athlete should initiate communication with the Athletic Director, in-season coach, and out-of-season coach. The Athletic Director may approve limited participation when it does not create burnout, overuse risk, missed team commitments, or academic concerns.

Non-Interscholastic Participation

Student-athletes and families are responsible for understanding current OHSA and sport-specific rules regarding non-interscholastic participation. In general, a student-athlete may not participate in a non-interscholastic team or contest in the same sport during the school season when prohibited by OHSA regulations. Any club, AAU, travel, private training, showcase, or outside-team conflict must be disclosed to the head coach and Athletic Director.

Participation in an outside activity does not excuse a student-athlete from MCS team commitments unless approved in advance by the head coach and Athletic Director.

Playing Time Philosophy

Playing time decisions are made by the coaching staff. Coaches consider attendance, effort, attitude, skill, conditioning, knowledge of system, team role, opponent, practice performance, safety, sportsmanship, and game situation. Playing time is not guaranteed at the junior high, junior varsity, or varsity levels.

Level	Playing Time Philosophy
Elementary Grades 1-4	Developmental focus. Coaches should make strong efforts to provide participation opportunities and teach fundamentals in a positive environment.
Elementary Grades 5-6	Competitive preparation. All athletes should have opportunities to participate, but playing time may not be equal as teams prepare for junior high expectations.
Junior High	Developmental and competitive. Coaches should develop all athletes while preparing teams for high school. Playing time is earned and may vary.
Junior Varsity	Preparation for varsity. Playing time is based on development, role, readiness, and team needs.
Varsity	Competitive excellence. Playing time is earned and determined by the head coach with team success, readiness, role, and accountability in mind.

Playing time concerns should not be addressed before, during, or immediately after contests. Parents should encourage student-athletes to speak with their coach first about ways to improve, role expectations, and development goals.

Sports Medicine

Middletown Christian has partnered with Kettering health to provide a full-time athletic trainer for our athletic teams 7-12 grade. The athletic trainer works under the guidance of Kettering health medical director. The athletic trainer is a healthcare professional who specializes in the prevention, examination, diagnosis, treatment, and rehabilitation of injuries and illnesses. The athletic trainer is over the management of injuries that occur to our student athletes. The athletic trainer will work closely with coaching staff to make sure all student athletes are healthy and able to participate at their best. The athletic trainer can hold and release athletes from play if deemed unable to participate without causing further injury to themselves. The athlete trainer follows all concussion state laws and adheres to their standard operating procedures depicted by Kettering health's medical director. The athletic trainer will be at all contracted home events and at majority of after school practices agreed upon with the athletic department.

Health, Safety, Injuries, Concussions, and Lindsay's Law

Injury Reporting and Return to Participation

Student-athletes must report injuries, illness, pain, suspected concussion symptoms, heat illness symptoms, chest pain, fainting, shortness of breath, or any concerning health issue to a coach, athletic trainer, or administrator immediately. Coaches should never encourage a student-athlete to hide or minimize an injury.

- Injured student-athletes may be required to meet with the athletic trainer, school medical personnel, or a healthcare provider before returning.
- Parents, teammates, and coaches may not independently clear an athlete to return when professional clearance is required.
- A written medical release may be required after significant injury, illness, surgery, concussion, cardiac symptoms, or extended absence.
- The Athletic Department may require a gradual return-to-play progression for safety.

Concussion Protocol

Any student-athlete suspected of sustaining a concussion or head injury must be removed from practice or competition immediately. The athlete may not return the same day and may not return to participation until all required clearance and return-to-play steps are satisfied. MCS will follow current Ohio law, OHSA guidance, and school medical protocols.

- When in doubt, sit the athlete out.
- Signs and symptoms may include headache, dizziness, confusion, nausea, balance problems, vision issues, sensitivity to light/noise, memory difficulty, emotional changes, or loss of consciousness.

- The student-athlete must follow school return-to-learn and return-to-play expectations.
- Final return to participation must be approved according to current law and school policy.

Sudden Cardiac Arrest / Lindsay's Law

MCS will comply with Lindsay's Law and related sudden cardiac arrest requirements. Student-athletes and parents/guardians must review required educational materials and complete the required signature form before participation. Coaches must complete required sudden cardiac arrest training.

- Warning signs may include fainting, chest pain, unexplained shortness of breath, racing heart, dizziness, seizure-like activity, or family history of sudden cardiac events.
- A student-athlete who experiences concerning symptoms must be removed from participation and may require medical clearance before returning.
- Families should communicate known cardiac concerns to the school and Athletic Department before participation.

Heat, Hydration, and Weather Safety

MCS coaches will emphasize hydration, acclimatization, rest, and weather awareness. Practices may be modified, moved, delayed, or canceled due to heat, lightning, air quality, severe weather, field conditions, or other safety concerns.

- Student-athletes should bring water to practices and contests and should report signs of heat illness immediately.
- Coaches should provide reasonable water breaks and monitor environmental conditions.
- At the first sign of lightning or dangerous weather, outdoor activities should stop and participants should move to shelter according to the venue Emergency Action Plan.
- Return to activity after severe weather will follow school, venue, league, and safety guidelines.

Coach Compliance and Safety Training

All coaches must complete school-required and state-required certifications and training before coaching. Requirements may include background checks, pupil activity permit requirements, CPR/AED/First Aid, concussion training, sudden cardiac arrest training, student mental health training, rules meetings, and any additional MCS, OHSAA, or league requirements.

