Central California Conference
Office of Education

FRIENDSHIP GAMES SPORTS MINISTRY

2018-2019

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FRIENDSHIP GAMES BETWEEN SCHOOLS

STATEMENT OF PHILOSOPHY FOR COMPETITION IN LIFE

Pacific Union Education Code #A11-128

Competition is a common experience in life and is present in play, work, education, economic systems and the political arena. It exists between individuals, groups and nations. There is even competition for the souls of humankind. When competition is present in appropriate settings, teachers can guide students toward the values of staying focused on a goal, perseverance, handling victory and defeat graciously and emphasizing teamwork over individual accomplishments. If competition is friendly and organized so that every student has the opportunity at some time to win, then motivation, achievement, and interpersonal relations may be enhanced.

Competition that is allowed in the wrong setting or that is not properly managed can have negative effects. Only a few students will be able to experience success, and the tendency to make safe rather than growth choices will be increased. Students may think of academics or athletics as a means to an end (being better than others) and may become more interested in their relative position in a class or on a team than in the performance of the team or group. In poorly managed competition, it is likely that hostility between members of the group will often develop into outward aggression.

It is, therefore, essential that in all curricular and co-curricular endeavors, actions and attitudes should be guided by higher principles. School personnel should make every effort to develop a Christ-centered, cooperative environment in which teachers and students together identify group goals, plan activities, develop communication skills, apportion responsibilities, participate in spiritual growth endeavors, and learn strategies for helping one another.

In response to appropriately employed competitive activities, students, guided by their teachers, should seek to:

- Develop their physical, mental and spiritual gifts to the fullest extent.
- Cultivate such Christian virtues as commitment, courtesy, fair play, honesty, loyalty, obedience, respect, self-confidence and self-control.
- Manage successes and contend with failures.
- Function effectively as team members.
- Strive for excellence.

GOALS AND ESSENTIAL CORE ELEMENTS FOR CURRICULUM IN SEVENTH-DAY ADVENTIST SCHOOLS – *JOURNEY TO EXCELLENCE*

Healthy Balanced Living – Accept personal responsibility for achieving and maintaining optimum physical, mental, and spiritual health.

- Recognize that God's ideal for quality living includes a healthy lifestyle.
- Incorporate into one's lifestyle the principles that promote health: nutrition, exercise, water, sunlight, temperance, air, rest, and trust in God.
- Avoid at-risk behaviors.
- Apply Christian principles in recreation and sports.
- Achieve a balance in work and leisure, balancing physical, mental, social, and spiritual activities.
- Recognize the interaction of physical, mental, and spiritual health with emotional and social well-being.

DEFINITION OF TERMS

FRIENDSHIP GAMES: This pertains to eligible Friendship Games schools authorized by the Friendship Games Commission. Games must be played between eligible Friendship Games schools in the Central California Conference. Preparation for games involves instruction as a part of the school's regular physical education and intramural programs. Games may be scheduled with other schools, within and outside of the conference, on an occasional basis, <u>but these games do not lead to playoffs and championships</u>. Friendship games are usually scheduled in conjunction with other activities such as spiritual retreats, youth rallies, etc.

DEFINITION OF PERMISSIBLE ACTIVITIES

A. For the purpose of this document, interschool/interscholastic sports competition between and among schools <u>leading to playoffs and/or championships is not authorized by the Central California Conference Board of Education</u>.

B. For the purpose of this document, Friendship Games are authorized and encouraged within the following guidelines:

   1. Scheduled games between/among schools.
   2. Scheduled games in conjunction with other activities such as spiritual retreats, youth rallies, etc.
   3. A series of structured games in conjunction with the school's regular Physical Education and/or intramural program.
   4. <u>No scheduled or occasional Friendship Games shall lead to playoffs and/or championships. *Note: Schools are not allowed to participate in any type of league*</u>.

PREREQUISITES FOR A SCHOOL WISHING TO PARTICIPATE IN THE FRIENDSHIP GAMES PROGRAM

A. Each school will have one paid certificated CCC Board of Education employee, who is a staff member and athletic director. This person must implement a Christ-centered Friendship Games program.

B. Each school will develop a philosophy on sports that takes into account Christian principles and values.

C. Each school that wishes to participate in the Friendship Games program must complete and submit the following forms **online** to the Commission on or before **August 15, 2018**.

1. Friendship Games School Adopted Policy
2. New Coaches Information Form
3. Returning Coaches Information Form
4. Officials' Information Form
5. Schedule-of-Games Form
6. End-of-Quarter Report Form (To be submitted at the end of each quarter)

D. Each school that wishes to participate in the Friendship Games program in the Central California Conference must follow the guidelines contained in this handbook.

GUIDELINES FOR SCHOOLS

A. **Schools shall provide athletic directors and head coaches who are members of the Seventh-day Adventist Church** in regular standing and as such shall provide a positive Christian role model and demonstrate a concern for the spiritual and moral development of students so that the unique philosophy of Seventh-day Adventist education is reflected throughout the total school program.

B. Schools shall provide a credentialed employee who is an athletic director in charge of coordinating the athletic program of the school. **The athletic director must be an employee of the Central California Conference Board of Education.**

C. Schools shall provide guidelines that promote physical, academic and spiritual excellence.

D. Schools shall demonstrate that their sports program represents the Seventh-day Adventist Christian philosophy of good sportsmanship and instruct their students how to win or lose with dignity.

E. Schools shall conduct a mandatory in-service for all coaches on the Central California Conference Friendship Games Handbook and **each new coach will sign a verification statement on the Coaches Information Form.**

F. Schools which are unable to meet the standards listed above, and have not submitted their End-of-Quarter Report Forms, may be placed on probation or will not be eligible to continue to participate in the Friendship Games Program.

PROGRAM ORIENTATION FOR COACHES

The orientation guidelines provided below assume that all coaches hired by the school have the appropriate background, preparation, and credentials to coach in their specified sport(s), as defined by the Friendship Games Commission and that there are regular meetings between the athletic director and coaches.

A comprehensive program orientation for coaches should include the following elements:

1) Introduce all sport program staff to one another (e.g., coaches, athletic trainers, team physicians, administrative personnel). Introduce other school administrators and support staff as appropriate.

2) Provide, review, and discuss the philosophies, ministry, policies, and expectations of the Friendship Games Program and school. Provide and discuss the school and program's athletes' code of conduct.

3) Provide and discuss the school and program's coaches' code of conduct, and require each coach to sign an agreement that he or she will abide by it.

