

**THE WOODLANDS METHODIST SCHOOL**

**Department of Athletics  
HANDBOOK**



**Eagle Student Athletes and Parents,**

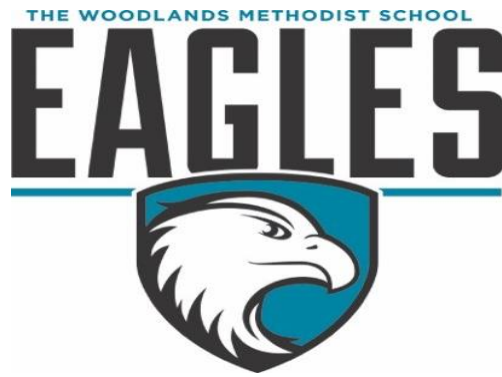
Welcome to TWMS Eagles Athletics! It is with great joy that we welcome you, as we look forward to the opportunity to guide and coach you through your athletic endeavors this year. Our Athletics program places great value on the wellness of the whole person: spiritual, social, mental, physical, and emotional. It is our goal to instill in our athletes the foundational elements necessary to lead healthy, productive, and successful lives.

Indeed, we believe that school athletics can provide life-long benefits to individuals, including a greater sense of purpose in one's self, developing positive and strong work ethic, enhanced self-esteem and self-confidence, opportunities to balance leadership with humility, enriched social interaction skills, and the lasting benefits of making healthy lifestyle choices.

Thank you for choosing to be a TWMS Eagle Athlete!

We are excited to get started and look forward to a successful year.

Sincerely,  
TWMS Athletics Department



## Our Mission

Athletics at The Woodlands Methodist School serves to advance the overall mission of our church; Win people to Jesus Christ, Disciple them in faith, and help those in need.

We are also founded on the mission of our school; To provide a joyful, Christian education through which children develop a lifelong love of learning, pursuit of excellence, and positively impacting the world.

In harmony with these missions it is our purpose as an Athletics department to foster Christ centered relationships with our team and our opponents through the avenue of sports. Through Athletics and its innate challenges, we have a powerful tool to reach students in valuable ways including their spiritual, social, mental, physical, and emotional health. Through these components we instill in our athletes' foundational elements necessary to lead healthy, productive, and successful lives.

## Our Values

*Your word is a lamp for my feet, a light on my path.*  
*Psalm 119:105*

We believe in following the word of God, striving to glorify him in everything we do.

We seek to develop the following character qualities through TWMS athletics:

Self-Control, Determination, Faith, Humility, Integrity, Love, Respect, Stamina, Strength, Team Spirit, Teamwork, and Trust.

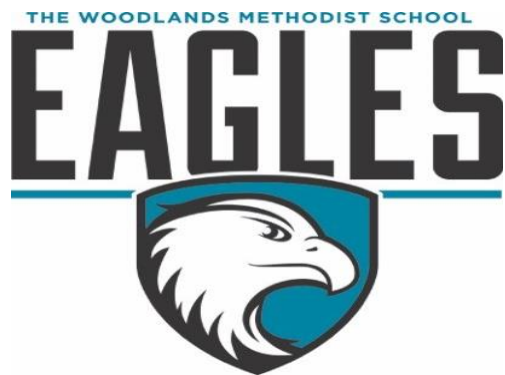


## Eagle Athletics Practice

*So, whether you eat or drink or whatever you do, do it all for the glory of God. 1 Corinthians 10:31*

Athletics practice will take place each school day during PE/Athletics periods and after school. Athletes will be given 10 minutes to change, eat and hydrate prior to the start of practice. Athletes who remain after school must be picked up promptly at the conclusion of practice (location of pickup and time may vary based on the sport/day of the week etc.). Please communicate with coaches any alternative pickup plans. Please note the following practice policies and procedures for Eagle Athletics:

1. Safety and Health - Safety and the overall health of our Athletes is the priority of TWMS Athletics. In order to keep our Athletes safe and healthy during practice we require:
  - Athletes should develop healthy eating habits.
  - Athletes bring a filled, non-disposable, water bottle to each practice in order to stay hydrated.
  - We recommend: Athletes do not overexert or over-commit themselves during the season with additional sports or activities. Practicing each day will require plenty of rest for muscle recovery. Athletes participating in additional sports outside of school during a sport season can be susceptible to injury and exhaustion.
  - We pledge:
    - i. At least one coach supervising our athletes will be trained in CPR/First Aid.
    - ii. A nurses will be available during practice to assist with minor injuries.
    - iii. A certified athletic trainer will be here during athletic periods on Wednesdays to handle concerns of this nature.



