



**MARANATHA CHRISTIAN ACADEMY**  
MUSTANG ATHLETICS



# **ATHLETE & PARENT HANDBOOK**

[ATHLETICS.MCAMUSTANGS.ORG](https://athletics.mcamustangs.org)

9201 75TH AVENUE NORTH, BROOKLYN PARK, MN 55428

# ATHLETICS OVERVIEW



Athletics is an avenue for student-athletes to develop valuable life skills through competition. Maranatha Christian Academy is a member of the MSHSL and the Skyline Conference. We offer a variety of fall, winter, and spring sports at the high school, middle school, and lower school levels.

Visit our athletics website to find more information about our sports programs at [athletics.mcamustangs.org](http://athletics.mcamustangs.org).

## OUR MISSION

We strive to be role models on the spiritual journey of our student-athletes while giving them the tools necessary to be successful in their sport, in the classroom, and throughout life.

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## OUR VISION

To establish Maranatha Christian Academy as a premier leader in athletics and to be an example to others as we glorify God through competition.

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## SPIRITUAL DEVELOPMENT

Student-athletes at Maranatha Christian Academy will exemplify behavior that is reflective of our Christian values and seek to be better servants of God through devotionals, prayer, and community involvement.

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## EXCELLENCE

Participation in athletics can have a positive impact on academic performance and the overall enjoyment of the school experience. Our goal is to help our student-athletes enjoy their experience and pursue academic excellence as we prepare them for college.

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## MINISTRY TO OTHERS

Parents, coaches, and athletes at MCA are responsible for exemplifying behavior appropriate for Christians and students at a Christian school. This responsibility is a privilege, not a burden. We intend to build a strong tradition of competitiveness, sportsmanship, and fairness consistent with our philosophic base, as outlined in the Parents and Students Handbook. Every Christian athlete should be an example to other athletes. I Timothy 4:12 admonishes us to "be an example to the believers in word, in conduct, in love, in spirit, in faith, in purity...give attention to reading, to exhortation, to doctrine."

# MUSTANG ATHLETICS STAFF



Drew Rongere is entering his fourth year as the Athletic Director at Maranatha Christian Academy. He has over 24 years of experience in athletics as a director and coach. "I'm thankful to be a part of the Maranatha Christian Academy family. Our main goal as an athletics department is to ensure families have a great experience while being involved in Mustang Athletics. We intend to be excellent role models as we encourage our athletes to develop and display strong Christian values through competition," said Rongere.

Rongere comes to Maranatha Christian Academy from Minneapolis College, where he served as the Director of Campus Recreation & Wellness for the past 9 years.

As a coach, he has trained athletes from the youth level to Division I in various sports, including baseball, basketball, football, hockey, soccer, softball, and volleyball. He is the current 17-1 Head Coach at MN Select Volleyball Club. Over the last two seasons, his teams finished 3rd and 5th in the country at USAV Nationals. Under Rongere's leadership, his coaching staff has helped hundreds of athletes go on to play at the collegiate level.

From 2007-2013 he coached and held the positions of CEO & Director of Operations for WM Volleyball Club. From 2009-11 he served as Head Volleyball Coach at Chisago Lakes High School and Totino-Grace High School.

**Drew Rongere**  
*Athletic Director*

Email: [drew.rongere@mcamustangs.org](mailto:drew.rongere@mcamustangs.org)  
Phone: 763-488-7938

At Anoka-Ramsey Community College from 2005-2009, Rongere was responsible for overseeing an athletic department that sponsored seven varsity sports. He also led the Women's Volleyball program. He took over a program with zero returning players and produced a record of (2-50) over the three seasons before his arrival. While at the helm, he led the Golden Rams to three consecutive trips to the MCAC Tournament and consecutive NJCAA DIII top ten national rankings. Rongere was named 2008 MCAC Coach of the Year as he led six players to a third-place finish in the MCAC Southern Division and a trip to the MCAC Tournament.

As the 2006 MCAC Coach of the Year, he led the Golden Rams to their best finish in 18 seasons. During his four years at Anoka-Ramsey, he coached (2) NJCAA All-Americans, (3) All-Region XIII players, (5) All-MCAC players, (7) All-MCAC Southern Division performers, and (5) All-MCAC Tournament selectees.

Before taking over at Anoka-Ramsey, Rongere took on a Volunteer Assistant Coach role for the Texas State University Women's Volleyball team during their 2003 and 2004 Southland Conference Championship seasons.

Rongere began his coaching career at Clarksville High School in Clarksville, Texas, where led the volleyball and softball programs from 2001-2003. As the Head Volleyball Coach, he coached six Red River Valley All-Conference players and compiled a record of (51-13) over two seasons. He also served as the Head Softball Coach and finished with an overall record of (42-10).

He earned his master's degree in Sports Management from Texas State University in 2005 and a bachelor's degree in Physical Education K-12 from North Dakota State University in 2001. Rongere and his wife Lisa live in Otsego, MN, with their two boys, Riley (22) and Cody (18).

# MUSTANG ATHLETICS STAFF



Chaz Mahle was named Assistant Athletic Director in June 2022. Mahle comes to Maranatha Christian Academy from the Minnesota Vikings where he worked as a Strength and Conditioning Coach for 10 seasons. During his time with the Vikings, Mahle was responsible for facilitating and managing player workouts as well as conditioning sessions for in-season and off-season programs. He was also in charge of distributing and running all aspects of GPS sports tracking data.

In between stints with the Minnesota Vikings, Mahle worked as a Sports Performance Coach at Stanford University where he directed Track & Field and assisted with the Cardinal Football team. The University won the 2012-2013 school year NACDA Directors' cup which is awarded to the most successful overall athletic program in the country. While at Stanford University Mahle coached 22 All-Americans. During his lone season on the farm, Women's Track & Field won the Indoor Conference Championship while the Cardinal Football team finished #6 in the BCS college football rankings with a record of 11-2, capping off the season with a win over Wisconsin in the 2013 Rose Bowl game.

From 2008-2010, Mahle worked as a graduate assistant Strength and Conditioning Coach at Bowling Green State University. He trained all 18 sports offered by the university while designing and implementing training programs for Golf, Baseball, Volleyball, Tennis, Gymnastics, and Women's Soccer.

**Chaz Mahle**  
*Assistant Athletic Director*

Email: [chaz.mahle@mcamustangs.org](mailto:chaz.mahle@mcamustangs.org)  
Phone: 763-488-7933

He began his Strength and Conditioning career with the Jacksonville Jaguars where he led group training sessions and played a key role in administering injury prevention and rehabilitation protocols during the 2006 and 2007 seasons. In 2007, the Jaguars finished 2nd in the AFC South with a record of 11-5 and eventually lost in the divisional round to the New England Patriots.

Mahle received his bachelor's degree in Physical Education from St. Cloud State University (2005) and a master's degree in Sports Management from Bowling Green State University (2010).

Mahle and his wife Ashley live in Circle Pines, MN with their four girls, Blakely (6) Collins (4) Emelia and Emersyn (2).

# MUSTANG ATHLETICS STAFF



**Jamie Axelberg**  
*Activities Director*

Email: [jamie.axelberg@mcamustangs.org](mailto:jamie.axelberg@mcamustangs.org)  
Phone: 763-488-7939

Jamie Axelberg joined the Maranatha Christian Academy Athletics Department in July 2022 and has since taken over the role of Activities Director. She also serves as the Student Council Coordinator and the Head Softball Coach for the Mustangs who have won three straight Skyline Conference Championships.