Emergency Action Plan

Middletown Christian School has a written emergency action plan that should be followed in the event of a medical emergency. All coaches and athletic staff should be familiar with this document and their role and responsibility in an emergency. Any questions should be directed to the head athletic trainer.

(Or school administrator, in the absence of a licensed athletic trainer).

An emergency is the need for Emergency Medical Services (EMS) to give further medical attention and/or transport an athlete to the hospital. It is important in these situations that coordination between the athletic trainer, coaches, administrators, and student responders be effective. This guide is intended to delineate roles and outline the protocol to be followed should an emergency occur. Coaches are responsible for knowing the EAP for their practice and contest locations and for having access to emergency contact information.

Situations When 911 Should Be Called

- an athlete is not breathing
- an athlete has lost consciousness
- it is suspected that an athlete may have a neck or back injury
- an athlete has an open fracture (bone has punctured through the skin)
- severe heat exhaustion or suspected heat stroke
- severe bleeding that cannot be stopped

Emergency Personnel

Emergency Personnel: An Athletic Trainer will be on site for home events and select practices according to pre-approved contract between Kettering Health and Middletown Christian Schools. When present, the athletic trainer will serve as the emergency personnel. If not available, the emergency personnel will include: coaches, site manager and administrators.

In an emergency, care should be provided by the most qualified member of the Emergency Personnel. Individuals with lower credentials should yield to those with more appropriate training. This should be determined in advance of each event.

Role of the Athletic Trainer and First Responder

The athletic trainer will assess the injury/illness and determine whether EMS is to be activated. When you call EMS, provide your name and title or position, current address, telephone number; number of individuals injured; condition of injured; first aid treatment performed; specific directions; other information as requested. Follow the role assignments below.

Emergency Role	Assignment
Immediate care of the injured or ill participant	1. Athletic trainer 2. coach
Emergency equipment retrieval	1. coaching staff. 2. student aid. 3. student athlete
Call EMS	1. athletic trainer 2. coach 3. site manager/administrator
Unlock and open doors for EMS	Site manager/ AD
Flag down EMS and direct to scene	1. Site manager 2. Student aid 3. Student athlete

Roles of Emergency Personnel When an Athletic Trainer Is Not Present

(MCS coaches/administration)

- The first and most important role of the Emergency Personnel (coach/ administrator) is immediate care of the patient.
- Emergency personnel should evaluate the situation and determine if EMS should be called.
- The care given should be appropriate for the level of training of the emergency personnel.
- When in doubt, EMS should be called.
- If determined appropriate, emergency personnel will call EMS.
- Emergency personnel will stay with the patient and provide life sustaining care per CPR/ First Aid protocol.
- Once the patient is stable, emergency personnel will contact the patient's parent/guardian and school administration and inform them of the situation at hand.
- Emergency personnel will designate someone to meet EMS at the entry points listed on each venue EAP.
- Upon arrival, emergency personnel will direct EMS to the injured patient.
- The area surrounding the patient should be cleared of players and spectators.
- Emergency personnel will update EMS on vital patient information including but not limited to: patient demographics, history, mechanism of injury and care given.
- Emergency personnel should transfer care of the patient to EMS upon their arrival.
- Emergency personnel will provide EMS with the patient's emergency medical authorization if available.
- At least one member of the emergency personnel team will accompany the patient to the hospital and will stay with them until a parent or guardian has arrived.

Emergency Phone Numbers and Locations

Contact / Location	Phone Number
Middletown EMS Dispatch	(513) 425-7996 or 911
Kettering Health Middletown- Emergency Center 6147 West OH-122 Middletown, OH 45005	(513) 261-3400
Atrium Medical Center One medical center Dr. Middletown, OH 45005	(513) 974-2111
Zack Hibberd- Athletic Trainer	513-267-9666
Christian Vanover- Athletic Director	513-441-4469
Jarred Jermacans - Assistant Athletic Director	610-906-5944
Dustin Brown- High School Principal	937-475-7109
Ryan Proffitt – Assistant Principal	513-266-5492

Location

Middletown Christian School
3011 Union Rd.
Franklin, OH 45005

Emergency Communication

Land-line phone is located in the athletic and main offices. Cellular phones are carried by coaches and staff.

Emergency Equipment

- AED
- Main school
- With the athletic trainer during events or in the athletic training room during non-event days.
- A second AED is located inside the main entrance of the school lobby. It's on the wall to the left as you are walking through the main doors.
- Church
- AED is located in the main athletics' lobby near door # 6 entrance.
- Second AED in the main church lobby in an open closet to the left of main entrance.
- Field
- AED is located in the soccer shed during summer, fall, and spring athletics.
- Ice - is in the Kitchen
- Medical Kits-
- Are distributed to coaches each season. Coaches are responsible for taking a kit with them to away games.
- Main school: Med kits are kept in the official's room.
- Church: In first big white cabinet in supply room.
- First Aid Supplies and splints- In athletic trainer room and medical kits.
- Emergency Medical forms- Are kept with the coaching staff and in medical kits. Also, can be accessed virtually via the Via final forms website.

Emergency Entry Points

ZONE 1

(Main MCS Gymnasium)
3011 Union Rd.
Franklin, OH 45005

Multiple Entrances to the building. Inform EMS to come to the second set of doors marked Main Entrance door # 1.

ZONE 2

(Church Gymnasium)

3023 Union Rd.

Franklin, OH 45005

Multiple Entrances to the building. Inform EMS to come to door #6.

