

WESTERN CHRISTIAN ATHLETIC HANDBOOK

Updated 12/11/2025

9045 Wallace Rd NW | Salem, OR 97304

503.363.2000

WesternChristianSchool.org

Superintendent - Cheeri Barnhart

Elementary Principal - Jen Casaleno

Secondary Principal - Geoff Martin

Athletic Director - Jay Barton

Visit our website for all Athletic Information and Forms

www.westernchristianschool.org

Western Christian School Athletic Department Mission Statement:

The mission of the Western Christian School Athletic Department is to cultivate a culture of excellence, integrity, and sportsmanship, grounded in Christian principles. Through athletic participation, we aim to develop the whole person—body, mind, and spirit—by fostering teamwork, leadership, and personal growth. Guided by our commitment to glorifying God in all that we do, we strive to empower student-athletes to compete with honor, pursue excellence, and impact their world for Christ.

Student activities and athletics are a vital part of the overall educational program. Participation in activities and athletics is a privilege available to all eligible students. This privilege carries with it serious personal responsibilities to the school and the community.

Participants and staff members understand that an emphasis on academic achievement is of high importance. Most importantly, the overall purpose of student activities is to develop positive values and habits so that personal growth and character development occur.

Athletic Department Philosophies

TEAMWORK	
UNITY	The single most critical element to success on the court/field, and more importantly, the most effective witness for Christ to an unbelieving world. (John 17)
RECOGNIZE YOUR ROLE	You are an indispensable member of the body. Embrace it. (1 Cor 12)
SERVE YOUR TEAMMATES	Putting their interests and celebrating their success above your own. (Phil 2)
ENCOURAGEMENT	
LIFT YOUR TEAMMATES UP	Always look for opportunities to impart energy and enthusiasm into your team with positive words. (Eph 4:29, 1Thess 5:11)
RECEIVE ENCOURAGEMENT	Even if you're frustrated, don't be too prideful to take encouragement. Make eye contact and affirm that you hear them. (Prov 12:15, Prov 15:31-33)
POSITIVE SELF TALK	Remind yourself that you are a good player, don't reinforce mistakes with things like "I can't shoot," or "I stink." What you say, if repeated enough, will become true. (Phil 4:8)
CONFIDENCE	
PLAY TO WIN	Never play "not to lose." Don't play to avoid mistakes, play to excel. Shoot to MAKE IT rather than "not to miss." Attack! (2 Tim 1:7)
EXPECT SUCCESS	When you work hard and believe, success will follow. Be ready for it, not surprised by it. "I can't" is not in your vocabulary. (Heb 12:11)
NEVER PLAY IN FEAR	Erase fear of failure or fear of man. Your life is hidden in Christ and you are NOT defined by statistics. Play free. (Col 3)
ATTITUDE	
ALWAYS THE AGGRESSOR	Putting pressure on the opponent on both ends of the floor/field. (1 Cor 9:24)
EMBRACE ADVERSITY	As an opportunity to mature and be made complete in the Lord. (James 1)
YOUR CHOICE	Circumstances do not dictate your attitude. YOU DO! Choose your attitude and let that dictate the circumstances. (Phil 4:4-7)

FOCUS	
CONTROL THE CONTROLLABLES	Never waste emotional energy or lose focus because of things outside your control (refs, crowd, opponent, coaches, teammates). (1 Cor 9:25)
PRESENT, POSITIVE, PROCESS	Let the past go. PLAY PRESENT! Focus on the positive you want to DO rather than the negative you want to avoid, and concentrate on the PROCESS not the outcome. (Phil 3:14)
EFFORT	
OUTWORK YOUR OPPONENT	Your effort level is directly in your control. Hustle overcomes many physical disadvantages. (Col 3:23)
YOU PLAY LIKE YOU PRACTICE	Every time you set foot on the court/field you are developing habits. Choose to work hard. (Col 3:23)
CHARACTER	
RESPECT YOUR OPPONENT	The goal is NEVER to demean the opponent but to respect them by giving your best effort and being a good sport. (Rom 12:17-21)
LOVE GOD	Humility in victory and grace in defeat comes naturally when you are plugged into the One who gives you life. Your actions will reflect the character of Christ when you walking in the Spirit. (1 John 1, Phil 2:14, Rom 12:1,2, Gal 5:16)

What it means to be a Pioneer

Being a "pioneer" as a student-athlete at Western Christian School (WCS) embodies a spirit of healthy competition, innovation, and leadership both on and off the field. Pioneers at WCS are not only dedicated to athletic excellence but also uphold the school's values of integrity, respect, and servant leadership. As pioneers, student-athletes embrace challenges with perseverance and determination, constantly striving to push boundaries and reach new heights of achievement. They serve as role models within the school community, demonstrating resilience, teamwork, and a commitment to glorifying God through their actions and achievements. In essence, being a pioneer at WCS means embodying the spirit of innovation and leadership while upholding the school's Christian values, both in athletics and in all aspects of life.