Axelberg's athletic journey started at Bethel University where she was a 5-year starting short-stop for the Women's Softball team. She was named two-time all-conference, one-time honorable mention, and All-American Scholar Athlete. With her time at Bethel, she has been part of some record breaking teams. During her sophomore season, she helped her team etch their name in Bethel's record books by breaking long-term standing team records and individual records. Going into her 5th year, she was a part of the first team to win the MIAC regular season and Playoff Championships. They made it to the NCAA Softball DIII World Series tournament where they hosted the first ever 4 team regional. In come from behind walk-off fashion, the Royals made it all the way to the Super Regional round where the Record-breaking season came to end.

levels starting from 8u all the way to 18u. She has helped lead teams to 8 state tournaments, placing in the top 3 every year in attendance. She also led her teams to 8 Nationals appearances with a top 4 finish in their respected bracket. Prior to Maranatha, Axelberg worked for WOW Factor Sports, where they hosted the US Pond Hockey Championships. Axelberg oversaw sponsors, on-site activation, Merchandise, and had the role of Event Coordinator. She also had the opportunity in 2019 to intern for the Scrap Yard Dawgs down in Texas for a summer where she assisted with game day operations, practice plans, catch bullpens, travel plans and worked with Team USA Softball National team as they prepared for the Olympics. While attending college, Axelberg oversaw the Athletics ticket sales and Gym Supervision. There she assembled employees to work all home sporting events, maintain a fun and respectable environment, and help with any game day operation for the Athletic department.

Axelberg received her bachelor's degree in Physical education and Health Education with a DAPE endorsement from Bethel University.

# MUSTANG ATHLETICS STAFF

## BOYS BASKETBALL

HEAD COACH

**AL HARRIS**

AL.HARRIS333@GMAIL.COM

## ASSISTANT COACHES

Varsity Assistant  
Junior Varsity  
C-team  
Middle School  
Middle School

Dylan Gilmer  
Tim Gill  
Robert McCray  
Jake Richmann  
Corneshia Williams

## GIRLS BASKETBALL

HEAD COACH

**FAITH JOHNSON PATTERSON**

FAIT.HJ@LIVE.COM

## ASSISTANT COACHES

Varsity Assistant  
Varsity Assistant  
Junior Varsity  
Middle School

John Patterson  
Doug Lemon  
Levi Skogerboe  
Corneshia Williams

## BOYS AND GIRLS CROSS COUNTRY

HEAD COACH

**JUSTIN PHAD**

JUSTIN@JUSTITSOLUTIONSLLC.COM

## ASSISTANT COACHES

Varsity Assistant

Rachel Haviland

## BOYS AND GIRLS GOLF

HEAD COACH

**BILL CAMPBELL**

BILL.CAMPBELL@MCAMUSTANGS.ORG

## ASSISTANT COACHES

Varsity/JV Assistant  
Varsity/JV Assistant

Laura Shaw  
Jon Theodorakakos

## BOYS SOCCER

HEAD COACH

**ADI BILANI**

BILANI10@GMAIL.COM

## ASSISTANT COACHES

Varsity Assistant  
Middle School  
Middle School  
Middle School

CK Cyril  
Teal Derheim  
Joe Larson  
Joe Alabi

# MUSTANG ATHLETICS STAFF

## GIRLS SOCCER

HEAD COACH  
**IAN SENDI**

SENDI@FCMINNEAPOLIS.COM

## ASSISTANT COACHES

Varsity Assistant  
Junior Varsity

Megan Kohrt  
Morgan Diaz

## SOFTBALL

HEAD COACH  
**JAMIE AXELBERG**

JAMIE.AXELBERG@MCAMUSTANGS.ORG

## ASSISTANT COACHES

Varsity Assistant  
Middle School

Emily Pedersen  
Eric Sherman

## VOLLEYBALL

HEAD COACH  
**DREW RONGERE**

DREW.RONGERE@MCAMUSTANGS.ORG

## ASSISTANT COACHES

Varsity Assistant  
Junior Varsity  
C-Team  
Middle School

Anna Rolley  
Chloe Schwalbe  
Kathy Cerisier-Lundeen  
Brandon Suste

## CHEERLEADING

HEAD COACH  
**ALLISON OLIVER**

MCACHEERCOACHES@GMAIL.COM

HEAD COACH  
**JILLENE NELSON**

MCACHEERCOACHES@GMAIL.COM

## ROBOTICS

HEAD COACH  
**OWEN MARVEL**

## ASSISTANT COACHES

Assistant  
Assistant  
Assistant  
Assistant

Ed Marvel  
Ward Bennett  
Matt Johnson  
Kim Johnson

# CO-OP ATHLETICS STAFF

## ALPINE SKI TEAM - OSSEO

SARAH YOST | SELLEFSO@GMAIL.COM

## BASEBALL - PARK CENTER

BERNARD BRINKLEY | BBRINKLEYJR@GMAIL.COM \*MIDDLE SCHOOL AT MCA

## FOOTBALL - PROVIDENCE ACADEMY

COLIN ROONEY | FOOTBALL@PROVIDENCEACADEMY.ORG

## GYMNASTICS - OSSEO

TAMMY HOFF | TAMMY.HOFF@HOTMAIL.COM

## BOYS HOCKEY - OSSEO

DAVID PROKOP | PROKOPHOUSE@COMCAST.NET

## GIRLS HOCKEY - OSSEO

JEREMY LEWIS | LEWISJ@DISTRICT279.ORG

## BOYS LACROSSE - PROVIDENCE ACADEMY

MASON JOHNSON | BOYS.LACROSSE@PROVIDENCEACADEMY.ORG

## GIRLS LACROSSE - PARK CENTER

MICHELLE LAMOTHE | MICHELLE.LAMOTHE@AMTRUSTGROUP.COM

## BOYS SWIM & DIVE - OSSEO

NATALIE STRAUSS | STRAUSSN@DISTRICT279.ORG

# CO-OP ATHLETICS STAFF

## GIRLS SWIM & DIVE - OSSEO

ANDREA GROSS | [GROSSA@DISTRICT279.ORG](mailto:GROSSA@DISTRICT279.ORG)

## BOYS TENNIS - PROVIDENCE ACADEMY

BRYAN TURUNEN | [TENNIS@PROVIDENCEACADEMY.ORG](mailto:TENNIS@PROVIDENCEACADEMY.ORG)

## GIRLS TENNIS - PROVIDENCE ACADEMY

BRYAN TURUNEN | [TENNIS@PROVIDENCEACADEMY.ORG](mailto:TENNIS@PROVIDENCEACADEMY.ORG)

## TRACK & FIELD

JENNIFER GREENWAY | [TRACKANDFIELD@PROVIDENCEACADEMY.ORG](mailto:TRACKANDFIELD@PROVIDENCEACADEMY.ORG)

## TRAP TEAM

MARK EHLEN | [EHLENM@GMAIL.COM](mailto:EHLENM@GMAIL.COM)

## WRESTLING - OSSEO

PERRY DOUGLASS | [DOUGLASSP@DISTRICT279.ORG](mailto:DOUGLASSP@DISTRICT279.ORG)

# FACILITIES



## **EAGLE LAKE GOLF CENTER**

11000 Bass Lake Road  
Plymouth, MN 55442

Home to Boys and Girls Golf practices.

