



Fredericksburg Christian School

Athletic Handbook

2021-2022

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Athletics Mission Statement

The Fredericksburg Christian School (FCS) Athletic Department strives to facilitate a competitive Christ-like culture that impacts each athlete, coach, opponent, fan, and official for the advancement of God's Kingdom.

PURPOSE

- Teach athletes to display Christ-like character traits to everyone that crosses paths with the FCS athletic family.
- Build supportive and loving relationships between parents and coaches.
- Teach athletes how to compete in a Christ-like manner (winning and losing the right way).
- Teach athletes to trust their coaches and understand their value to the team is found in the role assigned to them for the benefit of the team.
- Provide every student-athlete that works and is capable the opportunity to play at the collegiate level.
- Build a program that continuously impacts everyone involved for Christ's glory.
- Unite the student body, parents, and teachers and develop school spirit.
- Provide a safe and exciting environment for athletes, fans, and officials.

COACHING OBJECTIVES

- Guide athletes to glorify God.
- Teach each athlete to work diligently toward specific personal and team goals.
- Teach the *team* concept, as opposed to self-glorification.
- Teach interpersonal relationship skills.
- Teach respect for rules and authority.
- Design practice sessions that provide developmentally appropriate training and conditioning of athletes.

Athletics Philosophy

The purpose and goal of our athletic programs is to bring glory to God with our attitudes and efforts and to develop Godly characteristics in athletes through challenging sports programs.

TEAM GOALS FOR ALL PLAYERS AND COACHES

- Become an integral part of a team according to God's pattern for teamwork described in 1 Corinthians 12:12-26.
- Walk closer with our Lord Jesus Christ through hearing others share their experiences with Him and through opportunities to share our own relationship with Him.
- Become the very best player/coach God will allow with the strength and talent He has given.
- Receive the unconditional love of God through the coaches and players and share this love with others.
- Influence the halls and classrooms of Fredericksburg Christian Schools in a positive way to the glory of God and in the strength that comes through fellowship with other believers.
- Understand the perseverance and confident humility that comes through facing difficult circumstances and, in the strength given by God, learn to win and lose to the glory of God.
- Be a strong testimony to all spectators.
- Learn to come under the authority (coaches, officials) that God has placed over each team member.
- Strive for excellence in all things—physical, spiritual, academic.

TEAM SELECTION

In accordance with our philosophy of athletics and our goal to see as many students as possible participate in our athletic program, we encourage coaches to select as many students as they can. Obviously, time, space, facilities, equipment, athletic ability, and other factors will place limitations on the most effective squad size for any particular sport. However, coaches will strive to maximize the opportunities for student-athletes.

Choosing team members is the sole responsibility of the coach. Junior varsity and middle school coaches must take into consideration the policies established by the head coach in each particular program when selecting team members. All coaches will discuss any “cuts” with the Athletic Ministries Director (AMD) before informing the student-athletes.

Character Development

All of our coaches must go into the season knowing they will be expected to encourage the development of the following positive character qualities in the athletes.

What follows is a list of character qualities we seek to cultivate in our athletes. Each quality has a short description and applicable Bible verse. Athletes and coaches are encouraged to refer to these qualities as topics for devotions and dialogue. Character qualities are also considered when determining end-of-season awards.

