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**OK CONFERENCE**  
EST. 1958



# NorthPointe Christian Schools Athletic Handbook



# Mission, Vision, Core Values

## Mission of NPC Athletics

Equipping students to impact their world for Jesus Christ, through the competition of extra curricular activities.

## Vision of NPC Athletics

We see an athletic program where coaches mentor athletes and model to them the characteristics of Christian men and women in the world, while competing at the highest level to the honor and glory of Jesus Christ.

**1 Cor 9:25**

## Core Values of NPC Athletics

### Spirit

We strive to have extreme school spirit and to fully understand the spirit of competition. **1 Cor 2:12**

### Team

We value the concept of team as a greater concept than that of the individual. **Romans 15:5-6**

### Actions

We strive for our actions to directly reflect the character of Christ in all we do. **1 John 3:18**

### Noble

We will strive to compete with noble character and pursue excellence in all things. **Phil 4:8**

### Glory

We seek to first and foremost compete to bring honor and glory to God. **Col 3:17**



# Athletic Program Philosophy

## Philosophy of NPC Athletics

Athletics and extra curricular activities are an essential aspect of NorthPointe Christian High School. The overall goal of each of these activities is to bring honor and glory to Jesus Christ in every aspect of a student's life. We believe at NorthPointe Christian that our athletes should look different and easily be distinguished and set apart from the competition. This should be demonstrated through the character and actions of each individual involved in the activity from administration to coach to athlete or participant. Participation in these activities provide a great platform to apply and practice living out what they are being equipped with in Christian Education, to impact their world for Christ now and into the future.

We believe that as NorthPointe Christian students we are to be a light in the fallen world. [\*\*Matthew 5:13-16\*\*](#)



# Athletic Department

## **Athletic Department**

**ATHLETIC DEPARTMENT** - The athletic department consists of the Head of Schools, Principals, Athletic Director, Assistant Athletic Director and Athletic Trainer. They work together to oversee Coaches and Athletes within the program.

### **HEAD OF SCHOOLS**

- Todd Tolsma - [tolsmat@npchristian.org](mailto:tolsmat@npchristian.org)

### **HIGH SCHOOL PRINCIPAL**

- Tom Molenkamp - [molenkampt@npchristian.org](mailto:molenkampt@npchristian.org)

### **MIDDLE SCHOOL PRINCIPAL**

- Megan Willink - [willinkm@npchristian.org](mailto:willinkm@npchristian.org)

### **ATHLETIC DIRECTOR**

- Shon Cottle - [cottles@npchristian.org](mailto:cottles@npchristian.org)

### **ASSISTANT ATHLETIC DIRECTOR**

- Jared Redell - [redellj@npchristian.org](mailto:redellj@npchristian.org)

### **ATHLETIC TRAINER**

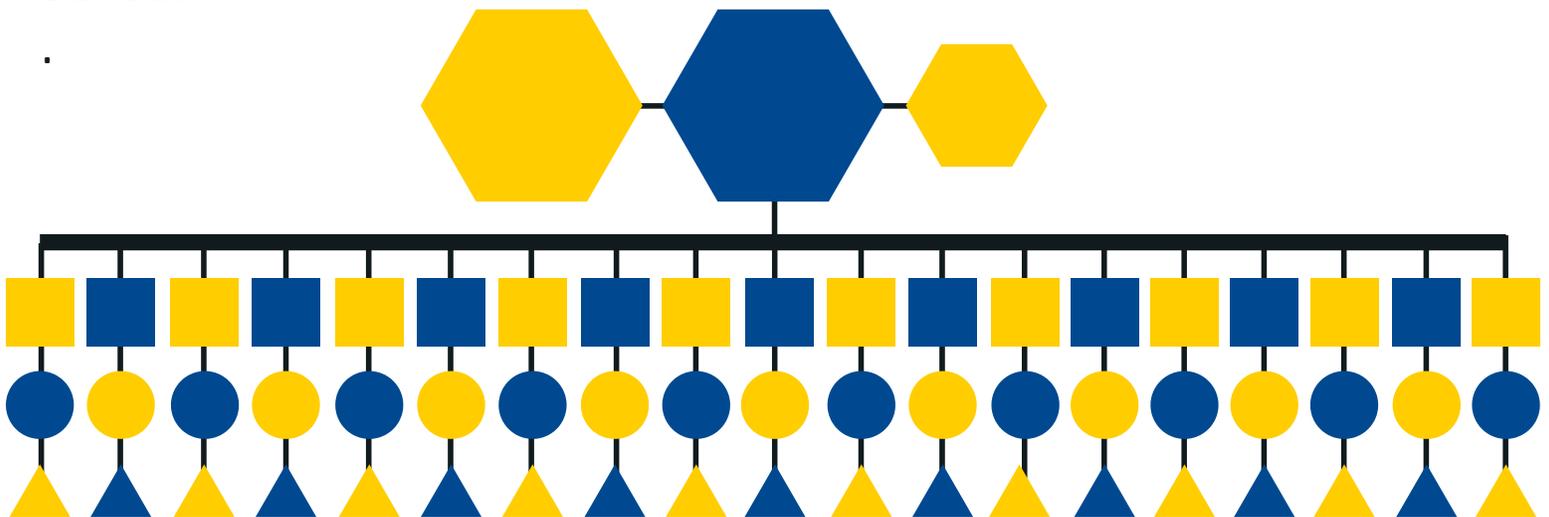
- Taylor Austin - [taylor.austin@spectrumhealth.org](mailto:taylor.austin@spectrumhealth.org)