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## **FOX HOLLOW GOLF COURSE**

4780 Palmgren Lane NE  
St. Michael, MN 55376

Home to Boys and Girls Golf matches.

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## **MARANATHA GYM \*THE STABLE**

9201 75th Avenue  
Brooklyn Park, MN 55428

Home to Boys and Girls Basketball  
and Volleyball.

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## **NOBLE SPORTS PARK**

4600 95th Avenue N  
Brooklyn Park, MN 55445

Home to Boys and Girls Soccer.

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# FACILITIES



## **OSSEO HS ACTIVITY ROOM**

317 2nd Avenue NW  
Osseo, MN 55369

Home to Boys and Girls Gymnastics.

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## **OSSEO HS GYM**

7317 2nd Avenue NW  
Osseo, MN 55369

Home to Wrestling

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## **OSSEO HS ICE ARENA**

10390 County Road 81  
Osseo, MN 55369

Home to Boys and Girls Hockey.

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## **OSSEO MS POOL**

10223 93rd Avenue N  
Osseo, MN 55369

Home to Boys and Girls Swim & Dive.

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# FACILITIES



## **PARK CENTER HS FIELD**

7300 Brooklyn Blvd.  
Brooklyn Park, MN 55443

Home to Girls Lacrosse.

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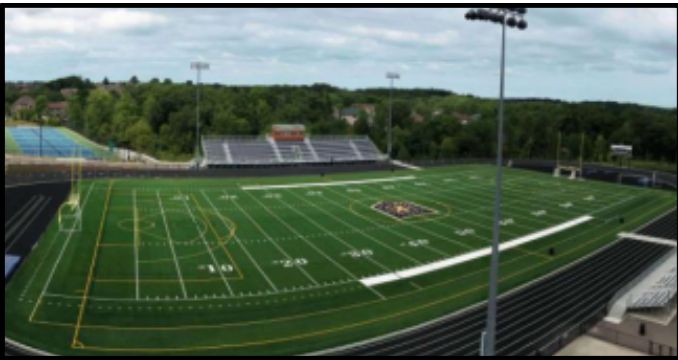


## **PARK CENTER BASEBALL FIELD**

7300 Brooklyn Blvd.  
Brooklyn Park, MN 55443

Home to Baseball.

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## **PROVIDENCE ACADEMY FIELD**

15100 Schmidt Lake Road

Home to Football, Boys Lacrosse, and  
Track & Field.

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## **ZANE SPORTS PARK**

8717 Zane Avenue N  
Brooklyn Park, MN 55445

Home to Softball and MS Baseball.

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# GENERAL ATHLETICS INFO

## ELIGIBILITY

### MSHSL

Maranatha is a member of the Minnesota State High School League. The MSHSL is a voluntary, nonprofit association of public and private schools with a history of service to Minnesota's high school athletes. The MSHSL provides educational opportunities for students through interscholastic athletics and fine arts programs and provides leadership and support for member schools. The League exists to provide competitive, equitable, and uniform opportunities for high school students to learn valuable lessons through participation in athletics and fine arts. The League also provides support for member schools with programs that address sportsmanship, chemical health, and scholarship recognition

## NON-SCHOOL COMPETITION AND TRAINING

### TEAM AND INDIVIDUAL SPORTS

The Maranatha athletic department recognizes that some athletes participate in non-school teams during the school year. If an athlete is a member of a middle school team, they may participate with a non-school team during the school year. However, if an athlete is a member of a Varsity or Junior Varsity team, the Minnesota State High School League bylaw states, "A student who is a member of a high school team may not participate as a member of a team or as an individual competitor in non-school sponsored games, meets, tournaments, or contests, in the same sport."

- Participation Defined–Practice, training, tryouts, scrimmaging, and competing.
- Season Defined–The high school season shall run from the first date that practice may begin until the team is eliminated in the MSHSL tournament competition; Baseball, Softball, and skiing are exceptions to this rule. Exception: Non-School training during the high school season for athletes who qualify as individual competitors to the state tournament: (swimming, cross-country, tennis, skiing, gymnastics, wrestling, synchronized swimming, golf, and track and field).
- Personal Lessons/Training–During the MSHSL high school season, athletes may take lessons from professionals and other non-school coaches without limit as to where, when, or who may provide the training. Athletes may not miss a high school practice, game, or meet to take a lesson or train for a non-school event. Athletes may take lessons and or train with a non-school team/club during the high school season in the same sport.
- Competition–Athletes will be able to compete in non-school events/competitions that do not match the events in which athletes currently compete in high school competition; for example, an athlete may not compete on another basketball team during the basketball season.

**Exception:** During summer vacation, students may participate in non-school competitions, meets, games, tournaments in the same sport they currently play at the high school level during the summer vacation period. However, if a student participates on a team coached by a member of the high school coaching staff, coaching contact shall end of July, unless a conditional extension to the summer waiver is granted by the school's Athletic Director.

**Summer Vacation Defined:** Summer vacation shall start on the Saturday following the fourth Friday in May and end on Labor Day

# GENERAL ATHLETICS INFO

## NCAA ELIGIBILITY CENTER

Students wishing to participate in intercollegiate athletics on Division I or Division II levels must abide by NCAA guidelines. Students must register and be certified by the NCAA Eligibility Center. Information about the process can be obtained from the MCA College and Career Center. Students should be aware that there are some courses offered at Maranatha that do not meet NCAA core course guidelines.

To be certified by the NCAA Eligibility Center, you must meet the following requirements:

- A student must graduate from high school. A student should apply for certification before graduation if they wish to participate in athletics as a freshman at the college to which the student will be admitted. The Eligibility Center will issue a preliminary certification report when all materials are submitted. After graduation, the Eligibility Center will review the student's final transcript to make a final certification decision according to NCAA standards.
- A student must earn a grade-point average of at least 2.3 (on a 4.0 scale) in a core curriculum of at least 16 academic courses that the student successfully completed during grades 9 through 12. The chart below shows what the minimum core courses must include.

CORE UNITS FOR NCAA CERTIFICATION	DIVISION I	DIVISION II
English Core	4 years	3 years
Math Core (Algebra 1 or higher)	3 years	2 years
Science Core (Natural/Physical Science)	2 years	2 years
Social Studies/Science Core	2 years	2 years
Additional English, Math, or Science	1 years	3 years
Additional English, Math, Science, Foreign Language, Religion, or Philosophy	4 years	4 years
<b>Total Core Units Required</b>	<b>16</b>	<b>16</b>

The NCAA Eligibility Center is a part of the National Collegiate Athletic Association and was created to ensure that student athletes are prepared to meet the academic rigors of college. Each year nearly 200,000 student athletes have their GPA and test scores sent to the NCAA. The NCAA processes nearly 75,000 student athletes' accounts.

Families are encouraged to visit [www.collegesportsscholarships.com](http://www.collegesportsscholarships.com) and search NCAA eligibility for more information.



# GENERAL ATHLETICS INFO

## ENROLLMENT REQUIREMENTS

Some families desire an alternate learning format outside of full-time on-campus enrollment. Maranatha Christian Academy offers students the opportunity to take on-campus or online courses through MCA Connect. These opportunities are provided after our full-time students have completed enrollment and selected their courses to which they will always be given priority over MCA Connect.

