



*REGENTS SCHOOL OF OXFORD*

*ATHLETIC HANDBOOK*

---

“Let us run with endurance the race that is set before us, fixing our eyes on Jesus,  
the author and finisher of our faith.”

- Hebrews 12:2

## Table of Contents

Goals of the Athletic Program .....	3
Philosophy of Athletics .....	3
Elementary School Athletics Overview .....	4
Middle School Athletics Overview .....	5
Athletic Fees.....	7
Rules and Regulations.....	8
Relationship to Academics.....	8
Eligibility .....	8
Athletes and Coaches.....	10
Behavior Expectations and Discipline .....	12
Parents and Fans.....	13
Transportation .....	14
Uniforms and Equipment.....	14
Appendix A – Philosophical Questions andAnswers.....	15

## **Goals of the Athletic Program**

The Mission of Regents School of Oxford, aspiring to be the leader in classical Christian education, is to disciple our students to love, serve and glorify God in order to become godly men and women through a classically driven, gospel centered school committed to: Rightly using the inherent tools of learning, Cultivating a challenging and joyful environment that encourages them to think logically and communicate their conclusions persuasively, and Infusing Christian theology in all we do.

As stated in the founding documents of Regents School of Oxford, our aim is to be thoroughly Christian, using the classical methodology for training our children to love and worship God. To this end, we believe that the athletic program is a co-curricular program to the academic program of our school and enables our children to love learning and to think Christianly. In order to accomplish this means, we strive to:

- Teach sports as part of an integrated life with the Scriptures at the center
- Provide a clear model of the biblical Christian life through our coaches
- Encourage every student to begin and develop his relationship with God the Father through Jesus Christ
- Encourage every student to develop a love for learning and to live up to his athletic potential
- Provide an orderly atmosphere conducive to the attainment of the above goals.

Our documents outline the vision of Regents for our students, our staff, our parents, and our community. The athletic program will support and encourage the pursuit of this vision. We refer you to those documents rather than repeat them in this one.

## **Philosophy of Athletics**

Regents School of Oxford seeks to provide an athletic program in order to complete the academic program of the elementary, middle, and high school. We recognize that God has gifted students in a variety of ways, including abilities in athletics, drama, music, academic study, as well as in other areas. We seek to provide an opportunity for these students to develop and use their God-given abilities.

We believe that participation in athletics provides a good opportunity to encourage Christian students in their relationship with Jesus Christ.

We believe that an athletic program enhances the atmosphere of the Regents School of Oxford student body, providing students and parents with an opportunity to build community.

We also recognize that athletics provide an opportunity to make the programs established at Regents School of Oxford known to the broader community.

## **Elementary School Athletics Overview**

The objectives of the elementary program are improvement through participation and the development of basic skills. Coaches will teach the basic rules and principles of the game, with the primary goal of allowing each student the opportunity to participate and grow in sportsmanship and Christian character. A secondary goal is to compete in an effort to gain victory over the opponent.

In the Elementary sports program, there are two types of athletic activities. The first is our development program which teaches the students the basics of the program but does not have competitive opportunities for the students to play games or matches. The second program is the competitive program in which students will have games and matches throughout their season.

### **Participation**

All students in the 3<sup>rd</sup>, 4<sup>th</sup>, and 5<sup>th</sup> grade are eligible to participate in the athletics program. Approximately 75% of the students in elementary school participate in athletics. As a general rule, Regents maintains a “no cut” policy in elementary school athletics.

All students participating in athletics at the elementary level will generally be given some playing time in every game, though time may not necessarily be divided equally among all players. The one exception to this is tournament games, where not all elementary may be given playing time. Depending on the number of students interested in a particular sport, Regents may divide students into two teams. Teams will be named A team and B team and students placed on the A team will be selected based on attitude, character and skill regardless of grade level.

### **Length of Season**

Each season is approximately 4-8 weeks in length. With three different athletic seasons, all students are encouraged to participate during more than one season and take advantage of the multiple sports opportunities.

### **Commitment**

All students are expected to commit to attending practices (normally two days a week) as well as games. During weeks when games occur, the games will replace the practices; in general, there will be two required commitments each week for elementary school athletics. We recognize that various issues may arise during the season (sickness, doctor’s appointment, etc.), but otherwise team members are expected to attend all practices and games. Exceptions can be made at the discretion of the Athletic Director.