Zone 3

(Outdoor Soccer Field)

3011 Union Rd.

Franklin, OH 45005

Instruct EMS to turn-in first entrance closest to baseball field. There is a dirt driveway where they can access the field. Alternative directions: enter the second entrance and there is a gate that can be opened for them to enter the field. Athletic trainer and athletic directors have keys for the gate.

(Zones 1-3)



Off Campus Sites:

ZONE 4

(Shaker Run Golf Course)

1320 Golf Club Ln.

Lebanon, OH 45036

Please indicate which hole the athlete/participant is located on.

Zone 5

Franklin Community Park (tennis courts)

301 E 6th ST, Franklin, OH 45005

The tennis courts are to the right as you pull into the main entrance.

Direct EMS to where the patient is located.

Zone 6

Hunter Park

4021 OH-122, Franklin, OH 45005

Enter off St rt 122 and direct EMS to what area of the park or field you are located.

OHSAA Inclement Weather Policy

Middletown Christian School adheres to the Inclement Weather Policy and Heat Regulations set in place by the Ohio High School Athletic Association and Kettering Sports Medicine, which are outlined below.

Coaches, certified athletic trainers, athletes, game officials and administrators must be aware of potential inclement weather and the signs which indicate thunderstorm development. Every year there are several deaths due to lightning strikes. Over the last several years there were several athletes in the United States killed by lightning.

- Monitor Weather Patterns -- Be aware of potential thunderstorms by monitoring local weather forecasts the day before and morning of the competition and by scanning the sky for signs of potential thunderstorm activity.
- National Weather Service -- Weather can be monitored using small, portable weather radios from the NWS. The NWS uses a system of severe storm watches and warnings. A watch indicates conditions are favorable for severe weather to develop in an area; a warning indicates severe weather has been reported in an area, and everyone should take proper precautions.

When thunder is heard or lightning is seen, suspend play and take shelter immediately. Once play has been suspended, wait at least 30 minutes after the last thunder is heard or lightning flash is witnessed prior to resuming play.

Kettering Sports Medicine Policy on Inclement Weather: Heat

The following guidelines are based on recommendations by the Korey Stringer Institute, a leader in research on heat illness and management:

WBGT Range	Guidelines
Wet Bulb Globe Temperature under 79.7 degrees	Three separate 3-minute breaks every hour of training OR a 10-minute break every 40 minutes. Normal activities. Water should always be available, and athletes should be able to take in as much water as they desire. Have towels with ice for cooling of athletes as needed. Watch/monitor athletes carefully for necessary action.
Wet Bulb Globe Temperature from 79.8-84.6 degrees	Three separate 4 minute breaks each hour, OR one 12-minute break every 40 minutes of training. Helmets and other equipment should be removed when athlete not directly involved with competition, drill or practice and it is not otherwise required by rule. Water should always be available, and athletes should be able to take in as much water as they desire. Have towels with ice for cooling of athletes as needed. Watch/monitor athletes carefully for necessary action.
Wet Bulb Globe Temperature from 84.7-87.6 degrees	Maximum of 2 hours of training with four separate 4-minute water breaks each hour, OR a 10-minute break every 30 minutes of training. For football or other equipment, intensive sports limit to helmet, shoulder pads, and shorts during practice. If WBGT rises to this level mid-practice, athletes may continue to practice in football pants without changing to shorts. Postpone practice to later in day. Water shall always be available, and athletes shall be able to take in as much water as they desire. Have towels with ice for cooling of athletes as needed. Watch/monitor athletes carefully for necessary action. Allow athletes to change to dry shirts and shorts at defined intervals.
Wet Blub Globe Temperature from 87.7-89.7 degrees	Maximum of 1 hour of training with four separate 5-minute breaks within the hour. No additional conditioning is allowed. For football or other equipment intensive sports: no helmets, shoulder pads, or other equipment is permitted. Postpone practice to later in day. Water shall always be available, and

WBGT Range	Guidelines
	athletes shall be able to take in as much water as they desire. Have towels with ice for cooling of athletes as needed. Watch/monitor athletes carefully for necessary action. Allow athletes to change to dry shirts and shorts at defined intervals.
Wet Bulb Globe Temperature over 89.8 degrees	Stop all outside activities in practice and/or play and stop all inside activity if air conditioning is unavailable. Note: WBGT should be rechecked every 30 minutes both outdoors and in non-air-conditioned indoor facilities.

Charts from the Korey Stringer Institute:

WBGT	Recommendation (KSM P&P, Korey Stringer Institute)
<79.7°F	Normal activities Three separate 3 minute breaks per hour
79.8-84.6°F	Three separate 4 minute breaks per hour Helmets and other equipment should be removed when athlete not directly involved with competition, drill or practice and it is not otherwise required.
84.7-87.6°F	Maximum practice time of 2 hours Four separate 4 minute breaks per hour. FB: Limit to helmet, shoulder pads, and shorts during practice. Consider postponing practice to later in day Allow athletes to change to dry shirts and shorts at defined intervals.
87.8-89.7°F	Maximum of 1 hour of training with four separate 5 minute breaks in that hour. No additional conditioning allowed. FB/LAX: no helmets, shoulder pads, or other equipment is permitted. Consider postponing practice to later in day. Allow athletes to change to dry shirts and shorts at defined intervals.
>89.8°F	No outdoor workouts No indoor workouts unless air conditioned

Licensed athletic trainers employed by Kettering Health Network may follow the guidelines set forth by the Ohio High School Athletic Association (OHSA), the Center for Disease Control (CDC) and National Federation of High Schools (NFHS) regarding the recognition and treatment of heat illnesses. In addition to these guidelines, Kettering Health Network athletic trainers will attempt to follow the most current standard of care based on recommendation from the medical director.