Grade 5-12 students not enrolled at Maranatha Christian Academy full-time may take core or elective courses where there is space available. We value the partnership with our families who choose to enroll their students full-time at MCA. These students and families are our first priority, and we make available every opportunity possible as part of their MCA experience. Maranatha Christian Academy cannot guarantee the availability of any MCA course for students in MCA Connect. MCA Connect students must meet the same admission requirements as full-time MCA students.

Learning Options through MCA Connect:

- A. Hybrid Student:** Full-time Maranatha student taking a combination of on-campus and online classes at Maranatha. These students may qualify for a Maranatha diploma if they complete the credit requirements outlined in the Academy Handbook.
- B. Full-time online through Maranatha Christian Online School:** A student taking a full course load (6 classes per semester) through Maranatha Christian Online (MCO). These students may qualify for a Maranatha diploma if they fulfill the criteria outlined in the Online Academy Handbook.
- C. Part-time or homeschool students:** Non-MCA students.

MCA Connect students can participate with MCA Athletics as long as:

- The MCA Connect student is enrolled full-time (online or hybrid) at MCA.
- Homeschool or part-time students are not eligible to participate in MCA athletics.
- The MCA Connect student must pay the registration fee and any other costs associated with Athletics (i.e., gear, uniforms, travel, etc.).

## ACADEMIC REQUIREMENTS

Maranatha promotes the belief that academic achievement is the primary focus and extra-curricular involvement is secondary. Therefore, the following practices will support students who do not fulfill academic expectations during an extra-curricular season.

- The College and Career Center will conduct a bi-weekly grade check for all upper school student-athletes starting in week three of each semester. The athletic director will use this list to determine athletes' eligibility and notify parents and coaches of any students not qualified to participate per school policy. Students with one failing grade identified will have two weeks to return all grades to passing.
  - The athletic department will communicate this two-week notice to students, parents, coaches, or advisors.
  - If all grades pass by the next grade check, the student will be in good standing and may continue activities.

# GENERAL ATHLETICS INFO

- If the student continues to have a failing grade, even in a different class, the student will be immediately suspended from all practices and games until all grades have returned to passing. Students will be required to attend mandatory tutoring (or mandatory study hall during W.I.N. Time for Grades 9-12) to improve their grades.
- Any subsequent failing grades identified at the checkpoints through the balance of the season will result in the same process.
- Students with two or more failing grades identified at the checkpoint will immediately be suspended from activity until such time as all grades are returned to passing.
- The student, parents, coach, or advisor will receive communication regarding this activity suspension from the athletic department.
- This suspension does not require a minimum suspension from any practices, contests, or activities if the student can return all grades to passing before the next practice/contest/session.
- This suspension will continue until all grades are returned to passing.
- In the case of extenuating circumstances, such as recent absences causing failing grades, the student may appeal to the athletic/activities director for consideration of an alternate plan for grade recovery.
- Students suspended from practices, contests, or sessions for failing grades are required to attend mandatory tutoring (or mandatory study hall during W.I.N. Time for Grades 9-12) every day until all grades have been returned to passing.

## ACADEMIC AWARDS

Upper school academic awards are distributed at a ceremony at the year-end. Students must be enrolled and in attendance by the end of the second week of that term to be eligible for an academic award. Academic awards are not handed out at sport-specific banquets except for All-State Academic Awards that are distributed to qualifying seniors, provided that the head coach is a member of the sport-specific Minnesota Coaches Association.

## ATTENDANCE REQUIREMENTS

Athletes are expected to be in class and fully engaged. Illnesses and life circumstances arise and are understood, but athletes are still accountable for their academic time. Students must be at school by 11:15 am to participate in practice or competition that day. If you feel an exception should be made for your students, contact the athletic director or assistant athletic director 24 hours in advance or as soon as you are aware that the student will not be at school until after 11:15 am. The athletic director or assistant athletic director will inform the student, parents, and student services if an exception has been made or not.

If a student arrives at school after 11:15 am with no prior notice from the parent to the athletic director or assistant athletic director, it's possible that an exception could still be made, but not guaranteed. It's your responsibility as an athlete and parent to plan and follow through with the required line of communication mentioned above. Students who are removed from the classroom and sent home due to their inability to follow school policy will not be allowed to participate in practices or competitions until they are reinstated. An additional suspension from the athletic department may be given after being reinstated in school, depending on the nature of the situation and the point during the season.

# GENERAL ATHLETICS INFO

## TEAM ACTIVITIES

All athletes who participate on an athletic team must attend all scheduled practices unless excused by the head coach. Athletes are expected to communicate with the head coach for instances of illnesses, after school makeup work, etc.

Attendance involves being prepared to begin at the designated time and remain throughout the entire practice or game unless excused by the head coach. It is the responsibility of the athlete to discuss conflicts with the head coach. The head coach should be given at least 24 hours of advance notice if there is a conflict. NO SURPRISES!

## ABSENCE PROCEDURES

If an athlete feels he/she must miss an event, the proper procedure is as follows:

- Contact the head coach, 24 hours or more before the event.
- If an emergency arises and the 24-hour rule cannot be met, contact the head coach immediately.
- If a student is absent from school due to illness or missing a portion of the day without giving the office the 24- hour advanced notice, he/she is not eligible to participate that day. Students unexcused from school are also considered unexcused from practice. (Please note the Unexcused Absence policy below.)

## UNEXCUSED ABSENCES

All absences from school, practice, games, or team events, with the exception of missing due to sickness, are considered unexcused unless the student has been given pre-approval by the head coach.

## EXPECTATIONS & CONSEQUENCES

- 1st Unexcused Absence: The head coach will speak with the student and contact the parents. The athlete will be suspended from the next game.
- 2nd Unexcused Absence: The head coach will speak with the student and contact parents. This will serve as a reminder that the athlete will be dismissed from the team if a third unexcused absence occurs. Due to the 2nd unexcused absence, the athlete will be suspended from the next two contests.
- 3rd Unexcused Absence: The head coach will speak with the student and contact parents, and the athlete will be dismissed from the team.
- The head coach has the right to make amendments to this policy depending on circumstances, if approved by the athletic director.

## TARDIES

A tardy is defined as an athlete coming to practice any time after designated practice time. Three tardies will be equivalent to one unexcused absence and the above consequences will go into effect. If a tardy is due to academic reasons, a note from the teacher is required for an athlete to be able to enter practice with an excused tardy.

# GENERAL ATHLETICS INFO

## **EARLY DEPARTURES**

Three early departures from practice will be equivalent to one unexcused absence and the above consequences will go into effect.

## **OTHER ATTENDANCE RULES**

Athletes will not be excused from practices for other club meetings, recreational activities or jobs unless the head coach approves and has established the guidelines for the absence. Athletes should schedule school make-up work, test retakes, and help from a teacher before school, during a study hall, or another time during the school day

## **STATE TOURNAMENT ATTENDANCE**

Maranatha will not be adjusting the daily schedule for individual sports but will be allowing students to attend individual state tournament events with an Advanced Absence form on a case-by-case basis. Students who are teammates or are immediate family members of the state competition participant will be excused. However, students who are not immediate family members or teammates and are going simply as spectators will be unexcused and have this absence count towards their cumulative absences for the year. Advanced Absence forms need to be approved by parents and the principal or assistant principal. Forms must be turned in at student services.

