



Citadel Christian School

Athletics Handbook 2025-2026

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Introduction

The Citadel Christian School Athletics Handbook is a reference guide for coaches, student-athletes and parents, concerning the policies and procedures that govern interscholastic athletics at CCS.

Interscholastic athletics is a requirement for all rhetoric students (grade 9-12), who have not already completed their physical education credit requirement. Participation past the 2-credit requirement for graduation is highly encouraged in the understanding that student-athletes learn more than the fundamentals of sports and strength but become better equipped for navigating life in a competitive world without sacrificing truth, goodness or beauty.

Participation

The Citadel Christian School Athletics Department is in place to allow all student-athletes to demonstrate glory to God and build a legacy of truth with their speech, relationships, unity, motives and behavior. CCS acknowledges that athletics have not always been a part of classical education but provides an additional arena to grow character and virtue. Additionally, participation in athletics is a privilege that comes with a pledge to represent our school, faculty, and faith well. Each athlete must adhere to the Athletics Handbook, Philosophy of Athletics, and sign the Covenant Page.

Participation in athletics is open to Citadel Christian School students in 4th-12th grade, as well as students who are home-schooled in our community.

Scriptural Foundations

1 Corinthians 9:24-27

Do you not know that in a race all runners run, but only one receives the prize? So run that you may obtain it. Every athlete exercises self-control in all things...So I do not run aimlessly; I do not box as one beating the air. But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified.

Vision Statement

The Athletics Department is an integral part of building a legacy of truth at CCS. Being involved in athletics provides students with opportunities to learn sport specific skills, grow character, hone virtue, improve sportsmanship, and develop leadership skills. Through intentional coaching, athletes will learn fair play, ethical behavior, self-discipline, self-sacrifice, and loyalty.

Mission Statement

The CCS Athletics Department endeavors to develop young men and women, spiritually, mentally, and physically through Christ-centered athletic competition that strives for virtue, victory, and giving glory to God.

Athletic Association

Our school is a member of TAI AO – Texas Association of Independent Athletic Organizations. This organization governs the rules, regulations, and schedules of our Junior High and High School Athletics.

For our developing teams: 4th-8th grade, we participate with Central Texas Athletics.

Program Profile

Mascot – Rocky the Ram

School Colors- Purple, White, Navy, and Light Blue

Eligibility

As an Athletics Department, we understand that athletics serve a vital role in the education process, only when it remains in the proper perspective of the school's overall objectives. Athletic success is meaningless if it is not paired with academic success. The school completes the initial grade check at the completion of three weeks from the start of school and weekly thereafter. Students must maintain a class average of >70% to remain eligible for competition. If an athlete becomes ineligible for competition, they may continue to practice with the team and may resume competition once all grades are in good standing. If any athlete remains on academic probation for two consecutive grading periods, a meeting will occur with the Administration and Athletic Director to determine their eligibility status.

Transportation

It is the responsibility of the athlete and his/her family to arrange transportation to and from all athletic games/competitions. Each athlete must arrive by the time designated by the coach.

Practice and Games

Athletes must participate in all practices and competitions whether or not school is in session since this is a vital part of our school's athletic success. Those who arrive late or leave early disrupt and hinder the whole team's preparation for the upcoming game and/or competition. It is the athlete's responsibility to be at practice on time and to stay until the end of practice. Coaches will do their best to start and end practice on time.

Injuries

Athletes must report all injuries to their coach so that he/she can provide proper aid and complete appropriate documentation. We will treat minor injuries at the school; a family doctor must treat major injuries; athletes must report any treatment or limitations to their coach. Athletes need to inform their coach if they go to the emergency room after a game.

Sports Offered

The Athletic Department at CCS will do its best to provide the following sports each year. CCS encourages all students to participate in athletics by offering a well-rounded program starting in the 4th grade.

