



Front Range Christian School Athletic Packet

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FRCS Athletics

Molding modern day champions for an eternal purpose.

Our Mission

Front Range Christian School Athletics exists to produce student-athletes who impact the world for Christ by competing with the utmost vigor and intensity, authentic humility, unwavering respect, and an unyielding regard for sportsmanship towards opponents and officials.

Guiding Principles

To fulfill this mission, the FRCS Athletics Department will:

- **Recruit and develop coaches who have a Christian foundation and are committed to pursuing excellence**

1. All Coaches and professional staff will be active in their faith and pursuing a deeper relationship with Christ.
2. Christian principles will be deliberately and systematically incorporated into practices and games.
3. Coaches will model Christ with personal discipline, love for the athletes, openness to learning, and commitment to excellence.
4. Coaches will develop the natural, God-given strengths of each individual athlete.

- **Coaches will push Athletes toward the pursuit of excellence**

1. Athletes will be asked to model Christian character, intensity, humility, integrity, and openness to learning.
2. Athletes will be asked to use their position on a team as an opportunity to invest in personal spiritual growth and will pour into younger athletes.
3. Athletes will be asked to become as physically, emotionally, and mentally as skillful as they are capable of becoming.
4. Athletes will be asked to submit themselves to the authority of parents, coaches, and school officials.

Our Vision

Front Range Christian School will be a conduit for Christ by athletes and coaches who will grow continuously in their faith and exemplify a community that models excellence, humility, and intensity of play.

How we define Success

- Authentically pursuing Christ, and knowing you made the effort to become the best version of yourself you could become
- Desiring to win without compromising your character or the integrity of the game. (“Diluting the will to win destroys the purpose of the game”).
 - Some measurements of Success include:
 1. Discipleship of athletes in both spiritual and life skills.
 2. Athlete’s continual improvement in skill and athleticism.
 3. Athlete’s growth in assertiveness, passion, and ‘heart’ for the spirit of competition.
 4. Athletes who authentically enjoy the sport they are playing
 5. Tangible evidence from coaches and athletes of a desire to pursue excellence
 6. Players and coaches with a healthy desire to win

OUR VALUES

- **TO HONOR** God through our actions and by using our God-given talents in a positive and serving way.
- **TO FURTHER** the educational and spiritual mission of Front Range Christian School in the arena of athletics and other co-curricular activities.
- **TO PROMOTE** core values such as honesty, integrity, teamwork, unity, respect, and humility.
- **TO DEMONSTRATE** good sportsmanship, a commitment to fair play and a true understanding of the role that athletics and other co-curricular activities play in the development of student-athletes.
- **TO CREATE** an environment that allows students to reach their fullest potential in a wide variety of co-curricular offerings.
- **TO ENCOURAGE** our students to be involved in their school community so that students may capture moments that make their experiences as a student memorable.
- **TO FOSTER** an “All In” culture where families support the growth of the program, and encourage athletes to pursue excellence and become the best version of themselves.

Virtues of a Christian Athlete

The following virtues are modeled after Front Range Christian School's Virtues of a Christian Scholar.

1. Faith

Athletes believe in a Biblical foundation for all athletics
Matthew 17:20; Isaiah 38:19; 2 Timothy 3:16; Psalm 18:30

2. Courage

Athletes stand up for what is right in the midst of pressure to do otherwise and even in the presence of risks
Isaiah 41:10; Joshua 1:9; Psalm 27:1

3. Integrity

Athletes remain competitive without seeking self-advancement through immoral and unethical means
Proverbs 11:3, 5; Luke 16:10; Proverbs 2:1-2, 5, 9; Titus 2:7-8

4. Creativity

Athletes foster a culture of innovation and problem-solving on and off the field/court
Ephesians 2:10; Psalm 45:1; Psalm 139:13-14

5. Eloquence

Athletes lead and compete with confidence in speech and action
Matthew 20:26; Joshua 1:9; Proverbs 12:15; Matthew 7:24-29

6. Humility

Athletes exhibit confidence and respect without arrogance or self-deprecation
Matthew 18:4; Titus 3:2; Proverbs 13:10; Philippians 2:3

7. Diligence

Athletes perfect their craft and strive for excellence to God's glory not personal gain
Hebrews 6:10-12; Proverbs 12:24; 1 Corinthians 10:31

8. Firmness

Athletes engage in respectful and confident competition with others, including those they oppose
1 Chronicles 28:20; 1 Corinthians 15:58; Ephesians 6:10; 1 Corinthians 16:13

9. Love

Athletes are driven to express charity to others
John 13:34-35; 1 John 4:12; 1 John 4:19; 1 Corinthians 16:14

10. Balance

Athletes pursue life and competition with temperance
Proverbs 11:1; Proverbs 25:16; Galatians 5:22-25; Romans 5:3-6

Eligibility

Athletes are representatives of FRCS and must hold themselves above reproach in all areas. Eligibility is determined every 9 weeks and evaluated by academic performance and behavior. Athletic fees are non-refundable even if a student becomes ineligible.

1. **Academics:** During the period of participation, the student must be enrolled in courses which offer, in aggregate, a minimum of 2.5 Carnegie* units of credit per semester. Students may not be receiving an “F” (59% or below) in any class when eligibility is checked. Eligibility checks will be done every 9 weeks. An ineligible student cannot play until the next eligibility check and only if the academic deficiency has been corrected. Students may still practice during the period they are ineligible.
2. **Behavior:** If a player violates FRCS Code of Conduct, he/she will be ineligible to play but may still be eligible to come to practice. The length of ineligibility depends upon the seriousness of the infraction and will be determined by the Principal and/or Athletic Director. Whether at school, home games or away games, all athletes are subject to the Code of Conduct as stated in the Parent/Student Handbook.
3. **Probation/Suspension:** Students may be ineligible for any athletic team while on disciplinary or academic probation/suspension at the discretion of the Principal and/or Athletic Director. A student who is removed from probation during an athletic season will be allowed to participate in sports upon approval of the principal and athletic director.
4. **School Attendance:** Students must be in attendance at school no later than 10:00 AM on game day and be in attendance the remainder of the day. For Saturday games, athletes must be in attendance by 10:00 AM the Friday before the game. The only exceptions to this policy are:
 1. Pre-approved college visits.
 2. School-sponsored activities or mission opportunities.
 3. Doctor or dentist appointments (a note from the doctor may be required).
 4. Extenuating circumstances approved by the Athletic Director.

The day after a game athletes are expected to come to school ***on time with homework completed unless otherwise instructed by the athletic director and principal.***

5. **Outside Competition:** Players certified to participate as members of any high school sport may compete on any other team (club teams not affiliated with Front Range) in that sport during the sports season. However, the player is required to obtain written permission from the Principal and Athletic Director.
6. **Recruiting:** No school representative, volunteer, student athlete, parent or family member, school alumnus or booster club member shall recruit students for athletic participation. It is allowable to recruit students to FRCS based on the merits of our school as a whole but not solely for its athletic program.

* Carnegie Unit— a measure of the amount of time a student has studied a subject. For example, a total of 120 hours in one subject—meeting 4 or 5 times a week for 40 to 60 minutes, for 36 to 40 weeks each year—earns the student one “unit” of high school credit

Required Documents

In order to participate in your given sport, the following documents must be signed and completed by the first date of your first mandatory practice.

1. Liability Waiver
2. Emergency Consent/Proof of insurance
3. Sports Eligibility Requirements
4. Parent Commitment
5. Student-Athlete Agreement
6. Completed Sports Physical
7. Permission to walk form (For Athletes in 6th Grade only)