



SAN GABRIEL
CHRISTIAN SCHOOL
SINCE 1949

ATHLETIC
Handbook
2025-2026

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MESSAGE FROM THE ATHLETIC DIRECTOR

Dear Parents and Students,

San Gabriel Christian School's athletic program has an important role in fulfilling our mission statement: offering the highest quality education in an environment that encourages the development of committed followers of Jesus Christ.

In addition to physical development, SGCS's athletic program seeks to develop students spiritually and provides opportunities for students to acquire qualities such as self-discipline, responsibility, leadership, cooperation, teamwork, perseverance, desire to play fair, and sportsmanship that are important for success in life. I am very thankful to serve at a school where athletes are committed to their teams, act with integrity, and compete with sportsmanship.

Through participation on our athletic teams, students learn lessons in sports, teamwork, goal setting, competition, overcoming adversity, and winning and losing that are valuable for the rest of their lives. Participation is a privilege, not a right. To earn that privilege, students must abide by the rules and they must conduct themselves, on and off the field, as positive role models who exemplify Biblical values and Christ-like character.

The lessons I learned as a collegiate and high school coach, the relationships I had with teammates, and the self discipline and desire to work hard toward a goal have stayed with me. I look forward to seeing your child learn the same lessons for God's glory (1 Corinthians 10:31).

SGCS competes with other Christian schools in the San Gabriel Valley Christian Sports League. I am thankful that the other schools share the same values and commitment to competing and glorifying God in the context of athletic competition.

I am looking forward to a great year and to seeing your child on the field or in the gym!

Sincerely in Christ,

Mr. Garrett Ohara

GOALS

The goal of San Gabriel Christian School's athletic program is to see students, with the help of the Holy Spirit, exhibit the following character traits as they strive to represent Jesus Christ (2 Corinthians 5:20).

1. **Be Committed to Jesus First**, then your sport (Psalm 37:5). Commitment fosters faithfulness and endurance.
2. **Be Intense** (Colossians 3:17, 23). Giving full effort physically, spiritually, and mentally.
3. **Be Self-Controlled and Disciplined** (1 Corinthians 9:25). Being on time, speaking with grace and demonstrating self-control.
4. **Be Courteous and Respectful** to Christ, parents, teachers, coaches, teammates, opponents, referees, and spectators (Matthew 7:12).
5. **Sacrifice for God and Others** (Romans 12:1-2; Philippians 2:3). Considering the needs of others.
6. **Uphold the Highest Integrity** (Proverbs 10:9; 2 Timothy 2:5). Upholding the principles and rules of honest and fair play.
7. **Be Obedient to Authority** (Romans 13:1-2). Listening to and respecting those in authority.
8. **Promote Team Play and Unity** (Philippians 2:2). Focusing on what is best for the team.
9. **Strive for Excellence** (Philippians 3:14). Persevering with the "big picture" in mind.
10. **Strive to Grow as a Leader** (Galatians 5:13; Romans 12:1,2; Matthew 5:38-42). Developing servant leadership skills and a heart for others.

SGCS ATHLETIC CODE

Participation on an athletic team at SGCS means more than competition between individuals or teams representing different schools. Athletics teaches fair play and sportsmanship as well as understanding and appreciation of teamwork. Athletics teaches our students to not quit but work hard and persevere. Participation on an athletic team is a privilege that is extended to every student who is eligible under guidelines set up by SGCS.

The conduct of a SGCS athlete is closely observed by many people. A SGCS athlete is a representative of the Lord Jesus Christ, their family, their team, their school, and their community. It is important, therefore, that a SGCS athlete be at all times and in all places a high character child of God.

Any situation not specifically covered in this code will be addressed by the Athletic Director and/or the administration.

ELIGIBILITY FOR ATHLETIC TEAMS

All 5th, 6th, 7th, and 8th grade students are initially eligible to be on a team.

Eligibility Requirements

- Maintain a GPA of at least 2.0
- No D's or F's throughout the season in the five academic subjects
- No "Unsatisfactory" or "Needs Improvement" grade in Citizenship

A student who becomes ineligible will be placed on probation. While on probation a student remains on the team and will have their grades checked at the mid-quarter. Removal from probation occurs when the student's grades improve to meet the standard. If the student's grade or citizenship do not improve by the mid-quarter they will be removed from the team.

Unsatisfactory conduct or citizenship will also disqualify a student from participation.

GAME AND PRACTICE ATTENDANCE

Attendance at all games and practices is mandatory unless the coach gives permission or the coach receives notice from a parent. Notice from a parent does not guarantee that the absence will be excused.

A student must be present for half of the school day in order to participate in that day's game. Extenuating circumstances that result in an excused absence on the day of the game will be considered by school administrators.

Injured players may be expected to attend practices and games. The coach should be consulted regarding participation of injured players.

