



Mishawaka Christian Athletic Club

Handbook
Parent • Player • Coach



Mishawaka Christian Athletic Club Handbook

May 2, 2024

TABLE OF CONTENTS

MCAC Purpose.....	2
Program Scripture.....	3
Statement of Faith.....	3
History.....	3
Annual Events	4
Sports Offered	4
Schedule Overview.....	5
On the Court.....	5
Eligibility Requirements.....	7
Participation Fees and Payment Schedules	8
Funding Opportunities.....	10
Student Athletes: Christ-like Champions.....	10
Notes to Athletes.....	10
Attendance and Commitment.....	10
Expectations for Conduct - Players.....	11
Disciplinary Action	11
Athletic Evaluation.....	12
Team Leadership	12
Team Uniforms.....	13
Notes to Parents.....	13
Mandatory Parent Meetings.....	13
Volunteering and Service	13
Conflict Resolution.....	15
Coaching.....	15
Organizational Structure.....	16
Appendix.....	17 - 26
Parents:	
○ Parent Code of Conduct	
○ Parent Participation Form	
Players:	
○ Player Application and Commitment Form	
○ Player Code of Conduct	
○ Player Medical Release and Authorization	
○ Player Pre-Participation Medical History	
○ Player Pre-Participation Physical Examination	
Coaches:	
○ Coach Application	
○ Coach Code of Conduct	

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MCAC Purpose

The Mishawaka Christian Athletic Club (MCAC) is a Christ centered athletic program for young women and young men seeking to grow and challenge their faith and their athletic talents.

MCAC was founded in 2002 and incorporated as a not-for-profit volunteer organization in 2008 to encourage home school youth from the Mishawaka and surrounding Michiana area to develop their God-given athletic and leadership abilities in. Although we come from many denominational backgrounds and home school for varied reasons, our common bond is our concern for our families, spiritual growth and the physical education of our children. MCAC exists to encourage our children to develop aptitude in sports and positive character qualities as exemplified in the life of Jesus, while interacting with others in an organized athletic setting.

Wildcat athletics is not only about winning; it is about honoring God by doing your best; whether with school, at church, at home or on the court. We celebrate the true spirit of sport. The true spirit that binds Wildcat players is their devotion to sport and learning, faith in God, a commitment to serving the larger world around them and working together as a team. Players are encouraged to spend time with God each day in devotion and prayer. Each game and practice begin with prayer for all who are involved in the game, and we pray that our actions would represent our faith.

We are committed to be diligent, and to play and work hard to represent Jesus both on and off the court. We strive to help each player develop

- Godly character
- an understanding of sportsmanship
- respect for authority in any situation on and off the court
- positive self-esteem
- a sense of personal value
- the fundamentals of their sport
- an understanding and enjoyment of their sport
- discipline and teamwork at all times.

The Purpose of Christian Athletics

- To develop Christ-like determination and perseverance.
- To teach principles of personal discipline and acceptance of discipline.
- To teach teamwork and cooperation.
- To develop leadership skills.
- To learn responsibility, patience, and respect.
- To develop self-control.
- To learn to perform difficult tasks under pressure.
- To beneficially occupy the time and energy of young people.
- To develop physical strength, coordination and endurance.
- To develop a sense of personal worth and confidence.
- To build personal character and integrity.

The Keys to Success

- Unity of team.
- Total effort at all times.
- Teamwork.
- Never give up attitude.
- Unselfishness.
- Never say can't.
- Teachable Spirit.
- Setting goals.

MCAC Scripture

Then you will live a life that honors the Lord, and you will always please Him by doing good deeds: bearing fruit in every good work, growing in the knowledge of God. - Colossians 1:10

MCAC strives to meet this goal in every area of athletics. This means the athlete will realize that winning is important and necessary for success, but not always attained. When victory is not attained; the athlete must respond with dignity and respect for the other team's coaches and players, as well as the game officials. With any loss comes disappointment, but we play to the best of our ability and accept losses graciously. When victory is attained, the athlete will win with humility, be thankful to God for the opportunity to play and the ability to perform. Whatever the outcome, we will glorify God in word and action.

Statement of Faith

- We believe that the Bible is the infallible, inerrant Word of God, complete in revealing the triune Godhead: Father, Son, and Holy Spirit. We believe the Holy Spirit is equal with God the Father and God the Son, that He indwells, seals, and fills us with His power for the work of His service for God's glory.
- We believe man was created in God's image, but because of the fall he became spiritually dead and in need of salvation from the penalty and power of sin.
- We believe in the incarnation and virgin birth of our Lord Jesus Christ as perfectly divine and perfectly human. We believe that His substitutionary death and the shedding of His blood on the cross was for our redemption. We believe in the bodily resurrection of Christ, His imminent return, and the resurrection of His people.
- We believe that the gift of eternal life is available to all men, that those who receive Christ by faith are regenerated by the Holy Spirit and thereby become the children of God.

MCAC History

The Christian H.O.M.E. basketball program was started in the fall of 2002 by Randy and Dana DoBrodt with a small group of girls comprising a junior high team. The vision was to create a program that provided an opportunity for young ladies to develop the physical skills they were blessed with, learn to enjoy the game of basketball and build their faith. By the 2007-2008 season there were three teams (elementary, junior high and high school) with about 26 girls involved and a U16 team that participated in the Home School National basketball tournament in Oklahoma for the first time.

The 2008 - 2009 season brought changes to the program. First, with players from all over the region representing several home school groups, the program organized as a nonprofit to become the Mishawaka Christian Athletic Club (MCAC). Also, in the fall of 2008, the boys elementary and high school teams were added to the program.

The 2009 -2010 season brought more changes to MCAC. In addition to adding both junior high and junior varsity boys basketball team, a girls volleyball program was started for elementary, junior high and high school players.

MCAC competes with private, Christian and home school teams in the region and have traveled to home school tournaments in Indianapolis, Ft. Wayne, Cincinnati, Grand Rapids, Kalamazoo, Oklahoma City and Springfield, MO.

Along with sports, the players get together for other fun activities including an annual game between parents and players, and our annual sport banquet. The team has also been involved with outreach including workdays at the Salvation Army and visiting the Ronald McDonald House in Indianapolis during one of our tournament trips to visit with the Wagura family from Kenya.

Colors: Red, Black and White

Mascot: Wildcats

Motto: For His Glory

Website: www.MCAC-Wildcats.com

Email: MCACWildcats@yahoo.com

Annual Events

- Mandatory Parent Meetings
 - Dates: August, October (*specific dates to be announced*).
- Community Service projects have included:
 - ADEC
 - Hope Rescue Mission
 - Mishawaka Food Pantry
 - Nursing home visits
 - Salvation Army Christmas distribution
 - Special Olympics basketball
- Awards ceremony and banquet: Typically held in November for Volleyball and April for Basketball, to recognize each athlete's contribution to MCAC. Individual recognitions are also presented for varsity and junior high teams:
 - Seniors
 - Captains
 - Most Improved Player
 - Kúi Wagura Award-women's basketball
 - Iron Award - men's basketball
 - Esther Award – volleyball
 - Mental Attitude – volleyball
 - Liddell Award – cross country

Kúi Wagura Award – girls basketball

The Kúi Wagura Award was created in the spring of 2007 for girl's junior high and high school in honor of a young lady from Kenya. The complete story can be found on the MCAC website. The award plaque has the following engraved on it:

Recognizing the true spirit of sport - determination, strength, integrity, dedication and selflessness. Living out faith and ministry at home, at church and on the court.

Iron Award – boys basketball

The Iron Award was created in the spring of 2009 to recognize a player in the boy's high school basketball program who exemplifies the true spirit of sport.

As iron sharpens iron, so one man sharpens another. Proverbs 27:17

Esther Award – volleyball

The Esther Award was created in the fall of 2009 to recognize a player in the high school volleyball program who exemplifies the true spirit of sport.

Eric Liddell Award – cross country

The Liddell Award was created in 2021 to recognize the true spirit of sport-character, integrity, dedication and servant leadership in ministry at home, at church and on the path.

Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. Galatians 6:9

Sports Offered (*availability may vary based on level of interest*)

Basketball

- Girls varsity, junior varsity, junior high, elementary
- Boys varsity, junior varsity, junior high, elementary

Volleyball

- Girls varsity, junior varsity, junior high, elementary

Cross country

- Boys/girls: high school, junior high and elementary

Age Levels

- The following is a guideline for determining which team a student will be considered:
 - Elementary: 4th through 6th grade; age 12 and under by Sept. 1.
 - Junior High: 7th and 8th grade; age 14 and under by Sept. 1.
 - Junior Varsity and Varsity: 9th through 12th grade; age 18 and under by Sept. 1.
- Players are assigned to a team based upon the youngest team they are eligible for. This is their *primary* team. Based upon skill level, the board and a coach(es) may determine a student is able to 'play up'.
 - For example, an 8th grader may be invited to play on a JV/Varsity team. In this case the player's primary team would be junior high but could dress for JV/Varsity when available.
- Some tournaments have teams based on a player's age as of September 1 of the current season, which may allow for a different configuration for MCAC teams.
 - For example, a 9th grade JV/Varsity player who is only 14 as of September 1 would be eligible to play on a U14 (under 14) team which could also include younger 'junior high' players.
- In rare instances, a player may exhibit talent that enables them to consistently compete at one or two levels above their age bracket. It is our goal to have students play in their age-appropriate level, but the board can evaluate special circumstances should the need arise.

Schedule Overview *(subject to change)*

Basketball

Summer: May-August

- Players are encouraged to continue their skill development and can be given a schedule to continue their conditioning in the off-season.
- Players are encouraged to attend local athletic camps and/or training workshops (contact coaches for suggestions).
- Open gym times may be held periodically for junior high and high school players.
- Families encouraged to contact companies, individuals, etc. regarding sponsoring MCAC (more information below).

Early Fall: August - October

- Open gyms may be held on a more regular basis for some teams.
 - Typically once a week for about 1.5 -2 hours.
- Practices begin mid/late October for: girls and boys - junior high and high school.
- Fundraisers may occur during this time (different from sponsorships, more information below).

Fall/Winter: November-February

- Practice
 - Elementary practices once a week
 - Boys elementary: Practices typically begin early November.
 - Girls elementary: Practices typically begin early December.
 - Junior high teams (boys and girls) typically practice two times per week (sometimes three).
 - High school teams (boys and girls) typically practice three times per week (sometimes three).
 - Practices typically begin in late October or early November.
- Locations, days and times vary by team – see the schedule on the MCAC website for regular updates.
- When games begin, we try to schedule a total of only three nights per week (junior high and high school) including practices and games; one or two for elementary. However, that isn't always possible.

Spring: March - April

- Nationals – Teams/players going to the National Tournament may vary each year. Players can attend as an independent player who is then assigned to a team.
- Semiannual award banquet

Volleyball

Spring: February - May

- Open gyms may be available

Summer/Fall: August-November

- Practices begin in August
- Season begins in late August

- Nationals are typically the first week of November
- Semiannual awards banquet

Winter: December-April

- We try to have a couple activities a month: a family volleyball time and an open gym for the players.

On the Court

Facilities

MCAC does not have their own facility to use. We make every attempt to find good facilities that are available at no cost. However, as the program has grown, it has become more difficult to find rent free gyms. Below is a list of facilities that have been used in recent years. The MCAC web site maintains an updated schedule of practice/game times and locations.

Coalbush United Methodist Church
Granger Missionary Church

Beulah Missionary Church
First Baptist Church Mishawaka

Resurrection Lutheran Academy

Our Competition

MCAC competes in the Great Lakes Homeschool Conference for varsity boys basketball and against public, private and charter schools as well as other homeschool programs in the region. Other basketball and volleyball teams have included:

- | | | |
|---|---|--|
| <ul style="list-style-type: none"> • <i>Schools</i> <ul style="list-style-type: none"> Argos Andrews Academy Christ Lutheran Clinton Christian Community Baptist Grace Lutheran (MI) La Lumiere School Lakeland Christian Montessori Mishawaka Purdue Polytechnic | <ul style="list-style-type: none"> <ul style="list-style-type: none"> Resurrection Lutheran St. Joseph School Stanley Clark Trinity Greenlawn Trinity Lutheran • <i>Home School Teams</i> <ul style="list-style-type: none"> Anderson Cincinnati Trailblazers Elkhart Hawks Ft. Wayne GUARD | <ul style="list-style-type: none"> <ul style="list-style-type: none"> Ft. Wayne Hawks Goshen Blue Blazers Kokomo KASH Landmark Eagles Illinois Crusaders Indianapolis Marlins Grand Rapids Grizzlies Kalamazoo Cougars KCHE Tippecanoe Tornados Wabash Valley Warriors |
|---|---|--|

Tournaments *(below are tournaments MCAC teams have attended; subject to change)*

Basketball

- Elementary
 - Montessori Academy (Mishawaka); Stanley Clark (South Bend)
- Junior high and high school
 - ICBA:
 - GUARD – Ft. Wayne; Midwest – Ft. Wayne; State Tournament
 - NCHBC:
 - Regionals - Indianapolis (February); Nationals – Springfield, MO
 - Stanley Clark (South Bend); Trinity Lutheran (Granger)

Volleyball

- Huron Tournament (Ann Arbor)
- Calumet Baptist (Hammond)
- Midwest Classic (Ft. Wayne)
- State Tournament (Ft. Wayne)
- Nationals (Omaha, NE)

Eligibility Requirements and Commitment

Athletic participation with MCAC is a privilege achieved by meeting certain standards of eligibility established by the board.

- Must be no older than 18 as of September 1 of the current season. If a player turns 19 on or before September 1, he/she is ineligible.
- Must not have graduated from high school; and cannot be attending college full-time.
- Submit the following to the athletic director prior to the first practice: No student will be allowed to participate without completing and:
 - Application and commitment form (annually).
This is a signed commitment to participate with the team for the entire season. Choosing not to play for MCAC for any reason after signing this commitment form will be addressed accordingly.
 - Any family that leaves the program may not return to the MCAC program unless they submit a request, in writing to the Board for consideration on a case-by-case basis.
 - Deposits and fees *are not* refundable and cannot be returned if a family leaves after signing the application and commitment form.
 - An exception would be if the need ever arose to hold tryouts for teams. In this case deposits would be refunded should a player not earn a place on a team.
 - Participation fees when due (annually).
 - Copy of birth certificate (every two years).
 - Player Code of Conduct (annually).
 - Parent Code of Conduct (annually).
 - Parent Volunteer form (annually).
 - Insurance form (annually).
 - Medical release (annually.)
 - Medical history (annual; a physical exam is recommended every two years but is not required).
- Students are expected to maintain satisfactory academic performance in their home school.
 - It's the parents' responsibility to monitor grades and advise the coach of the student's academic performance.
 - The coach(es) will consult with the parents regarding any discipline that may be needed related to sports participation and will support the parent's decision; even if it means the student will not participate for a period of time.
 - Each situation is unique and will be reviewed on a case-by-case basis.
- Students who represent the MCAC organization in sporting activities must be "credible" citizens. Those students whose character or conduct is such as to reflect discredit upon him or herself, or the MCAC organization are not considered "credible" citizens.
 - Personal conduct shall be satisfactory in accordance with the standards of good discipline including, but not limited to the expectations noted in the *Handbook* and in the *Player Code of Conduct*.
 - In compliance with Indiana law and the Mishawaka Christian Athletic Club rules, use of alcohol, abuse of non-prescription drugs, use of performance enhancing drugs and use of any tobacco products or vaping will not be tolerated. Those using these and other illegal substances are not interested in athletics and may be dismissed from the program.
- A player may not be active on the roster of another program/school team during any season while they are on an MCAC roster.

Some home school programs and tournaments we compete in have strict eligibility guidelines. The following is the typical criteria used to establish home school eligibility for these games (*subject to change*):

- Participant must receive at least 51% of his/her educational courses in a home environment under the instruction of his/her parent(s) or legal guardian(s).
- Participants must have been on the MCAC team roster for at least 51% of the current season.

Participation Fees and Payment Schedules

The fee structure is based upon past experience with expenses incurred by MCAC for each season which include equipment, gym rentals, referee fees, use of the uniform, etc. MCAC is an all-volunteer program, no one receives compensation as part of their association with MCAC, the player fees go toward covering MCAC operational expenses.

The Participation Fee due is based upon the highest level team the student is playing on. For example: a player in 8th grade may be on the junior high team, but their skill level also makes them eligible for the junior varsity team. If that student plays on both the junior high and junior varsity team, they will only pay one fee. The Participation Fee due in this case would be for the junior varsity team since it is the highest level team they are on.