1. Heat Illness defined:

- a. Heat illness or heat-related illness is a spectrum of disorders due to environmental heat exposure. It includes minor conditions such as heat cramps, heat syncope, and heat exhaustion as well as the more severe condition known as heat stroke.

2. Heat Cramps

- a. Occurs during or after intense exercise. Athletes will experience acute, painful, involuntary muscle contractions typically in the arms, legs or abdomen.
- b. Signs and symptoms include but are not limited to:
 - Dehydration, Thirst, Fatigue, Sweating, Muscle Cramps
- c. Acute management plan and care
 - i. Stop all activity and sit quietly in a cool place
 - ii. Drink water, clear juice, or a sports drink
 - iii. Do not engage in exercise/strenuous activity for a few hours after cramps subside, as this may lead to heat exhaustion or heat stroke
 - iv. Seek medical attention if heat cramps do not subside in one hour

3. Heat Syncope

- a. Occurs because of exposure to high temperatures. Typically occurs during the first five days of acclimation to physical activity in the heat. May also occur after a long period of standing after physical activity.
- b. Signs and symptoms include but are not limited to:
 - i. Dehydration
 - ii. Fatigue
 - iii. Fainting
 - iv. Lightheadedness
 - v. Tunnel Vision
 - vi. Pale or sweaty skin
 - vii. Decreased pulse rate
- c. Acute management plan and care
 - i. Lie down in a cool place.
 - ii. Drink water, clear juice, or a sports drink.
 - iii. Follow heat exhaustion process as needed

4. Heat Exhaustion

- a. The inability to continue exercising that is associated with heavy sweating, dehydration, energy depletion, and sodium loss. *Frequently occurs in hot, humid conditions.
- b. Signs and symptoms include but are not limited to:
 - Normal or elevated core body temperature (97-103.9oF) ***
 - Dehydration/Decreased urine output
 - Dizziness/Lightheadedness
 - Headache
 - Nausea/Diarrhea
 - Weakness
 - Persistent muscle cramps
 - Profuse sweating, Fatigue, Chills, Cool, clammy skin
 - xii. Decreased blood pressure
- c. Acute management plan and care
 - i. Seek medical attention immediately if symptoms are severe, the athlete has existing heart problems or high blood pressure.
 - ii. You may attempt to cool the athlete using: rest, cool towels, ice packs, cool shower/bath/sponge bath, fan, moving to an air-conditioned environment, monitor symptoms and vitals, consider EMS activation

5. Heat Stroke

- a. Life-threatening unless promptly recognized and treated.
- b. Occurs because of prolonged heat exposure while engaging in physical activity.
- c. Symptoms are a result of the body shutting down when it is no longer able to regulate temperature naturally.
- d. Signs and symptoms include but are not limited to
 - Same symptoms as Heat Exhaustion in addition to
 - High body core temperature (>104 degrees F)
 - Change in mood (e.g. apathy, irrational, emotional instability)
 - Increased heart rate, Low blood pressure
 - Increased respiration rate
 - Confusion
 - Altered level of consciousness, coma
 - Collapse, staggering, or sluggish
 - Muscle cramps, loss of muscle function/balance
- Acute management plan and care

- if any symptoms are evident - CALL 9-1-1 or seek immediate emergency medical assistance.
- Move the athlete to an area where you can obtain a rectal temperature.
- Have a second adult with you during this procedure (coach, parent, athletic department staff, or other adult).
- Cool the athlete rapidly using cold water immersion if core temperature is over 104°F. If cold water immersion is not available use whatever methods you can: place the person in a cool shower, spray the victim with cool water from the hose, sponge the person with cool water; fan the athlete. Remove equipment/pads if possible but do not delay cooling. Use temperate water if cold water is not available.
- Monitor core body temperature as well as vital signs (blood pressure, heart rate, pulse ox) and continue to cool the athlete until temperature drops to 102°F. Remove athlete from water once core temperature reaches 102°F.
- If there is no access to a rectal thermometer, treat based on signs and symptoms.
- Continue until emergency medical services arrive. The patient's core (rectal thermometer) temperature should be 102°F or lower before transporting. Cool first, transport second

Transportation and Team Travel

Student-athletes are expected to travel to and from athletic contests on school-approved transportation when provided. Transportation may include school buses, school vehicles, approved parent drivers, or other arrangements approved by the Athletic Director.

- Students may ride home with their parent/guardian after a contest when the coach is notified, and a Transportation Form is completed and returned to the coach prior to departure.
- Students may ride home with another adult only with a Transportation Form completed by their parents and coach approval.
- Student drivers may not transport other students for school athletic events unless explicitly approved by administration, and parent/guardian documentation is on file.
- All team travel behavior must reflect MCS standards. Bus or vehicle misconduct may result in discipline.
- Overnight or extended travel must be approved by administration and follow school travel guidelines.

Weeknight Away Game MCS Arrival

Student athletes will be excused by the Athletic Department for the 1st and 2nd bell if the school transportation arrives back to the school after 11:00 PM on a weeknight. Any arrival before 11:00 PM will not allow for an excused absence.

Pickup After Practices and Games

Parents/guardians are expected to pick up student-athletes promptly after practices, contests, and team events. Coaches should communicate expected end times. Repeated late pickup may result in administrative follow-up and may affect participation.