- **Boldness**—Being ready to boldly express what Jesus Christ has done for you. The Christian athlete cannot be one who is timid or gives up. (Act 4:29)
- **Commitment**—Staying the course. (I Corinthians 15:58)
- **Confidence**—Knowing that he/she as an individual athlete is a winner in God's sight as he/she totally gives all he/she has to Jesus. (Ephesians 1:7-14)
- **Dependability**—Attending all practices games/contests unless excused by the coach. Doing what is expected in all situations. (Titus 2:6-8)
- **Determination**—Making a mental, spiritual and emotional decision to accomplish God's goals in His time, regardless of the opposition. (II Timothy 4:7)
- **Diligence**—Willingness to use all strength and ability to complete each part of a task whether in practice, in a game or anywhere else. (Colossians 3:23)
- **Endurance**—Being able to withstand stress, hard work and the problems that all Christian athletes experience. (Galatians 6:9)
- **Enthusiasm**—Taking an interest in every aspect of the sport and being willing to quickly carry out every part of the job with a positive attitude. (I Thessalonians 5:16)
- **Faith**—Showing an understanding that the Lord is in control of all circumstances and that He is carrying out His will in each individual life. (Hebrews 11:1)
- **Honesty**—Doing what is right in the eyes of the Lord. (Proverbs 11:3)
- **Humility**—Having an attitude that gives God all of the credit for every team and individual ability, talent, and/or success. (Philippians 2:3)
- **Intensity**—Giving everything to the task at hand at all times, focusing total attention upon the job assigned, and putting forth every effort to complete it perfectly (1 Samuel 17:45-47)
- **Joyfulness**—The result of a personal relationship with Jesus Christ from which His love naturally overflows to others. (Philippians 4:4)
- **Love**—Exhibiting self-sacrifice and showing a real concern for team members, coaches, and opponents. Remembering that Christ focused His love upon others, not Himself. (John 13:35)
- **Obedience**—Jesus was always obedient to His Father's will. Each athlete should strive to be obedient to both the Lord and to those whom He has put in authority over us. (II Corinthians 10:5)
- **Punctuality**—Arriving early to all practices and games. (Ecclesiastes 8:6)
- **Responsibility**—Taking the initiative to work and make intelligent decisions. All athletes need to do everything that is expected of them. Coaches need to know that athletes are capable of doing things without direct supervision. (1 Timothy 4:6-8 & 1 Corinthians 7:24).
- **Service**—Having a servant's heart. Leading by serving. (Matthew 20:28)

A Message From the Athletic Ministries Director

Dear Parents,

As Athletic Ministries Director, I would like to thank you for being to be a part of the Fredericksburg Christian School (FCS) Athletic Department family. At FCS, we use athletics as a vehicle to build character and instill an everlasting relationship with Christ in each student-athlete. Our motto is ***God - Family - School - Sport***. Every time you see those words here at FCS, they will always be in that order. We feel that by honoring the first three, the fourth will take care of itself.

The FCS athletic department is consistently motivated to create a “Competitive Christ-like Culture” through the way coaches develop our athlete’s minds, body and hearts. We ask that as you consider to be a part of the FCS athletic family you consider and understand that there will be sacrifices involved with the commitment that is expected from each competitor. As we compete in our sport we strive to represent not only FCS, but our teammates, coaches, family, and most importantly Jesus Christ. Coaches will push your son or daughter to be the best they can be and will expect nothing less than their best. All we ask is that you support and pray for our teams, coaches, athletic department, and athletes as we represent Christ in both word and deed (Colossians 3:17).

All for Him,



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Offerings

We are pleased to offer a variety of sports programs that fit the interests of our students. In addition, to our regular sports programs, we are continually assessing new opportunities, which are introduced as club sports.

Sports Programs

The following sports will be offered for the 2021-2022 school year.

Fall Sports	Winter Sports	Spring Sports
Boys' Soccer (V, MS)	Coed Swimming (V, JV)	Boys' Baseball (V, MS)
Girls' Volleyball (V, JV, MS)	Girls' Cheerleading (V, MS)	Girls' Softball (V, MS)
Coed Cross Country (V, MS)	Boys' Basketball (V, JV, MS)	Girls' Soccer (V, MS)
Field Hockey (V)	Girls' Basketball (V, MS)	Coed Golf (V, MS)
Football (V, MS)		Boys Lacrosse (V)
Girls' Cheerleading (V, MS)		Coed Track & Field (V, MS)

V = Varsity JV = Junior Varsity MS = Middle School

* Boys Middle School offers an "A" and "B" Team

Club Sports

eSports Club	Clay Target Shooting Club	Fishing Club
Open to all boys and girls (6 th - 12 th) Grade	Open to all boys and girls (6 th - 12 th) Grade	Open to all boys and girls (6 th - 12 th) Grade
Seasons: Fall & Spring	Seasons: Fall & Spring	Seasons: Fall & Spring

Requirements for Participation

Eligibility

Age

Per VISAA requirements, eligible athletes "shall not have reached the age of 19 on or before the first day of August of the school year in which he/she wishes to compete."