2. Participation - Practice is the primary mode of preparation for athletes in a sport.

Practice Is Mandatory

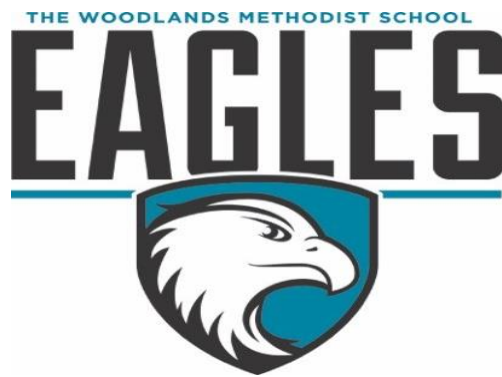
- Absence - Athletics is a class and in order to be excused, you must have a doctor's note or written excuse.
- Participation- High expectations will be placed on the athlete during practice time. We expect during practice time the athlete direct full attention at all times to the coach and the skills being taught.
- Grading - Athletics is a graded course, grading will occur as follows:
  - i. Participation will account for 50% of the overall grade. This includes being on time, prepared, well behaved, and showing appropriate effort.
  - ii. Concepts and Skills will account for the other 50% and will be based on understanding the strategy and concepts within the sport and working to improve their skills.

I. Practice Uniform and Gear

- Practice Tee- For each sport one practice tee will be issued. This tee will belong to the athlete and must be worn for each practice. Alternatively, students may wear a school tee-shirt (Eagle shirt, family 5k etc.). Athletes may also purchase additional practice shirts for \$15.
- Duffle Bag- For each sport students will be issued a duffle bag. This bag belongs to the athlete and may be used for other sports during the year. This bag can be used to carry equipment to practice and competitions. The use of a bag tag or other easily removable identifiers is recommended for differentiation.
- Other Gear- Athletes will need to provide certain sport and school appropriate gear for practice. Gear will need to meet the following requirements-
  - i. Shorts must be at least fingertip length or compressions/tights must be worn underneath that extend beyond fingertip length (Note: compression shorts, shirts, or other visible undergarments must be white during a competition).



- ii. Skintight leggings or compressions may not be worn without shorts over.
  - iii. Socks must be worn with athletic shoes (Note: Socks must be white for competition).
- Gear for daily practice by sport: (Note: We highly recommend athlete have sport specific shoes that are not their everyday pair). The coach will recommend the type for their sport.
- Devices - Cell phones and other electronic devices must be off and put away in a bag or locker. No devices may be used before, during, or after practice with the exception of calling a parent if needed.



## Eagle Athletics Competition

*Pay careful attention to your own work, for then you will get the satisfaction of a job well done, and you won't need to compare yourself to others. Galatians 6:4*

Athletic competitions will take place against other private school and homeschool organizations in the area. Competition schedules will be provided by our coaches and will also be accessible through the school website. Please see the following policies and procedures for Eagle Athletic competitions.

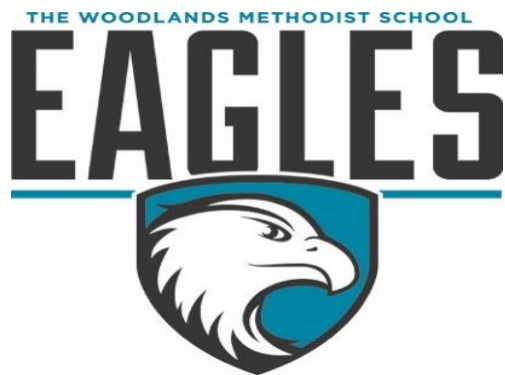
### 1. During and After School Competitions

#### a. HOME

- i. On Game Day, Athletes who play after 5pm must be picked up at regular school dismissal time. Athletes playing at or before 5pm will be under the supervision of their coaches up to and through the competition.
- ii. Athletes who are dismissed will need to return to the school and meet with their coach 30 minutes prior to competition time (unless otherwise indicated by the coach).
- iii. Athletes must be prepared for their game with all necessary gear and apparel.