Participation fees are subject to change and fundraisers may be required as unexpected costs or changes in costs may be incurred at any given time.

Assistance with Participation Fees – Sponsorships (optional)

Companies and individuals often provide financial support as a **Sponsor** for MCAC. Sponsorship funds received prior to the beginning of the season can be applied to a player's participation fee. (See section on sponsorships below for details.)

Basketball Participation Fees (boys and girls)

	Deposit			Total Participation Fee
Varsity	\$50	+	\$420 =	\$470 per player
Junior Varsity (14U)	\$50	+	\$320 =	\$370 per player
Junior High	\$50	+	\$220 =	\$270 per player
Elementary	\$50	+	\$165 =	\$215 per player

Deposit deadline: June 1

- \$50 deposit submitted with the application and commitment form (*committing the player to the program and holding their place on a team*).
 - **Deposits are non- refundable** (*except in the rare case of the need to hold tryouts*).
- Families with two or more players: \$50 deposit for each child.
- Deposit is applied to total Participation Fee due.
 - Insurance payment will be paid out of your deposit after your Insurance Form is received.

Full participation fee deadline: October

- Accounts must be paid in full by the player's first team practice.
 - Money earned through Sponsorships, prior to the first practice, will be applied to the account balance (*beyond the deposit*).
- **If payment is not made**, players may not participate in activities until their account is brought up to date.
- Late payment fee of \$15 will be assessed if payments aren't received on or before the October practice due date.
- **Fees are non-refundable.**

Volleyball Participation Fees

	Deposit			Total Participation Fee
Varsity	\$50	+	\$245 =	\$295 per player
Junior Varsity	\$50	+	\$195 =	\$245 per player
Junior High	\$50	+	\$180 =	\$230 per player
Elementary	\$50	+	\$125 =	\$175 per player

Note: New players must purchase their uniform to use for two to three years– high school \$55; junior high \$20.

Deposit deadline: Feb. 1

- \$50 deposit submitted with the application and commitment form (*committing the player to the program and holding their place on the team*).
 - **Deposits are not refundable**
- Families with two or more players: \$50 deposit for each child.
- Deposit is applied to total Participation Fee due.
 - Insurance payment will be paid out of your deposit after your Insurance Form is received.

Full participation fee deadline: August

- Accounts must be paid in full by the player's first team practice.
 - Money earned through Sponsorships, prior to the first practice, will be applied to the account balance (*beyond the deposit*).
- **If payment is not made**, players may not participate in activities until their account is brought up to date.
- Late payment fee of \$15 will be assessed if payments aren't received on or before the October practice due date.
- **Fees are non-refundable.**

Cross Country Participation Fees

	<i>Total Participation Fee (deposit not required)</i>
High school (9 th -12 th)	\$175per player
Junior high (6 th – 8 th)	\$130per player
Elementary (4 th – 5 th)	\$ 75 per player

Full participation fee deadline: August

- Accounts must be paid in full by the player's first team practice.
 - Money earned through Sponsorships, prior to the first practice, will be applied to the account balance (*beyond the deposit*).
- **If payment is not made**, players may not participate in activities until their account is brought up to date.
- Late payment fee of \$15 will be assessed if payments aren't received on or before the August practice due date.
- **Fees are non-refundable.**

Team Manager Participation Fee

	<i>Total Participation Fee (deposit not required)</i>
High school	\$100
Junior high	\$100

Full participation fee deadline

- Accounts must be paid in full by the manager's first team practice.
 - Money earned through Sponsorships, prior to the first practice, will be applied to the account balance.
- **If payment is not made**, managers may not participate in activities until their account is brought up to date.
- Late payment fee of \$15 will be assessed if payments aren't received on or before the first practice due date.
- **Fees are non-refundable.**

Note: Multi-sport athletes must submit a deposit for each sport.

Uniform

Any damage to the uniform beyond normal wear and tear is the responsibility of the player and their parents. *The replacement cost of a uniform could be more than \$150.*

Calculating Player Participation Fees Worksheet

	Number of Players		Fee per Player	Total Fees	Participation Deposit	Optional - Sponsorships	Total fee due 1 st practice
Varsity team	_____	x	_____	= _____	(less) _____ (less) _____	_____	_____
Junior Varsity	_____	x	_____	= _____	(less) _____ (less) _____	_____	_____
Junior High team	_____	x	_____	= _____	(less) _____ (less) _____	_____	_____
Elementary team	_____	x	_____	= _____	(less) _____ (less) _____	_____	_____

Checks should be made out to: **MCAC**

Checks should be mailed to:

Dana DoBrodt
58896 Elm Road
Mishawaka, IN 46544

Funding - opportunities to raise funds

Sponsorships

Parents/players can ask businesses and individuals to support MCAC as a Sponsor. Sponsorships must be received prior to the first team practice and funds can be applied toward your Participation Fee. Sponsors are recognized on the MCAC website based upon the Sponsorship level. Details about Sponsorships (support levels, etc.) are available on the Sponsorship Cover Letter and Sponsorship Form in the Appendix and on the MCAC website.

- Sponsorships:
 - Dates: Fall (volleyball x-country) – April – August
 - Dates: Winter (Basketball) – April - October

Fundraisers *(different than Sponsorships)*

Fundraisers are used to raise money for the MCAC general account to pay for unexpected MCAC expenses during the year (ex: uniform replacement, increase in referee fees, gym rental fees, etc.). As such, each athlete/parent is required to participate. Each team will have one fundraiser during their season.

- Yearly fundraisers
 - Dates: Varies by sport, typically sometime in August – January.

Student Athletes

Christ-like Champions

Being a Christ-like champion means we need to honor Christ in how we conduct ourselves on and off the court. This is a tough thing to do because the world does just the opposite. We must remember that we are not of this world (John 15: 18 – 19). Our focus should be on Jesus who will change our attitudes and goals (Isaiah 55: 8- 9).

Our desire is that our athletes, coaches and parents will be Ambassadors for Christ and will be filled with the Spirit, which will be evident by our fruit. We want to love our opponents even though we are trying to gain victory in an athletic event.

Remember, the game is a passing event, but the way we treat others may have an eternal impact. We must have self-control in the midst of a tough game and the occasional bad call. We thank the Lord for the gifts and abilities he has given us. Let's use them to be Christ-like Champions.

Notes to Athletes

- Keep the Lord Jesus first in your life.
- Recognize that you represent God, family and teammates at every event you attend as a member of MCAC.
 - When attending MCAC events (including practice), modest attire is required, nothing to draw undue attention to yourself.
 - Wear MCAC apparel as often as possible.
- Respect the authority of parents, teammates, MCAC personnel (coaches, board members, athletic director) and game officials.
- Participate in an MCAC community service project. It's important to give back and help when needed.
- Please refrain from public displays of affection that may draw undue attention or be a distraction for others.
- MCAC strives to be fair to all athletes. If you have a concern, set an appointment and talk to the coach. The coach will listen and help in any way he or she can.
- Discipline of players is at the coach's discretion. Explanations on discipline will be given when administered.
- Do not worry about being corrected, or a loud voice. Coaches are trying to help you improve.
- Work on your skills and conditioning outside of your practice/training time with the team.
- Make healthy eating choices while in season, it will aid your conditioning, endurance and attitude.
- Your team is counting on you. Injuring yourself skateboarding, inline skating, etc. costs not only your playing time, but costs your teammates as well. Do not take needless risks!
- If you make a mistake, don't dwell on it. Learn from it and go on playing hard.

Attendance and Commitment

Commitment to a team is an important character quality. Because practices are more productive, beneficial and fun when all team members are present, and because Godly character is exhibited through discipline and commitment, all athletes are expected to attend practices, games as well as meetings/activities called by the coach. Athletes show consistency and faithfulness to their teams by being on time properly dressed out for all practices and games.

Players must show respect to the coach and team by personally contacting the coach if they will be late or miss a practice. There may be immediate consequences, and game playing time may be affected at the coach's discretion.

Absences and tardiness disrupt practice and games and discourage a team. Because unexcused absences show a lack of commitment, faithfulness, and discipline and because athletes and parents will know the schedule in advance, unexcused absences from practices and games should be avoided. Excused tardiness and absences include, but may not be limited to: death in the family, personal illness, medical appointments, academic tutoring with teacher involvement and other home school related commitments.

