



FHL ACADEMY
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Colossians 3:17 says, “And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him” (NIV, 1984) At FHL Academy our primary goal for each student is that they would grow in their faith and be an example of the Lord Jesus Christ. As Christ’s representatives, we are called to honor God in all that we say and do.

At FHL, we aim to build character qualities that glorify God. Honesty, dependability, humility, encouragement, and graciousness are some of these qualities. Students will learn through participation in sports at FHL that good values and morals honor God. Character development is a primary focus of our sports program. The coach’s and athlete’s character should honor God in each sporting event. It is the responsibility of the coach to demonstrate, facilitate, and encourage Godly character in the athletes and assistant coaches.

Teach unity among athletic participants as the Bible speaks of (unity of the body) in 1 Corinthians 12:12-27. This passage speaks of members of the body encouraging each other, suffering with each other, and being honored together. Through athletic participation team members learn these things.

Present an athletic program that is shaped by God and not by society’s values and ideas. This program should be a complement to the school, church, and families of our athletes. Encourage competition as it also teaches about winning, losing, humility and graciousness. Competition and adversity are important teachers of athletes. We want to put FHL athletes in an environment where their abilities are stretched and tested to teach sportsmanship, fair play and respect for authority. Participation should be fun, challenging and motivating – a positive experience.

Coaches may suspend athletes who miss practice sessions, are ineligible due to academic probation, or do not follow our statement of purpose at FHL.

EXTRA CURRICULAR SPORT ACTIVITIES- FHL ACADEMY offers extra-curricular activities throughout the school year. FHL athletic teams compete in co-ed soccer, girls volleyball, girls and boys golf, girls and boys basketball, and girls and boys track as a FHL school team.

Practices may be held Monday through Saturday. Practice on Wednesday ends by 5.

ATHLETIC PARTICIPATION REQUIREMENTS

1. All athletes must abide by the rules of the FHL Student Handbook, the FHL Athletic Handbook.
2. All athletes must attend all practices, meetings, and games. Please tell the coach one day in advance if you will be absent from practice and one week in advance from a game absence. The coach has the final say regarding playing time and absences may affect playing time.
3. Each student must have a current (within the last three years) health physical on file in the Activities Office.
4. Athletes must be dressed and ready for participation in games and practices 5 minutes before the time the coach has determined.
5. Athletes may leave practice or game sites to go home, get drinks, go to the bathroom, attend to injuries, etc. only with the coach's permission. Parents should not pick up their athlete until practice is over, unless prior notice is given.
6. Athlete's parents or guardians are responsible for picking up their athlete(s) immediately after practices and games. Coaches will supervise athletes for a short period of time after practice and games. It is the parent's responsibility to arrange alternate transportation if there is a conflict.
7. All athletes or athlete's parents are responsible to work during home games and special events, tournaments or sports fundraisers.
8. Students must abide by the FHL dress code. The coach reserves the right to make any decision in regard to dress and hair length of any athlete. 11. These rules also apply to homeschooled students.

Non-FHL Students-Home School Student Participation

Students who are not enrolled at FHL and are homeschooled may be allowed to participate on a FHL athletic team. The student will be admitted under the same guidelines as enrolled students. Students must pay the homeschool fee as well as the activity fee for each sport they wish to participate in. Homeschool students must abide by the rules and standards set for FHL. FHL reserves the right to not allow a homeschool student to participate in a FHL sponsored athletic team.

Roster Determinations

1. Teams will be divided by skill or competition levels. The coach will set the roster based on performance in practices or games during that season.
2. If an advisor or coach has too many students to conduct practices safely or effectively, they may limit squad size by following the guidelines for dressing for games as outlined below.
3. It is the intent of the school to encourage maximum participation in activities however, the number of participants on a squad must be manageable and safe.