#### b. AWAY

- i. All Athletes will travel with the team on the bus to after school (and during school) away competitions.
- ii. Athletes will need to come to school prepared for competition with all necessary gear and apparel. If the competition occurs at or prior to 10am, athletes may come to school already dressed for the game.
- iii. Athletes may be dismissed after their competition if the regular school day is over or will be over by the time of their return.
- iv. Athletes may ride back to the school post competition via school transportation only if necessary and must be picked up within 15 minutes of school arrival. Otherwise they will be expected to arrange their own transportation home.



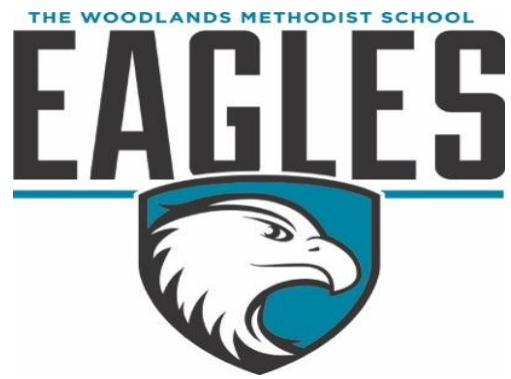
## 2. Weekend Competitions

- No transportation will be provided for weekend competitions, parents must make travel arrangements.
- Athletes will need to meet with their coach 30 minutes prior to competition time (unless otherwise specified).
- Athletes must be prepared for their competition with all necessary gear and apparel.

## 3. Competition Uniform and Gear

- The Woodlands Methodist School will issue the following gear and apparel per sport, this gear must be returned post-season in good form. If the equipment is not returned, the Athlete is responsible for the cost of a replacement.
  - i. Cross Country- Duffle Bag, Singlet, Shorts
  - ii. Soccer - Duffle Bag, Home and away Jersey and Shorts
  - iii. Volleyball- Duffle Bag, Home and Away Jersey, Shorts
  - iv. Basketball- Duffle Bag, Home and Away Jerseys, Home and Away Shorts
  - v. Cheerleading- Duffle Bag, Poms, Uniform (Long Sleeve, Vest, Skirt)
  - vi. Track and Field- Duffle Bag, Singlet, Shorts
  - vii. Golf- Duffle Bag, Golf Polo
- Some sports require or highly recommend the additional purchase of the other uniform items. Once purchased, these items belong to the Athlete and may be worn/used during practice and competition. Examples:
  - i. Team Golf Bag (Golf Only)
  - ii. Knee Pads (Volleyball Only - Must have a white pair game day)
  - iii. Cheer Only - White Shoes for performances (further communication on this will be shared by the coach prior to performance)





4. Replacement Cost - If an item is lost or damaged (outside of normal use or damage that occurs in competition) the Athlete will be responsible for the cost to replace the item.
- Cross Country or Track Singlet - \$30
  - Cross Country or Track Shorts - \$30
  - Volleyball Jersey - \$60
  - Volleyball Shorts - \$30
  - Basketball Jersey - \$70
  - Basketball Shorts - \$40
  - Golf Polo - \$40
  - Cheer Uniform –
    - i. Vest- \$50
    - ii. T-Neck- \$40
    - iii. Skirt- \$40
    - iv. Poms- \$30



## Post Season

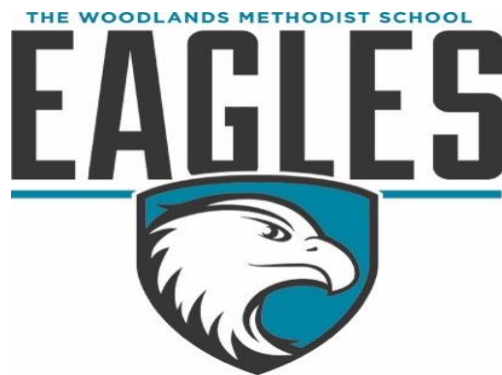
After the final competition of the season, coaches will host 1 or 2 post season practices, in these practices the coaches will:

- Check-in all issued equipment for the sport
  - i. All equipment must be checked back into inventory each season.
  - ii. If the Athlete does not return an item, notice will be sent home. If the athlete does not return the item, they will be responsible for the cost of a replacement.
- Host a small end of season party
  - End of season parties may include player recognition, party games, food of minimal nutrition etc. at the coach's discretion.