Uniforms, Equipment, Facilities, and Weight Room

Uniforms and Equipment

Uniforms and equipment issued by MCS are school property unless otherwise communicated. Student-athletes are responsible for caring for all issued items and returning them by the deadline set by the coach or Athletic Department.

- Unreturned, lost, or damaged uniforms/equipment will result in replacement charges.
- Athletes may not alter school-issued uniforms or equipment without permission.
- Game-day attire and team apparel expectations are set by the head coach and must meet MCS dress and modesty standards.
- Team warmups, practice gear, and spirit wear should reflect school-approved branding and messaging.

Facilities

MCS athletic facilities should be treated with respect. No student should use gyms, locker rooms, weight room, athletic fields, equipment, storage areas, or team rooms without coach, Athletic Director, administrator, or approved adult supervision.

- No horseplay, vandalism, unsafe behavior, or unauthorized access is permitted.
- Food and drink policies must be followed in gyms, locker rooms, team rooms, and weight room areas.
- Athletes are expected to clean up after themselves and leave facilities better than they found them.
- Teams must follow facility-specific rules such as shoe restrictions, no tape on floors unless approved, and proper storage of equipment.

Weight Room

The weight room is available only under approved supervision. Student-athletes must follow posted rules, use equipment safely, respect training plans, and never lift alone. Access priority may be given to in-season teams, scheduled strength sessions, and approved athletic programs.

Media, Social Media, and Digital Communication

Media Coverage

The MCS Athletic Department works to promote teams and student-athletes through the MCS Eagles App and Website, school social media, local media, league outlets, and other school-approved platforms. Scores, schedules, rosters, photos, highlights, and stories may be shared to celebrate student-athletes and teams.

A parent/guardian who does not wish for a student-athlete's name, image, accomplishment, or likeness to be used in school athletic media should submit a written request to the Athletic Department and school office.

Official Athletics Website

The official online home for Middletown Christian Athletics is the MCS Eagles website (<https://mcseagles.org/>). Families, students, coaches, alumni, and fans should use the website for athletics news, schedules, scores, rosters, team information, and department updates.

MCS Eagles Website: <https://mcseagles.org/>

MCS Eagles App and Website

The MCS Eagles App is an official athletic communication and information platform operated by the Middletown Christian Schools Athletic Department. The app is designed to streamline team communication, reduce schedule confusion, and provide one centralized location for team pages, schedules, scores, rosters, news, photos, events, and team messaging.

Download Links

Apple App Store: <https://apps.apple.com/us/app/middletown-christian-eagles/id6755745309>

Google Play Store:

https://play.google.com/store/apps/details?id=com.ballfrog.v2.mcseagles&pcampaignid=web_share

Users may also search for "MCS Eagles" in the Apple App Store or Google Play Store.

Parent and Student Use

- Parents, guardians, student-athletes, and fans are encouraged to download the MCS Eagles App and create an account using a mobile number and/or email address.
- Users should follow the team pages they want to receive updates from, so they do not miss news, schedules, scores, rosters, photos, events, or other important information.
- Parents and players who need team-chat access must select the Chat tab, choose Ask to Join next to the correct team, and provide a brief description of their connection to the team.

- Team chat access must be approved by a team admin or the Athletic Department before private team messages can be viewed.
- Push notifications should be enabled, so families receive timely alerts when new team messages are sent.

Team Page vs. Team Chat

Area	Purpose and Visibility
Team Page	Public-facing team information. Anyone may follow a team page. News, photos, events, schedules, rosters, and results posted to the team page are viewable to the public.
Team Chat	Private communication space for approved team members and parents/guardians. Team chat is separate from the public team page and requires access approval.
Roster Display	A roster appearing on a team page does not mean those individuals have joined or been approved for team chat. Team page rosters and team chat membership are separate.

Coach and Team Admin Expectations

- Coaches who serve as Team Admins are responsible for managing their team page and serving as Chat Admins for the team communication thread.
- All game schedules should be reviewed for accuracy. Coaches should create new events and add practices on the team page as schedules are finalized or adjusted.
- Coaches may post team news, photos, events, and reminders from the team page when appropriate and consistent with school media guidelines.
- After each game, coaches or designated Team Admins should update the result in Event Details by selecting Add Result and entering the result in a clear format such as W 50-45 or L 50-45.
- Team Admins may approve or deny requests to join team chat based on the requester's connection to the team.
- Coaches should remember that public team-page content is viewable by everyone and should not include confidential, medical, disciplinary, or private student information.
- Team chat should remain professional, school-appropriate, and focused on team communication. It should not be used for private criticism, gossip, or inappropriate content.

Digital Communication

Coaches, student-athletes, and families must use school-approved communication methods. Communication should be traceable, professional, timely, and consistent with MCS policies. The MCS Eagles App may serve as a primary athletics communication tool for team updates and parent/player messaging. Coaches should avoid private one-on-one digital communication with students when a parent, guardian, team account, or approved platform should be included according to school policy.

Social Media Expectations

- Student-athletes represent Christ, their family, their team, and MCS online and offline.
- Posts, reposts, comments, likes, photos, videos, or messages that are profane, threatening, harassing, sexually inappropriate, discriminatory, illegal, or damaging to the school's witness may result in discipline.
- Public criticism of teammates, coaches, officials, opponents, school personnel, or other schools is not acceptable.
- Students may not record or post locker room, training room, bus, or private team spaces.
- MCS logos, uniforms, facilities, and branding may not be used for commercial or NIL purposes without school approval.