Athletes need to stay for the duration of every practice and game. Teams are not dismissed until the coach dismisses them. Coaches will make every effort dismiss the team on time. Athletes must be picked up no later than 10 minutes after dismissal. If a parent cannot pick up a player, please have a back-up plan so that the coaches do not have to stay late.

Expectations for Conduct

We never forget that we are representing God, and we maintain our testimony during competition. A bad attitude will put you on the bench, or off the team.

At Practice

- Arrive 10 – 15 minutes early, be prepared (physically/mentally) to start practice on time (shoes on ready to go).
- All practices are classes/training sessions and are to be considered as such by all athletes.
- Appropriate practice attire must be worn to all practices (modest shorts and modest t-shirts).
- Tremendous effort is required of all athletes. When the whistle blows at the beginning of practice, you are expected to sprint to the designated meeting area. Your enthusiasm will affect your playing time.
- When the coach is speaking, all eyes must be on the coach. When an athlete is asked to speak, all eyes, including those of the coach, must be on the athlete.
- No athlete may offer an excuse or criticism. You may ask questions pertaining to the topic being addressed. You may not respond with criticism. Any concerns will be discussed with you following practice.
- There is no cursing by anyone at any time. This includes slang that might be interpreted by others as cursing.
- Only comments of encouragement will be allowed between athletes.
- No displays of negative attitudes are permitted, including the questioning of conditioning drills.
- *Facilities are to be left clean and picked all the time and should be checked by everyone after each practice.*

At Competitions

- We play to win, but not at all costs.
- We play physical sports, but we do not intentionally try to hurt someone, or seek to get even with opposing athletes.
- We always treat coaches, opposing athletes and officials with respect. Only the coach or captain can approach a game official.
- During team huddles all eyes are to be on the coach, not looking around. During a time-out the time is very short so your attention should be focused on the instruction being given.
- We always congratulate the other team. Be kind and gracious.
- We do not talk or gesture to spectators during warm-ups or game, including parents.
- We always stay focused on the competition at hand. This means no electronics (iPods, cell phones, etc.) are to be used within 30 minutes before all games.
 - We are always dressed and ready to go 30 minutes before all games.
 - This may mean arriving 45 minutes before the game so you can be ready to go.
 - All electronics (cell phones, iPods, etc.) must be put away at this time.
- Players not in attendance five minutes before game start (without prior notice) may not be added to game roster and therefore will be ineligible for play.
- No set amount of playing time is guaranteed.

Disciplinary Action

An athlete's response to a corrected offense is more important than the offense itself. The athlete's response defines and reveals character in a more obvious way. We as Christian are not permitted to respond in a disrespectful way. It is therefore necessary for us to be accountable so that we might mature in our responses and in the character and humility of Christ. Therefore, if an athlete continues to display unwillingness to change, blatant disrespect for authority, or an attitude/action that is contrary to the Christian philosophy, the athlete will be removed from the team at that time.

If an athlete is in violation of the code of conduct:

- The first course of action will be taken by the coach who will make the athlete aware of the violation so the athlete can correct their behavior.
- On the second occurrence of a violation of the code of conduct, the coach and athletic director will meet with the athlete to address the issue and determine any disciplinary action to be taken.
- On a third violation, the coach, athletic director and board will determine the disciplinary action.

At any of these steps discipline may include suspension from part or all of an athletic competition or suspension from the team.

- Automatic suspension from games or the team may be assessed for the following:
 - Any athlete ejected from a game due to inappropriate conduct will be suspended from the next game and may be required to attend a coaches/parent/and or board meeting.
 - Being overly aggressive toward teammates or opponents.
 - Using inappropriate language, including slang that sounds like cursing, at practices and/or games or any other MCAC event.
 - Inappropriate behavior or unsportsmanlike conduct (i.e. technical fouls, cheating, retaliatory conduct on the court, etc.).
 - Missing practices or leaving practices early without proper notification (note or call from parent or player) to the head coach.
 - A consistently bad attitude by the team, player and/or parent toward other teams, players or the coaches will result in warnings, suspensions and/or expulsions from the team.

Deposits and fees are not refundable cannot be returned if a player is suspended for violation of team rules.

Athletic Evaluation

There is always a certain amount of subjectivity involved in evaluating athletes. Coaches try to look objectively at a number of factors. Playing time is determined by the style of play and the coach's judgment. Remember, attendance is mandatory for all scheduled practices. We don't have a large program and it is very difficult to prepare for games if everyone isn't at practice consistently. Players are not guaranteed a specific amount of playing time.

What coaches will look for:

- 100% effort, focus and intensity in practice and games.
- Being a student of the game, with a desire to learn as much as possible from others.
- Ability to perform; work hard at conditioning.
- Teachable spirit; active listeners; willingness to make changes to improve themselves.
- Unselfishness: The players who want to help the team.
- Team unity: Kindness and support for other players, ability to work with others.
- Humility: Encouraging and lifting up other players.
- Avoiding gossip: Not spreading rumors or attempting to hurt other members of the team or program.
- Leadership, on and off the court, including local church involvement and academics.
- Willingness to work on their own outside of practice.
- Following our team philosophy; no matter how spectacular your play may be, if you do not do as the coach says or play as a member of the team, you will sit on the bench.

Team Leadership and Support

Captains and co-captains

- May be chosen by the coaches for junior high and high school teams.
- This is not a "name only" position. The athlete(s) chosen by the coach must demonstrate an exemplary attitude at practice and games, on and off the court.
- Co/Captains show leadership on and off the court; show a commitment to spiritual growth; they lead by example.
- Co/Captains should help direct practices. In the event the coach is absent at the beginning of practice, they assure practice starts promptly.
- Co/Captains show no partiality to other teammates.
- Co/Captains encourage all teammates at all times and encourage others to do the same. They should be encouragers, not discouragers.

Team managers

- May be chosen at the coach's discretion.
- Duties will be assigned by the coaches.

Team Uniforms

As a member of an MCAC team you are assigned and entrusted with the care of your uniforms. Please read carefully, it is very important that great care be given the components of your uniform sets.

- Athletes are responsible for the wear and care of their uniform.
- These uniforms reflect our team and organization so please take excellent care of them.
- Uniforms are for games only and are not to be worn elsewhere, including practices.
- Uniforms are to be worn as designed (jerseys tucked in and shorts worn appropriately).
- Wildcat uniform colors are red, white and black.
 - Uniforms supplied to players do not include shoes or socks.
 - Socks must be one of the team colors or combination of team colors (with the exception of socks worn in recognition of National Down Syndrome Day).
- Uniforms are to be turned in to the athletic director at the end of the season (except for volleyball).
- Players and their parents will be responsible for uniforms and must pay for either repair or replacement for any/all of their uniform that is lost or damaged beyond what would be considered typical wear. *The replacement cost of a uniform could be more than \$150.*

Notes for Parents

Parents and other spectators at the games are vital representatives of MCAC and witnesses for the Lord Jesus. MCAC considers good sportsmanship to be an important value to instill in our players. Please be a good parent; enjoy your part of the game and remember this is a learning experience for everyone.

Keep in mind that everyone is putting forth personal effort to make the contest a positive experience. Coaches will err, players will make mistakes and referees will sometimes see things differently than the fans. Study the game with your player and know the rules. Review team plays with your child to better understand what is expected of them in a game. Parents should at all times, through word and example, promote Christian ideas and good sportsmanship both on and off the field of competition.

Mandatory Parent Meetings

In order to communicate the beliefs and needs of the various athletic programs, there are mandatory parent meetings for each program before each athletic season in that particular sport. Parents and student/athletes are required to attend these informational meetings to learn about the philosophy of the program and expectations for players, parents and coaches. The meeting will include a review of this Handbook and discussion of other topics as needed (ex: head coach's philosophy; program needs; care of injuries, etc.).

If parent/athletes are not able to attend a mandatory meeting, it is their responsibility to obtain information from the meeting by contacting the athletic director regarding an alternate meeting date prior to the first practice for the athlete's sport.