# GENERAL ATHLETICS INFO

## REGISTRATION

### MUSTANG ATHLETICS REGISTRATION SITE

Registration for athletics is to be completed online by visiting the Maranatha Athletics website at <https://athletics.mcamustangs.org>. Registration must be completed by the deadline communicated to families in the sports season welcome email. Athletic fees must be paid with the sport registration, and up-to-date sports physicals must be uploaded during registration.

Athletes will not be allowed to participate until all athletic registration forms and payments are submitted online. Athletic fees are non-refundable after the first competitive event of the season. In the case that a student-athlete does not make a team, a fee reimbursement will be issued.

Students who play more than two sports hosted by Maranatha will receive the athletic fee waived for the third sport. Families with multiple students participating in Maranatha-hosted sports will have the fee waived after the fifth sport. Please contact the athletics office directly if this policy applies to you, and your third sport fee should will be waived.

<b>FALL SPORTS</b>	<b>COST</b>	<b>WINTER SPORTS</b>	<b>COST</b>	<b>SPRING SPORTS</b>	<b>COST</b>
Boys/Girls Cross Country	\$250	Boys/Girls Basketball	\$300	Boys/Girls Golf	\$250
Boys/Girls Soccer	\$250			Girls Softball	\$250
Girls Volleyball	\$250				

### MIDDLE SCHOOL SPORTS

Our Middle School Sports teams compete in the NSPSL. The fee for all middle school sports is \$200.

### CO-OP SPORTS

Registration is done through the Maranatha Athletics Registration site for our co-op sports with Osseo and Park Center. Registration is done through the Providence Academy Athletics Registration site for our co-op sport with Providence. Co-op fees vary depending on the sport.

### MSHSL SPORTS QUALIFYING PHYSICAL EXAM

Any student who intends to participate in high school interscholastic athletics and cheerleading activities must have on file in the school a record of a physical examination performed within the previous three years. A health questionnaire should be completed annually and could indicate the need for a physical examination before participation. The signature of the parent or guardian approving participation is required.

Maranatha athletes must submit this form when completing the online registration process before participation in any sport. This form is in addition to the health form required by the school at the beginning of the school year.

# ATHLETES

## TEAM INFORMATION

### MSHSL

Maranatha encourages athletes of all ability to participate in an athletic program. Potential teams include Varsity, Junior Varsity, C-Team, Middle School teams, and some Lower School teams.

## TRYOUT AND TEAM SELECTION GUIDELINES

Maranatha encourages athletes of all abilities in Grades 6-12 to participate in an athletic program. In some cases, Grade 5 students may be allowed to participate depending on program numbers. A pre-season email will be sent to families with information about the upcoming season. Maranatha reserves the right to discontinue a team for the season if there is not enough student participation.

Occasionally, athletes may not make a team due to high registration numbers.

- The head coach will communicate the tryout and team selection process in a pre-season email or at a pre-season meeting.
- The head coach will determine specific criteria when assessing players.
- To guarantee fairness, athletes will have equal access to equipment, facilities, and coaches.
- Coaches will be objective in their evaluation and take detailed notes.
- Some athletes may not make the team of their choice or may be cut from the program. In this case, families may submit an email request for evaluation notes. The head coach will provide these notes

## UNIFORMS

One uniform set, which may include only one uniform or a home and away uniform, will be issued to each athlete per sports season prior to the first competition of the season. Uniforms may be worn on Spirit days that coincide with game days. Uniforms are always to be clean and in good repair. Damaged uniforms are to be properly repaired or returned to the athletic department immediately for replacement at the athlete's expense.

Athletes are responsible for bringing the appropriate uniform(s) to each competition. The athletic department will not "lend" replacement uniforms. Athletes without the appropriate uniform will not be allowed to participate in a competition or the pre-game warm-ups (where applicable).

Uniforms must be returned to the athletic department within 14 days of the final competition of each season—clean and in good condition, labeled with the athlete's name and team. A replacement fee of \$125 per uniform will be assessed for a complete or partial game and practice uniforms or equipment not returned, lost, or returned in need of repair.

### LAUNDERING UNIFORMS

- Wash uniforms in warm water with mild soap and tumble dry in medium heat or hang to dry.
- Do not use chlorine-type bleaches or wash with other colors.
- Do not leave garments in a damp condition, especially in a crumpled state; colors may run or stain.

# ATHLETES

## TEAM CAPTAINS

Team captains will be selected to represent their team as student-athlete leaders. They are to be positive role models for all student-athletes. Coaches will develop team captains in five areas of leadership, including Identity, Connection, Communication, Inspiration, and Empowerment.

### TEAM CAPTAIN RESPONSIBILITIES

- Serve as a liaison between players and coaches.
- Have regular meetings with coaches.
- Schedule off-court activities, including team building events and a team service project.
- Organize and lead captains' practices, warm-ups, weekly devotionals, etc.

## PLAYING TIME POLICY

All Mustang teams are to some degree developmental teams. That is, we exist to help provide opportunities for the personal, spiritual, and athletic development of our athletes. We recognize that participation in competition is a critical part of each player's development. Moreover, we believe that taking part in spirited, pressure-packed competition is perhaps one of sport's greatest training tools.

We also believe our coaching staff shares the responsibility of developing a role during competition for each player that leads to the success of the team. We will work tirelessly to ensure all players and teams are at their best through developing and utilizing all their talents.

Of course, the nature of sports dictates that not all players get equal playing time. Some players may play more than other players simply because of the positions they each play. Coaches must weigh a myriad of items when deciding playing time. For instance, coaches must consider such issues as a player's adherence to attendance and other policies, keep in mind any trends currently operating within the team, and evaluate how the team personnel might match up best versus that of the opponent. Amendments to this policy may be communicated to teams by the coach.

Playing time is not guaranteed at the high school level. All players at the middle school level should receive playing time though that time may vary.

## SPIRITUAL DEVELOPMENT

Athletes will participate in spiritual development throughout the season. Each program will have a unique spiritual development plan to engage students in conversation through devotionals and prayer. Devotionals may be daily or weekly. We want our athletes and coaches to gain a better understanding of the bible and how to use what is learned through devotionals to lead as God wants us to while competing. Athletes are required to attend and actively engage in conversations during devotions.

# ATHLETES

## ATHLETE DEVELOPMENT

We are committed to being leaders and developing our student-athletes. Our goal is to be role models on the spiritual journey of our student-athletes, while giving them the tools necessary to be successful in their sport, in the classroom, and throughout life.

