

BCSA Sportsmanship Ballot

School Name: _____

Rating Guidelines:

5	Superior
4	Very Good
3	Good
2	Fair
1	Poor

Coaches Conduct:

Respectful attitude toward his/her players and opponents	5 4 3 2 1
Shows good interaction with officials during the game	5 4 3 2 1
Displays humbleness in victory and graciousness in defeat	5 4 3 2 1
Respects the judgment of the officials and accepts decisions graciously	5 4 3 2 1

Spectator's Conduct:

Shows respect for opposing players, coaches, spectators, and facilities	5 4 3 2 1
Recognize and show appreciation for outstanding plays by either team	5 4 3 2 1
Respect the judgment of the officials and accepts decisions graciously	5 4 3 2 1
Use cheers that are positive in support of your own team	5 4 3 2 1

Team's Conduct"

Shows respect for opponents before, during, and after contest	5 4 3 2 1
Bench shows proper reaction to officials calls throughout the game	5 4 3 2 1
Displays humbleness in victory and graciousness in defeat	5 4 3 2 1
The team on the floor shows a proper action with an official's call	5 4 3 2 1

General Conduct:

Team shows respect for the facilities	5 4 3 2 1
Players shake hands with opponents and coaches after the contest	5 4 3 2 1
Team plays hard throughout the game. Team shows no sign of quitting	5 4 3 2 1

Sports Philosophy

Sports-athletics-physical conditioning is a means to the end of glorifying God. Legitimate purposes include exercise (I Tim. 4:8; II Cor. 6:14), "dancing" before the Lord (II Sam. 6:16), relating to others in this generation, for witnessing and ministry (Acts 18:36), recreation (Mk. 6:31), sweating (Gen. 3:14), fellowship (Pro. 18:24; Acts 2:42), leadership and character training.

Participation

All people are encouraged to exercise, and all students are encouraged to participate in the LCA sports program (and required to participate in p.e.). Coaches seek to play all participants at least one part of each game, especially when families and friends come to watch. Sports are rarely if ever used as discipline, except for "excessive demerits." The LCA is seeking to train students to develop a Biblical attitude of success and to make students successful in all four areas of Luke 2:52. The LCA avoids "prioritizing-to-elimination" of duties, although an unbalanced view of sports may be restricted. CBC-LCA promotes maximum-quality-balance participation.

Time-Priorities

In the school, sports will be limited to two practices and two gym classes (four hours) and one game (two hours plus travel) per week with an occasional (2-3) second game per week plus one tournament (and every three years an occasional second tournament) per season.

As with all other responsibilities, participating students are expected to be at all practices and games. Necessary absences should be communicated ahead of time whenever possible (by note). Weekday and Saturday games are avoided (or played during school hours). [Students should be home by 8:30 with no homework should there be a school-night game.] Travel time should be well spent spiritually (praying, singing, quizzing, testifying, developing school-Lord spirit), academically, socially, and/or resting.

Goals-Curriculum-Coaching

CBC-LCA sports promote good skills and conditioning. Sports skills are taught-trained fundamentally, consistent with an “essentials” sheet, consistent with the church-school wide “fundamentalist” approach. Improvisation, creativity, and options are encouraged consistent with this fundamental base. Start as early as possible, to get better return, as kids have less time as they get older. (Structured plays can take a disproportionate amount of time. Power and finesse; “control-slow down” and “run-and-gun” should be part of the experience. “Dunk whenever possible.” Exalting-joy but not exulting.)

Conditioning-exercise habits for life are promoted, including a three-times-per-week exercise program.

Skills taught include soccer, volleyball, basketball, softball, tumbling, gymnastics, football, swimming, and minor sports. Conditioning includes endurance, strength, coordination, agility, flexibility, form, quickness, dexterity, balance, speed, and healthy eating habits.

Coaches are expected to have goals and lesson plans, to upgrade periodically, and to be involved in an annual review of the sports program. Parents and others interested are encouraged to submit (written) suggestions to coaches and administration and to pray for and encourage them.

Attitude-Spirit

Attitude toward authority, a positive spirit, courage and effort are more important than outscoring the other teams. (With this balance, teams are encouraged to outscore the other teams!) Training a positive, encouraging attitude toward teammates (and opponents) is a coaching responsibility even greater than skills training and team strategy. Players are expected to acknowledge fouls by raising their hands (when whistled). Players are to help up both fallen teammates and opponents after finishing the play. Coaches are to be exemplary in their words, actions, and attitudes, especially before players, fans, and officials. (There is not a more influential staff position than coach.) Preparation (for games) is in the following order: eternity, life, college, high school, season, and game. Stalling is a strategy to be avoided.

11/15/04

to be known, understood, and incorporated
Volleyball Fundamentals

- 1.7. Give the volleyball outline.
 - 1) **Serve** Make your serve.
 - 2) “**Mine,**” “**out**” Talk: call “mine” early, and call “out.”
 - 3) **Predestinate** (includes serve) Know ahead of time where you are going with the ball.
 - a. primary and secondary spiker
 - b. “third hit” to
 - 1) hole
 - 2) weak player
 - 3) back
 - 8-12. List the five skills of volleyball.
 - 1) serve
 - 2) bump
 - 3) set
 - 4) spike
 - 5) block
 13. What are the most serves in one game a person could serve in a row? **25**
 14. Where should a setter be in relation to the ball, at least a split second before he sets the ball? **right underneath**
 - 15-19. Give three general sports principles which apply to volleyball, and two other points to remember.
 - 1) anticipate→expect; “it’s coming to me”; don’t dive, unless must
 - 2) motivate self from within; recognize emotional nature of volleyball
 - 3) keep eye on the ball
 - 4) love the net
 - 5) spike from anywhere
 20. Whose responsibility is it if a ball falls into a hole without anyone’s hitting it! **everyone’s (yours)**

to be known, understood, and incorporated by each player

Soccer Fundamentals

I. positions (and responsibilities)

A. goalie

1. keep body between ball and goal
(smallest angle)