# Athletic Department

## Athletic Department Flow

**ATHLETIC DEPARTMENT** - The athletic director in communication with administration will serve as a coach and leader over all programs. Primary communication will be with Varsity coaches. Varsity coaches will each be the head of their program and communication will flow through them to sub varsity and middle school





# Levels of Competition

## Varsity Athletics

NorthPointe Christian competes in 10 boys and 10 girls sports as a member of the OK Conference, Silver Division

Varsity sports are the highest level of high school competition. This level is typically for 11th and 12th grade athletes but not limited to them. 9th and 10th grade athletes that display appropriate skill and maturity level to compete may be considered for this level.

The purpose of these teams are to continue to **develop character** on and off the competition surface, to **teach Christ centered life values**, to **master** fundamentals of the game as well as strategy, and to **compete** for athletic championships in ways that bring honor and glory to God.

Wins and losses are bigger than just the final score, but how we handle ourselves through both winning and losing.

Full participation in practice is part of this level but participation in competition is at the coaches discretion.



# Levels of Competition

## **Sub Varsity Athletics**

NorthPointe Christian competes in sub varsity sports as a member of the OK Conference, Silver Division.

Sub Varsity sports are part of the athletic program designed to prepare athletes for varsity competition. This level is typically for 9th and 10th grade athletes.

The purpose of these teams are to continue to **introduce** and continue to **develop** game specific skills, preparing them for the varsity level. They are further designed to **teach** aspects of working as a **team** and the **christian character** expected of NorthPointe Christian Athletes.

Wins and losses are not the focus, but improvement, sportsmanship and preparing for varsity competition.

Full participation in practice is part of this level and participation in competition is highly encouraged but not guaranteed. It is at the coaches discretion with guidance from the varsity head coach.



# Levels of Competition

## **Middle School Athletics**

NorthPointe Christian competes in middle school sports as a part of the OK Conference as well as the GRACEAC.

Middle School sports are part of the athletic program designed to introduce and prepare athletes for high school competition. This level is typically for 6th, 7th and 8th grade. In some circumstances 5th grade is included.

The purpose of these teams are to **introduce** different games and ideas, **expose** athletes to sports they may be interested in and begin to **develop** game specific skills, preparing them for high school. They are further designed to **teach** aspects of working as a **team** and the **christian character** expected of NorthPointe Christian Athletes.

Wins and losses are not the focus, but improvement, sportsmanship and player development.

Full participation in practice and competition is a guaranteed part of this level.



# Expectations - Athlete

## Expectations for Athletes

As a NorthPointe Christian athlete you are a representative of the Lord Jesus Christ, NPC, your team and your family. Participation is more than just during competition, it is also in practice, the classroom and life.

**COACHABILITY**— The NPC athlete will be coachable and willing to accept constructive criticism. He/she will look to improve and be willing to submit to the leadership and expertise of the coach.

**COMPETITIVENESS**—The NPC athlete will sacrifice the time and energy to prepare for and compete whole-heartedly through fair play.

**COMMITMENT**—The NPC athlete will recognize the need to place others ahead of self in order to achieve team concepts. He/she must be willing to make sacrifices to be conditioned through training for their sport.

**DESIRE TO IMPROVE**—The NPC athlete will have an ardent desire to improve and a willingness to concentrate on the development of skills for each sport.