### DEVELOPMENT CONCEPTS

- 1. Be a role model:** Let your journey with God and your faith be an inspiration to others. Reflect on your daily actions, make devotionals a priority, and encourage others around you to be better.
- 2. Physical Practice:** There is no substitute for hard work. It is our intent that players participating understand the value of hard work in achieving goals. Giving extra effort will give us a competitive edge over opponents.
- 3. Mental Practice:** Hard work, good technique, and desire do not always lead to the “ultimate success.” The mental edge is needed. Improved confidence and relaxed concentration are the keys. We will work on mental skills so that we can develop a mental attitude to fight through adversity.
- 4. Class and Sportsmanship:** It is expected that student-athletes show the utmost respect for officials, opponents, teammates, coaches, facilities, and equipment as we represent our school, community, families, and ourselves. We will project a positive Christian image through our actions. We will avoid any action that might injure our integrity. Our conduct will reflect a program of which we can be proud.
- 5. Player-Coach Relationship:** Communication is vital for a strong relationship between players and coaches. We will constantly let players know where they stand on our teams, and what they need to do to improve. This will hopefully eliminate guessing and misunderstandings for the players about their role. Creating a positive atmosphere within our teams will enhance open communication. It is our hope that players will feel free to talk to us about any questions they might have.
- 6. Hustle:** You are expected to hustle. You will hustle from the beginning of every practice to the end of every practice. This will aid in team spirit, enthusiasm, and intensity as we build our team culture.
- 7. Being a student-athlete means more than just showing up for practice and following training rules:** An athlete must “give that extra effort” in terms of physical and mental practice. Making yourself into a better player translates into creating a better team. Do extra to be the best you can be.
- 8. Within our teams, we must ALL trust each other:** As players, you must trust your coaches, and all decisions that are made. It is important that players focus on team goals first.
- 9. Program unity:** Always support each other and show respect for each other regardless of what team you are on. We will not allow gossip or a negative mindset to tear our teams apart.
- 10. Attitude is contagious:** Attitudes shape concentration, improvement, teamwork, and performance. Always be positive with your teammates. Attitudes not conducive to building strong teams will not be tolerated. Players displaying poor attitudes may be asked to leave practice. Players not willing to improve their attitudes may be asked to leave the team. Good attitudes in practice will carry over to winning attitudes during play.
- 11. We will conduct ourselves with class:** This means we win without bragging and lose without excuses. Again, we are representing our school, community, families, and ourselves. In every situation, show pride, respect, and sportsmanship. You will be remembered for your character more than for your record or ability.
- 12. Program success has a direct relationship to individual commitment:** To be a successful team, each player must make a commitment to the team. It takes hard work to be successful.

### GOAL SETTING

Athletes will complete a goal sheet at the beginning of each season. Coaches will have regular meetings with athletes throughout the season to make sure they are on a path to achieving their goals.

# ATHLETES

## TRANSPORTATION

Maranatha will provide transportation for Varsity, JV, C-Team, and 9th Grade to most away competitions. We will not provide transportation to practices off-site or to middle school athletic events. Parents and legal guardians will be responsible for transportation to games when Maranatha transportation is not available. All athletes must have a signed waiver on file, exempting Maranatha from liability regarding transportation. Maranatha does not ask students to drive on behalf of the school. If students are riding together, they are doing so with the permission of both sets of students' parents and not on behalf of the school. See the Student Driver section of the Maranatha Handbook for Parents and Students for additional information.

- Athletes are encouraged to ride the bus to and from games.
- Appropriate behavior on buses is expected.
- If an athlete is leaving a game with a parent, the parent must notify the coach.
- If an athlete needs a ride from a staff member or coach to a school approved event, a parent or guardian must give approval through email or text to the staff member or coach.

## EVENTS

### IN-SEASON EVENTS

We want our student-athletes to enjoy being a part of their program and engage in several events throughout the season. Events may include Youth Night, Parent Night, Senior Night, as well as other special events. These dates will be communicated at the beginning of each season in a welcome email from the Athletic Director. Detailed information about each event will be communicated to families by the athletic department and head coaches

### BANQUET

Each program will have an end-of-season banquet. Team captains and their families are responsible for all aspects of planning the banquet and communicating banquet information, including date, time, location, cost, etc., to families.

## SPORTSMANSHIP AND EXPECTATIONS

These policies "elevate standards of sportsmanship and encourage the growth of responsible citizenship among the students, members schools and their personnel," consistent with the Minnesota State High School League's Founding Purposes and the belief that sportsmanship needs to have a constant presence in all school-based activity programs. The League and its member schools work intentionally to create safe, welcoming and inclusive environments for fine arts activities and sports in our schools and competitions.

### BEHAVIOR EXPECTATIONS

- Lead by positive example and demonstrate respect and support for others.
- Follow all MSHSL, school, and venue policies.
- Refrain from using profanity or ethnic, racial, religious, ability, gender-based comments, posts or messages directed at participants, directors, coaches, officials, spectators, or team representatives.
- Act as a responsible and respectful digital citizen who positively uses social media platforms.

# ATHLETES

- Honor each contest and all involved, including participants, directors, coaches, officials, spectators, and team representatives.
- No one may interfere with the contest in anyway.
- Respect the Flag and the National Anthem.
- Hold high standards for yourself and positively demonstrate sportsmanship.

## **DRESS CODE/ATTIRE**

Families are to partner with Maranatha to help nurture and develop a heart of honoring God in all ways, including our dress. The following are the academy's general appearance guidelines. Staff and administration reserve the right to determine if a student is within dress code standards.

- All clothing must be properly sized (e.g. not too tight), modest, and unrevealing in cut, fit, and texture.
- Clothing should completely cover undergarments and necessary parts of the body at all times, including while sitting, standing, and bending over.
- Clothing and appearance should not draw undue attention.
- No short shorts, mini-skirts, jumpers, dresses that are shorter than 4" from the knee or ill-fitting skirts or dresses.

## **DISCIPLINE POLICY**

Maranatha Christian Academy is dedicated to training children in a program of academic discipline and Christ-centered living. We endeavor to maintain a structured and nurturing environment through consistent and fair discipline. The Maranatha athletics department will make decisions that are in line with the school and MSHSL discipline policies for any infraction. In some cases, students may be suspended from practices and/or games, and for severe infractions, students may receive an additional suspension or be removed from the team. The athletic director chairs the athletic executive committee and includes the Maranatha Executive Team. The committee will review all grievances, petitions, and disciplinary actions.

# AWARDS

## **INDIVIDUAL AND TEAM AWARDS**

Head coaches will give out specific Team and Individual Awards at the banquet.

## **LETTERS AND JACKETS**

Letters will be awarded for varsity sport athletes only. A player may not miss any scheduled games or matches unless excused by the coach of that sport. Each coach has the option of recommending an athlete to receive a letter or disallowing a letter due to extenuating circumstances. This recommendation will be reviewed by the Athletic Director.

- Requirements for Basketball, Cross Country, Golf, Soccer, Softball, and Volleyball: Compete in 50% or more of regular season competitions.
- Requirements for Track & Field: Earn at least 1 point per number of scheduled meets.
- Requirements for Managers/Statisticians: Complete 1 year meeting expectations set by the coach.

## **AWARD SYSTEM**

- A chenille letter will be awarded upon the first letter award (athletic or academic).
- A sports pin will be awarded upon the second-year lettering.
- A letter bar will be awarded upon the third and subsequent year lettering.
- A captain's pin will be awarded to each team captain.

# ATHLETES

## PHYSICAL WELL BEING

### CERTIFIED ATHLETIC TRAINERS

Maranatha provides certified athletic trainers for all home events. Athletic Trainers Certified (ATC) are health care professionals who collaborate with physicians to provide preventative services, emergency care, clinical diagnosis, therapeutic intervention, and rehabilitation of injuries and medical conditions. The school's Athletic Trainer is on the sidelines of all Maranatha varsity, junior varsity, and c-team home contests. If an injury occurs, the trainer will be the first person to assess the injury and provide or recommend treatment.