PARENTAL RESPONSIBILITIES

Parents of San Gabriel Christian School athletes are encouraged to cheer for their school's teams in supportive and positive ways and to refrain from negative cheers or comments directed at opposing teams, players, referees, and officials. Parents are encouraged to interact helpfully and positively with parents and athletes representing other schools.

Parents who have any questions related to their student's participation, team role, or anything else are expected to first contact the coach directly, then the athletic director if necessary.

Students must be picked after practice or they will be enrolled in daycare and charged the appropriate fee. There is a 15 minute grace period. Please see the daycare policy in the Parent Handbook.

INJURIES AND PHYSICAL EXAMS

It is strongly suggested that all athletes get a physical before the tryouts for their team. All injuries need to be reported to the coach, athletic director or the office.

COACHES

SGCS's coaches are hired based on their commitment to the Lord Jesus Christ and demonstrated Christ-like character, in addition to their sports and coaching knowledge and experience. Cursing, other inappropriate language or behavior, disrespect for officials, demeaning or demoralizing words directed at athletes, or any words or actions not consistent with Biblical principles are unacceptable for SGCS coaches.

UNIFORM AND EQUIPMENT

Practice attire will be standard P.E. clothing or clothing appropriate for the sport.

Uniforms are issued by SGCS for use only in games. Parents and students are responsible for washing and caring for the uniforms and returning them at the end of the season in good condition.

Each student will also be responsible for school-owned equipment that is issued and must return it in good condition at the end of the season.

The replacement cost of missing uniforms or equipment will be charged to parents after the season.

FEES/COSTS

All students participating on SGCS's teams must pay a sports fee of \$150 per season. The fee helps pay for referees, league dues, insurance, coaching salaries, and some equipment.

Some sports require the purchase of specialized items such as shoes with cleats, gloves, etc. Parents are responsible for those purchases but should consult with the coach for low-cost options if desired.

At the end of the season, it is common for parents to each contribute toward a gift or gift card given to the coach or coaches as a gesture of appreciation. This is optional.

MATTHEW 18 PRINCIPLE

When a conflict occurs, a student, parent, or coach should first address the person with whom the conflict has occurred in a private way (Matthew 18:15). If there is not a positive response, a person of higher authority such as a coach or athletic director will meet with the two individuals who are in conflict (Matthew 18:16).

If the conflict involves a student and his or her coach, the coach should first be spoken to before or after practice. If the student does not feel comfortable meeting alone with the coach, a parent may accompany the student to the meeting, but the student must be present. If the student does not feel the issue has been resolved after meeting with the coach, a meeting between the student, coach, and athletic director should be arranged. If there continues to be no resolution, a meeting that includes the principal or assistant principal and the parents will be set up.

If a team member is concerned about their role or how much they are playing, he or she should speak directly to the coach. It is not appropriate for parents to discuss the role and/or amount of playing time directly with coaches unless their child has first discussed it with their coach.

GENERAL RULES AND GUIDELINES

The use of illegal drugs, alcohol, or tobacco is strictly prohibited for all SGCS students and will result in removal from the team and further disciplinary action.

Cursing, other inappropriate language or behavior, disrespect for officials, demeaning or demoralizing words directed at anyone, or any words or actions not consistent with Biblical principles are unacceptable for SGCS team members.

Other rules of acceptable conduct for athletes may be set by the coach. The coach has the right to dismiss a team member who is negatively influencing the team or not following the rules and guidelines.

If a team member will miss a class due to a game, s/he is responsible for obtaining homework assignments and turning in assignments that might be due prior to leaving for the game. Extra days for turning in homework are not to be given by teachers. Exceptions can be granted with an administrator's approval.

TRANSPORTATION

SGCS's teams use private vehicles driven by parent volunteers for transportation to games. While traveling, all students must sit in the vehicle assigned by their coach.

Students returning home with a parent or other driver after the game need to inform their coach and the person who drove them to the game.

GUIDELINES FOR PARENT DRIVERS

1. Before field trip date: Be sure that a copy of your updated car insurance information and a copy of your driver license are on file in the school office.
2. Make sure that every student is in a proper restraint or safety belt while in your vehicle

- a. Children under the age of 8, and shorter than 4' 9" must be secured in a car seat or booster seat in the back seat.
 - b. Children under the age of 8 but 4' 9" or taller may be secured by a safety belt in the back seat.
 - c. All children shall be properly secured in an appropriate child passenger restraint system or safety belt at all times.
3. Drive directly to and from our destination and not stop for treats for your car.
4. Students are not allowed to watch videos or DVD's in the car.
5. Please be mindful of what you're listening to on the radio and be sure that it's appropriate for all ages.
6. Students may not use electronic devices, iPads, or phones except to contact parents for coordinating pick up.