Dressing for Games or Contests

If the advisor or coach has too many students on the team for all of them to dress for contests, they may use the following procedure:

1. The first day of practice the advisor or coach should notify the team that there will be a limited number that can dress for games or contests.
2. Tell them what criteria will be used to determine who dresses.
3. After official practices have begun and before the first scheduled game, the advisor or coach should make a decision as to who will dress for games or contests. The advisor or coach can alternate members of the team to dress if they so desire.
4. Once decisions have been made as to who will dress, the advisor or coach should talk to each student on a one to one basis regarding the following:
 - a. If the athlete is going to dress and the possibilities of them dressing at a later date.
 - b. What their role will be in practice.
 - c. Give them an honest appraisal of their ability and how the future looks for them in this particular activity or sport.
5. All students will be allowed to continue to practice.

ATTENDANCE IN SCHOOL AS IT APPLIES TO ATHLETIC PARTICIPATION

6. A student may miss one-half the school day (4 periods) for reasons acceptable to the activities office or principal's office and still participate.
7. If a student has a school excused absence from practice, he/she may be allowed to participate in a contest if it is in agreement with the coach's discretion. See the FHL Student Handbook for clarification of an excused absence.
8. If a student misses practice due to an unexcused absence, he/she will not be permitted to participate in the next game or contest. See the FHL Student Handbook for clarification of an unexcused absence.
9. If a student asks to be excused from a practice, game, or contest for an on-going school sponsored activity, a compromise should be worked out whereby the student could attend half of the activity and be at practice the other half of the time. This would not affect the amount of playing time for a student for the days they attend the other school sponsored activity.
10. If a student misses a practice, game, or contest because of a school sponsored activity, they will be allowed to participate in the next game.

Unexcused Absence from Practice

If a student is skipping practice, their parents will be contacted and informed that if the student continues, they will be dropped from the team.

Dismissal from School for Contest

1. The advisor or coach should give the Dean of Students a list of players going to the contest. Give as much advance notice as possible. The coach may give a list of participants early in the season and the Dean may go off that list for all future games.
2. The head advisor or coach should receive permission from the Dean/Activities Director pertaining to the days that their team will have to get out of school early to practice or compete. A list of dismissal times should be distributed to the Dean.

Performance vs. Practice: Participation Priority

1. A scheduled performance through the Dean/Activities Director should have priority over a practice.
2. A conference performance should have priority over a non-conference performance.
3. A section or state scheduled performance should have priority over a regular season performance.
4. There should be no penalties given to the student for following the recommended policy.
5. If there is a conflict between multiple school related functions all parties involved will work together to meet as many obligations as reasonably possible.

Cancellation of Practice

1. If weather conditions warrant cancelling practice, the Dean/Activities Director will make the final decision. The coach(es) will inform parents of the cancellation.
2. There will be no practice on days when school has been cancelled because of inclement weather.

Care of Equipment

1. The coach is directly responsible for all equipment used in the activity or sport throughout the entire season.
2. Athletes are responsible for the care of uniforms and equipment during their athletic season.
3. Athletes who do not return uniforms or equipment at the check in time designated by the coach will be assessed a fee equal to the sum of the uniform or equipment not turned in.
4. Fees assessed to students must be paid before any report cards will be issued to the student.
5. Damaged or stained uniforms may also result in a charge being assessed to the athlete.
6. FHL athletic uniforms are not to be worn during physical education classes or given to friends or relatives to be worn.

Cell Phone Use

Students who possess cell phones may not use a cell phone in the locker room during games or practices. Cell phones may be used to call home after a game and on a limited basis as the coach allows.

STUDENT ATHLETE HEALTH Physicals

1. Any student who intends to participate in FHL athletics must have on file a health insurance policy and emergence contact info.
2. All paperwork should be turned in to the FHL office or coach by start of practice or you will not practice.
3. After major surgery, a concussion, or serious illness or injury, the attending physician must certify in writing the student's readiness for participation.