Athletic Programs offered at WCS

Fall: Boys Soccer, Girls Soccer, Girls Volleyball, Boys and Girls Cross Country

Winter: Boys Basketball, Girls Basketball

Spring: Baseball, Softball, Boys Volleyball, Boys Golf.

ATHLETIC DEPARTMENT RESPONSIBILITIES

1. Provide quality coaches who understand our athletic philosophy and value all of the individuals on their teams
2. Work cooperatively with other schools to provide appropriate competition for our athletes
3. Be aware of, and enforce rules and regulations of the Oregon Schools Activities Association (OSAA)
4. Provide recognition for those who qualify for certificates, letters or awards
5. Be a resource and provide support for our coaching staff

No Cut Policy

At Western Christian School, our no-cut policy for high school athletics reflects our commitment to inclusivity, personal growth, and character development. We believe that every student, regardless of skill level, should have the opportunity to participate in sports, develop their talents, and experience the benefits of teamwork and discipline with participants of equal skill sets. This policy ensures that all students who are willing to commit to their team and give their best effort are welcomed, creating a positive environment where each individual can thrive and ultimately contribute to the school's mission of nurturing well-rounded, Christ-centered leaders.

REQUIREMENTS FOR PARTICIPATION

WCS adheres to OSAA (Oregon School Activities Association) eligibility requirements. Consult your athletic director or the OSAA Handbook for more detailed information. The full listing of all OSAA rules are found on their website at <http://www.osaa.org/governance/handbooks>

ATTENDANCE

A student **must be on time and in attendance**, for the **FULL DAY** to be eligible to play and practice that day/evening and the very next day/evening

- A student must participate in their enrolled PE class even if they have a game/contest that same day

Exemptions: A student who has a medical/dental appointment and can verify that appointment with a receipt.

- If there are other extenuating circumstances, please contact the Athletic Director and let them know. Administrators have the right to adjust a rule based on extenuating circumstances.

Post-Game Attendance for Athletes:

- All athletes are required to attend school and be in class on time the day after a game. This policy ensures that students maintain their academic progress and demonstrate accountability for all their responsibilities. Being present in class is vital for staying up to date with lessons and assignments, which directly contributes to their academic success and eligibility
- Failure to meet this expectation may result in limitations on participation in future events, including practices, games, and performances, as consistent attendance and effort are essential to remain in good standing as a student at WCS.

ACADEMICS

WCS Rule - Grade requirements. Students in WCS sponsored after-school athletic, drama, or music groups must maintain a passing grade (above an F) in every class to participate in games. Students will be allowed to practice, but may not dress down for games, and will not attend away games. They will be expected to be on the bench supporting their teammates. Grades will be checked weekly.

This policy does not supersede the current homework late policy found in the student handbook. The administration reserves the right to make an exception to WCS rules if the reason is due to extenuating circumstances.

RISK

Western Christian recognizes its legal and moral responsibility to assure that, prior to participating in athletic activities all WCS students and their parents/guardians are entitled to be made aware of the risks which are inherent in their chosen sport, and to give their “informed consent” to participation. Complete commitment and cooperation of administrators, athletic trainers, coaches, parents and athletes is essential to assuring that this responsibility is fulfilled.

PHYSICAL EXAMS

- The OSAA requires that all students participating in school athletics, 7th through 8th grade and high school, receive a sports physical examination every two years.
- Every student must have a current Sports Pre-participation Examination Form on file in the school office before he/she is eligible to participate on any athletic team. This includes pre-season practice.
- Sports Pre-participation Examination Forms are available in the Student Services Office or can be downloaded from the OSAA website: www.osaa.org. This form should be completed by the doctor at the time of the scheduled visit. Most doctors' offices do not have these forms available. We recommend appointments be scheduled early in the summer to ensure that eligibility is acquired for the start of pre-season practice.
- Physical and concussion forms are due in the Athletic Office before the first practice of any sport. If a student does not have a physical form on file, they will not be able to participate in a sport until a form is turned in.

SUBSTANCE ABUSE

Western Christian has a drug testing policy for all students. This includes drug testing and random searches if clear suspicion is warranted. Students who possess or use the following substances may be placed on school probation, suspension or dismissal:

- The use of tobacco, vaping, alcohol or illegal drugs (what might be legal for adults is not legal for students) the use of any performance enhancing substances including, but not limited to: steroids, HGH, creatine, etc.

EXPECTATIONS OF PARENTS

We will not win every game. We will lose some games we should have won and we will win a few that we had no business winning. Learning and getting better is the goal. Hopefully, by year's end, each team will be the best team it can possibly be.