At the end of the school year an Athletics Banquet will be held to recognize athletes and celebrate with coaches. This will be a semi-formal event.

## Affiliation

The Woodlands Methodist School is a member of Houston Area Private Schools (HAPS) Conference. As a member TWMS may elect to participate in any individual or team sport activities offered by the league including league championships. TWMS must adhere to all membership and eligibility requirements set forth by the conference.



## Eligibility

1. All athletes must be attending students at the HAPS member school.
2. No student should be more than 14 years of age on September 1<sup>st</sup> of the calendar year in which they play.
3. Academic eligibility policies are left to each individual school.
  - All students should fall under the same policy at the member school.
  - No favor should be shown toward any one athlete in regard to school policy.
  - In order to be eligible for a TWMS Athletics and/or a single game/contest TWMS requires students to:
    - i. Have a grade of 70 or above in **all** subjects as reflected on the previous 9-week report card. Athlete must still practice even if ineligible but may be excused from practice based on academic improvement plans.
    - ii. Have a favorable standing with regards to behavior.
    - iii. If applicable, the student must be in attendance for a majority of the school day to be eligible for after school competitions.
    - iv. Have acceptable standing with classroom teachers with regards to any incomplete assignments.
    - v. Have been in attendance to practices with the exception of any excused absences.
  - If a student has a failing grade at the completion of a grading period, the following procedure will be followed:
    - i. Suspension from all games for three weeks following the previous grading period.
    - ii. Athlete is still expected to attend and participate in practice.
    - iii. At the end of the three week suspension period, if the student is passing **all** of his classes with a 70 or higher, he may resume competition in games for the remainder of the current grading period.

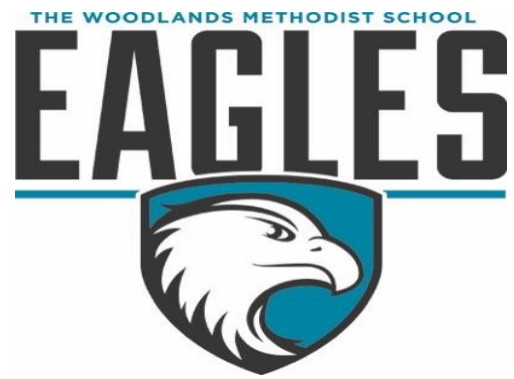


4. Athletes who are ejected from a contest will be subject to a 1 game suspension in the next regularly scheduled conference game or contest.
5. Athletes are eligible for only one level of play.
6. When numbers warrant, athletes may be brought up a level to serve on the bench or play. However, athletes should not be moved down a level unless agreed upon by member schools in advance.
7. Students who transfer to member schools after September 1 must wait 14 calendar days before participating in official HAPS competitions. This does not include non-HAPS contests.
8. Students can only play in the end of season tournaments if they have been playing with the team for one-half of the scheduled HAPS league games. The only exception are students whose participation with the team has been limited due to injury or grades.
9. Schools found by the Executive Board to have used an ineligible player will forfeit all games in which the player participated.
10. When gender is established in a sport, only that gender is allowed to participate on those teams.

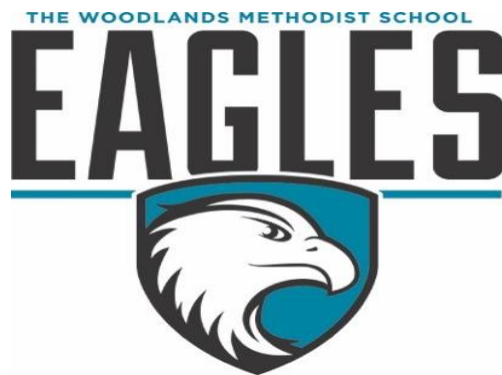
## Levels of Play

For team sports (Volleyball, Basketball) teams are assigned based on grade and ability. Each season the first 2-3 practices may take place 'clinic style' to evaluate players.