4) Provide and discuss athlete eligibility guidelines and discuss the rules and procedures for monitoring and enforcing the guidelines. Discuss how this information will be provided to the athletes and their parents (e.g., by the coach or athletic director).

5) Discuss the reasons and procedures for removing or suspending a player from practice, a game/meet, or the team.

6) Provide information and discuss the roles of the coach and athletic director in college recruiting guidelines.

7) Discuss the components of privacy issues related to personal health information (Health Insurance Portability and Accountability Act – HIPAA).

8) Discuss the school and program's safety policies and procedures.

   Provide and discuss the school and program's emergency medical procedures, paperwork, and notification responsibilities.

9) Discuss liability issues.

10) Discuss requirements regarding a pre-participation physical and insurance coverage for athletes.

11) Inform all coaches about their responsibilities regarding the purchase, storage, maintenance, and inventory of equipment.

12) Inform all coaches about their responsibilities regarding facility maintenance and operations. Discuss the roles of the coach, athletic director, and maintenance staff.

13) Discuss expectations for coaches' communications with the athletic director about topics such as injuries and emergencies, reporting issues with parents or fans, event results, and athletes' academic or behavioral problems. Inform coaches of all required meetings

with the athletic director.

14) Discuss procedures for communications with athletes' parents about all important topics including, but not limited to, program and school policies, eligibility requirements and issues, injuries and medical emergencies, practice and event schedules, college and university recruiting, parental involvement in the program, spectator behavior, etc.

15) Discuss the roles of the coaches and athletic director in regard to procedures for scheduling practices and events, scheduling transportation to off-site practices and events, and canceling and rescheduling practices and events.

16) Discuss the roles of the coaches and athletic director in regard to athlete recognition (e.g., school announcements, school newspaper, end-of-season banquet and awards).

17) Discuss the roles of the coaches and athletic director in communicating with school administrators (e.g., principal) and school staff (e.g., teachers).

18) Inform coaches of the program and school requirements, internal and external opportunities for professional development (e.g., workshops and certifications), and the procedures for requesting permission and/or support to participate in professional development.

19) Discuss the procedure and roles of the coach and athletic director in developing individualized goals and objectives for each coach and sport team.

20) Discuss how coaches will be evaluated in pre-, regular, and post-season as it relates to the school and program philosophy, program and team goals and objectives, and coach's performance as defined by the Friendship Games Program.

--National Association for Sport and Physical Education. (In Press)
Reston, VA: Author

A COACH'S CODE OF CONDUCT

- Provide a Christian-centered cooperative environment
- Take responsibility for athletes' well-being and development.
- Accept the reality that they serve as role models, as such, their actions must live up to their words.
- Provide a physically and emotionally safe environment for athletes during practice, as well as competition.
- Exemplify ethical behaviors, including honesty, integrity, fair play and sportsmanship. These are life-long lessons that take precedence over any emphasis on winning.
- Maintain a professional demeanor in their relationships with athletes, officials, colleagues, administrators and the community.

- Coaches recognize the power and influence of their position with respect to athletes. Therefore, coaches are careful to avoid and refrain from exhibiting behaviors that could develop into interpersonal relationships, or even create the perception of intimacy—or the desire for intimacy—with athletes.

- Coaches refrain from direct physical contact with players (i.e., pats on the buttocks) that could be construed as sexual in nature. Work toward the best interests of their athletes by understanding issues of confidentiality and avoiding situations that could create conflicts of interest or could exploit any athlete.

- Commit themselves to their athletes' academic achievement.

- Discourage the use of performance-enhancing substances and dietary supplements. Coaches also should encourage athletes, in conjunction with their families, to seek the advice of qualified medical professionals regarding performance-enhancing substances.

- Be knowledgeable about nutrition, hydration, safe and healthy weight loss or gain, and healthy eating behaviors. When a situation exceeds a coach's scope of knowledge, he or she should refer the athlete to an appropriate medical professional for the most current and accurate information.

- Practice safe training and conditioning techniques that are current.

- Exhibit sound injury and risk-management practices.

- Demonstrate an understanding of their athletes' growth and developmental stages.

- Encourage athletes to adopt a physically active lifestyle.

- Place athletes' needs and interests before their own.

- Remember that competition should be healthy and enjoyable.

--National Association for Sport and Physical Education. (In Press)
Reston, VA: Author

CONSEQUENCES FOR COACHES

- Adhere to Friendship Games sportsmanship guidelines.
- Any unsportsmanlike behavior exhibited by a coach will be subject to a verbal warning to a one-game suspension.
- Any coach who receives an unsportsmanlike ejection at an athletic contest will be suspended a minimum of one to a maximum of two athletic contests at that level of competition.
- Any subsequent ejects will be reviewed by the Friendship Games Commission and may result in more game suspensions and/or dismissal from the Friendship Games program.

RECOMMENDED GOALS FOR THE SCHOOL YEAR WITHIN THE ATHLETIC DEPARTMENT

- To promote the philosophy of this program into the department of school athletics.
- To increase student athlete participation within the scope of the athletic program.
- To promote sportsmanship within the spectator crowd as well as the athletic teams.
- To promote drug awareness activities for both parents and athletes.
- To provide ongoing coaching effectiveness training for coaches of all levels and sports.
- To provide ongoing liability information for coaches of all levels and sports.
- To address the needs of gender equity and assure that each sport is in compliance.

FUNDAMENTALS OF SPORTSMANSHIP

- Show respect for self and others at all times.
- Show respect for the officials. Have the willingness to accept and abide by the decisions made by the officials.
- Know, understand and appreciate the rules of the contest.
- Maintain self-control at all times.
- Recognize and appreciate skill in performance regardless of team affiliation.

EXPECTATIONS FOR STUDENT ATHLETES

- Treat teammates/opponents with respect.
- Respect the judgment of contest officials.
- Abide by all rules and do not display behavior that could incite fans.
- Cooperate with officials, coaches, and fellow participants to conduct a fair contest.
- Accept the responsibility and privilege of representing the school and community.
- Display positive behavior at all times.
- Live up to the high standards of sportsmanship established by the Commission.

RIGHTS OF ATHLETES

Interscholastic athletes shall have the right to:

- Enjoy the sport experience.

- Participate in a sport environment in which the athletes' best interests are the primary concern.

- Make a time commitment to a sport that does not preclude athletes from participating in other family, church, school and community activities that make for a well-rounded life; participation in sports should allow involvement in other activities.

- Participate in out-of-season sport activities, but shall not be obligated to attend out-of-season training, practice or competitive events.