Enrollment

Students must be enrolled in a minimum of six classes (which may include *one* online course) in order to be considered a full-time student and participate in athletics at FCS. Note that the FCS requirement exceeds the VISAA standard, which requires enrollment in five classes.

Homeschool students (CHIP) are not eligible to play in our league.

School Attendance

School and class attendance is very important—student-athletes are students *first*. Students who attend fewer than half of their classes on any given day are not eligible to participate in athletics or extra-curricular activities that day. Exceptions for unusual circumstances will be

considered on a case-by-case basis by the Athletic Ministries Director (AMD) and may include funerals, unforeseen or unusual delays at doctor's appointments, or appointments that are outside the local area or difficult to schedule. Please make effort to schedule all appointments first thing in the morning, and arrive to school as soon as possible.

In addition, student-athletes are expected to arrive to school on time. Tardiness due to finishing homework or sleeping in after a late game or other school event is not acceptable and will not be excused.

Academics

Student-athletes are expected to maintain good academic standings and may not accumulate three or more penalty points. Grades are based on D=1 point and F= 2 points. Grades are monitored regularly throughout the season, and at the discretion of the AMD and Principal, a student can be placed on academic probation on a weekly basis. See the table below for the grade report pull schedule for the 2021-2022 school year.

Report Title	Date Run	Action
D & F Report	Sept 2, 2021	Talk to students, give them until Sept 9, 2021 to improve grades.
D & F Report	Sept 10, 2021	Check Grades / Address Eligibility with Student-Athlete
D & F Report	Sept 30, 2021	Talk to students, give them until Oct 7, 2021 to improve grades.
D & F Report	Oct 8, 2021	Check Grades / Address Eligibility with Student-Athlete
D & F Report	Nov 18, 2021	Talk to students, give them until Nov 29, 2021 to improve grades.
D & F Report	Nov 29, 2021	Check Grades / Address Eligibility with Student-Athlete
D & F Report	Dec 17, 2021	Check Grades / Address Eligibility with Student-Athlete
D & F Report	Jan 20, 2022	Talk to students, give them until Jan 28, 2022 to improve grades.
D & F Report	Jan 28, 2022	Check Grades / Address Eligibility with Student-Athlete
D & F Report	Feb 18, 2022	Talk to students, give them until Feb 25, 2022 to improve grades.
D & F Report	Feb 25, 2022	Check Grades / Address Eligibility with Student-Athlete
D & F Report	Mar 18, 2022	Talk to students, give them until March 25, 2022 to improve grades.
D & F Report	Mar 25, 2022	Check Grades / Address Eligibility with Student-Athlete
D & F Report	Apr 14, 2022	Talk to students, give them until April 22, 2022 to improve grades.
D & F Report	April 25, 2022	Check Grades / Address Eligibility with Student-Athlete

Students who becomes ineligible may have practice time decreased until work is completed. Ineligible athletes may not dress in his/her uniform, travel with the team, or participate in games until they are eligible again. The AMD will communicate with the athlete and their parents regarding academic probation when necessary. It is the student's responsibility to communicate with their teachers regarding the status of their grades.

Special Considerations

Any student entering FCS after the season has begun, but before it is half over, is eligible to try out for the team. If a player misses a portion of the preseason practices, the Athletic Ministries Director, in consultation with the coach, will determine when the athlete is eligible to participate in games.

Physical Exam

A physical exam is required for all athletes each year. *The official VHSL form must be used. Forms are available under Resource Documents in the Family Portal and the school office.* The exam form must be turned in **before** the season begins or the athlete will not be able to try out for the team. *Note that a new form is required each year. The form can be completed no earlier than May 1 for the coming school year, and forms expire June 30 of the following year.* If there are issues with setting up a doctor's appointment or issues with *your* insurance policy please reach out to *the AMD as soon as possible.*

Parent/Guardian Agreement and Permission Slip

Parents must read and sign the Parent-Guardian Agreement and Permission Slip each year. The form can be found in the Family Portal under Resource Documents. Be sure to follow the link provided to complete the required online signature.