Volunteering and Service

- **Volunteering:** Parents are required to volunteer their time to help the MCAC organization. Please see the areas of volunteer service on the Parent Participation form. You may also pay \$150 for the option not to volunteer.
 - MCAC is a parent-run organization and is dependent upon the support and active participation of ALL its members throughout the season.
 - None of the directors, coaches or board members receives compensation for their efforts. Each is here because they truly want to provide the best possible opportunities for the student athletes.
 - Likewise, each parent is expected to volunteer in some manner in order to sustain the organization.
- **Service to Others**
 - Helping with set-up and clean-up before/after games is very helpful! If you need something that needs to be done, take the initiative and do it!
 - Be prepared to participate in an MCAC community service project. It is important to give back to others and help when it is needed.
- **Supervising your children**
 - Parents are expected to supervise their child(ren) closely at competitions and other MCAC events.
 - All athletes and other children must remain inside the facility, except to go to the concession area or bathroom. Facilities typically have tight restrictions on areas of the building we may access.
 - Parents will be responsible for any damage their child(ren) may cause at a facility.
 - Do not leave your child(ren) (those not participating on a team) unattended at practices or games. This can be very distracting for players and coaches.

Regarding Your Athletic Director and Coaches

- The board, athletic director and coaches have volunteered to instruct your child and donate many (many) hours of their time. Be a blessing to them and remember they are also home school parents.
- Coaches see a much different game than spectators. Game decisions, offensive and defensive strategies, and playing time are not open to discussion on game day. Coaches will make decisions based on their best judgment at the moment taking into account a lot of factors.
- Parents and fans are expected to leave the coaching to the coaches. Players become confused and frustrated when instructions are shouted from many directions. The coaches have a purpose behind their methods, correction, instruction and direction should be done through them.
- If you have issues to discuss with the coach(es) and/or athletic director, please set an appointment with them, but never on game day, during a practice or event which are typically very hectic times.
- Please remember there are loud coaches and quiet coaches. Each coach has a different style and approach.
- Each coach has signed a code of conduct which they must adhere to; issues **will** be addressed by the athletic director and/or board of directors.
- Parents who interfere between coaches and players may be asked to withdraw their child(ren) from the program.
- You should always attempt to get to know the coach to better understand his/her philosophy, attitudes, ethics, etc.
- Our goal is to help these athletes become men and women of outstanding Christian character using sport as a teaching tool. If discipline is necessary, it will be reasonable. The coaches are held accountable and are expected to meet high standards. Parents and athletes should do the same.

Games and Practices

- Be positive; the athletes are already under enough pressure. Remember, we all represent the MCAC organization, but more importantly, we represent the Lord Jesus. Get into the athletic spirit, be focused, yell loud and have fun, but think about what you are doing.
- Cheer in a positive manner. Negative remarks and criticism do nothing to improve team play or the individual athletes' performance. Excessive, inappropriate comments will not be tolerated. Consider how your body language appears to others also.
- Parents are responsible for their student at all times. In the event a parent is not able to attend an event, the parent must ensure that someone else will be responsible for the well-being and conduct of the student during that time.
 - Any harm to others or property, physical or financial, inflicted by a player will be the sole responsibility of that player and his/her parents.
- Parents are encouraged to attend all games and tournaments. If a parent cannot attend an out-of-town tournament, they should make plans for their athlete to have a sponsor and transportation.

Transportation

- Parents are responsible for securing transportation to all games and practices for their own children. Do not assume the coach will provide transportation for you.
- Please offer to help with expenses when traveling with someone else. \$5/hour of travel is a suggested amount.
- Upon returning from a competition, make sure your child helps clean the vehicle.
- Travel arrangements must meet the approval of the driver of the vehicle before anyone may leave.

Your Student Athlete

- Try your best to be completely honest about your child's athletic ability, his/her competitive attitude, his/her sportsmanship, and his/her actual skill level.
- Be helpful, but don't coach on the way to practice or game, unless your child is ready to talk about it. Teach your student to enjoy the thrill of competition. Don't say, "Winning doesn't matter," because it does at some level emotionally.
- Please try not to relive your athletic life through your child in a way that creates pressure. Don't pressure your child because of your pride.
- Don't compare skill, courage, or attitudes of your child with that of other members of the team.
- Make a point of understanding courage, and the fact that it is relative. Courage is not the absence of fear, but rather it is doing something in spite of fear.
- Make sure your child knows that win or lose, you love them, appreciate their efforts, and are not disappointed in them.

Conflict Resolution

Matthew 18 gives us clear instructions for dealing with conflict. Our coaches, who are all volunteers, are vitally interested in your child's character and athletic development. They are open to any communication that will assist them in this endeavor.

- As instructed in Matthew 18, we request that all complaints be discussed with the other player, coach(es), and the athletic director first, in that order, in a spirit of reconciliation and love to work out any differences.
 - This should take place before a parent confronts the coach.
- If you are unable to reach a satisfactory resolution, then send your complaint, in writing, signed and dated, to the board of directors. The board will then address the issue at their next meeting and provide a final determination within ten (10) days.
- All board decisions are final.

Coaching

Anyone interested in volunteering as a coach must:

- Submit a coaching application to the Board of Directors or athletic director.
- Submit to an independent background check. All results will **be kept confidential**.
- Commit to serving MCAC for both pre-season activities and through the season.
- Sign and adhere to the Coach's Code of Conduct.
- Be approved by the athletic director and the Board.
- Recommend completing the NAIA Champions of Character training program (online at www.naia.org/champions-of-character/coaches-course)

A copy of the Coach's Code of Conduct can be found in the Appendix of the MCAC Handbook.

Organizational Structure

Board of Directors

The Board of Directors is the governing body of the Mishawaka Christian Athletic Club (MCAC) organization.

- The Board consists of 3 members.
- The Board matters include, but are not limited to,
 - Approve the organization's annual budget and calendar (July 1- June 30).
 - Approve any non-budgeted expenditures.
 - Approve any director's recommendations of coaches and coordinators.
 - Approve any revisions to the MCAC Handbook.
 - Address any legal issues facing the organization and ensure that appropriate relationships with State agencies are maintained by filing required forms.

Anyone who participates in the MCAC can request that the Board address a specific issue affecting the MCAC organization. All such requests must be made in writing to the Board President at least 48 hours before the next scheduled meeting. No anonymously submitted issues will be accepted. Any non-board members are expected to leave the Board meeting after the discussion of their issue(s).

Board Officers

- The Board will elect its own President, Secretary and Treasurer.
- The duties of the President include but are not limited to:
 - To preside at each of the Board meetings.
 - To lead the Board to fulfill its organizational obligations on an annual basis.
 - To be the primary liaison between the Board and the MCAC organization.
 - To select a date and an agenda for each meeting and disseminate this information to each Board member.
 - To call special and emergency Board meetings if necessary.
- The duties of the Secretary include but are not limited to:
 - To take minutes at each meeting and disseminate those minutes to each Board member for approval at the next meeting.

- The duties of the Treasurer include but are not limited to:
 - To reconcile all bank accounts for the organization.
 - To track all General Fund and Designated Fund receipts and expenditures.
 - To provide organizational financial statements as requested by the Board
 - To assist the Board with filing any required forms for state agencies.
 - To provide annual financial statements to MCAC organization participants upon request.

Board Members and Officers (*volunteer positions*)

President: Randy DoBrodt

Treasurer: Dana DoBrodt

Secretary: Randy Beachy

Volunteer Positions

- Athletic Director
- Assistant Athletic Director
- Coaches
- Team parent
- Statisticians and scorers

Athletic Director

- The duties of the athletic director are:
 - To enlist, gain Board approval for, and orient all Coaches and Coordinators via an application process and a third-party background check.
 - To help Coaches and Coordinators (as applicable)
 - Set practice, game and event schedules.
 - Secure practice, game and event facilities.
 - Enlist game officials.
 - Plan program and event budgets.
 - To coordinate the annual calendar with other Directors before seeking board approval.
 - To gain Board approval for their annual program and event budget.
 - To give regular oversight to all Coaches to ensure budgets are met and timelines are followed.
 - To gain Board approval for any non-budgeted expenditures or any non-calendared events arising under their area of responsibility.
 - To give a Director's Report at each board meeting.

Coaches

- The duties of Coaches are to work closely with the Athletic Director and the Board:
 - To set practice and game schedules.
 - To secure practice and game facilities.
 - To secure game officials and scoreboard operators.
 - To secure practice and game equipment.
 - To enlist assistant coaches.
 - To ensure players and parents are in compliance with Code(s) of Conduct.
 - To ensure parent and player accountability for volunteer activities supporting MCAC events.