- Choose to participate in multiple sports, free from coach or parent pressure to specialize in one sport.
- Devote adequate time to study and complete assignments for school.
- Have safe playing conditions (e.g., equipment, playing surfaces and facilities, environmental conditions) for physical conditioning sessions, practices and competition.
- Access appropriate first aid and medical attention at all functions, including practices, games and rehabilitation/treatment.
- Expect qualified coaches who have been appropriately prepared in quality coaching education programs.
- Receive psychological support, respect and fairness from coaches.
- Receive information on proper conditioning and nutrition.
- Participate based on the philosophy of the Friendship Games Program.
- Be made aware of grievance policies and procedures related to physical abuse, sexual harassment and discrimination.

RESPONSIBILITIES OF ATHLETES

Interscholastic athletes shall take responsibility for:

- Developing skills, camaraderie, fitness and fun.
- Respecting themselves, the coaching staff, opponents, teammates, officials, the school and spectators at all times.
- Representing their schools and selves in a manner that reflects self-control and is nonviolent and respectful.
- Complying with all school and team rules and policies regarding participation and academic eligibility.
- Avoiding illegal substances, performance-enhancing supplements (legal and illegal), and recreational drugs.
- Attending all practices, team meetings and competitions, or communicating in advance with coaches when conflicts occur.
- Pursuing personal goals in the context of commitment to the overall team goals.
- Accepting partial responsibility for team successes and failures.
- Arranging their schedules in a way that fulfills both academic and sport commitments.
- Reporting to appropriate adults (e.g., coach, athletic trainer) any injury or aggravating condition that occurs in or out of the sport setting.

- Following all prescribed medical treatment protocols and the rehabilitation schedule when sick or injured.

- Accepting responsibility for their behavior outside the sport setting and any consequences of that behavior.

American Alliance for Health, Physical Education, Recreation and Dance

GUIDELINES FOR BEHAVIOR ACCOUNTABILITY (Suggested)

(Participating schools shall have a written school adopted policy statement) Athletes will represent their school and God in a manner that will encourage others to have a clearer picture of God's love.

PLAYERS – There are four actions taken to assure control of players. They are as follows (with accompanying guidelines for each action):

- PULLING PLAYER FOR COOL-OFF PERIOD:
  a. Overly aggressive towards opponent
  b. Negative reaction to referee's call or non-call
  c. Negative reaction to crowd
  d. Displaying an attitude or behavior the coach deems detrimental to the overall program

- PULLING PLAYER FOR REST OF GAME:
  a. Second offense to any in category one
  b. Foul language
  c. Fighting, taunting, or verbally attempting to incite physical or verbal confrontation
  d. Displaying an attitude or behavior the coach deems detrimental to the overall program.

- SUSPENDING PLAYER FROM THE NEXT GAME:
  a. Pre- or post-game gestures or verbal abuse towards opponent
  b. Anything in category one or two that is flagrant enough to need additional discipline
  c. Displaying an attitude or behavior the coach deems detrimental to the overall program.
  d. If referees or officials suspend an athlete from a tournament or friendship game, that athlete will be barred from participation in the next scheduled game of that particular sport.
  e. If an athlete is suspended from more than one game in a season, he/she will no longer be allowed to participate in friendship games or tournaments for the remainder of the school year during which the violations have occurred.

- REMOVING PLAYER OFF OF THE TEAM:
  a. Repeated violations of categories 2 and 3 must be documented before a player is removed from the team
  b. Cheating
  c. Physically hurting opponent on purpose
  d. Defacing or damaging opponent's school or personal property
  e. Displaying an attitude or behavior the coach deems detrimental to the overall program
  f. Transfer students who have been suspended from a team at their previous school would forfeit the student's eligibility to participate in the Friendship Games program for the remainder of the current school year.

g. If an athlete is suspended for two games in a sport, he/she would be barred from participating in that particular sport for the rest of the season.

SCHOOL ADMINISTRATOR

- Administrator observation
  a. A minimum of two practice sessions per sport
  b. A minimum of one game per sport

- The host school administrator or designated representative (exclusive of home team coach) must be present at every game.

- A Friendship Games **Incident Report Form** shall be **submitted by either of the coaches, referee, or administrator <u>within 48 hours of game</u>. Copies will be submitted to the administrator of both schools and the Central California Conference Office of Education.**

CODE OF CONDUCT FOR PARENTS

- Let the coaches do the coaching for all team members.
- Support the program by volunteering to assist the team in some way.
- Be your child's best fan; support him or her unconditionally.
- Acknowledge your child's effort, as well as his or her support of team members, adherence to player responsibilities, etc.
- Support and root for all team members. That fosters teamwork.
- Model good sportsmanship at all times during practices and competition.
- Don't bribe your child or offer incentives for good performance. Instead, orient him or her to the enjoyment of participating and his or her responsibility to the team.
- Encourage direct communication. If your child is having difficulties in practice or games or can't make a practice, encourage him or her to speak directly to the coaches.
- Understand and display appropriate game behaviors (e.g., watch; make positive remarks; don't berate players, officials or coaches). Remember, your child's self-esteem and game performance are at stake. Be supportive.
- Monitor your child's stress level at home. Ask questions to ascertain whether your child is having trouble balancing various activities in his or her life. Ask whether she or he is enjoying the sport experience. Help your child handle any stress effectively.
- Monitor eating and sleeping habits. Ensure that your child is eating the proper foods and getting adequate rest.
- Help your child keep his or her priorities straight, maintaining a balance among schoolwork, family responsibilities, chores, free time and organized sport participation.
- Keep sport in its proper perspective: Sport should be fun for you and your child. Highly skilled children and their parents must be especially careful to maintain a balanced view.
- If your child's performance produces strong emotions in you, maintain a calm demeanor. Your relationship with your child remains long after competitive sport days are over. Keep your goals and needs separate from your child's experience.
- Reality test: If your child's team loses but has played its best, help your child see that as a "win." Remind him or her to focus on "process" and not only "results" Children should derive fun and satisfaction from "striving to win," and playing well and hard.
- Let other family members and friends who might attend your child's games know what constitutes appropriate and supportive behavior.
- Have fun.

SPECTATORS

- The home team will provide adequate parking and seating for visitors.

- The home team will be responsible for appropriate security and supervision of spectators.

- The visiting team is responsible for the supervision of its own team members, students, and fans.