HAPS requires ALL 8th graders to play Division I (Blue)  
7th graders are eligible to play in Division I or II (Blue or White)  
6th graders are eligible to play in all divisions (Blue, White, or Black)  
5th graders are eligible to play in Division II or III (White or Black)



Everyone who signs up for a team sport will be assigned a team. If the school offers a sport that uses off-campus facilities for practice, the number of athletes allowed will be at the mercy of that facility. (This will currently apply to the golf team)



## Leaving a Team

While we work hard to teach and instill a love and appreciation for each sport, we also understand that there may be a time where an athlete tries a new sport that just doesn't suit them well. While our coaches will continue to engage and pursue the athlete to stick with the sport, if the situation comes to a point where the athlete, parent, and coach agree it is not suitable situation, here are some courses of action we can take:

1. The athlete may join the PE Program.
2. The athlete may join another sport as long as they have not yet had their first competition.

## Athletic Fee

In order to participate in a specific sport, Athletes must be registered through our website by the first practice. At the time of registration an athletic fee will be paid to offset the cost of the program. This fee is non-refundable.

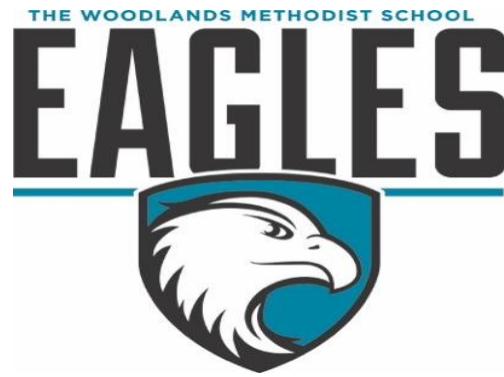
Certain sports may require or highly recommend purchase of team or sport specific gear at an additional cost.

## Medical

Medical Release and Physical Evaluation forms must be complete and on file with the school nurse prior to competing or practicing with TWMS Athletics. Please also inform the Athletic Director and/or the Head Coach with any medical concerns prior to the start of the first practice.

All coaches are certified in CPR/First Aid. A certified athletic trainer will be present one day a week to check for concerns that coaches and athletes may have.

The safety and health of all Eagle Athletes is our number one priority. The more information we have about the athlete and his/her physical state, the better we can manage his/her overall health during athletics.



## Issue Resolution

1. As part of our Athletics program one of our goals is to instill in our athletes a sense of ownership and responsibility for their actions. It is important that athletes learn necessary communication skills and how to resolve conflicts in a God-honoring way.
  - a. Player - Player Conflict - Most issues can be solved between players, but athletes can always request a coach to help mediate and facilitate a healthy solution.
  - b. Player Behavioral Issues - In most cases player behavioral issues can be corrected between the coach and player. For excessive issues parents will be called for a conference.
2. Parent-Coach Relationship - The relationship between Athlete, Coach, and Parent is an extremely important one. In order to foster positive relationships communication is extremely important. Certain issues may be appropriate to discuss with the coach while others should not or may be expressed to the Athletic Director to maintain good relationships with the team and the coach.
  - a. Appropriate Issues to discuss with the coach:
    - i. The treatment of your child mentally, physically, emotionally etc.
    - ii. Ways to help your child improve
    - iii. Concerns about your child's behavior
    - iv. Any health or medical concerns
  - b. Issues not appropriate to discuss with your coach. If necessary, you are welcome to bring these to the attention of the Athletic Director:
    - i. Playing time
    - ii. Team strategies
    - iii. Play calling
    - iv. Other athletes
3. 24-Hour Rule - We do ask that if you have a concern or issue with a competition you allow 24 hours before contacting the Coach or Athletic Director. Attempting to voice your concerns directly after a contest creates an environment that is not conducive to resolution. The 24-Hour Rule will allow time for reflection as well as the emotionalism to ebb so that rational, fact-oriented discussions can take place at an appropriate time and place.