League Information—VCAC Conference

In May of 2021, Fredericksburg Christian School, Seton School, and Trinity Christian School announced the formation of a new athletic conference: the Virginia Christian Athletic Conference (VCAC). The conference will offer a wide range of sports and operate under its new mission:

“The Virginia Christian Athletic Conference (VCAC) schools’ primary objective is the complete Christian formation of students as image bearers of the God who created them. These athletic programs will serve as an integral part of the overall spiritual, mental, physical, and emotional development of the whole person.”

Several other faith-based schools have already expressed interest in joining the newly-formed conference, and the current member schools look forward to adding schools to the conference as it seeks to grow in the coming years. Per VCAC’s mission, shared values is equally important to competitive compatibility.

The VCAC will compete in the Virginia Independent Schools Athletic Association (VISAA) and competition is expected to begin with the Fall 2021 season.

Conduct

Attitude and Behavior

It is important for our athletes to control their attitude and behavior at all times. The team suffers when an individual loses control or gets frustrated. Respect towards officials, players, and coaches is expected. The High School Principal, Athletic Ministries Director, and coaches will proactively and promptly address any inappropriate language or misconduct that occurs in the classroom or on the athletic field.

Zero Tolerance

As stated in the Upper School Handbook, “students who violate rules regarding the prohibition of tobacco, nicotine, alcohol, or illicit drug use, or who engage in illegal activity or sexual immorality will be immediately removed from any and all leadership positions and activities. Leadership roles include, but are not limited to, athletics, missions, and club or class leadership positions. Reinstatement and/or subsequent participation in leadership activities is at the discretion of the FCS Board of Directors.” Involvement in hazing will also result in the immediate removal from an athletic team.

Detention

Athletes assigned to detention for any reason will serve on the day assigned, even if it is a game day, and may not start in that game.

Order of Disciplinary Action

Coaches have the authority to discipline players as necessary. For the first offense, the coach will communicate the infraction with the player. If a second offense occurs, a conference will be held with the coach, the parents, and the athlete. A third offense will require a conference with the coach, parents, athlete and AMD, and the AMD will communicate with the school principal/vice principal. Athletes will be dismissed from the respective team if no improvement is evident.

Practice and Game Attendance

Whenever possible, please appointments and college visits around practices and games. While these things are important, athletes also have a commitment to their team and teammates. If a scheduling conflict does arise, please contact the coach and/or AMD as soon as possible.

Note that athletic teams find success in games in large part due to the time they put in during practices on a day-to-day basis. It is important for athletes and parents understand the commitment required to be a member of an athletic team which includes the importance of attending both games and practices.

Excused Absences

Athletes who miss a game or practice due to illness or death in the family will be excused. The athlete is responsible for calling the coach or AMD no later than 10:00 a.m. so that the coach has ample time to make changes to the practice schedule and/or game strategy.

Athletes who are ill for two full days before an athletic contest may not be permitted to participate. Students who are out for two or more consecutive days will likely have academic work to makeup and also need additional time to recover. Given the physical exertion required for athletics requires a healthy body, and athletes need time to regain their strength. Upon their return to school, athletes must meet with the coach and AMD to discuss

playing time. Regardless of whether an athlete is cleared to play, they must attend any games to support the team.

Unexcused Absences

Athletes are expected to be committed to their team and prioritize practices and games. Absences due to the following circumstances are generally considered unexcused:

- babysitting a sibling
- work or planned absence from school
- “benching” by a parent (parents are asked to work with the coach and/or AMD if they believe their student should sit out)
- conduct ineligibility
- shopping/non-essential appointments
- practices/games for travel teams
- birthdays

Exceptions will be considered on a case-by-case basis by the coach and AMD.

Consequences

Coaches have the discretion to set consequences for athletes who arrive late or miss practices/games. The AMD will review problematic situations as needed.

Holiday/Saturday Practices and Games

While every effort is made to avoid scheduling practices/games over a holiday or on a Saturday, circumstances sometime make it a necessity. If a student-athlete must miss a practice due to family travel plans, please inform the coach at the beginning of the season. Although a player should not be “punished” by the coach for missing practice due to family related trips, please understand that the student-athletes playing time may be affected.