- Violation of Commission guidelines or altercations which involve spectators must be reported in writing on a **Friendship Games Incident Report Form to the Central California Conference Office of Education within <u>48 hours of the occurrence</u>. It is the responsibility of the home team principal to file this report.**

- Violations or altercations involving members of the visiting teams' students or fans must be reported on a Friendship Games Incident Report Form **from the principal of the visiting school.**

- Spectator behavior should be consistent with the goals and philosophy of the Friendship Games Program, as stated in the Handbook. **The following actions are prohibited before, during and after all games:**
  a. Noisemakers
  b. Profane language
  c. Heckling/Harassment
  d. Disruption
  e. Fighting
  f. Cheerleading squads

  Spectator's Code (Adapted from the YMCA Code)
  a. Remember that young people play organized sports for their own fun. They are not there to entertain you, and they are not miniature pro athletes.
  b. Be on your best behavior. Don't use profane language or harass players, coaches, officials, and spectators.
  c. Applaud good plays by your own team as well as the visiting team.
  d. Show respect for your team's opponents. Without them there would be no games.
  e. Never ridicule or scold a young person for making a mistake during practice or a game situation.
  f. Respect the officials' decisions.
  g. Encourage players to always play according to the rules.

CONSEQUENCES FOR SPECTATORS

Because the actions of spectators, parents and/or fans may warrant sanctions placed by the Friendship Games athletic programs, the following are consequences for unsportsmanlike behavior(s) at Friendship Games events.

- Verbal warning
- Removal from a competition site by administration or law enforcement
- Warning letter
- Suspension from attending future contests
- Charges filed with law enforcement
- Exclusion from all extra-curricular events.

The level of intervention is dependent upon the severity of the unsportsmanlike behavior exhibited

ELIGIBILITY FOR STUDENT PARTICIPATION

The Central California Conference Board of Education strongly recommends that Friendship Games Schools establish standards in the following areas for students to be permitted to participate in friendship games:

- Academics
- Attendance
- Citizenship
- Physical Fitness

A student must be enrolled as a part-time or full-time student in a Central California Conference of Seventh-day Adventist accredited school in order to be eligible to participate in the Friendship Games program. The Friendship Games program is open to students in grades five to twelve.

PHYSICAL EXAMINATION FOR STUDENT ATHLETE

An annual physical/medical examination, or a statement by a professional medical practitioner, certifying that the student is physically fit to participate in athletics, is required before a student may try out, practice, or participate in the Friendship Games program.

> **A student shall be in compliance with medical examinations and immunizations as outlined in the Pacific Union Conference Education Code #A23-116 and #A23-120**.

PLAYER ELIGIBILITY CLARIFICATION STATEMENT

Students must be enrolled in a Central California Conference accredited school in order to be eligible to participate in the Friendship Games program. Students in grades eleven and twelve may participate on a senior varsity team only. Ninth and tenth grade students may participate concurrently on a junior varsity and a senior varsity team during the same sports season. Students in grades seven and eight may participate concurrently on a junior high and high school team, but at the discretion of the athletic director and principal. It is important for the athletic director and coach to match all athletes according to their physical and skill levels. Students in grades five through eight may participate on an elementary team.

Participation Designation
Elementary: Grades 5-8
Junior Varsity: Grades 7-10
Varsity: Grades 8-12

PROCEDURE FOR SCHEDULING FRIENDSHIP GAMES

- Arrangements for scheduling friendship games are to be officially made by the school principal and/or athletic director.

- The local school board shall approve all off-campus games with other schools.

- The Conference Office of Education is to receive, at the end of each quarter, a list of friendship games participated in by each of the schools. This must be submitted one week after the close of the quarter.

- If any friendship games involve an overnight trip, then the regular conference field trip policies shall apply.

- If a school wishes to participate in an occasional friendship game with a non-Adventist school, or an Adventist school outside of the Central California Conference, permission for such activity is to be obtained from the local school board.

ATHLETIC SUPERVISION CHECKLIST

By reducing liability and unnecessary exposure to our students and spectators we create a safer place for our student-athletes and families to participate. It takes effort by everyone involved, from the principal to the coach. Listed below is a checklist of supervision and legal issues that schools could use to begin a self-audit of their athletic supervision. This list is NOT all encompassing, as each individual school has its own unique set of circumstances, procedures and responsibilities, but it should be viewed as a good beginning.

SCHOOL

- All participants have on file a current physical examination form that approves the athlete to participate.
- All participants have on file a current “informed consent” form signed by BOTH the parent/guardian and the student that gives the student permission to participate.
- All coaches have valid CPR/First Aid cards on file.

- Ensure that all coaches meet the Central California Conference Friendship Games Commission for "who can coach" and Education Policies.
- **Ensure all volunteer coaches have completed the "VERIFIED VOLUNTEER" background clearance before any contact with students takes place.**

ATHLETIC ADMINISTRATOR

- Ensure that all coaches meet the Central California Conference Friendship Games Commission for "who can coach."
- Coaches need to have "emergency" information on all participants with them at all practices/contests.
- Check the facility regularly to maintain a safe and proper playing environment.
- Emergency phone numbers and emergency care guidelines are posted near an easily accessible telephone.
- Provide coaches with an emergency action plan (what to do in case of …)
- Ensure the school is providing proper, safe and effective equipment.
- Create policies and procedures for the athletic department (Coaches' Handbook).
- Follow up and enforce such policies and procedures.
- Inform all participants of the risk of participation and inherent dangers (Informed Consent).
- Ensure that coaches have been instructed on proper actions and behavior.
- Keep written inventory of when equipment was purchased, repaired, or reconditioned.
- Ensure that proper skills are taught.
- **Contact the Central California Conference Office of Education to ensure all volunteer coaches have completed the "Verified Volunteer" background clearance**.

COACHES

- Coaches have "emergency" information on all participants with them at all practices and/or contests.
- Properly plan the activity.
- Provide adequate and proper equipment.
- Match your athletes by maturity, skill and experience.
- Evaluate and treat the injured athlete.
- Supervise your activity, both specific and general supervision.
- Check the facility daily to maintain a safe and proper playing environment.
- Ensure emergency phone numbers and emergency care guidelines are posted near an easily accessible telephone.
- Coaches ensure that proper skills are being taught by documenting and keeping all practice plans and instructions.
- Inform all participants of the risk of participation, both in writing and verbally. Along with teaching the proper techniques, remind students daily of the risks of injury when they fail to follow proper technique.

–Adapted from the Coalition of Americans to Protect Sports

EMERGENCY MANAGEMENT CHECKLIST

Each school shall adopt a policy concerning an Emergency Management Policy. This needs to be done prior to the new school year and ratified by the local school board.