**RESPECTFULNESS**—The NPC athlete will demonstrate love and respect for self, teammates and opponents, even in the midst of competition, appreciating his/ her God-given talents and abilities. This respect is also demonstrated toward game officials and any other authority figures.

**INTEGRITY**—The NPC athlete will compete as hard as he/she can (as unto the Lord) in accordance with the rules to bring out the best in his/her team and opponents. He/she will maintain this commitment even though circumstances are stressful and will practice and play as though Jesus Christ is the only audience.



# Expectations - Parents

## Expectations for Parents

As a NorthPointe Christian parent you are a representative of the Lord Jesus Christ, NPC, your child's team and your child. There are eyes on you and its your chance for others to see Christ through you.

**SUPPORT**— Rules and policies set forth by the MHSAA, OK Conference, School and Athletic handbooks.

**ENCOURAGE**—Your child to be the best representative of the Lord, the school, their team and family.

**UNDERSTAND**—Your child's strengths and limitations.

**SPORTSMANSHIP**—Be an example for your child and others by positively supporting the team, all players, coaches and officials by refraining from negative comments.

**TEACH**— Your child by being an example to them showing respect for the opponent, school authorities and game officials, even during tough times or adverse decisions.

**EMPOWER**—Your child to advocate for themselves. Support and encourage them to have difficult conversations with coaches, teammates or administration when dealing with controversy. (See Communication)



# Expectations - Coaches

## Expectations for Coaches

As a NPC coach you are a representative of the Lord Jesus Christ, NPC, your team and your family. You will set the tone for athletes and parents.

**DISCIPLESHIP** — We expect coaches to be leaders who guide their athletes in their spiritual walk and disciple them along the way.

**RAPPORT** — Coaches must be able to develop good rapport with players, student body, the faculty, administration, officials, fellow coaches and parents.

**COOPERATION** — Coaches must work hand-in-hand with the Athletic Director, the Principal and other coaches.

**DISCIPLINE** — Coaches are responsible for representing their program both home and away and holding players to the same measure.

**LEADERSHIP** — Coaches should model, in all ways, what it means to be a follower of Christ. They must show enthusiasm, honesty, and a love for the game and team.

**INTEGRITY** — Coaches should conduct themselves in a Godly manor when coaching as well as in their everyday life.

**ACCOUNTABLE** — Coaches are required to report to the appropriate all suspected or known instances which directly affect the health, safety, or well-being of our students.

**PROFESSIONAL** — Coaches should represent the Lord and NPC at all times in a manner consistent with our school and its mission. They should be learners in their sport and handle themselves in all situations with humility and respect.



# Communications - Coach

## **Team Communications**

We must establish clear communications within each athletic program in order to ensure the best coaching and parent support is in place for every athlete.

## **Communication from Coaches**

**RULES/EXPECTATIONS** - What the coach expects from players as part of the team. Behavior expectations, commitment expectations and more. How to earn a varsity letter if applicable and any other pertinent team information.

**SCHEDULES**- Including location and time of all practices and games.

**INJURY UPDATES** - Communication concerning injuries that happen during practice or competition.

**DISCIPLINARY ACTION** - Any discipline administered by the team.

**WEEKLY EMAIL** - Season and schedule updates.



# Communications - Families

## Family Communications

Families must clearly communicate with coaches updates concerning their child's health or inability to practice or compete. Also when questions arise they must be shared in an orderly fashion.

## Communication from Families

**ILLNESS OR APPOINTMENT** - immediately inform coach and or athletic office if your child is injured or will miss a practice or contest.

**CONCERNS - PLEASE WAIT AT LEAST 24 HOURS BEFORE ADDRESSING ISSUES OF FRUSTRATION AFTER GAMES**

### CHAIN OF COMMUNICATION:

- Player must self advocate with coach directly
- If not resolved, parent may contact coach
- If not resolved, parent may contact varsity coach
- If not resolved, parent may contact Athletic Director

**APPROPRIATE CONCERNS** - Concerns about mental or physical treatment of an athlete, behavioral concerns or ways to bring athletic, academic or spiritual improvement are appropriate concerns. It is always ok to ask a coach what an athlete needs to do to improve and be considered for more opportunities.

**CONCERNS NOT APPROPRIATE** - Playing time, team strategy, play calling and other students/athletes are not appropriate items to discuss with the coach.