2. decide

3. direct defense

B. fullbacks (sweeper)

1. stay between ball and goal (stay loose)
2. keep position
3. send the ball out and up

C. line (strikers)

1. give and go
2. keep position
3. get the ball in the goal – shoot

D. halfbacks

1. #1 for line and fullbacks
2. keep position – send the ball
3. anticipate – fill in the holes

II.

fundamental skills

A. pass/shoot, throw-in

B. trap

C. dribble

D. defense

1. don't commit first
2. stay on ground

E. movement away from ball

1. anticipate
2. spread offense, collapse defense (over)

III.

rules

A. 17

B. free kicks

1. direct kicks
2. indirect kicks

C. off sides

Personnel

Those staff most directly involved in sports are p.e. teachers, coaches, athletic director, principal and pastor. New personnel will be trained by former until former, pastor, and principal are satisfied that philosophy is being continued and no ground otherwise is lost. All coaches are part of the school staff and are expected to attend teachers' meetings as much as possible and to stay in touch with the CBC pulpit.

Miscellaneous

The following miscellaneous principles are emphasized:

1. Players are in practice what they are in games.
2. Players should be versatile in their ability to be physical and finesse players.
3. Play for "glory and beauty" (God's glory).
4. Emphasize hustle and thinking, individual skills and team play, bravery and conditioning.
5. Emphasize concurrent fierceness and manners: act like a Christian: be brave and polite, decisive, assertive, and humble.
6. Be humble in victory and gracious in defeat.
7. Radiate lightness and happiness, raise hand when foul, be sweet and unsurly.
8. Meet parent needs – wants as much as possible.
9. We do not want our children famous for being good at playing games. We don't mind its being said that our children knew how to play when it was time to play.
10. Students are expected to excel in all areas (including athletics, music, speech, academics, witnessing, praying, Bible study, and friendships).

How to Coach

1. Pray! "All things by prayer" (Phil 4:6).
2. Have a goal(s), plan, and schedule
 - a. What are you trying to accomplish?
 - b. What are the specific steps you're going to take to get there?
 - c. When will you do these things?
3. Love the kids, sincerely care for their success in Christ, and hold them accountable to your expectations (discipline them). Love is the greatest motivator, their love for Christ and your love for them.
4. Set the example in your attitude and punctuality.
5. Be yourself (in a Spirit-filled condition).

to be known, understood, and incorporated by each player
Basketball Fundamentals

1. What three things do you need to keep in mind concerning shooting?
arch **follow through**
backspin **use fingers**
aim (middle of hoop; keep an eye on target)
2. What three things do you need to keep in mind concerning lay-ups?
opposite foot **protect ball**
bank **ambidextrous**
jump up next to rim
3. What three things do you need to keep in mind concerning defensive rebounding?
block out 3 ft. min. (think) **keep ball in peripheral vision**
jump up **use both hands**
pass out **timing**
4. What three things do you need to keep in mind concerning defense?
stay between man (body) and basket, close or back (tight or loose)
play waist down **move feet, no crossovers**
use hands wisely: rarely go for ball, either up or down **eyes on torso, waist, face up**
 keep legal guarding position
 make go weak side, overplay
 make change regular
 ball before man
 come over to help
 defend against lay up
5. What three things do you need to keep in mind concerning passing?
4 types: bounce, chest, baseball, overhead **anticipate**
know where all 4 are **pivot toward basket**
hit open man **don't telegraph**
 pass to side away from opponent
6. What three things do you need to keep in mind concerning dribbling?
use either hand (both) **only when necessary**
don't look at ball **keep head up** **protect ball (use body)**
know where other players are **low and high**
7. What three things do you need to keep in mind concerning the fast break?
offense: **defense:**
rebound release quickly, don't slow down **back up**
middle dribbler stop at foul line **slow down dribbler**
lanes bomb and organized **push to one side**
 make them commit
 don't commit

1/16/01; 11/15/04

8. What three things do you need to keep in mind concerning offensive rebounding?
stay back **anticipate rebound**
fake **-opposite side**
get "inside" **-don't watch ball in flight**
 -timing guess; follow own shot
9. What three things do you need to keep in mind concerning the press?
defense
do your job, trap or intercept, no sidelines
100% (don't let down)
pick off first pass; get back if miss
offense:
fairly short passes to open man
move ball quickly, get it in
keep it in middle, run baseline **score**
10. What three things do you need to keep in mind?
think (problem solving) **team work, keep calm, figure out their weakness**
hustle **involvement and movement-no spectating; quick transitions**
guess **fakes, consider countering each of these**
11. List seven defenses and seven offenses.
 1. **2-1-2** foot in blue 1. **fast break** **run and gun**
 2. **1-2-2** (opposite man drop down) 2. **set up (slow down)** **high post split**
 3. **1-3-1** **press** 3. **hit center** **double low post**
 4. **man-to-man** **sagging, switching** 4. **drive** **clear out; baseline; back door**
 5. **press** 5. **shoot from wings** **high/low, stall, four corners**
 6. **3-2 or 2-3** 6. **over load** **moves**
 7. **box and one** 7. **pick and roll** **give and go picks: shoot off, drive, pass at**
 8. **weave**
12. List the coaching principles.
discipline (do what told); do not repeat self; expect attention and compliance
establish their strategy: team, individual; exploit our strengths, their weaknesses
master fundamentals and play
motivate
defense is the key and rebounds
rebounding (adds points); turnovers (takes away points)
make sure everyone on team is doing his part