Appendix

Parents:

- Parent Code of Conduct
- Parent Participation Form

Players:

- Player Application and Commitment Form
- Player Code of Conduct
- Player Medical Release and Authorization
- Player Pre-Participation Medical History
- Player Pre-Participation Physical Examination

Coaches:

- Coach Application
- Coach Code of Conduct

Mishawaka Christian Athletic Club

Parent Code of Conduct

We believe that parents have the God given authority over and responsibility for their children. By enrolling your child in this athletic program, you are delegating authority to MCAC and the team coach during practices, games and all other times that MCAC representatives or coaches are responsible for the athletes.

Parents are expected to participate with all diligence, giving their best efforts at all times (from the time their student athlete makes the team roster to the end of the season, including off season activities) by taking the initiative to:

- Pray for players, coaches and parents.
- Abide by Christ-like principles in conduct as a representative of the Wildcats program.
- Submit the Parent Participation form: Participate in fund-raising projects, serve on committees as needed, volunteer for various tasks to help meet the needs of the organization.
- Attend the required parent meetings and games; and see that their student athlete attends required player meetings, clinics, practices and competitions and ensure they arrive on time.
- Nurture their student's spiritual, physical and emotional development; encourage them to grow spiritually; to be persistent and to work on their skills when not at games or practices,
- Assist the coach by assuring their student athlete adheres to all aspects of the Player Code of Conduct.
- Maintain good communications with coaches and the athletic director regarding practices, games, any issues that may affect their student or others in the program, etc.
- Appeal concerns or problems through the coaches or the athletic director at a private time other than during a game (*see Conflict Resolution section of the MCAC Handbook*).
- Teach your child that an honest effort and playing to the best of their ability is important so that victories can be accepted with humility and losses are accepted graciously; avoid an attitude of "winning at all costs".
- Cheer on their team(s) with great joy and fervor, but refrain from harsh criticism of the team, opponents, coaches, officials and tournament officials, speaking with respect to all adults; refrain from cursing and coarse or foul language.
- Accept the official's decisions at games in the true spirit of sportsmanship. Refrain from showing displeasure toward officials, players, coaches, and the opposing team.
- Accept the outcome of a game in a Christ-like manner.
- Respect facilities and equipment at practices, games, while traveling, or at a host site; and try to leave it in as good or better shape than we found it (taking the initiative to pick up trash, put things back where they belong, etc.).
- Accept responsibility for the proper behavior of their student athlete and their siblings attending any MCAC event.
 - Don't let siblings disrupt games and practices.
 - Ensure siblings are being respectful of facilities and are under adult supervision at all times.
 - If unable to change inappropriate behavior, to then remove their children from the activity.
 - If behavior doesn't improve to then remove their student athlete from participation in the organization so as not to be a detriment to other participants or the organization.
 - If you are unable to accompany your child, you must make specific arrangements with another home schooling parent to be responsible for your child.
- Ensure your student-athlete is in good academic standing.
- Meet financial responsibilities in a timely manner (*no pay-no Play*).

I understand that MCAC is a Christian based organization. I agree to uphold, to the best of my ability, the Parent's Code of Conduct and guidelines set forth in the Handbook. I also understand that my eligibility to participate in MCAC activities can be restricted or withdrawn by my failure to comply with the standards.

Names (*please print*) _____

Father's signature _____ Date _____

Mother's signature _____ Date _____

Mishawaka Christian Athletic Club

Parent Participation

Everyone's help is required for the Wildcats organization to succeed.

We (parents) realize that the Wildcats organization exists to build Godly character in our athletes and improve athletic skills. MCAC is run by parent volunteers, and we must commit ourselves to assisting in this organization.

Many hands make light work!! Where will you serve?

Parent 1 Name _____ Date _____

Parent 2 Name _____ Date _____

Player(s) name(s) _____ Season 20____ - 20____

Please select as many as possible per parent (minimum of one per parent required)! These are season long commitments, not just one game.

Parent 1 Parent 2

Game Team -

- | | | |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | Scorekeeping/Statistics - serve on a rotating team to help your team/coach keep the books/stats (you WILL get training!). |
| <input type="checkbox"/> | <input type="checkbox"/> | Team manager/mom/dad - collect forms, money, orders, organize event/jobs needed. |
| <input type="checkbox"/> | <input type="checkbox"/> | Lodging - help locate/book hotel accommodations for out-of-town tournaments. |

Home Game Team -

- | | | |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | Admission, concession, set-up and clean-up of facility (on a rotating basis). |
| <input type="checkbox"/> | <input type="checkbox"/> | Announcing - announce players and make announcements at home games. |

<input type="checkbox"/>	<input type="checkbox"/>	<i>Fundraising Team</i>
--------------------------	--------------------------	--------------------------------

Serve on a team to organize fundraising opportunities for MCAC.

<input type="checkbox"/>	<input type="checkbox"/>	<i>Banquet Team</i>
--------------------------	--------------------------	----------------------------

Serve on a team to organize our annual end of the year banquet.

Publicity Team -

- | | | |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | Photo/Video Historian Team (circle one) - help document the season, special events. |
|--------------------------|--------------------------|---|

Mishawaka Christian Athletic Club - *Wildcats*

Application and Commitment Form 20____/20____ Season

Please print – A form is required for each player

Name first _____ Last _____ ☐ Male ☐ Female
 Address _____ City/St/Zip _____ Date of birth _____
 Player's email address _____ Age (as of Sept. 1) _____ Grade _____
 Home phone (_____) _____ Cell phone (_____) _____ Email _____
 Sport(s) you are interested in, or are already involved in with MCAC: ☐ Basketball ☐ Volleyball ☐ Cross Country
 Previous experience in this sport (years/seasons) _____ Shirt size: ☐YS ☐YM ☐YL ☐S ☐M ☐L ☐XL
 Father's name _____ Mother's name _____
 Work phone (_____) _____ Work phone (_____) _____
 Cell phone (_____) _____ Cell phone (_____) _____
 Email _____ Email _____

Does your church have a gym available for use? ☐ Yes ☐ No

Church name, phone number and contact person _____

List any siblings currently involved with MCAC _____

We hereby give our consent for the above named student to represent the Mishawaka Christian Athletic Club in athletic activities. I/we have reviewed the Player Code of Conduct, Parent Code of Conduct, Medical Release Form and the MCAC Handbook. Our signatures below indicate that we are in agreement and compliance with the content of each of these items and will support the goals and rules of MCAC.

We realize this program exists to develop Godly character in our children and improving their athletic skills in their sport(s). With this in mind, we commit ourselves (parents and student) to participating in the activities and programs MCAC (see *Parent Participation Form in the MCAC Handbook*) for the full season and understand fees will not be refunded should we leave the program prior to the end of the season. We also give MCAC the right to use the player's picture in all forms of media and in all manners concerning the program for any lawful purposes provided such use is related to the player's participation in the program. Player names will only be used on website pages (roster, stats, awards, records) that are password restricted for MCAC participants only.

Since the information in the MCAC Handbook is subject to change as situations warrant, we understand that changes to the Handbook may supersede, revise, or eliminate one or more of the policies contained therein. We understand that these changes will be communicated to us through the website, notes given to the undersigned athlete or through e-mail. Our signatures mean that we agree to follow the MCAC Handbook and revisions to it. (A copy of the MCAC Handbook is available at the Mishawaka Christian Athletic Club website - www.MCAC-Wildcats.com.)

Father's signature _____ Date _____
 Mother's signature _____ Date _____
 Player's signature _____ Date _____

Participation fee worksheet - (Refer to handbook for payment deadlines per sport.)

Team Level (fee per sport)	Participation Fee	Less optional sponsorships
Varsity (basketball \$470/volleyball \$295/CC \$175)	\$ _____ - \$ _____ = \$ _____	
Jr. Varsity (basketball \$370/volleyball \$245/CC \$175)	\$ _____ - \$ _____ = \$ _____	
Jr. High (basketball \$270/volleyball \$230/CC \$130)	\$ _____ - \$ _____ = \$ _____	
Elementary (basketball \$215/volleyball \$175/CC \$75)	\$ _____ - \$ _____ = \$ _____	
Total Participation fee (Make checks payable to MCAC)		\$ _____

MCAC use only

Birth Certificate (rec'd/date) _____	Deposit paid (rec'd/date) _____
Insurance form and fee (rec'd/date) _____	Ck# _____ Amount _____
Medical release form (rec'd/date) _____	Participation fee paid (rec'd/date) _____
Physical (rec'd/date) _____	Ck# _____ Amount _____
Player Code of Conduct (rec'd/date) _____	
Parent Code of Conduct (rec'd/date) _____	
Parent volunteer form (rec'd/date) _____	

Keep a copy for your records!