**MATTHEW 18** Sets the pattern for this form of communication.



# Athletic Eligibility

## Academic Eligibility

All NPC student athletes will have their academic eligibility checked on a weekly basis. At each check the following requirements must be met.

- **Maintain a Grade Point Average (GPA) of 2.0 or above**
- **Have no "F" grades in any subject area.**
- **Remain eligible under the MHSAA guidelines.**

Guidelines for academic ineligibility during any one season:

- **Phase 1A** - Athlete appears on report grades are verified with teachers. Athlete, parent and coach are notified in writing. Athlete may still fully participate and will be checked again in a week. If athlete does not appear on the follow up check they will start back at the beginning
- **Phase 1B** - Athlete appears on report for a 2nd consecutive time and grades are verified with teachers. Athlete, parent and coach are notified in writing. Athlete may still fully participate and will be checked again in a week. If athlete does not appear on the follow up check they will start back at the beginning
- **Phase 2** - Athlete appears on report for a 3rd consecutive time and grades are verified with teachers. Athlete, parent and coach are notified in writing. Athlete may still participate in practice but may not participate in games or contests. Grades will be checked weekly and athlete will remain on phase 2 until they no longer appear on the report.



# Athletic Eligibility

## Attendance Eligibility

All NPC student athletes will be expected to be at school for the entire school day in order to participate in practice or competition. Some Pre Excused exclusions may apply.

**UNEXCUSED ABSENCES** - Any student athlete with an unexcused absence during the day will not be able to participate that day.

This includes but is not limited to

- Skipping Class
- Unexcused Late Arrival
- Leaving Campus without Permission

**EXCUSED ABSENCES** - In certain circumstances a student may have an excused absence and still be eligible to compete. In these circumstances they must be approved and still be at school for the maximum part of the day possible. This includes but is not limited to.

- Sickness - Dr's note - If you are too sick for school you are too sick to participate
- Medical/Dental Appointment - pre arranged
- Family Emergency/Death/Funeral
- School Related/College Visit
- Extenuating circumstances with administrative approval.



# Athletic Eligibility

## **Disciplinary Eligibility**

All NPC student athletes need to remain in good standing and follow both the student and athletic handbooks. The purpose of any discipline at NPC is to correct and restore as in Hebrews 12:6.

**TEAM DISCIPLINE** - This will be administered by the coach and may result in ineligibility from contests per the individual team rules and expectations.

**SCHOOL DISCIPLINE** - Discipline issued by the school for violations from the school student handbook take precedence over athletic endeavors, including both practice and competition.

- Detentions must be served prior to attending practice
- Students suspended from school shall not be able to practice or compete during the time they are suspended.



# Athletic Eligibility

## **Medical Eligibility**

Per MHSAA Regulation all NPC student athletes must have all required forms on file with the athletic department as well as maintain a proper level of medical well being to remain eligible.

**MHSAA PHYSICAL FORM** - All athletes must have passed a physical and have a current signed copy including the consent form in order to be eligible to participate.

**CONCUSSION EDUCATION FORM** - This form must also be on file with the athletic department prior to participating. This form needs only to be signed once during your high school career.

**MEDICAL WELLNESS** - NPC Employs a full time certified athletic trainer (ATC) through Spectrum Health. All injuries should be directed to that trainer. The ATC will then make recommendation to both coach and parents for course of action relative to the injury. The ATC will determine whether medical eligibility has been met. At time the ATC may determine that an athlete is ineligible and will provide the course of action needed to return to eligibility



# Athletic Eligibility

## Medical Eligibility Continued

**CONCUSSIONS** - It is mandatory for all athletes who sustain a concussion to complete the Return to Play protocol with the Athletic Trainer before returning to athletic participation, regardless if a physician clearance note has been received before the protocol has been completed. All diagnosed concussions require the MHSAA Return to Activity form to be signed by a physician deemed appropriate by Michigan state law and MHSAA rules and regulations to clear athletes of concussions (MD/DO/NP/PA only)

**CLEARANCE NOTES** - Any athlete who has been seen by a healthcare professional for an injury that may affect participation must submit a form of documentation to the athletic trainer prior to returning to their sport (physician's note, healthcare professional standing orders, visit note, etc.).

**CONSENT TO TREAT FORMS** - All athletes are required to have a Spectrum Health consent to treat form on file in order to receive treatment and medical advice from the Athletic Trainer. This form needs only to be signed once in their athletic career. Please contact your ATC to receive this form.