–Adapted from the Coalition of Americans to Protect Sports

It is very important that you clearly understand how to deal with emergencies at your school and indeed, wherever you and your students are involved in a school activity.

We need to do all we can to protect the active youth from serious injury while participating in sports. ***BE PREPARED***. The time to think about emergency care is long before the emergency happens.

You should always be in direct contact with your athletic director on all emergency matters. **Additionally, remember that you are expected to fill out an Accident Report form after an emergency occurs and submit it to the athletic director or school administrator.**

The following **Emergency Management Checklist** lists the consideration coaches need to be aware of for both practice and games.

EMERGENCY MANAGEMENT CHECKLIST

Is there a licensed physician or licensed medical personnel on site?

Are all personnel currently certified in CPR and First Aid?

Do you know how to contact paramedics, ambulance, fire department, etc.? (Dial 911)

Is there a working phone on-site with access to outside lines? If not, where is the nearest phone? Make sure it works.

Is there unobstructed emergency vehicle access to your location? Are all gates unlocked?

Do you have accurate insurance information and emergency release forms for each student?

Do you have the necessary First Aid supplies?

Is there fresh water available?

Do you know the address and nearest crossroad to your practice or game site?

Who will travel with the injured student to the hospital? (Parent, assistant coach, school administrator?)

Has responsibility been assigned as to who will notify the parent or guardian?

STUDENT EMERGENCY PROCEDURES

The following procedures are presented for all school personnel as guidelines for preparing for and handling student emergencies. It is recognized that good judgment is the key factor in any crisis. When in doubt, all efforts should be extended to protect the health and welfare of the student.

▪ **EXTREME EMERGENCY**

- ✓ Activate Emergency Management Procedures – **Call 911**. Each administrator shall appoint one person responsible to authorize these calls in his/her absence.
- ✓ Call parent; advise him/her of the accident and of all measures that have been taken.
- ✓ If parent/guardian cannot be located, contact local law enforcement.
- ✓ Be sure to submit a Central California Conference Student Accident Report Form to the appropriate administrator or athletic director within 24 hours.

♦ **ILLNESS OR INJURY**

- ✓ **Notify parents; advise them of the injury or illness.**
- ✓ If parents cannot be reached, contact another responsible adult who is listed on the emergency card (18 years of age or older).
- ✓ Submit Student Accident Report Form to the appropriate administrator or athletic director.
- ✓ **Do not allow the injured athlete to practice/participate until a medical clearance letter is received by the athletic director.**

, **SENDING A STUDENT HOME**

- ✓ A student is to be released only to a responsible adult who is listed on the emergency card and is eighteen years of age or older.
- ✓ It is the responsibility of the parent or other authorized adult to provide transportation.
- ✓ Only in RARE situations should school personnel provide transportation.

THE FRIENDSHIP GAMES COMMISSION

The Friendship Games Commission (FGC) is given the authority to monitor the Friendship Games program. The FGC is operated under the authority of the Central California Conference Board of Education.

, **Purpose**: The purpose of the FGC is to monitor the athletic program in harmony with the statement of philosophy.

, **Membership**: The membership of the Commission is as follows and shall be ratified by the Central California Conference Office of Education staff and Board of Education:

a. One (1) Superintendent of Schools
b. Two (2) Associate Superintendents of Schools
c. One (1) Athletic Director per eligible school

, **Responsibilities**: The FGC is responsible for monitoring interscholastic friendship games.

a. Rules–The National Federation of State High School Associations and the Seventh-day Adventist Rules Committee. Elementary Sports Rules
b. Coaches–Accountability and certification
c. Officials (paid/volunteer)
d. Guidelines for Behavior
    - Athletes
    - Coaches
    - Officials
    - Spectators
    - Public Address
e. Eligibility Standards–Athlete
    - Player Eligibility
    - Academic
    - Attendance
    - Citizenship
    - Physical Fitness
    - Physical Examination
f. Procedure and Monitoring of Reports
    - Friendship Games School Adopted Policy
    - New Coaches Information Form
    - Returning Coaches Information Form
    - Officials Information Form
    - Schedule of Games Form
    - End-of-Quarter Report Form
    - Incident Report Form
    - Emergency Management Policy
g. Track & Field Day (Grades 9-12)
h. Tournaments and Youth Rallies
I. Athlete/Coach Seminars
j. Coach/Official Seminars

, **Authority: The Friendship Games Commission shall have the authority to certify individual athletic school programs, approve games, tournaments and seasons, and suspend or exclude individuals and schools from participation.**

SEASONAL SPORTS SCHEDULE

Flag Football	September - November
Volleyball	September - November, February - May
Basketball	November - March
Soccer	January - April
Track & Field	February - April
Softball	February - May

Guidelines for Eligible Friendship Games Schools
To make proposals to the
Friendship Games Commission concerning
Tournaments & Youth Rallies

The Friendship Games Commission (FGC) is given the authority to monitor the Friendship Games program. The FGC is operated under the authority of the Central California Conference Board of Education.

Authority: The Friendship Games Commission shall have the authority to certify individual athletic school programs, approve games, tournaments and seasons, and suspend or exclude individuals and schools from participation.

The principal and the schools' Friendship Games commissioner must submit a written request to the Friendship Games Commission Chairperson. The written request must include definite plans outlining the following factors such as:

1. **Rationale for the request**
2. **Description of the request on how it affects the local school-wide learning outcomes according to the accreditation process**
3. **A systematic process of communication that was used by the principal and school's Friendship Games commissioner to the following stakeholders: faculty, staff, students, parents, pastors, and school board members**
4. **Assessment procedures – Gather data from a school-wide survey that factors in the total school-wide learning environment**

Requests need to be submitted one week prior to a posted Commissioner's meeting date.

GUIDELINES AND PROCEDURES
FOR TOURNAMENTS

Submit tournament information to the Central California Conference Office of Education at least 14 days in advance of the event. This information must include a game schedule.

In an effort to minimize travel, expense, and the number of events in a sports season, the following guidelines are presented:

Most sports seasons will offer varsity, junior varsity, and elementary tournaments. These tournament dates (for each sport) will be ratified by the Friendship Games Directors' Tournament Planning Session.