Name, Image, and Likeness / Personal Branding

Student-athletes must follow current OHSA NIL rules and all MCS policies. Any NIL agreement, promotion, endorsement, use of school marks, or use of MCS facilities/uniforms must be disclosed to the Athletic Director

before activity occurs. NIL activity may not conflict with school values, amateur eligibility rules, team obligations, or school branding standards.

Parent/Athletic Communication Guide

Preface

Middletown Christian Schools is pleased when students choose to participate in the interscholastic athletic program. Our objective is to provide a Christ-centered environment in which each student-athlete can grow spiritually, physically, mentally, socially, and emotionally. Healthy communication between coaches, student-athletes, parents/guardians, and administrators is essential to that experience.

This communication guide is intended to help families and coaches address questions or concerns in a respectful, orderly, and productive manner.

Communication You Should Expect from Your Coach

- School athletic and spiritual philosophy.
- Spiritual focus and team values for the season.
- Expectations the coach has for student-athletes and the team.
- Locations and times of practices, contests, team meetings, and team events.
- Team requirements such as fees, equipment, apparel, attendance, eligibility, fundraising, service, and off-season expectations.
- Procedures to follow if a student-athlete becomes injured during participation.
- Athletic code of conduct expectations and any additional team rules approved by the Athletic Department.
- Requirements to earn a varsity letter or team award, when applicable.
- Procedures for returning uniforms and school-issued equipment at the end of the season.

Communication the Coach Expects from Parents and Student-Athletes

- An open line of communication between the student-athlete and the coach.
- Parents encouraging their child to communicate directly with the coach when appropriate.
- If a student-athlete cannot effectively communicate a concern, parents should express concerns in a private setting and at an appropriate time.
- Notification of unavoidable schedule conflicts well in advance.
- Notification of injuries, illnesses, medical restrictions, or special concerns that may affect participation.
- Support for team rules, school policies, officials, and program expectations.

Appropriate Concerns to Discuss with a Coach

- The mental, physical, spiritual, or emotional well-being of your child.
- Ways to help your child improve.
- Concerns about your child's behavior, attitude, effort, or commitment.
- Clarification of team expectations, schedules, or communication.

Areas Not Appropriate to Discuss with a Coach

- Playing time of your child or other student-athletes.
- Team strategy, play calling, lineups, substitutions, or tactical decisions.
- Matters concerning other student-athletes, families, or confidential situations.
- Confrontational conversations before, during, or immediately after practices or contests.

Procedure to Follow if You Have a Concern

There may be situations that require a conference between a coach and a parent/guardian. Such meetings are encouraged when necessary, but both parties should seek a clear understanding of the other person's position and be willing to listen.

1. The student-athlete should first try to resolve the concern with the coach when age-appropriate.

2. If the concern is not resolved, the parent/guardian should contact the coach to arrange a private appointment.
3. If the coach cannot be reached after a reasonable period of time, the parent/guardian may contact the Athletic Director to help arrange communication.
4. Please do not confront a coach before or after a contest. These are emotional times for players, parents, and coaches.
5. Please do not confront or interrupt a coach during practice. Coaches have specific plans for each practice and must maintain supervision and focus.
6. Except for safety, emergency, or serious conduct concerns, families should observe a 24-hour cooling-off period after contests before contacting a coach about a concern.

Next Step and Chain of Command

If a meeting with the coach does not provide a satisfactory resolution, the parent/guardian may contact the Athletic Director. If further review is needed, the Athletic Director may involve the Principal and/or Superintendent according to school administrative procedures.

MCS Athletics follows this chain of command:

Student-Athlete → Head Coach → Athletic Director → Principal / Superintendent

At each level, the person in the chain of command may ask whether the previous step has been followed. This process helps make each season a rewarding and valuable experience for everyone involved.

Student-Athlete Expectations and Code of Conduct

Participation in Middletown Christian Athletics is a privilege. Student-athletes are expected to represent Christ, their family, their team, and Middletown Christian Schools with humility, self-control, effort, and respect at all times.

Requirements

- Be an enrolled MCS student or an eligible home-educated student approved under current OHSA rules, Ohio law, and MCS policy.
- Meet all OHSA, league, and MCS eligibility requirements.
- Complete all required registration items, including a current physical, before participation.
- Remain in good standing regarding school attendance, academics, conduct, and financial obligations.
- Demonstrate a satisfactory attitude and conduct in school, at athletic events, online, and in the community.
- Follow the MCS Student Handbook, Athletic Handbook, team rules, and coach instructions.

Responsibilities During the Season

- Consider himself or herself a member of a team and maintain a team-first focus.
- Stay committed to the team for the duration of the season. A student-athlete who fails to remain committed may be ineligible to participate as determined by the Athletic Director.
- Keep team concerns within the team and report problems to the coach or Athletic Director in an appropriate manner.
- Participate in team-building, service, concessions, fundraising, or group activities when assigned or approved by the Athletic Department.
- Care for facilities, uniforms, equipment, and school property.

Responsibilities for Practices and Contests

- Attend all practices, contests, team meetings, and team events unless excused by the head coach or Athletic Director.
- Attend contests and support the team when injured, not cleared to play, or not currently receiving playing time, unless excused by the coach.