General Policies

Equipment

Every player is expected to treat equipment (balls, bats, etc.) like it is their own. Athletes will be required to pay for damaged equipment. Locker rooms and team benches (home and away) must be cleaned before leaving.

Uniform

Each athlete is responsible for the upkeep of their uniform. Lost or damaged uniforms must be paid for in full. At the conclusion of the season, all uniforms must be thoroughly cleaned and returned to the head coach (*not* the athletic department) by the deadline given. Returned uniforms should be folded and sealed inside a zip lock bag labeled with the uniform #, jersey, and short size.

Injuries

All injuries must be reported to the coach immediately so that proper care may be given. Athletes who sustain an injury that requires medical attention must provide the AMD with a medical release form before they will be cleared to play.

Wednesdays

Whenever possible, Wednesday practices for middle school teams will be avoided. In the event a Wednesday practice becomes necessary for a middle school team (due to a rescheduled practice, Thursday game, or the need for extra work), the coach will communicate with student-athletes and their parents.

Note that Wednesday practices are routine for middle school cheer and football due to their weekly game schedule.

Practice Dress Code

All athletes are expected to dress modestly for practices (regular season and off-season team workouts). Male athletes may not remove their shirts at any time; female athletes may not wear tank tops or form-fitting shirts.

Quitting a Team

Any athlete who quits a team after the season has begun will be ineligible for their next sport of choice. Exceptions will be considered by the AMD on a case-by-case basis.

Sports Accident Insurance

FCS provides a limited amount of Sports Accident Medical Insurance. Parents are responsible for the \$250.00 deductible, and the coverage is secondary to the student's health insurance. Please contact the AMD for complete details.

Game Day Procedures

Athletes' Dress Code

Athletes *may* wear their game jerseys or team shirts on the day of a home game, **but they must first consult with the AMD**. For away games, high school athletes should dress in regular school attire (at the discretion of the coach and/or AMD). Middle school athletes must wear regular school wardrobe on all game days, unless special permission is given by the AMD.

In unique situations (e.g. state playoff games), the AMD and school principal will determine the dress code for that day.

Failure to comply with the game day dress code may result in reduced playing time or elimination for a game. Repeated infractions will result in more severe disciplinary actions.

Same Day Physical Education Class

All athletes enrolled in physical education (PE) are required to attend class and dress out on game days. If they are scheduled to depart during PE class, they may change into their game uniform. In special cases, game uniforms may be worn until the team departs.

Completion of Academic Work

Participating in sports is a privilege, and athletes are expected to make up any work missed due to a game as soon as possible. Athletes who fail to complete missed work in a timely fashion may miss practices and game time will be affected. Please refer to the Upper School Handbook for policies regarding missed work.

Next-Day Attendance

All athletes are expected to attend school and arrive on time the day following a game. ***Note that tardies due to sleeping in after a late game will not be excused.***

Transportation

Athletes are expected to ride with their team to games and off-campus practices and are encouraged to utilize travel time to mentally prepare for their game. Exceptions may be made at the discretion of the coach and AMD. With coach permission, players may ride home from games with their parents, but please be sure to make arrangements with the coach in advance. Athletes are required to check in with their coach before departing with their parents.

Bus Rules

Athletes are expected to ride with their team to games and off-campus practices and are encouraged to utilize travel time to mentally prepare for their game. Exceptions may be made at the discretion of the coach and AMD. With permission from the coach, players may ride home from games with their parents; please be sure to make arrangements with the coach in advance. Athletes are required to check in with their coach before departing with their parents.

- Students are to enter and exit from the front of the bus only.
- Please keep your voice down.
- **Absolutely no cleats** may be worn on the bus.
- Please do not stand while the bus is moving.
- Please do not put your hands or heads out of the bus windows.
- Please do not throw any objects at any time.
- Please do not bring glass bottles on the bus.
- Please dispose of trash and take all personal items when exiting; players will be designated each trip to clean the vehicle.

Parent Partnership

Sportsmanship

Please remember your actions and words are a reflection upon our Lord, our school, and our families. (Ephesians 4:29)

Authorized Areas/Parental Coaching

Fans are to sit on the bleachers or other area designated for spectators. Parents are not permitted in locker rooms, on playing surfaces, or near the bench and may not approach the bench area to coach their child during practices or games.