Rationale

- Reflects the philosophy of the Friendship Games program
- Infusion of spiritual retreats, youth rallies, and community service all held over an entire weekend. Example: Friday night service, Sabbath services (must include morning service, afternoon service or group activity, and vespers)
- Minimize travel time and expense
- Consolidate and minimize the number of events per sport
- Allow the school calendar to provide activities for other organizations
- Coordinate schedules with other Central California Conference activities
- Strategically set sites of tournaments to minimize travel

Guidelines

- No scheduling of games/tournaments during test weeks, and conference/union sponsored activities based on the Central California Conference calendar
- Coordinate scheduling with other Central California Conference activities
- No tournament game may start after 11:00 p.m.
- Individual school teams must not participate in more than three games per tournament day.
- Participating teams must be present at all activities and programs throughout the entire weekend; otherwise, the school team forfeits its right to participate.

GUIDELINES AND PROCEDURES
FOR WEEKEND TOURNAMENTS AND YOUTH RALLIES

(Tournament weekend starts Friday afternoon or evening and ends on Sunday.)

Spiritual Theme
- A spiritual theme should be used for all activities for the weekend.
- Formal planning for the weekend
- Possible team members to organize and facilitate the weekend of activities

Athletic Director
- School Administrator
- School Campus Pastor
- Area Pastor(s)
- School Recruiter
- Student Body Officers/Class Officers

Tournament Fees
Fees shall not exceed $350.00 per school for the weekend and should consist of the following:
- Officials
- Facility
- Housing

Guest Schools
- Guest schools shall receive an invitation concerning the tournament from the host school within four weeks of the scheduled tournament.
- Guest schools shall receive comprehensive information concerning the tournament within three weeks of the scheduled tournament.

Host Schools
- Host schools shall receive tournament fees and confirmation by the guest schools within four weeks of the scheduled tournament.
- **The host school shall collect a non-refundable tournament fee four weeks in advance.**
- Host school needs to submit tournament information to the CCC Office of Education at least 14 days in advance of the scheduled tournament.

Officials
- Host school *will* use officials that are certified and/or experienced (officials must be at least 18 years of age and out of high school in order to officiate).
- Host school *will make sure* that there is consistency in refereeing quality.
- Host school *will* provide orientation for the officials.
- Host schools *shall* develop a list of contacts for officials and establish officiating fees.

Information to be sent to Visiting Schools by Host School

- Ask visiting team which teams they would like to play.
- Ask (preferred) arrival/departure times
- An itinerary of the schedule and games
- Rules
- Tournament fees
- Deadline for responding to invitation
- Food that will be provided for the participants
- Suggested amount of money for purchasing meals
- Housing needs
- Number of Participants

Information to be Included on Form

- Tournament fee
- Copy of Host School's Emergency Plan
- Tournament schedule
- Meals provided
- Spiritual program schedule
- Weekend schedule
- Dress codes/clothing needed
- Housing arrangement
- Map to the school and other areas of interest–gas stations, stores, restaurants, etc.

Schools to be invited to Participate in the Tournament/Youth Rally–Order of Priority:

- Central California Conference Friendship Games Schools
- Pacific Union Conference Schools – Seventh-day Adventist Schools
- Seventh-day Adventist schools who are part of the North American Division of Seventh-day Adventist School System
- *Public schools and/or private non-Seventh-day Adventist schools are not allowed to participate in tournaments and youth rally events*.

Number of Games Played Per Day

- **Individual school teams must not participate in more than three games per tournament day.**

GUIDELINES AND PROCEDURES FOR ONE-DAY TOURNAMENTS

Tournament information must be submitted to the CCC Office of Education at least 14 days in advance of the event. In an effort to minimize travel, expense, and the number of events in a sports season, the following guidelines are presented:

Spiritual Theme
A spiritual theme for the day is recommended and should be introduced in worship.

Tournament Fees
Tournament fees will be decided by the host directors in conference and will be submitted to participating schools prior to the beginning of the school year. The host school shall collect a non-refundable tournament fee four weeks in advance. Fees shall not exceed $250.00 per school for a one-day tournament for two teams per school.

Guest Schools
- Guest schools shall receive an invitation concerning the tournament from the host school within four weeks of the scheduled tournament.
- Guest schools shall receive comprehensive information concerning the tournament within three weeks of the scheduled tournament.

Host Schools
- Host schools shall receive tournament fees and confirmation by the guest schools within four weeks of the scheduled tournament.
- **The host school shall collect a non-refundable tournament fee four weeks in advance.**
- Host school needs to submit tournament information to the CCC Office of Education at least 14 days in advance of the scheduled tournament.

Food
A venue through which participants and visitors can purchase food should be available at a reasonable cost. The food and snacks should be healthy.

Officials
Host school must use experienced officials who have demonstrated competency in the knowledge of the rules of the game (officials must be at least 18 years of age and out of high school in order to officiate).

Information to be sent to Visiting Schools by Host School
- An itinerary of the schedule and games
- Rules
- Tournament fees
- Deadline for responding to invitation
- Food that will be provided for the participants
- Suggested amount of money for purchasing meals
- Housing needs
- Number of Participants

Schools to be invited to Participate in the Tournament/Youth Rally–Order of Priority
- Central California Conference Friendship Games schools
- Pacific Union Conference schools – Seventh-day Adventist schools
- Seventh-day Adventist schools who are part of the North American Division of Seventh-day Adventists school system.

Time Away from School
Minimize as much as possible the amount of time and try to obtain adequate rest before the next school day.

Number of Games Played Per Day
Individual school teams must not participate in more than three games per tournament day.

RECOMMENDED
PRE-GAME ACTIVITIES CHECKLIST

VISITING TEAM

- Arrive 1 hour before game time
- Equipment
- Appropriate uniform
- Practice equipment
- Adequate supervision of visiting party
- Bring own first aid supplies
- Responsible for own meals
- Begin warm-ups 30 minutes before game

HOME TEAM

- Supply adequate/competent officials
- Physical comforts
    a. Changing rooms
    b. Meeting room
    c. Water
    d. Safety Check
- Well defined court/field
- Begin warm-ups 30 minutes before game
- Start pre-game activities 15 minutes before game
    a. Welcome
    b. Introductions
    c. Devotional and/or Friendship Game Activity
    d. Review home rules
- Official's instructions to players
- Game equipment
- Provide qualified medical personnel*
- Supervision of Spectators
- Administrator or designated representative must be present

***EVERY HOST SCHOOL SHALL HAVE QUALIFIED MEDICAL PERSONNEL AT THE GAME.**

SCHOOL ADOPTED POLICY 2018-2019

PHILOSOPHY STATEMENT

Must be included and updated.
(Needs to be tied into the mission and purpose of the school – School-wide Learner Outcomes)

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

School: _____

Signature of Principal: _____

Signature of Athletic Director: _____

Date of this report: _____

NEW COACHES INFORMATION FORM 2018-2019

COMPLETE THIS FORM ONLY IF
"VERIFIED VOLUNTEER" BACKGROUND CLEARANCE HAS BEEN DONE

(Head coaches must be members of the Seventh-day Adventist Church)

School _____ **Date** _____

Name _____ **E-mail Address** _____

Address _____

Telephone (Home) _____ **Telephone (Work)** _____

PREVIOUS COACHING EXPERIENCE (Please list most recent experience first):

DATE	PLACE	SPORT	POSITION

COACHING ASSIGNMENT FOR THE 2018-2019 SCHOOL YEAR

JV/VARSITY	HEAD/ASST. COACH	SPORT	TEAM: BOYS/GIRLS

ADDITIONAL EXPERIENCE (Examples–classes, workshops, etc.): Please give date taken and brief explanation of material covered.