### INJURIES

All injuries must be reported to the coach immediately to ensure the administration of proper first aid. In the event internal body fluids (blood, urine, etc.) are present on an athlete's body or uniform, the athlete will be removed from the competition and may return once the injury is cleaned and bandaged or the uniform has been replaced. Parents will be asked to sign a waiver that releases Maranatha from any liabilities and demands in connection with athletic injuries suffered by the student. Maranatha Christian Academy has a secondary student accident insurance to cover expenses incurred by injuries in the athletic program only if the parent is uninsured. If the injury warrants medical care, the athlete must complete a "Return to Participation" form from the MSHSL, signed by a physician. After completion, the athlete must turn in the signed form to the Athletic Office to resume participation.

### CONCUSSION MANAGEMENT

#### ACUTE INJURY

An athlete may be cleared to return to competition only when the player is free of all signs and symptoms of a concussion at rest and during exercise. Once free of symptoms and signs of concussion, a stepwise symptom free exercise process is required before a player can return to competition.

- The player should not be allowed to return to play in the current game or practice.
- The player should not be left alone. Monitoring for deterioration is essential the first few hours after injury.
- The player should be medically evaluated after the injury.
- Return to play must follow a medically supervised process.

#### RETURN TO PLAY PROTOCOL

An athlete may be cleared to return to competition only when the player is free of all signs and symptoms of a concussion at rest and during exercise. Once free of symptoms and signs of concussion, a stepwise symptom free exercise process is required before a player can return to competition.

- Each step requires a minimum of 24 hours.
- The player can proceed to the next level only if continuing to be free of any symptoms and or signs at the current level.
- If any symptoms or signs recur, the player should drop back to the previous level.

# GENERAL ATHLETICS INFO

## **The return to play after a concussion follows a stepwise process:**

1. No activity. Rest until all symptoms have resolved. Once asymptomatic, proceed to level 2.
2. Light aerobic exercise such as walking or stationary cycling, no resistance training. CERTIFIED ATHLETIC TRAINERS INJURIES CONCUSSION MANAGEMENT
3. Sport specific exercise—for example, skating in hockey, running in soccer; progressive addition of resistance training at steps 3 or 4.
4. Non-contact training drills. 5. Full contact training after medical clearance. 6. Game play.

The final return to competition decision is based on clinical judgment and the athlete may return only with written permission from a health care provider who is registered, licensed, certified, or otherwise statutorily authorized by the state to provide medical treatment; is trained and experienced in evaluating and managing concussions; and is practicing within the person's medical training and scope of practice. Neuropsychological testing or balance testing may help with the return to play decision and may be used after the player is symptom free, but the tests are not required for the symptom free player to return to play.

## SUBSTANCE AND NONSUBSTANCE ABUSE

### **SUBSTANCE ABUSE**

Students must not use, consume, possess, buy, sell, or give away alcohol, tobacco, or any other controlled substances at any time. MSHSL Chemical Eligibility bylaws states, after confirmation of the first violation, "the student shall lose eligibility for the next two consecutive interscholastic contests or two weeks, 14 calendar days, whichever is greater, of a season in which the student is a participant." After confirmation of the second violation, "the student shall lose eligibility for the next six consecutive interscholastic contests or three weeks, 21 calendar days, whichever is greater, of a season in which the student is a participant." After confirmation of the third violation, "the student shall lose eligibility for the next six consecutive interscholastic contests or three weeks, 28 calendar days, whichever is greater, of a season in which the student is a participant." In certain violations, Maranatha students may face expulsion from the team until the student has completed a Maranatha approved drug and alcohol awareness program. The MSHSL policy is in addition to the school's Chemical Use Policy

### **BULLYING**

Maranatha endeavors to build unity by creating a kingdom culture that challenges and equips students, parents, and staff to respect and value all people according to God's Word. Maranatha recognizes that a safe and civil environment is needed for athletes to learn and attain high standards and to promote healthy human relationships. Bullying, like other violent or disruptive behavior, is conduct that interferes with an athlete's ability to learn and a coach's ability to educate students in a safe environment. All bullying on school premises, at school-sponsored functions or activities, or while students are being transported to school-sponsored events. In addition, any reports or accusations of bullying involving Maranatha students outside of school premises or school functions will be investigated. Additional information can be found in the Maranatha Christian Academy handbook.

We take all reports of bullying seriously and will take appropriate action based on the report. Both the school's policy and state law prohibit reprisals or retaliation against anyone for reporting bullying. Violations of the policy and regulations will not be tolerated. Violations may be cause for immediate and strict disciplinary action up to and including discharge for staff and up to and including expulsion for athletes.

# ATHLETES & PARENTS

## COMMUNICATION

### COACH COMMUNICATION

Coaches will send a welcome email to teams at the beginning of each season that includes their coaching philosophy, expectations, and general information for the season. Coaches will also either send weekly emails or put info on other platforms that include information such as team progress, accomplishments, practice times, bus schedule, game details, team meetings, and any other updates.

### QUESTIONS OR CONCERNS

#### **ATHLETE & PARENT COMMUNICATION WITH THE COACH**

Any questions or concerns about the team should first be discussed between the athlete and parent or athlete and coach. This is a great opportunity for the athletes to learn important life skills, communication, and self-advocacy. Coaches are committed to creating a safe environment for open and honest communication within the team, but successful communication is a team effort. We ask that everyone do their part to ensure positive and effective communication throughout the season. If there are still concerns from the parent after the conversation between the coach and player, please schedule a time to meet with the coach. If concerns still can not be resolved after the coach, player, and parent meeting, contact the athletic director to schedule a meeting.

#### **ROLE AND EXPECTATIONS**

Parents, the athletes know best what is happening on the team and are terrific resources. Athletes, your parents want to COACH COMMUNICATION TEAM POLICIES PLAYING TIME POLICY QUESTIONS OR CONCERNS be a part of this experience, share with them. Help them to understand your role on this team, the game, and the important lessons you are learning. As coaches, we will work to make our expectations of athletes very clear to them in practice and in games. Furthermore, throughout the season we will have evaluations followed by individual meetings.

#### **24 HOUR RULE**

We ask that the "24 Hour Rule" be followed. The coaches will not discuss a game or situation until at least 24 hours after the fact. This important rule does two things. First, it moves the discussion away from the presence of the team. These conversations can be a huge distraction to the team, especially if this conversation happens at a competition. Second, it allows all parties to have time to put things in perspective and "cool off", if necessary. If parents will respect the 24 hour rule, their concerns are more likely to be fully addressed in reasoned discussion. More importantly, the athlete's enjoyment of a game won't be marred by an ill-timed confrontation. Any parent who breaks the 24 hour rule will not be allowed to attend future games until a meeting has been had with the Athletic Director.

#### **RETURN TO PLAY PROTOCOL**

An athlete may be cleared to return to competition only when the player is free of all signs and symptoms of a concussion at rest and during exercise. Once free of symptoms and signs of concussion, a stepwise symptom free exercise process is required before a player can return to competition.

- Each step requires a minimum of 24 hours.
- The player can proceed to the next level only if continuing to be free of any symptoms and or signs at the current level.
- If any symptoms or signs recur, the player should drop back to the previous level.