In the event of an injury, parents will be called to the field if needed. Please do not approach the field unless called.

Support

Parental support of our coaches is a necessity. Parents should refrain from derogatory remarks regarding coaches. Negative comments erode authority and respect and ultimately degrade our athletic programs.

Promptness

Please arrive on time to pick up athletes from practices and games. Remember that our coaches have families too.

Communication

Please consult with the AMD before restricting your student from athletics due to disciplinary reasons. Our teams count on every player, and the removal of an athlete affects the entire team.

Disagreements

In the event your student has a disagreement with a coach, please encourage them to communicate directly with the coach to reach a resolution. If the issue is not resolved, parents are asked to schedule a meeting with the coach before bringing it to the AMD.

FCS follows the model set forth in Matthew 18 when resolving conflicts: “Moreover, if your brother sins against you, go and tell him his fault between you and him alone. If he hears you, you have gained a brother. If he will not hear you, take with you one or two more, that by the mouth of two or three witnesses every word may be established.” (Matthew 18:15)

24-Hour Rule

Given the excitement and frustration that can occur during an athletic event, FCS employs the “24 hour rule.” Parents are asked to wait at least 24 hours after a game before approaching any FCS coach with concerns. This policy allows all parties to decompress after an event and facilitates clearer and more meaningful communication.

Pre-Season Meeting Requirement

At least one parent is required to attend the pre-season team meeting.

Cheer

Fans are encouraged to cheer for our teams! Be positive, enthusiastic, and LOUD!

NCAA Clearinghouse

Students interested in playing sports at the collegiate level must register with the NCAA. Visit www.ncaa.org or www.eligibilitycenter.org for complete information. Note that class requirements changed, beginning with the class of 2016. Athletes should contact the school guidance counselor if they have any questions.

Varsity Letter Qualifications

It is a privilege to receive a letter, and it must be earned. Letters are not awarded on mere participation. Seniors in good standing will letter.

Athletes lettering in a varsity sport for the first time will receive a chenille letter and pin for that particular sport. Athletes who letter in multiple sports will be presented with a pin representing each individual sport. Bars are awarded for subsequent years in the same sport. Team captains receive a designated captain's pin for their service.

The head coach has the prerogative to issue or withhold a letter for extenuating circumstances such as early season injuries, team or league violations, etc. Coaches must provide sufficient documentation of these circumstances to the principal and Athletic Ministries Director. In all cases, students must complete the season as a member of the team in order to letter.

Criteria for Lettering in Each Sport

- Student must have completed the entire season.
- Student must have played in at least one-half of the season's competition.
- Student must attend practices and games unless excused by the coach.
- Student must not have been a disciplinary problem.
- All equipment must have been turned in.

Awards

Athletic awards are presented in recognition of outstanding athletic achievement and service to the school, not as compensation of services rendered. As stated in our philosophy, FCS expects our athletes to demonstrate Christ-like qualities, and our mission is to glorify and honor Jesus Christ. Therefore, our athletic awards recognize character development and reflect how well an individual athlete displays certain character qualities.

The following awards are presented to various players on each team. Coaches are not required to present every award.

Award Title	Award Name	Award Description
"RUTH" or "TIMOTHY"	Coachable Award	given to the player who demonstrated an ability to pursue instruction and direction from their coaches and acted upon it with a positive spirit.
"ESTHER" or "PAUL"	Intensity Award	given to the player for demonstrating a desire to practice and play with intensity and hustle at all times.
"HANNAH" or "DANIEL"	Spiritual Leader Award	given to the player who has led the team spiritually all season long.
"MARY" or "GIDEON"	Most Improved Award	given to the player that exhibited the most overall improvement in their sport throughout the season.
"PRISCILLA" or "BARNABAS"	Team Player Award	given to the player who always looks for opportunities to be unselfish and leads the team in assisting others.
"ELIZABETH" or "NEHEMIAH"	Eagle Award	given to the athlete who has shown outstanding ability, accomplishment and leadership.