Your role as a parent is to be the best fan you can be. We will coach, the Refs will referee, and parents will cheer on the team and the athletes. If you need to talk to a coach, please arrange a meeting outside of practices and games. Never approach a referee about any call. The refs will miss calls, sometimes in our favor. If you happen to voice an objection to a call, make it short and sweet and then please move on.

Please refrain from coaching your athletes during games. They cannot process what they learn in practice and our game plan and also be listening to you during the games.

Do not approach a coach during, or after a game to ask why your student isn't batting in a certain spot in the lineup, or why they aren't playing a certain position. These types of questions can be addressed after a practice or game and/ or through an email or phone call.

We require that all parents abide by the "24-hour rule". If you wish to speak to a coach about a concern regarding your student, wait a minimum of 24 hours before contacting them in an appropriate manner to address your concern

Other Expectations:

- Expect your athlete to do their best and let that be enough.
- Be a supportive, positive fan.
- Encourage your athlete to learn to work out problems for him or herself.
- Allow your student to take responsibility for their actions.
- Help your athlete learn to play a role.
- Have high expectations for your athlete's behavior balanced with patience and the understanding that they are still learning.

VARSITY LETTERING PROCEDURE

All participants in high school athletics (including managers and statisticians) will be given an opportunity to earn a WCS letter award. We believe this to be an important symbol of the sacrifice and commitment necessary to participate at the highest level of high school athletics. As such, it is an accomplishment that needs to be earned. Certificate of Participation Students who complete a season as a member of any high school team will receive a Certificate of Participation. They must adhere to all of the WCS athletic requirements and finish the season academically eligible.

Certificate of Participation

Students who complete a season as a member of any high school team will receive a Certificate of Participation. They must adhere to all of the WCS athletic requirements and finish the season academically eligible

General Lettering Requirements

To earn a letter in any sport a player must meet the following criteria:

- A student must be a member of the varsity team.
- A student must complete the entire season, adhering to all WCS athletic policies and any other requirements established by the head coach for that particular sport.
- A student must finish the season academically eligible in order to be considered.
- A senior that has never lettered in the particular sport before, but has received a Certificate of Participation in that program for the previous two seasons, will receive a letter.
- A student who is injured must meet the lettering criteria for the games in which he/she was healthy in order to earn a letter. In addition, the injured athlete is expected to remain an active part of the team, to the extent the injury allows.
- All letters are awarded at the discretion of the coaching staff and athletic director.

Sport-Specific Lettering Requirements

Cross Country

- A player must participate in more than $\frac{1}{2}$ of the scheduled meets at the varsity level.

Soccer

- A player must participate in at least $\frac{1}{3}$ of the varsity contests played.
- Participation in one game for any length of time is considered a contest.

Volleyball

- A player must participate in at least $\frac{1}{3}$ of the varsity matches played.
- Participation in one set during any match is considered a match of participation.

Basketball

- A player must participate in at least $\frac{1}{3}$ of the varsity contests played.
- Participation in one quarter for any length of time is considered a contest.

Baseball/Softball

- A player must participate in at least 1/3 of the varsity innings played.
- Be a starting pitcher in four games or make 8 game appearances as a pitcher
- Pinch-hit or pinch-run in $\frac{3}{4}$ of the games.
- Participation in one inning, in the field or an at bat, is considered an inning of participation.

Golf

- A player must compete in one varsity tournament.

League and State Playoff Participation

All players listed on the Varsity roster will attend all league and state playoff competitions as part of the team. Players listed as “floaters” (listed on both JV and Varsity rosters) may be included, however, this is subject to roster availability based on the event and team formatting.

3-Strike Policy for Parents

Strike 1 – Verbal Warning

- The first violation of the 24-hour rule or inappropriate conduct when communicating with a coach will result in a verbal warning from the Athletic Director.
- The warning will remind the parent of the 24-hour rule and stress the importance of maintaining respectful communication
- The parent will be required to acknowledge the warning and agree to adhere to the policy moving forward.

Strike 2 – Written Warning

- A second violation will result in a formal, written warning from the Athletic Director.
- The parent will be required to meet with the Athletic Director and/or school administration to discuss the behavior and outline steps to ensure future compliance.
- The parent will also be informed that further violations may result in restricted access to athletic events.

Strike 3 – Suspension from Athletic Events

- A third violation will result in a suspension from attending athletic events for a designated period (e.g., the remainder of the season or a set number of games).
- The parent will receive a written notification detailing the suspension and the reason for this action
- A follow-up meeting may be required before the parent is allowed to return to athletic events, ensuring future compliance with school policies.

This policy is designed to ensure a healthy and productive environment for student-athletes, coaches, and parents. The goal is to encourage positive communication, mutual respect, and support for all parties involved.