CONCUSSION AWARENESS

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly. In other words, even a "ding" or a bump on the head can be serious. You can't see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:

- | | |
|------------------------------------|---------------------------------------|
| • Headaches | • Amnesia |
| • "Pressure in head" | • "Don't feel right" |
| • Nausea or vomiting | • Fatigue or low energy |
| • Neck pain | • Sadness |
| • Balance problems or dizziness | • Nervousness or anxiety |
| • Blurred, double, or fuzzy vision | • Irritability |
| • Sensitivity to light or noise | • More emotional |
| • Feeling sluggish or slowed down | • Confusion |
| • Feeling foggy or groggy | • Concentration or memory problems |
| • Drowsiness | • Repeating the same question/comment |
| • Change in sleep patterns | |

Signs observed by teammates, parents and coaches include:

- | | |
|-----------------------------|---|
| • Appears dazed | • Forgets plays |
| • Vacant facial expression | • Is unsure of game, score, or opponent |
| • Confused about assignment | |

- Moves clumsily or displays incoordination
- Answers questions slowly
- Slurred speech
- Shows behavior or personality changes
- Can't recall events prior to hit
- Can't recall events after hit
- Seizures or convulsions
- Any change in typical behavior or personality
- Loses consciousness

What can happen if my child keeps on playing with a concussion or returns too soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athlete's safety.

If you think your child has suffered a concussion

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The new CIF Bylaw 313 now requires implementation of long and well-established return to play concussion guidelines that have been recommended for several years:

"A student-athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time and for the remainder of the day."

and

"A student-athlete who has been removed may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider".

You should also inform your child's coach if you think that your child may have a concussion. Remember it's better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

For current and up-to-date information on concussions you can go to:
<http://www.cdc.gov/ConcussionInYouthSports/>

ATHLETIC HANDBOOK SIGNATURE PAGE

Please sign and return to Mr. Ohara. Your signature is an acknowledgment that you have read this handbook and concussion awareness information, and understand the guidelines and expectations for participation on San Gabriel Christian School athletic teams.

CONCUSSION AWARENESS ACKNOWLEDGEMENT

Student: _____
Print Name Signature Date

Mother: _____
Print Name Signature Date

Father: _____
Print Name Signature Date

HANDBOOK ACKNOWLEDGEMENT

Student: _____
Print Name Signature Date

Mother: _____
Print Name Signature Date

Father: _____
Print Name Signature Date

Parent/Guardian and Pupil Sudden Cardiac Arrest Warning Signs and Symptoms Information and Acknowledgment Form

On July 1, 2017, Assembly Bill 1639, known as the Eric Paredes Sudden Cardiac Arrest (SCA) Prevention Act went into effect. This requires the pupil and their parent or guardian to read, sign, and return an SCA form of acknowledgment before the pupil participates in any athletic activity. Districts may use this form, a form located on the California Interscholastic Association (CIF) website, or design their own form. An SCA acknowledgment form must be signed and returned to the school site each school year.

On August 30, 2019, Assembly Bill 379 also added sudden cardiac arrest prevention requirements to the Health and Safety Code for youth sports organizations. The amended Health and Safety Code, Division 106, Article 2.5: now includes, Youth Sports Concussion and Sudden Cardiac Arrest Prevention Protocols [124235-124236].

What Is SCA?

SCA occurs suddenly and often without warning. It is triggered by an electrical malfunction in the heart that causes an irregular heartbeat. With the heart's pumping action disrupted, the heart cannot pump blood to the brain, lungs, and other organs. Seconds later, a person loses consciousness and has no pulse. Death occurs within minutes if the victim does not receive treatment.

Who Is at Risk for SCA?

Thousands of sudden cardiac arrests occur among youth each year, as it contributes to the #2 medical cause of death of youth under the age of 25 and is the #1 cause of death of student athletes during exercise. While a heart condition may have no warning signs, studies show that many young people do have warning signs or symptoms but neglect to tell an adult. This may be because they are embarrassed, they do not want to jeopardize their playing time, they mistakenly think that they are out of shape and need to train harder, or they simply ignore the symptoms, hoping the signs will go away.

Possible Warning Signs and Risk Factors

- Fainting or seizure, especially during or right after exercise
- Fainting repeatedly or with excitement or startle
- Excessive shortness of breath during exercise
- Racing or fluttering heart palpitations or irregular heartbeat
- Repeated dizziness or lightheadedness
- Chest pain or discomfort with exercise
- Excessive, unexpected fatigue during or after exercise

Removal from Activity

A pupil who faints during or following participation in an athletic activity must be removed from play and may not return to play until they are evaluated and cleared by a physician and surgeon, nurse practitioner or physician's assistant. I have reviewed and understand the symptoms, warning signs, and risk factors associated with SCA.

Print Student/Athlete Name

Signature Student/Athlete

Date

Print Parent/Guardian Name

Signature Parent/Guardian

Date

The CDE used information from the following sources: American Heart Association, Parent Heart Watch (<https://parentheartwatch.org/>), *Eric Paredes Save a Life Foundation: Keep Their Heart in the Game* (<https://epsavealife.org/>), and Sudden Cardiac Arrest Foundation (<http://www.sca-aware.org/>).