Grade	Fall	Winter	Spring
4-6th	Pep Squad Flag Football Volleyball	Pep Squad Basketball	Pep Squad Soccer
7-8th	Pep Squad Volleyball Cross Country	Pep Squad Basketball	Pep Squad Track Soccer
9-12th	Pep Squad Volleyball Cross Country	Pep Squad Basketball	Pep Squad Track Soccer

Playing Time

Regardless of team level, our coaches will consistently work to improve each player's skills, growth of character, and virtue. There must be active participation and positive demonstration by the athlete during practice to be able to perform during games/competition. Parents and athletes alike must never view participation on a team, more specifically playing in games, as a right but as a privilege and honor.

Guidelines and Rules

The following rules are in effect for all sports:

1. No use of drugs, alcohol or tobacco at any time. Proven use constitutes expulsion from the team; expulsion is permanent.
2. Attendance at all games and practices is mandatory. YOU ARE RESPONSIBLE FOR TELLING YOUR COACH IF YOU ARE GOING TO BE ABSENT.
3. Any improper or questionable language will not be permitted. Improper language includes swearing, boasting, trash talk and disrespect to officials, players, and coaches. Lead a Spirit-controlled life and God's Spirit will control your tongue.
4. Maintain school dress code at all times. Coaches may require a game-day dress code.
5. The Rams Coaching staff will establish rules and regulations on a per team basis. That means one team may have a different set of rules than another. You must follow the rules set by your coach.
6. CCS does not condone and will not tolerate disrespectful behavior between athletes or toward coaches. No athlete at any time, by means of practical jokes, initiation rites, horseplay, etc. may humiliate any fellow athlete.

Booster Club

The Booster Club is an organization within the athletic department made up primarily of parents that provide additional help and support in the running of the overall athletic program. The Booster Club meets on a regular basis and is organized by officers who work closely with the Athletic Director to help cover the many needs of the athletic department. Anyone wishing to join and serve on the Boster Club may email the athletics department at athletics@citadelchristian.org

Athletic Communication

The athletic department wants all parents and athletes to be well-informed about the athletic program at CCS. Please take the time to read this handbook thoroughly; it will be beneficial to you and to the coaches. We will be using a variety of ways to communicate to you the dates, changes in schedules, and special events regarding the athletic program. You will find information about CCS athletics in the following: Friday newsletter, RenWeb Calendar, schedules given to your child, emails, Remind App and sportsYou app.

Pre-season Forms for Parents/Athletes

For the safety of our athletes, the following forms must be on file with the CCS office before they are cleared to participate.

1. CCS Athlete Information Form
2. Athletic Physical
3. Signed Parent/Student Covenant Form
4. \$150 fee paid

Covenant Page

We, the parent(s), and student-athlete agree to hold athletics as a privilege and an honor rather than a right. We have read and understand the athletic policies of Citadel Christian School. I/we will support these policies as a student-athlete and as a parent of a student-athlete. We promise to uphold team unity, school loyalty and the standards of Christ Jesus in everything we do, as we are building a Legacy of Truth.

Ultimately, all student-athletes will demonstrate glory to God and build a legacy of truth with their speech, relationships, unity, motives and behavior.

- Speech: Colossians 4:6 "Let your speech always be with grace, seasoned with salt..."
- Relationships: John 15:12 "This is my commandment, that you love one another as I have loved you."
- Unity: Ephesians 4:12-13 "... for building up the body of Christ, until we all attain to the unity of the faith and of the knowledge of the Son of God, to mature manhood, to the measure of the stature of the fullness of Christ."
- Motives: Psalm 96:8 "Ascribe to the Lord the glory due his name; bring an offering and come into his courts!"
- Behavior: I John 2:6 "He who says he abides in Him out himself also to walk just as He walked."

I (athlete) agree to do "everything as to the Lord" and to uphold team unity, school loyalty and the high standards of Jesus Christ.

Printed name: _____

Signature: _____

We/I (parent) agree to encourage my child to do "everything as to the Lord" and to uphold team unity, school loyalty and the high standards of Jesus Christ.

Printed name: _____

Signature: _____