## Athlete Code of Conduct

*Philippians 1:27 - Whatever happens, conduct yourselves in a manner worthy of the gospel of Christ.*

Athletes are to conduct themselves in such a way to be pleasing to the Lord at all times whether on the court/field/track, in a class, in their dress and in their daily life.

### **Speech:**

*Proverbs 16:23 "A wise man's heart guides his mouth, and his lips promote instruction."*

1. Choose your words and your timing wisely. Questionable language or "slang" words will not be tolerated. Athletes will never engage in any language that can be termed "trash talking" or profanity. *Example: In basketball, chanting "air-ball" or screaming while the opponent is on the free-throw line shows poor sportsmanship.*
2. Athletes will address the coaches and officials with respect. The athlete will address the coach as "Coach" or "Mr., Miss or Mrs." and will take concerns or complaints directly to him/her. Insubordination and divisive speech or behavior will not be tolerated. The athlete will address officials as "Sir" or "Ma'am."
3. Never criticize the officials or coaches. Coaches and officials represent the authority figure. Obedience to authority is not optional and is not predicated on whether or not you agree with it.

### **Relationships:**

*John 15:12 "My command is this: Love each other as I have loved you."*

- Develop good relationships and a good rapport with teammates and coaches. God has placed you in this situation for a purpose. You have an opportunity to develop life- long friendships. If sports become all about you, you need not participate.





### **Unity:**

*1 Corinthians 12:12 "For as the body is one and has many members, but all the members of that one body, being many, are one body, so also is Christ."*

- Develop unity with our school family. God has called each one of us to this school. Each of us has different responsibilities, abilities and roles. Never be jealous or envious of someone else's role. Be busy fulfilling your role.

### **Motives:**

*1 Corinthians 10:31 "...whatever you do, do it all for the glory of God."*

- Committed to excellence. Be committed to excellence in all areas: faith, practice, academics and game preparation. "Commit *your works to the Lord, and your thoughts will be established.*" *Proverbs 16:3*

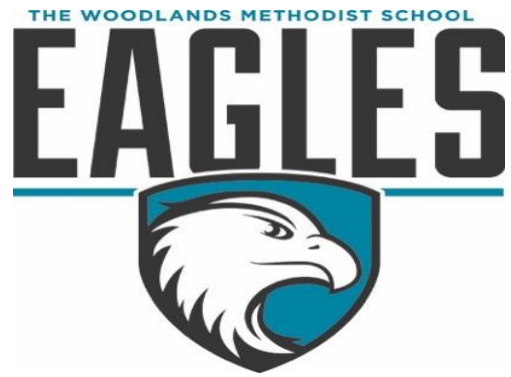
### **Behavior:**

*1 John 2:6 "Whoever claims to live in him must walk as Jesus did."*

1. Athletes will maintain a good reputation. The Athlete's character will be in good standing with the administration, faculty and staff.
2. Athletes will refrain from the use of profanity, suggestive or threatening language.
3. Athletes refrain from the use of drugs and alcohol and fuel their body by making healthy choices when it comes to nutrition.
4. Athletes will know and understand all requirements. The Athlete will know all of the expectations of their team and will follow them both in action and in spirit.
5. Athletes will show respect for all coaches, trainers, and all staff personnel.
6. The Athlete will show respect for their teammates.
7. The Athlete will respect the seriousness of their commitment by attending all practices, meetings and games as prescribed at the beginning of the season and by working together to accomplish a common goal. Help to hold your teammates accountable for their actions.
8. The Athlete will maintain a high standard of appearance. He/she will adhere to the strictest interpretations of the school dress code and the team dress and uniform code while at school and at school functions and competitions.



9. Athletes will demonstrate Christ-like character. Both in and out of the arena showing respect in speech and in actions for game officials, opponents, and all those associated with our opponents.
10. Athletes will never engage in fighting. The Athlete will maintain self-control at all times. Unsportsmanlike conduct, penalties and technical fouls will not be tolerated.
11. The Athlete will know and understand our philosophy. The Athlete will respect the eternal effects of their speech and actions as they represent themselves, their families, their school, their church and ultimately their Lord and Savior, Jesus Christ.