# ATHLETES & PARENTS

## SCHOOL OR PERSONAL CONCERNS

If there are school or personal concerns that are affecting a player's emotional well-being, and thus her ability to perform, please share these concerns with us. Please have your daughter bring forward conversations about her role or playing time before becoming involved if at all possible. Please do not discuss any differences in opinion that you have about team strategy or other people's children. These are out of your domain as a parent.

## EVENT COMMUNICATION

### PRACTICE AND GAMEDAY COMMUNICATION

Practice and early dismissal will be communicated by the coach. Game schedules, directions, and bus departure times will be available on our online athletics calendar at <https://mca.rschoolteams.com>. Athletic events that are canceled or changed on the day they are scheduled will be announced via student announcements, as well as updated on the athletic web page listed above.

## SOCIAL MEDIA

### SOCIAL MEDIA SITES

- FACEBOOK <https://www.facebook.com/MCAMUSTANGSMN>
- INSTAGRAM @mcamustangs\_athletics

### SOCIAL MEDIA POLICY

Our Social Media Policy is to help our student-athletes understand the importance of making good decisions while using social media platforms and the impact poor judgment can have on them and other individuals.

- Abide by the school's Student Honor Code.
- Use good judgment in all information that is shared.
- Privacy settings aren't fail-safe.
- Don't misrepresent yourself by using someone else's identity.
- Don't use someone else's identity to misrepresent them.
- Don't post offensive or inappropriate activities.

### ATHLETICS SITES AND TEAM SITES

The main Mustang Athletics social media sites will be used to promote events, recognize high level student-athlete achievement, and give sports recaps, etc. These sites will also share team site content to its story when tagged by .

- Abide by the school's Student Honor Code.
- Use good judgment in all information that is shared.
- Privacy settings aren't fail-safe.
- Don't misrepresent yourself by using someone else's identity.
- Don't use someone else's identity to misrepresent them.
- Don't post offensive or inappropriate activities.

# PARENTS

## CODE OF CONDUCT

### HONOR CODE

The Honor Code outlined in the Student Handbook is a commitment on the part of students to live a life that is pleasing to the Lord. It is a covenant that students sign and enter into with the Lord. Each point is based on Scripture. Our student-athletes are expected to live by this code. Student-athletes who choose not to follow the honor code will be disciplined on an individual basis.

### PARENT ROLE

Parents are role models for students and representatives of Maranatha. As such, they are expected to exemplify good attitudes by treating all players, coaches, fans, officials, and other parents with respect and dignity. Parents must also make sure that students abide by rules established by Maranatha, the coach, and the MSHSL.

### COACH-PARENT PARTNERSHIP

Research is clear that when coaches and parents work together, an athlete tends to have a better experience playing sports. The following are some guidelines for ho

- 1. Recognize the Commitment the Coach Has Made:** The coach has made a commitment that involves many hours of preparation beyond the hours spent at practices and games. Recognize his/her commitment and the fact that s/he is not doing it because of the pay! Try to remember this whenever something goes awry during the season.
- 2. Make Early, Positive Contact with the Coach:** As soon as you know who your child's coach is going to be, introduce yourself and let him/her know you want to help your child have the best experience this season. To the extent that you can do so, ask if there is any way you can help. By getting to know the coach early and establishing a positive relationship, it will be much easier to talk with him/her later if a problem arises.
- 3. Fill the Coach's Emotional Tank:** When the coach is doing something you like, let him/her know about it. Coaching is a difficult job, and most coaches only hear from parents when they want to complain about something. This will help fill the coach's emotional tank and contribute to him/her doing a great job. Just about every coach does a lot of things well. Take the time to look for them.
- 4. Don't Put the Player in the Middle:** Imagine a situation around the dinner table, in which a child's parents complain in front of her about how poorly her math teacher is teaching fractions. How would this impact this student's motivation to work hard to learn fractions? How would it affect her love of mathematics? While this may seem farfetched, when we move away from school to youth sports, it is all too common for parents to share their disapproval of a coach with their children. This puts a young athlete in a bind. Divided loyalties do not make it easy for a child to do her best. Conversely, when parents support a coach, it is that much easier for the child to put her wholehearted effort into learning to play well.
- 5. Don't Give Instructions During a Game or Practice:** You are not one of the coaches, so do not give your child instructions about how to play. It can be very confusing for a child to hear someone other than the coach yelling out instructions during a game. Getting to decide tactics, etc. is one of the privileges the coach has earned by making the commitment to coach.

# ATHLETES & PARENTS

**6. Fill Your Child's Emotional Tank:** Perhaps the most important thing you can do is to be there for your child. Competitive sports are stressful to players and the last thing they need is a critic at home. Be a cheerleader for your child. Focus on the positive things and leave the correcting of mistakes to the coach. Let your child know you support him/her without reservation regardless of how well he/she plays. HONOR CODE PARENT ROLE

**7. Fill the Emotional Tanks of the Entire Team:** Cheer for all the players on the team. Tell each of them when you see them doing something well.

**8. Encourage Other Parents to Honor the Game:** Don't show disrespect for the other team or the officials. But more than that, encourage other parents to also Honor the Game. If a parent of a player on your team begins to berate the officials, coaches, or players, gently say to them, "Hey, that's not Honoring the Game. That's not the way we do things here."

## INAPPROPRIATE TOPICS OF CONVERSATION BETWEEN PARENTS AND COACHES

- **Playing time/Role on the Team:** If your child is receiving playing time consistent with the Maranatha playing time policy, and your child has not discussed playing time or his/her role on the team with the coach, it is inappropriate for you to do so. Before approaching the coach yourself, encourage your child to talk to the coach about what he/she can do to help the team and earn more playing time or ask the coach to more clearly define his/her role on the team. If after this conversation, there are still concerns, at that time a conversation with the coach, parent, and player might be appropriate. Request a meeting with the coach. The coach must be told the topic of the meeting beforehand. The player must be present at the meeting. If this meeting is not productive, only at that time is it appropriate for Athletic Director to attend a meeting with the parent, coach, and the player.
- **Other people's children:** Your personal opinions of other player's attitudes, skill, performance, or conduct is typically not an appropriate topic of conversation between parents and coaches. That is not to say that parents can never bring concerns about other players to the coaches. When there is a genuine concern about team dynamics, if for example your daughter and another player are not speaking, and you think it important the coach know, that should be shared, but your opinion on the fault of each child in the dispute should not be shared. Please use your best judgment here, and understand that if you cross a line, the coach will let you know immediately that this is an inappropriate topic of conversation.

## APPROPRIATE TOPICS OF CONVERSATION BETWEEN PARENTS AND COACHES

- **Your Child's health:** If there are any health or learning concerns you have about your child, please discuss those with the coach. Anything from her need to wear glasses, a learning disability, some stress that may be affecting her performance, or a serious injury or health condition, can and should be discussed with the coach.
- **Your positive experience:** We are always happy to have our buckets filled!
- **Your constructive criticism:** We provide opportunities for evaluations at the end of each season, and we encourage you to use this tool. If you have some suggestions for improving the athletics program, the team, or our coaching, we do welcome your suggestions.
- **Fun information about your child:** We care about your kids too. We want to get to know them. Feel free to get to know us and let us get to know you and your family.
- **Your willingness to help out:** If you are interested in volunteering, please let us know. We have plenty of opportunities and could use your support.
- **If something serious is wrong:** Please tell us if something is wrong. Your child's well-being is our #1 concern. If there is anything going on in the Maranatha community that is threatening that, we need to know.