- Inform the coach in advance of unusual circumstances that may cause a missed practice, contest, or team event.
- Understand that unexcused absences may result in immediate corrective action, reduced role, missed game time, or removal from the team.
- Understand that excessive absences, even when some are excused, may affect readiness, role, awards, or team status after coach and AD review.
- Expect reasonable make-up activities when preparation is missed, as determined by the coach.

Athlete Behavior

- The conduct of a student-athlete is a reflection on Christ, the student's family, the team, and Middletown Christian Schools whether at school, at a contest, at practice, online, or in the community.
- Student-athletes are expected to respect coaches, officials, teammates, opponents, spectators, teachers, administrators, and site personnel.
- The coach is the student-athlete's immediate athletic authority. Student-athletes are expected to receive coaching, submit to team rules, and follow Athletic Department guidelines.
- Parents/guardians are expected to come alongside the program and support the policies, procedures, and standards established by the coach, Athletic Director, and school administration.
- Any student-athlete receiving school discipline, including ISS or OSS, may lose practice time, contest participation, team privileges, or other athletic opportunities as determined by the Athletic Director and administration.

Prohibited Conduct

- Use, possession, distribution, or promotion of alcohol, tobacco, vaping products, illegal drugs, or controlled substances.
- Attendance at events where illegal or prohibited substances are being used unless the student immediately removes himself or herself and reports the concern appropriately.
- Profanity, obscene gestures, disrespect, fighting, threats, intimidation, harassment, bullying, hazing, discriminatory conduct, or retaliation.
- Academic dishonesty, theft, vandalism, inappropriate digital conduct, or conduct that damages the witness of MCS.
- Defiance of coaches, officials, administrators, teachers, or school personnel.
- Unsportsmanlike conduct, ejections, or repeated technical/behavioral violations.

Discipline

Violations of the Student-Athlete Code of Conduct may result in corrective action, loss of playing time, suspension from practices or contests, removal from a team, loss of awards, school discipline, or additional consequences determined by the Athletic Director and administration. Consequences may extend beyond a single season when appropriate.

Hazing, Bullying, Harassment, and Locker Room Privacy

Hazing

Hazing is strictly prohibited. Hazing occurs when an act is committed against a student, or a student is coerced into committing an act, that creates a substantial risk of physical, mental, emotional, social, or spiritual harm, embarrassment, humiliation, intimidation, or abuse. Consent, tradition, seniority, or team culture does not make hazing acceptable.

Hazing includes, but is not limited to:

- Any activity involving an unreasonable risk of physical harm, including paddling, beating, whipping, branding, electric shock, sleep deprivation, exposure to weather, placement of harmful substances on the body, or participation in physically dangerous activities.

- Any activity involving forced or pressured consumption of alcohol, drugs, tobacco products, food, liquid, or any other substance that subjects a student to unreasonable risk of harm.
- Any activity involving actions of a sexual nature, simulated actions of a sexual nature, nudity, or inappropriate touching.
- Any activity that subjects a student to extreme embarrassment, shame, humiliation, intimidation, or a hostile or abusive environment.
- Any activity involving a violation of federal, state, or local law, school policy, or the Christian witness expected of MCS students.

Any student who experiences, witnesses, or suspects hazing should immediately report the concern to a coach, Athletic Director, teacher, administrator, or trusted adult. Hazing will not be permitted and may result in serious disciplinary consequences.

Bullying, Harassment, Intimidation, and Dating Violence

MCS is committed to providing a safe, healthy, Christ-centered environment. Bullying, harassment, intimidation, dating violence, cyberbullying, threats, discriminatory conduct, and retaliation are prohibited on school property, on school transportation, at school-sponsored activities, and in digital spaces connected to the school community.

Bullying, harassment, or intimidation may include an intentional written, verbal, electronic, or physical act that is directed toward another student and causes mental or physical harm, or is sufficiently severe, persistent, or pervasive that it creates an intimidating, threatening, or abusive environment.

Examples of prohibited behavior include, but are not limited to:

- Physical violence, threats, or attacks.
- Verbal threats, taunts, intimidation, slurs, insults, or demeaning comments.
- Extortion, damage, stealing, or interference with another person's property.
- Exclusion from the peer group, spreading rumors, or repeated hostile conduct.
- Cyberbullying through texts, group chats, social media, websites, email, images, videos, comments, or other digital communication.
- Using phones or cameras to take embarrassing, private, or harmful photographs or videos of students and distributing or posting them.

Reporting and Response

If a student, parent/guardian, coach, or staff member believes a bullying, harassment, intimidation, hazing, or privacy incident has occurred, the concern should be reported to a coach, teacher, Athletic Director, or school administrator immediately.

- Parents/guardians may be asked to provide a written summary of facts and information.
- A conference with the student and family may be required.
- A meeting involving administration, coaches, and/or families may be warranted.
- Retaliation for reporting a concern is prohibited and may result in discipline.

Locker Room and Privacy Expectations

- Using a cellphone to take pictures or record is prohibited in locker rooms, restrooms, changing areas, training rooms, or other private spaces.
- Students must respect the privacy, dignity, and property of teammates and opponents.
- No student should be in a locker room or team area without appropriate supervision or permission.
- Any photo, video, or recording violation in a private space is a major disciplinary matter.

Spectator/Fan Code of Conduct

The essential elements of character-building and ethics in athletics are embodied in sportsmanship. MCS spectators represent the school and the name of Christ. Our mission is to bring glory to God through athletics by giving our best effort, upholding our faith, and maintaining a strong testimony in the community.

This code applies to parents/guardians, students, relatives, guests, alumni, and any spectator attending an MCS athletic event at home or away.