Injuries

While every precaution is taken for proper supervision and the prevention of accidents at FHL, accidents do happen. FHL does not carry student accident or dental insurance covering injuries incurred during school and school activities. Parents are advised to make sure they have adequate insurance protection. As a side note, if you witness an accident on school property, please report it to the Dean or Athletic Director. Because of the nature of sports, injuries may occur. All injuries must be called to the attention of the coaching staff. Some injuries may require more intense care (management). When such an incident occurs, the practice, scrimmage, drill, or contest should be stopped. If necessary, additional assistance should be called.

Concussion Management

FHL will comply with the concussion management program requirements contained in Minnesota State Law regarding concussions and athletics.

ACTIVITY PARTICIPATION FEES

A participation fee is being charged by the school for activities. The purpose of the activities fee is to cut the direct costs of interscholastic activities to assure the continuation of the programs for the benefit of the students.

FHL Soccer - \$60 per student

Homeschool- \$90 per student

FHL Basketball- \$60 per student

Homeschool- \$90 per student

Who is required to pay these fees:

1. All students who participate in interscholastic activities must pay the fee.
2. Homeschool fees will be paid to FHL Academy..
3. Students who join a team after the team has started still must pay the full athletic fee.

Refund Policy

No refund will be given to a student who is dropped from the team for violating rules. Our stop playing after two weeks.

TRANSPORTATION

1. Students and coaches will travel to and from games by private transportation. Parents are responsible for transporting or arranging for their son/daughters transportation. Supervision at these sites is the responsibility of parents until the coach staff or school personnel arrives on site.

ELIGIBILITY TO COACH

This section outlines the process that will be undertaken by the Activities Director when deciding who best meets the guidelines for both paid coaching and volunteer coaching at FHL. The number one reason coaches should coach at FHL is to serve the Lord with the gifts He's given.

All coaches, advisors, and volunteers will:

1. Have a personal relationship with Jesus Christ.
2. Be a godly role model to our athletes, parents, and the community.
3. Promote the mission of FHL as we equip our athletes to think Biblically, live wisely, and serve faithfully in the athletic arena.
4. Encourage and reinforce sportsmanship, ethical conduct and fair play. This includes the spirit of the game.
5. Have a working knowledge of the sport you coach including the skills, rules and guidelines of the competition (including league or game rules or philosophy).
6. Promote student participation, teach skill development, build character qualities that honor God and teach unity as it relates to the team and the body of Christ.
7. Make sure all student participants meet the standards set by FHL Academy e.g. academic standards, physical requirements, code of conduct.
8. Parents may coach a FHL team if they apply and their qualifications for the position meet the criteria given above. Parent coaches will be held to the same standards as any coaches who do not have athletes at FHL.
9. All head coach hiring decisions, both paid and volunteer, will fall to the responsibility of the Activities Director in conjunction with administration at FHL Academy.
10. All assistant coach hiring decisions, both paid and volunteer, will fall to the responsibility of the head coach of that activity in conjunction with the Activities Director.

FACILITIES AND SUPERVISION

Supervision of Workouts

Students will not work out in the school building or on school property without the direct supervision of an advisor, coach, or adult (e.g.-parent who has been helping the program).

Use of School Facilities Outside of Regular School Hours

1. The use of school facilities outside of regular school hours must be scheduled in advance with the Dean and included on the school activity calendar.
2. The coach/advisor is responsible for the safety of the students and for the security of the facility during the practice. The facility must be secured by the coach/advisor at the conclusion of the practice.
3. Practices may not be held on Sunday.

SPORTSMANSHIP

It is the expectation that athletes, coaches, and fans represent Christ and FHLI with the utmost integrity. This includes not abusing officials with verbal comments or gestures at any FHL sanctioned event.

PARENT MEETINGS FOR EACH SPORT

Coaches/Advisors should hold a parent meeting at the beginning of the athletic season for parents and athletes to attend. At this meeting information such as practice schedules, transportation, game schedules, and athletic rules and forms will be discussed.