Mishawaka Christian Athletic Club

Player Code of Conduct

To enable the Mishawaka Christian Athletic Club to fulfill its mission of a Christian, competitive athletic program, each participant and parent must agree to abide by the following Player Code of Conduct.

On and off the court

- Conduct yourself in a Christ-like manner; consistently strive to improve and strengthen your spiritual, physical and emotional health. Read the Bible on a regular basis; and pray for your teammates, parents and coaches regularly.
- Express a positive team-oriented attitude; learn from your mistakes; don't blame others for your own shortcomings.
- Be punctual and consistent in attendance at all required meetings, practices and games unless excused.
- Honor your teammates by submitting to the greater good of the team at the expense of your own ambitions.
- Honor your teammates; give them encouragement and develop an attitude that places others' needs before your own.
- Honor the Christian commitment of MCAC by your language (verbal, email, texting, etc.), not using unwholesome words; unfitting talk or jokes; avoid gossip or malicious talk about others. Remember your words may hurt someone, even if that wasn't your intent.

On the court

- Always do your best and play for God, then your team - not yourself, this will benefit your team's performance.
- Honor and show respect to those in authority, including coaches and referees, by accepting at all times their decisions without argument, grumbling, or gesturing of any kind.
- Honor the decision of a referee or an official during a game. If you disagree, have your captain or coach approach the referee during a break so the dispute can be dealt with in the appropriate manner.
- Play fairly and follow the rules of your sport during all practices and competitions.
- Play hard but be courteous and respectful to your opponents in the true spirit of sportsmanship at all times. Treat all players as you would like to be treated. Acknowledge all good plays regardless of which team they represent.
- Be humble in winning and gracious in losing; your Christian character is **always** more important than winning.
- Honor our opponents; play your best yet don't engage in taunting, baiting, or ridiculing of any kind; refrain from outbursts of temper (verbal or otherwise); nor let your conduct be detrimental to yourself, teammates or MCAC.
- Attend all practices and games and notify your coach as soon as possible should extenuating circumstances occur. Understand that missing a game or practice without notice is a serious offense and will be grounds for discipline.
- Respect facilities and equipment at home, while traveling, or at a host site and try to leave it in as good or better shape than you found it (**picking up trash, putting things back where they belong, etc.**)

Off the court

- Since we are unable to practice on a daily basis, it is imperative that players be committed to continual individual work to enhance their own skills and conditioning.
- Keep your body in top performance by exercising, eating a proper diet, getting appropriate sleep and not engaging in destructive behaviors such as smoking, drinking, abuse of drugs and other behaviors equally abusive.
- Recognize that any boy/girl relationship, whether yours or that of another, should remain personal and private, and details of this relationship should not be discussed with anyone while at Wildcats related events. This protects not only your privacy, but also that of your teammates who may have different dating values than yours.
- Refrain from personal displays of affection with your boyfriend/girlfriend while in uniform or at any Wildcats event. Although your private relationships are under the control of your parents, keep in mind that how you conduct yourself off the court has a great impact on how others perceive you and your MCAC teammates.
- Wear clothing that is modest and non-detracting while at MCAC -related events; don't wear any item of apparel with logos or words relating to alcohol, drugs, sexual references or violence.
- Maintain the required academic standards set by your parents.
- Meet financial and membership responsibilities in a timely manner (*No pay-No play*).

I have read and prayerfully considered the Player Code of Conduct and guidelines set forth in the Handbook with my parents and I agree to abide by both in order to honor God, myself, my parents, my teammates and MCAC. I understand that any violation of the Player Code of Conduct or the Handbook will be handled on a case-by-case basis and may result in disciplinary action up to and including dismissal from the program.

Player name (please print) _____

Father's signature _____ Date _____

Mother's signature _____ Date _____

Player's signature _____ Date _____

MCAC Medical Release and Authorization

Please submit one player per form

Player's name _____ DOB ____/____/____ ☐ M ☐ F

Parent's name(s) _____

Address _____
street city state zip

Home phone (____) _____ Cell phone (____) _____ E-mail _____

Work phone (____) _____ Other phone (____) _____

Medications taken and known allergies: _____

Any other pertinent medical history: _____

Doctor Name _____ Phone (____) _____

Address _____
street city state zip

Insurance Information Provider _____ Policy # _____

Emergency contact (other than parent) _____ Home phone (____) _____

Relationship to player _____ Cell phone: (____) _____

In consideration of our student's participation in the current Mishawaka Christian Athletic Club (MCAC) season:

We, the parents of the above named child, do hereby release, absolve and hold harmless the directors, coaches and leaders of MCAC, Inc. from any and all responsibility and liability for all losses, damages or injuries occurring as a result of our child's participation in the activities of MCAC, Inc., including any from their own negligence, for any injury or claim resulting from such athletic participation, and including travel to and from tournaments/games within the area or to other cities as required, and agrees to take no legal action against MCAC or the schools/programs involved because of any accident or mishap involving the student's athletic participation. We further agree that any claim or dispute arising from or related to this agreement shall be settled by mediation and, if necessary, legally binding arbitration in accordance with the *Rules of Procedure for Christian Conciliation* of the Institute for Christian Conciliation (www.Peacemakerministries.org). These methods shall be the sole remedy for any controversy or claim arising out of the agreement and expressly waive their right to file a lawsuit in any civil court against one another for such disputes, except to enforce an arbitration decision.

We understand that reasonable precautions will be taken to make the program safe and beneficial for all children, but that risk of injury cannot be eliminated entirely, and that this release is necessary for our child to participate in the MCAC program. We also understand that athletic competition is strenuous by nature and acknowledge MCAC's strong recommendation that our student obtain a complete physical examination before participating. We also know of and acknowledge that the student knows of the risks involved in athletic participation, understands that serious injury, and even death, is possible in such participation and chooses to accept any and all responsibility for the student's safety and welfare while participating in athletics. We further agree to make, by assignment of third-party benefits or otherwise, full and complete payment for examination, treatment or hospital care required in the case of a medical emergency.

Furthermore, we hereby authorize, in the event our child suffers injury, any director, coach or leader of MCAC to consent to emergency medical treatment for our child when we cannot be contacted to so consent. Such medical treatment may include, without limitation, x-ray examination, anesthetic, medical, surgical examination or treatment and general hospital care. No prior determination of life-threatening emergency or danger of serious or permanent injury. resulting from delay of treatment need be made under this authorization. This authorization is given in advance of any specific diagnosis, treatment, or hospital care being required, and is given to provide authority and power on the part of a director or coach of MCAC to give specific consent to any and all such examination, treatment, or hospital care. We specifically give our consent for basic first aid treatment to be administered as necessary (e.g. bandages, antibiotic ointment, hydrogen peroxide, over-the-counter pain reliever, etc.).

We hereby verify that we understand and accept the terms of this Medical Release and Authorization.

Signature of parent/legal guardian _____ Date _____

MCAC Pre-Participation Medical History

*A medical history completed by a parent is required at least every two years.
A physical examination by a physician is highly recommended but not required.*

Date _____

Name: first _____ last _____ ☐ Male ☐ Female

Address _____ City/St/Zip _____ Date of birth _____

Player's email address _____ Age (as of Sept.1) _____ Grade _____

Home phone (_____) _____ Cell phone (_____) _____

Personal Physician _____ Phone: (_____) _____

Explain "Yes" answers below:

1. Have you ever been hospitalized? ☐ Yes ☐ No
Have you ever had surgery? ☐ Yes ☐ No
Are you presently under a doctor's care?
☐ Yes ☐ No
2. Are you presently taking any medications or pills? ☐ Yes ☐ No
3. Do you have any allergies (medicine, bees or other stinging insects)? ☐ Yes ☐ No.
4. Have you ever passed out during or after exercise? ☐ Yes ☐ No.
Have you ever been dizzy during or after exercise? ☐ Yes ☐ No
Have you ever had chest pain during or after exercise? ☐ Yes ☐ No
Have you ever had high blood pressure? ☐ Yes ☐ No
Have you ever been told that you have a heart murmur? ☐ Yes ☐ No
Have you ever had racing of your heart or skipped heartbeats? ☐ Yes ☐ No
Has anyone in your family died of heart problems or a sudden death before age 50? ☐ Yes ☐ No
Has anyone in your family had Marfan's syndrome? ☐ Yes ☐ No
5. Do you have any skin problems (itching, rashes, acne)? ☐ Yes ☐ No
6. Have you ever had a head injury? ☐ Yes ☐ No
Have you ever been knocked out or unconscious? ☐ Yes ☐ No
Have you ever had a seizure or epilepsy? ☐ Yes ☐ No
Have you ever had a stinger, burner or pinched nerve? ☐ Yes ☐ No
7. Have: you ever had heat cramps, heat illness or muscle cramps? ☐ Yes ☐ No
8. Do you have trouble breathing or do you cough during or after activity? ☐ Yes ☐ No
9. Do you use any special equipment (pads, braces, neck rolls, eye guards, etc.)? ☐ Yes ☐ No
10. Have you had any problems with your eyes or vision? ☐ Yes ☐ No
Do you wear glasses or contacts or protective? Eye wear? ☐ Yes ☐ No
11. Are you missing an eye, kidney or testicle? ☐ Yes ☐ No
12. Have you ever sprained/strained, dislocated, fractured, broken or repeated swelling of any bones or joints? ☐ Yes ☐ No
☐ Head ☐ Shoulder ☐ Thigh ☐ Neck ☐ Elbow ☐ Knee ☐ Foot
☐ Forearm ☐ Shin/Calf ☐ Back ☐ Wrist ☐ Ankle ☐ Hip ☐ Hand
13. Have you had any other medical problems (infectious mononucleosis, diabetes, anemia, etc.)? ☐ Yes ☐ No
14. Have you had a medical problem or injury since your last evaluation? ☐ Yes ☐ No
15. When was your last tetanus shot? _____
16. When was your first menstrual period? _____
When was your last menstrual period? _____
What was the longest time between your periods last year? _____

Explain "Yes" answers _____

I hereby state that, to the best of my knowledge, my answers to the above questions are correct. (Both signatures are required.)

Player signature _____ Date _____

Parent or guardian signature _____ Date _____

MCAC Pre-Participation Physical Examination

*A physical examination is highly recommended but not required.
To be completed by physician or similar form provided by a physician*

Date _____
Name _____ Age _____ Date of Birth _____
Height _____ Weight _____ BP _____ / _____ Pulse _____
Vision: R 20/ _____ L 20/ _____ Corrected Y N Pupils (Circle) Equal/Unequal R > L L > R

	<u>Circle if option given</u>	<u>Specific Findings</u>
Marfan's syndrome stigmata	No Yes	_____
Heart	Normal	_____
Rhythm	Regular Irregular	_____
Murmur (supine)	No Yes	_____
Murmur (standing)	No Yes	_____
Lungs		_____
Skin		_____
Abdominal		_____
Femoral Pulses		_____
Genitalia/Hernia		_____
Musculoskeletal:		_____
Neck		_____
Shoulders		_____
Elbows		_____
Wrists		_____
Hands		_____
Back		_____
Knees		_____
Ankles		_____
Feet		_____
Other		_____

Clearance (circle one):

- A. Cleared
B. Cleared after completing evaluation/rehabilitation for _____
C. Not cleared. due to _____
Recommendation _____

I hereby certify that this athlete was examined by me. At this time, no physical condition was detected which would reasonably be anticipated to render this athlete physically unfit to engage in any sport, **except those circled below:**

Boys Sports: Baseball, Basketball, Cross Country, Football, Golf, Soccer, Swimming, Tennis, Track, Wrestling

Girls Sports: Basketball, Cross Country, Golf, Gymnastics, Soccer, Softball, Swimming, Tennis, Track, Volleyball

Name of physician _____ Date _____
Address _____ Phone (_____) _____
Signature of physician _____

(Based on INSAA forms and recommendations developed by the American Academy of Family Physicians, American Academy of Pediatrics, American Medical Society for Sports Medicine, American Orthopedic Society for Sports Medicine and American Osteopathic Academy of Sports Medicine).

Mishawaka Christian Athletic Club

Coach Application

(Please print)

Name: _____ DOB ____/____/____ ☐ M ☐ F

Address: _____
street city state zip

Home phone: (____) _____ Cell phone: (____) _____

E-mail: _____ Work phone: (____) _____

Please complete the following, attach additional sheets if necessary.

Have you ever been convicted of child molestation or sexual abuse? ☐ Yes ☐ No

What sport(s) would you like to coach? _____

Are you interested in being a head coach or assistant coach? _____

How long have you been part of the MCAC program? _____

Past experience in this sport as a player or as a volunteer _____

Past experience as a coach/coordinator _____

Philosophy on coaching/leadership; handling of players, parents and volunteers. _____

Brief account of personal relationship with Christ _____

Note: Please provide a separate sheet with at least two (2) references (one being your current pastor) that are able to address your character as well as your abilities in the area for which you are applying.

Background check: Please submit a request for a criminal history search at www.in.gov/ai/appfiles/isp-lch/ and submit the report to MCAC.

Board Use:

Recommended by: _____

Phone: (____) _____

Board approved ☐ Yes ☐ No

Date _____

Director's signature _____

Mishawaka Christian Athletic Club

Coach Code of Conduct

We trust that each of our coaches has believed on the Lord Jesus Christ as their own personal Savior and that the Christian walk is evident in their lives. These guidelines are to provide direction and guidance to the coaches during games and practices or when otherwise dealing with the players, parents, and/or officials. Furthermore, it is the intention of MCAC that these rules and guidelines will help provide an environment in which all participants in the games and activities will be enriched by their participation.

The head coach of a youth athletic team is the established leader for that group of young women and men. He or she plays a critical role in teaching important developmental lessons beyond their sport. Their behavior, active and passive, serves as a model for their players, and contributes strongly to the pattern of behaviors adopted by their players as appropriate.

MCAC does not humiliate another team, player, coach, referee or fan. This includes not running up the score in a game. For example: in basketball, once a 20-point lead is gained we'll no longer press, avoid fast break opportunities and remove as many starters as possible, etc., without comment regarding the abilities of the opposing team.

The coaches are:

- To be an example of Christian conduct and good sportsmanship.
- To allow time for prayer in Jesus' name at all practices and games (John 14:13).
- To instill in the players an enjoyment of the game and a respect for hard work and discipline.
- To set a good example to players and spectators by accepting the official's decisions.
- To develop your team's respect for the ability and judgment of referees. Always remember that your actions toward the referees will set the example for your players.
- To encourage all athletes, both starters and substitutes, to do their best.
- To never ridicule athletes for making mistakes or for losing,
- To put the well being of the players ahead of their own competitive zeal (ex: avoid attitude of "winning at all costs").
- To communicate practice times and game times to the athletes.
- To keep parents informed of problems in the areas of disobedience, disrespect, or laziness.
- To work with the parents in monitoring and enforcing the Player Code of Conduct.
- To promote fair play and good sportsmanship among all players, coaches and parents.
- To interact with all players and parents in a respectful yet instructional manner.
- To conduct themselves in a fair and responsible manner when dealing with all players, parents, and coaches.
- To provide instruction and direction to players toward their skill and character development to the best of your ability.
- To remember that one of the primary purposes of the sports competition is the enjoyment of the game.
- To avoid the use of profanity, abuse harassing behavior or otherwise degrading methods with the players, parents, or officials, and to discourage such conduct by anyone on or affiliated with MCAC.
- To provide and /or arrange for the proper supervision of the players during all practices and games.
- To bring all major problems (ex: violation of code of conduct) to the attention of the athletic director and/or the Board for resolution as soon as possible when deemed necessary in the exercise of his/her best judgment.
- To cooperate with the MCAC Board and comply with all requests for information and/or records by or on behalf of the Board, relating to sports activities, players or coaches.
- To work continuously to improve their understanding of the game, and ability to communicate this to their team.
- To communicate, to the player and their parents, the reasons when a player is subject to disciplinary action.
- To use only the uniforms supplied by MCAC during all games and to not alter them in any way, shape or form.
- To always have someone else present when meeting with a player.

Any coach who fails or refuses to adhere to the Coach's Code of Conduct, may be suspended from coaching or otherwise reprimanded based on Board review.

As attested by my signature below, I hereby declare that I have never been arrested or convicted of child molestation or any other form of child abuse. Further, and also as attested by my signature below, I acknowledge and agree to abide by the Coach's Code of Conduct and the guidelines set forth in the Handbook during all times that I am acting as a coach for MCAC.

Name *(please print)* _____

Signature _____

Date _____