Spectator Expectations

- Refrain from coaching your child or other players during games and practices.
- Respect officials and their authority during games. Do not question, discuss, or confront officials during or after a contest.
- Do not confront coaches before, during, or immediately after a contest. Concerns should be addressed at an agreed-upon time and place according to the Parent/Athletic Communication Guide.
- Remember that student-athletes participate to grow, compete, enjoy the experience, and glorify God.
- Teaching and modeling that doing one's best is more important than winning, so student-athletes do not feel defeated by the outcome of a game or by personal performance.
- Require your child to treat other players, coaches, officials, and spectators with respect.
- Promote the emotional, spiritual, and physical well-being of student-athletes above any personal desire to win.
- Do not encourage behavior or practices that endanger the health, safety, or well-being of student-athletes.
- Be a positive role model by showing respect and courtesy and by demonstrating positive support for coaches, officials, student-athletes, and spectators at every game, practice, or event.
- Do not engage in unsportsmanlike conduct with officials, coaches, players, parents, students, or spectators, including booing, taunting, refusing to shake hands, using profane language or gestures, or making personal comments.
- Follow all facility rules, seating expectations, admission procedures, and directives from site management or school administration.
- Parents/guardians are responsible for supervising their children and guests during athletic events. Children should remain with or near their supervising adult unless using the restroom, visiting concessions, or moving to another approved area.
- Students and children should not be left unattended in hallways, locker room areas, gyms, classrooms, lobbies, or other areas of the facility. Running, roughhousing, ball playing, or unsupervised play in hallways or common areas is not permitted.
- Understand that guests brought to MCS events are also expected to follow this code.

Student Section Expectations

- The MCS student section should create a positive, energetic, Christ-honoring home-court/home-field environment.
- Chants, signs, clothing, gestures, or comments may not target officials, opponents, coaches, schools, individual players, or spectators in a personal, profane, or demeaning way.
- Students must remain in approved seating areas, follow administrator directions, and represent The Eagle Standard at home and away contests.
- Administration may move, remove, or restrict students from the student section when behavior does not meet MCS expectations.

Spectator Consequences

Any violation of this code may be cause for warning, removal, suspension, or permanent loss of attendance privileges at MCS athletic contests. Site management, school administration, the Athletic Director, game officials, and law enforcement may be involved as needed.

Level	Consequence
First Offense	Site management or administration may approach the spectator with a warning, redirection, or warning card. Depending on severity, immediate removal may occur.
Second Offense	The spectator may be asked to leave the event and may receive an automatic two-game suspension from MCS athletic events, home and away.

Level	Consequence
Third Offense	The spectator may be escorted from the facility and suspended from all MCS athletic events, home and away, for the remainder of the school year. A police report may be filed when appropriate.
Ejection by Official	A spectator ejected by an official will receive a minimum two-game suspension from athletic events, subject to administrative review.
Second Ejection by Official	A spectator ejected by an official a second time may be suspended from all MCS athletic events for the remainder of the school year.

This policy applies during all athletic seasons and at both home and away events. MCS administration reserves the right to amend or accelerate consequences, when necessary, due to severity, safety concerns, history, repentance, or the best interest of the school community.

Awards and Lettering

Athletic awards exist to recognize commitment, achievement, leadership, sportsmanship, growth, and Christlike representation. Awards are a privilege and may be withheld if a student-athlete does not finish the season in good standing.

Minimum Award Requirements

- Finish the season as a member in good standing.
- Meet academic and conduct expectations.
- Return all uniforms and equipment or satisfy replacement obligations.
- Attend the awards program unless excused in advance.
- Meet sport-specific lettering or award criteria approved by the Athletic Director.
- Avoid unexcused absences, team discipline issues, or conduct that would disqualify the athlete from recognition.

Varsity Letters

Varsity lettering criteria should be established by each head coach and approved by the Athletic Director by the yearly Athletics Awards Banquet. Criteria may include participation, quarters/halves/sets/events, attendance, role, effort, leadership, sportsmanship, team contribution, and coach recommendation.

MCSPY Awards

- Eagle Standard Award
- Eagle Proud Moment of the Year
- Male Distinguished Career
- Female Distinguished Career
- Male Newcomer of the Year
- Female Newcomer of the Year
- Male Athlete of the Year
- Female Athlete of the Year
- Male Team of the Year
- Female Team of the Year
- Coach of the Year
- Male Academic Team of the Year
- Female Academic Team of the Year
- Male Individual Performance of the Year
- Female Individual Performance of the Year
- Heart of an Eagle Award
- Faith in Action Award

- Manager of the Year
- Proud Eagle Supporter

Acknowledgment and Annual Review

This Athletic Handbook should be reviewed annually by the Athletic Department and school administration before publication. Updates may be necessary due to OHSAA changes, Metro Buckeye Conference requirements, school policy revisions, legal updates, facility changes, or administrative decisions.

Student-Athlete and Parent/Guardian Acknowledgment

By signing the annual athletic participation forms, the student-athlete and parent/guardian acknowledge that they have received, reviewed, and agree to follow the MCS Athletic Handbook, MCS Student Handbook, team rules, and all applicable athletic expectations.

Participation in athletics indicates willingness to submit to the authority of coaches, the Athletic Department, school administration, and applicable league/OHSAA rules.

Families are also expected to monitor school-approved communication channels, including the MCS Eagles App and Website when used by the team or Athletic Department, so that schedule changes, team messages, and department updates are received in a timely manner.