BANQUETS

Each activity or sport should hold an awards banquet at the conclusion of the season. Team and individual awards should be handed out at this time. The families of the students should be included in the banquet and the planning of it. The cost of the banquet is shared by the families of those students involved in the activity.

Donations

Persons or businesses wishing to contribute to the Faith Hope Love Academy Athletic department may do so in the following ways:

1. Donate to the athletic general fund.
2. Donate to a specific program within the athletic department.
3. Matching funds may also be designated for either the general fund or specific athletic programs. Donated funds specified for certain athletic programs will be used at the discretion of the head coach under the supervision of the activities director. If the head coach or activities director is fundraising for a certain item, money may be designated for that specific item. A contributor may not use leverage toward the athletic department by designating money toward an item that is not endorsed or deemed necessary by the head coach and activities director.

PARENT/COACH COMMUNICATION GUIDELINES

The following are communication guidelines put in place by FHL. All FHL coaches, parents and students are expected to follow these guidelines.

COMMUNICATION PARENTS CAN EXPECT FROM A COACH:

1. Philosophy of the coach.
2. Expectations the coach has for your child and other team members.
3. Schedule of all practices and events.
4. Team requirements: fees, necessary equipment/practice uniform, off-season program, etc.
5. Procedures should your child be injured during practice or a contest.
6. Discipline that may affect your child.

COMMUNICATION TO EXPECT FROM THE PARENTS/GUARDIAN:

1. Concerns expressed directly to the coach—See the appropriate concerns listed below
2. Notification of any schedule conflicts well in advance.
3. Specific concerns in regard to a coach's/director's philosophy and/or expectations.

APPROPRIATE CONCERNS TO DISCUSS WITH COACHES:

1. The treatment of the student mentally and physically.
2. Ways to help improve your child.
3. Concerns about the student's behavior.

ISSUES THAT NEED TO BE AVOIDED IN DISCUSSING CONCERNS WITH THE COACH:

1. Playing Time
2. Team Strategy
3. Other students/team personnel

If a conversation with a coach turns to any of those three topics, our coaches are instructed to immediately end the discussion. A meeting may be rescheduled to continue an appropriate discussion at a later date. Further, any vulgarity, rude behavior, or threats will signal an immediate end to any discussion.

COMMUNICATION ENGAGEMENT GUIDELINES

A positive student and coach/director experience is the ultimate goal for all co-curricular activities. Communication is critical in fostering this quality experience. If a concern evolves with the student participant, FHL recognizes that communication between the coach/director and student participant is the essential component in the resolution process. Below are guidelines to follow that support the process of effective communication. The guidelines do not include concerns about the mental, physical, or emotional well-being of the student. If a parent has a concern about any of those areas, please contact the Activities Director immediately.

1. It is highly recommended that communication regarding any co-curricular conflict (other than those listed above) begin with a meeting that involves only the student and the coach/director.
2. The Activities Director will address parent/guardian concerns (other than those listed above) by facilitating a meeting that involves only the student and the coach/director.
3. If the conflict continues, the student, coach/director, and Activities Director can meet to further discuss the issue.
 - Depending on the concern, this meeting may also include the parent(s)/guardian(s).
4. If the conflict persists, the parent(s)/guardian(s) may call to set up an appointment for a meeting following the conference procedures listed below.

In situations that require a conference between the coach, student, and the parent/guardian, the following procedures should be followed:

1. Call to set up an appointment to meet with the coach/director and student.
2. Include the Activities Director and/or Dean when necessary.
3. Do not confront the coach/director before or after an event. It is necessary to allow a minimum of 24 hours following a practice/event to expire prior to contacting or meeting with the coach/director.

- In all cases, the meeting needs to be held in the presence of the student.

Special Notes

- Any correspondence regarding a co-curricular conflict will be passed along to the student and the coach/director involved-including phone, email, and text communications.