## **Athlete Agreement:**

By registering for the sport, the Athlete agrees to the following statement:

I have read and will comply with the policies and procedures set forth in The Woodlands Methodist School's Athletics Handbook. I understand the great responsibility I will be undertaking as a Student-Athlete and the high expectations that coincide. I will strive daily to uphold the Athlete Code of Conduct to the best of my abilities. I am committed to Eagle Athletics.

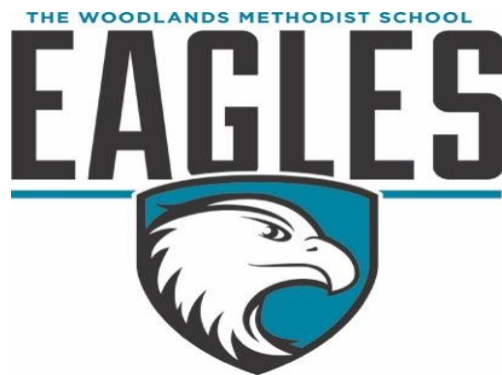
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Athlete Signature

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Date





## Parent Code of Conduct

### Speech:

*Proverbs 16:23 "A wise man's heart guides his mouth, and his lips promote instruction."*

1. Be positive and encouraging. Lift your student and others up. Let them know they are important. Let them know the importance of being a member of a team.
2. Never criticize the officials or coaches. They are representatives of authority. This is a great opportunity to teach your child how to respect a person in authority. Insist that your child address the coaches and officials with respect.
3. Never be involved in negative cheering or chants.
4. Never speak negatively around the students or other parents.
5. Never criticize your child's teammates. Remember to teach your child team attitude.
6. If necessary, resolve differences with your coaches out of sight and earshot of students and other parents. Call to set an appointment to speak with the coach or the Athletic Director privately. Pray about what you will say and what is motivating your discussion. Remember the 24-Hour Rule.
7. Be supportive, don't Coach! Your role on the parent-coach-athlete team is a support player. You need to be your child's best fan. Leave the coaching and instruction to the coach. Provide encouragement, support, empathy, transportation, help with your role as supporter and fan. The last thing your child needs and wants to hear from you after a disappointing performance or loss is what they did technically or strategically wrong. Keep your role as a parent on the team separate from that as coach. In addition, please do not coach from the sidelines during practice or competition. Your student athlete needs to get their instruction and directions directly from their coach.
8. Never criticize your child's teammates. Remember to teach your child team attitude.



## **Relationships:**

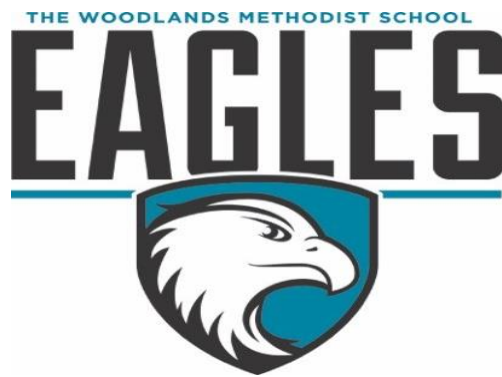
*John 15:12 "My command is this: Love each other as I have loved you."*

1. Develop relationships and a good rapport with team and coaches. God has placed you in this situation for a purpose. You have an opportunity to minister and be an encouragement to others.
2. Develop relationships and a good rapport with other parents. You will need their prayers and support as much as they will need yours.
3. Develop relationships and a good rapport with parents from other schools. Never miss an opportunity to share Jesus Christ with others. Promote your school and your students. The relationships you develop are a reflection on our ministry as a Church and School.
4. Develop relationships with the coaches. Get to know the coaches. Pray for them. Communicate with them with an open heart and mind. Be open and honest.

## **Unity:**

*I Corinthians 12:12 "For as the body is one and has many members, but all the members of that one body, being many, are one body, so also is Christ."*

1. Develop unity within our school family. God has called each one of us to this school. Each of us has different roles and abilities. Never be jealous or envious of someone else's role. Be busy fulfilling your role. Your example of being a unified school body is a valuable lesson for your students to learn.
2. Develop unity within the Kingdom. We must establish our philosophy with other schools in order for our ultimate purpose to be met – to further the Kingdom of God. It will take other Christian schools being successful. Pray for them as you pray for our school.