1. _____

2. _____

3. _____

Coaches must have current CPR and First Aid certificate.

The date in which certificate will be renewed/obtained: _____

Member of the Seventh-day Adventist Church: ❒ **Yes** ❒ **No**

I hereby verify that I have read the Central California Conference's governing Friendship Games Commission 2018-2019 Handbook and agree to comply with all policies set forth by this body.

Signed _____ **Date** _____

Coaches must be at least 18 years of age and out of high school in order to coach.

RETURNING COACHES INFORMATION FORM 2018-2019

COMPLETE THIS FORM ONLY IF
"VERIFIED VOLUNTEER" BACKGROUND CLEARANCE HAS BEEN DONE

(Head coaches must be members of the Seventh-day Adventist Church)

(Please print)

School _____ **Date** _____

Name of Principal _____

Name of Athletic Director _____

Name of Coach	Head/Asst. Coach	Sport	Team: Boys/Girls	JV/Varsity

I hereby verify that I have in serviced my coaching staff on the 2018-2019 Central California Conference Friendship Games Commission Handbook and agree to comply with all policies set forth by this body, including verification of current CPR and First Aid certification and "Verified Volunteer" background check.

_____ _____
Signature of Athletic Director **Date**

_____ _____
Signature of Principal **Date**

OFFICIALS INFORMATION FORM 2018-2019

School _____ **Date** _____

❒ **CIF Officials will be used for the following sports:** _____

_____

If CIF, do not complete remainder of this form.

Name _____ **E-mail Address** _____

Address _____

Telephone (Home) _____ **Telephone (Work)** _____

PREVIOUS OFFICIATING EXPERIENCE (Please list most recent experience first):

DATE	PLACE	SPORT	POSITION

ADDITIONAL EXPERIENCE (Examples–classes, workshops, etc.): Please give date taken and brief explanation of material covered.

1. _____

2. _____

3. _____

Do you have a current first aid certificate: ❒ **Yes** ❒ **No**

If yes, state what type and give the expiration date:_____

Do you have a current officiating certificate: ❒ **Yes** ❒ **No** **If yes, s**

an expiration date: _____

_____ _____

Signature of Official **Date**

Officials must be at least 18 years of age and out of high school in order to officiate.

SCHEDULE OF GAMES FORM 2017-2018 (or Submit Schedule for Each Sport)

SCHOOL _____ **ATHLETIC DIRECTOR** _____ **SPOR**

SCHOOL	DATE	TIME	PLACE		AWAY GAMES–TIME		T
			HOME	AWAY	DEPART	RETURN	BOYS

END-OF-QUARTER REPORT FORM 2018-2019

School _____ **Date Submitted** _____

Principal _____ **Athletic Director** _____

(Participating schools must attach a printed schedule of all games played.)

Date of Game	School Played	Sport	Comments (positive or negative)

_____ _____

Signature of the Principal **Signature of the Athletic Director**

(Please submit to the CCC Office of Education within the first week after the quarter ends.)
Reports are due on or before the following dates for 2018-2019:

1st Quarter	**November 1, 2018**
2nd Quarter	**January 25, 2019**
3rd Quarter	**April 5, 2019**
4th Quarter	**May 31, 2019**

INCIDENT REPORT FORM 2018-2019

(Form is due within 48 hours of incident to the Central California Conference Office of Education)

School _____ **Date Submitted** _____

Position _____ **Event Date** _____

Event _____ **Event Location** _____

Describe incident:

_____

_____

_____

What action was taken at the scene?

_____

_____

_____

What further action needs to be taken to prevent a re-occurrence of this incident?

_____

_____

_____

_____ _____

Signature of Principal **Signature of the Athletic Director**

_____ _____

Printed Name of Principal **Printed Name of Athletic Director**

EMERGENCY MEDICAL PLAN PROCEDURES

Sport _____ Team _____ Year _____

In the event of a medical emergency, the on-duty physician certified athletic trainer, nurse, or paramedic will administer immediate emergency aid to the injured athlete. If none of the above is present, then the head coach or designated first aid provider will assume responsibility.

The designated person will immediately initiate the Emergency Medical System (EMS). Please follow these procedures for a prompt and efficient response.

[The designated care provider will remain with the injured athlete at all times.

[Designated person goes to phone location and dials 911 or other pre-determined number.

A. Identify self and exact location.
B. State nature and seriousness of injury.
C. Advise how emergency vehicle is to reach the activity area.
    1. Street access
    2. Entry gate
    3. Activity area
    4. Building location
    5. Building entry point
D. Stay on line until operator disconnects
E. Return to injury scene in case needed for other assistance.

[Designated person meets vehicle at the gate entrance. This person must have all necessary keys in his/her possession at the start of the activity session.

[Designated person contacts security for crowd control and other needs.

[Designated person immediately calls parents and advises them of circumstances; then calls designated administrator and advises of circumstances.

[Designated person documents all information relating to injury and emergency response.

[Designated person accompanies the injured athlete to the hospital and remains until parents or designated administrator arrives.

EMERGENCY MEDICAL PLAN PROCEDURES

DESIGNATED ROLES
(Complete prior to activity/event)

Name of Designated Individual

1. _____ Attends to injured athlete, controls scene.

2. _____ Calls 911 or other predetermined number.

3. _____ Supervises team.

4. _____ Calls security and initiates crowd control.

5. _____ Meets paramedics at gate and guides to injured athlete.

6. _____ Gives emergency treatment card to paramedics

7. _____ Calls parents or alternate name on emergency card.

8. _____ Accompanies injured athlete to hospital

- S A M P L E O N L Y -

INTERSCHOLASTIC ATHLETIC MEDICAL AND PARENTAL CONSENT FORM

To Parents and/or Guardians:

This form must be completed before an athlete can participate in Inter-scholastic tryouts, practices, or contests. Your cooperation is appreciated.