# Athletic Representation

## **Athletic Representation**

NPC Athletes should always be a positive representation of NPC and our Lord Jesus Christ. This means at NorthPointe, before, after and during school hours. More importantly when we are away from the school.

**PHYSICAL APPEARANCE** - NPC athletes should dress in a way that looks respectable, within team dress code and expectations.

- School Dress Code is in effect during travel representing the school.
- Boys should not play or practice without a shirt on at all times.
- Girls should not play or practice without a shirt on at all times. (a sports bra is not a shirt and therefore should be covered)
- Any uniform, game or practice, that is deemed appropriate for play or practice, but does not meet school dress code, must be covered anytime the athlete is not in the gym or on the field.

**ACTIONS AND SPEECH** - NPC Athletes should use language that is positive and builds up others. This includes on and off the field of competition. Swearing in no way build others up. We should not speak in a negative way about our opponents or their school, students or fans.

**RESPECT AND CARE** -NPC athletes will care for school property and the property of our opponents. In short we will leave things better than we found them. (Clean up after yourself)



# Athletic Transportation

## **Game Transportation**

NPC will provide transportation via either bus or van to each contest. The transportation director will assign appropriate transportation and determine whether it is one way or two way transportation.

**REQUIREMENTS** - All athletes are required to use provided transportation, unless permission is given by administration with parental approval in advance.

**ONE WAY TRANSPORTATION** - AKA "Drop Only" This will mean a bus will drop athletes off at the competition site but athletes will be responsible for finding their own way home. This is typical of most contests 30 minutes away or less.

**TWO WAY TRANSPORTATION** - This will mean a bus or van will transport athletes and remain at the contest to provide transportation home as well. This is typical of most contests 30 minutes away or further.

**PERSONAL VEHICLES** - When permitted due to varying circumstances athletes may be allowed to use their personal vehicles. However at no time should 2 or more athletes ride in the same vehicle unless it is driven by a parent with the permission of the additional athletes parents.



# Athletic Facilities

## Facilities & Equipment

NPC is blessed with 2 full size gyms, a weightroom and several outdoor courts and fields. NPC Coaches and athletes should be good stewards of the facilities and equipment we have been blessed with.

- Athletes must respect athletic equipment by taking care of it as if it were their own or even better.
- After use all equipment should be returned to its proper designated storage place.
- No cleats are to be worn inside any building. Cleats are to be put on and removed outside and carried in hand into the building.
- No athletes are permitted in the school vehicles unless a coach or bus driver has given approval.
- Under no circumstances are students to drive school vehicles.
- No students are allowed in the gym or locker rooms except during designated school activities unless a staff member has given permission.
- Students are not allowed in the weight room without adult supervision.
- No signs are to be put up on the walls, doors, bleachers, or equipment unless the Athletic Director or Principal has given approval.
- When visiting another school, all facilities of that school should be left in better condition than they were found.



# Athletic Weather Policy

## **Inclement Weather Policies**

In the event of inclement weather the following policy are in place.

### **Tornado Watch/Warning given while school is in session**

- All practices and events scheduled after school will be cancelled.
- Events scheduled later in the evening will be cancelled if the "all-clear" is not given at least 2 hours prior to the start time of the event.

### **Tornado Watch given after school has been dismissed**

- All practices and contests in progress will be immediately suspended and the athletes sent home.
- Events scheduled later in the evening will be cancelled if the "all-clear" is not given at least 2 hours prior to the start time of the event.

### **Tornado Warning given after school has been dismissed**

- All practices and contests in progress will be immediately suspended and the athletes will report to the locker rooms.
- Events scheduled later in the evening will be cancelled if the "all-clear" is not given at least 2 hours prior to the start time of the event.

### **SNOW DAY:**

#### **School cancelled before the start of a school day:**

- All Middle School practices and events cancelled for the day
- High school events may be held if conditions permit at the discretion of the athletic director and administration.
- High school practices to be permitted at the discretion of athletic director. (Practices should not start before noon)

#### **School cancelled after noon:**

- All middle school practices and events for that day cancelled
- All high school practices and events for that day cancelled

### **THUNDER/LIGHTNING:**

If audible thunder or visible lightning occurs during any outdoor athletic event, that event will be postponed at first sighting. Play may only resume if thunder/lightning is not heard/observed for a full 30 minute time period after the last instance. Play resuming must be agreed upon by all officials, athletic director (or school representative), ATC and all coaches.