### **Motives:**

*1 Corinthians 10:31 "...whatever you do, do it all for the glory of God."*

1. Teach your students to abide by the rules of the game in letter and in spirit.
2. Use your child's experience as a *chance* to be involved in his or her life. Your relationship with your child as an adult will last longer than your relationship with them while they are in your home. If you want a relationship with them as adults, you need to begin building that relationship *now*. Athletics affords you that opportunity.

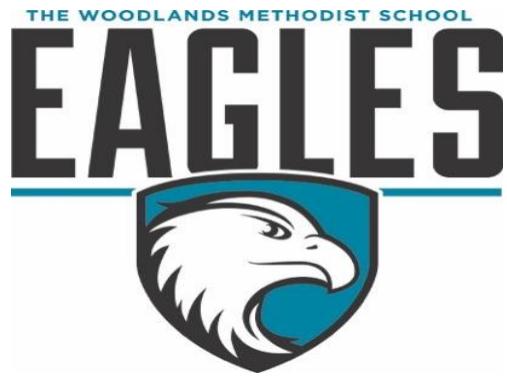
### **Behavior:**

*1 John 2:6 "Whoever claims to live in him must walk as Jesus did."*

1. Maintain class and character. You are setting the example for your children. Realize that your every action reflects upon you, your family, TWMS and, ultimately, God.
2. Working *with* the officials...not *working* the officials. Badgering an official to persuade a call our way comes with too high a price – a loss of our testimony and our ability to influence those others for Jesus Christ. There is never a time at any contest where a parent is afforded an opportunity to say anything to an official other than "Thank You."
3. Be modest in victory and gracious in defeat. Coaches, students, parents, and spectators will need to be strong in this area. Shake hands with our visitors before *and* after the game.
4. Recognize the success of your opponent. Compliment the good play of students from the other school. Congratulate their coaches on a well-coached game.
5. Teach your children that they have a special purpose from God. It is their responsibility to accept God's purpose for them. Do not compare or contrast them to others. This limits their ability to fulfill their own unique potential and purpose.
6. Have fun, touch lives, and be yourself. Games, plays and officials will be forgotten, but your behavior and attitude will stay with your child forever.







## Parent Agreement

By registering for the sport, the parent agrees to the following statements:

Handbook agreement:

I have read and will comply with the policies and procedures set forth in The Woodlands Methodist Schools Athletics Handbook. I understand the great responsibility I will be undertaking as a parent to a Student-Athlete. I will do my best to have my child to all games and practices on time. I will strive daily to uphold the Parent Code of Conduct to the best of my abilities. I am committed to Eagle Athletics.

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Parent Signature

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Date

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Parent Signature

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Date



## Liability Agreement

I hereby grant permission for my child to participate in all of the activities of The Woodlands United Methodist Church/The Woodlands Methodist School. By submitting this form, I understand that The Woodlands United Methodist Church/The Woodlands Methodist School will not assume any responsibility in case of an accident, injury, or other loss associated with this event. I hereby release The Woodlands United Methodist Church, its members, officers, employees, or administrators from any and all liability and any responsibility in connection with this event. I hereby grant permission for my child to leave the church premises under supervision of an authorized adult for church related activities. I hereby grant permission for the Minister, Staff Person, Acting Director, or authorized counselor to take whatever steps may be necessary to obtain emergency medical care if warranted. These steps may include, but are not limited to the following:

1. Attempt to contact parents/guardians through the emergency contact numbers provided to TWMS.
2. If we cannot contact you or your child's emergency contact, we will do any of the following:
  - i. Call an ambulance.
  - ii. If non-life threatening, wait for parent or emergency contact to arrive to transport the child to a medical care facility.
  - iii. Provide First Aid/CPR.

Any expenses incurred under item 2 will be borne by the family. The church will not be responsible for anything that may happen as a result of false information given at the time of registration.

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Parent Signature

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Date

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Parent Signature

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Date

