School _____ **Athletic Director** _____

TO BE COMPLETED BY STUDENT

Name _____
First **Middle** **Last**

Grade Level for 2018-2019 School Year _____

Please mark the box for all the sports in which you plan to participate:

- ❑ **Flag Football**
- ❑ **Volleyball**
- ❑ **Basketball**
- ❑ **Soccer**
- ❑ **Track & Field**
- ❑ **Softball**

TO BE COMPLETED BY PHYSICIAN

Name of Student: _____

Height _____ **Weight** _____ **Blood Pressure** _____

Date of Physical Examination _____

I hereby certify that I have examined the above-named student and there appear to be no medical reason why he/she is not able to compete in supervised interscholastic activities.

_____ _____
Physician's Signature **Physician's Name (Printed)**

_____ _____
Street Address **City**

State	Zip	Telephone #

TO BE COMPLETED BY PHYSICIAN (cont.)

AREA	NORMAL	ABNORMAL	NOT EXAMINED	COMMENTS
Skin				
Eyes, Vision, Glasses				
Nose and Throat				
Mouth, Teeth, Speech				
Glands				
Chest, Lungs				
Abdomen				
Enlargement				
Tenderness				
Hernia				
Spine, Back				
Scoliosis for Grade 7				
Posture				
Extremities				
Genitourinary				
Nervous System, Reflexes				

Nutritional Status and General Appearance of the Athlete: _____

_____

Recommendations for Additional Medical or Dental Care: _____

_____

Athletics Allowed:

- ❒ **Flag Football**
- ❒ **Volleyball**
- ❒ **Basketball**
- ❒ **Soccer**
- ❒ **Track & Field**

❒ **Softball**

Comments: _____

_____

_____

(All athletes must wear the appropriate sports uniform and number according to the sport.)
(*Players shall not wear tight-fitting spandex style volleyball shorts. The shorts must be modest in length and in style.)

SPORT (Rule Reference)	HOME JERSEY COLOR	NUMBER LOCATION	FRONT NUMBER SIZE	BACK NUMBER SIZE	BARS OR WIDTH OF NUMBER	NUMBER BORDER WIDTH	NUMBER RANGE	JERSEY LENGTH	SHOES	SOCKS
Basketball (3-4)	White Required	Centered Vertically & Horizontally on visible portion	At least 4"	At least 6"	Not less than 3/4"	2 Solid contrastin g 1/4" limit or shadow ½"	0,1,2,3,4,5 (no 6,7,8,9)	Tucked in Pants (if designed)	Required	
Flag Football (1-5)	Dark	Centered Horizontally	8”	10”	1 ½” wide	Minimum ¼” at least	1-99	Reach top of Pants	Covers Foot	
Soccer (4-1)	Solid White		At least 4"	At least 6"				Tucked in Shorts (if designed)	Required	Stocking Required Logos Permitte
Softball (3-2)				At least 6"		1/4"			Required	
Track & Cross Country 4-3)								No midriff, may tuck in or hang below waist	Required	
Volleyball (4-2)		Not more than 5" below shoulder seam, 5" below bottom edge of neckline	At least 4" Contrast color to top	At least 6" Contrast color to top	Not less than 3/4" at narrowest point	Not Exceed ½" at widest point, trim solid color, may have 2 colors	Not More Than 2 Digits	No midriff, may tuck in or hang below waist	Required	

NFHS UNIFORM RULES SUMMARY

Team names and/or abbreviations or team member’s names may be placed on the front of the jersey.

Competition Rules

A. The CCC Friendship Games Commission requires participating schools to use the NFHS Rules for competition and the Flag Football Rules Book 6th Edition SDA - SARC (Order information: Walla Walla University Bookstore, Phone Number 509.527.2441.)

B. About the National Federation of State High School Associations (NFHS)

The NFHS, based in Indianapolis, Indiana, is the national leadership organization for high school sports and fine arts activities. Since 1920, the NFHS has led the development of education-based interscholastic sports and fine arts activities that help students succeed in their lives. The NFHS sets direction for the future by building awareness and support, improving the participation experience, establishing consistent standards and Rules for competition, and helping those who oversee high school sports and activities. The NFHS writes playing Rules for 17 sports for boys and girls at the high school level. Through its 50 member state associations and the District of Columbia, the NFHS reaches more than 19,000 high schools and 11 million participants in high school activity programs, including more than 7.5 million in high school sports. As the recognized national authority on interscholastic activity programs, the NFHS conducts national meetings; sanctions interstate events; produces publications for high school coaches, officials and athletic directors; sponsors professional organizations for high school coaches, officials, spirit coaches, speech and debate coaches and music adjudicators; serves as the national source for interscholastic coach training; and serves as a national information resource of interscholastic athletics and activities.

For more information, visit the NFHS web site at www.nfhs.org.

Rules books are available at the following link:
http://www.nfhs.org/articles/rules-books-and-case-books-available-as-e-books

Professional Memberships

A. Shape America: Society of Health and Physical Educators
www.shapeamerica.org

B. Fellowship of Christian Athletes
www.fca.org

THE CHRISTIAN ATHLETE'S CREED

I am a Christian first and last.
I am created in the likeness of
God Almighty to bring Him glory.
I am a member of Team Jesus Christ.
I wear the colors of the cross.

I am a team player now and forever.
I am made to strive, to strain,
to stretch and to succeed in athletics.
I am a Christian athlete
and as such, I face my opponent
with the face of Christ.

I do not trust in myself.
I do not boast in my abilities
or believe in my own strength.
I rely solely on the power of God.
I play for the pleasure of
my Heavenly Father, the honor of Christ
and the reputation of the Holy Spirit.

My attitude on and off
the field is above reproach—
my conduct beyond criticism.
Whether I am preparing,
practicing or playing;
I submit to God's authority
and those He has put over me.
I respect my coaches, officials,
teammates and opponents
out of respect for the Lord.

My body is the temple of Jesus Christ.
I protect it from within and without.
Nothing enters my body that
does not honor the Living God.
My sweat is an offering to my Master.
My soreness is a sacrifice to my Savior.

I give my all—all of the time.
I do not give up. I do not give in.
I do not give out. I am the Lord's warrior—
a team player by conviction
and a disciple of determination.
I am confident beyond reason
because my confidence lies in Christ.
The result of my efforts
must result in His glory.

LET THE GAMES BEGIN.
LET THE GLORY BE GOD'S.

--Adapted from Fellowship of Christian Athletes, Inc.