## **Middle School Athletics Overview**

The objectives of the middle school program are improvement through participation and the development of basic skills. Coaches will teach the basic rules and principles of the game, with the primary goal of allowing each student the opportunity to participate and grow in sportsmanship and Christian character. A secondary goal is to compete in an effort to gain victory over the opponent.

All Middle School athletics are competitive opportunities and will have a schedule of games or matches.

## **Middle School Sports**

The following sports are offered for Middle School students:

Fall Season	Girls Volleyball
	Girls Cheer
	Boys and Girls Cross Country
	Boys and Girls Swim
	Girls Soccer
	<b>Football</b>
Winter Season	Boys Basketball
	Girls Basketball
	Girls Cheer
Spring Season	Boys Lacrosse
	Boys Baseball
	Boys and Girls Tennis
	Boys and Girls Golf
	Boys and Girls Archery
	Boys and Girls Track and Field

## **Participation**

All students in the 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> grade are eligible to participate in the athletics program. Approximately 85% of the students in middle school participate in athletics. As a general rule, Regents maintains a try-out policy in middle school athletics.

Athletes will be evaluated based on sportsmanship (attitude), ability to play as a member of a team (character), and personal ability (skill). Coaches will make every effort to assemble the team on the court/field that offers the best opportunity for victory, so in middle school athletics not all players will play in every game. Athletes chosen for the middle school team will be selected based on attitude, character, and skill.

## **Length of Season**

Each season is approximately 10-12 weeks in length. With three different athletic seasons, all students are encouraged to participate during more than one season and take advantage of the multiple sports opportunities.

## **Commitment**

All students are expected to commit to attending practices (normally four days a week) as well as games. During weeks when games occur, the games will replace the practices; in general, there will be four required commitments each week for middle school athletics. We recognize that various issues may arise during the season (sickness, doctor's appointment, etc.), but otherwise team members are expected to attend all practices and games.

## High School Athletics Overview

The objectives of the high school program are rigorous competition, development of skills, and demonstration of impeccable sportsmanship.

### High School Sports

The following sports are offered for High School students:

Fall Season	Girls Volleyball Girls Cheer Boys and Girls Cross Country Boys and Girls Swim Girls Soccer Football
Winter Season	Boys Basketball Girls Basketball Girls Cheer
Spring Season	Boys Lacrosse Boys Baseball Boys and Girls Tennis Boys and Girls Golf Boys and Girls Archery Boys and Girls Track and Field

### Participation

All students in grades 9<sup>th</sup>-12<sup>th</sup> are eligible to participate in high school athletics and approximately 85% of the students in high school participate in athletics. According to the MSAIS rules 7<sup>th</sup> and 8<sup>th</sup> Grade students are allowed to participate in High School athletics. If a coach would like to utilize the talents of a younger student on the High School team, they must meet with the parents to confirm commitment and inform the Athletic Director for final authorization to move a student to the High School team.

Athletes will be evaluated based on sportsmanship (attitude), ability to play as a member of a team (character), and personal ability (skill). Coaches will make every effort to assemble the team on the court/field that offers the best opportunity for victory, so in high school athletics not all players will play in every game. If a large number of students desire to play on a high school team, a Junior Varsity team will be assembled). Athletes chosen for the Varsity team will be selected based on attitude, character, and skill.

### Length of Season

Each season is approximately 12-16 weeks in length. Our fall sports season in high school generally begins two weeks prior to the first day of school, so students participating in fall sports should plan to attend all practices.

### Commitment

The intensity and commitment demanded in athletics increases with the move from middle school to high school. High school teams generally will have practice or a game each day of the week during the season, so students should plan for a commitment five days a week.

Additionally, the expectation for athletes increases at the high school level, and students are expected to manage their academic commitments independently and responsibly throughout the athletic season. While we recognize that various issues may arise during the season (sickness, doctor's appointment, etc.), team members are expected to attend all practices and games and should prioritize their commitment to the sport and to their fellow team members

## Membership

Regents School of Oxford is a member of the Mid-South Association of Independent Schools (MSAIS). To facilitate scheduling of activities and to encourage competition, Regents School of Oxford will strive to maintain membership in the MSAIS so long as it is deemed beneficial by the school administration. The academic and athletic program will abide by all MSAIS rules outlined in the accreditation and athletic policies of the association.

## Athletic Fees

Athletic Fees help to defer the cost of athletics at our school. It helps to pay for equipment, uniforms, field or gym rentals, referees, and coaches.

### Lower School

- Swim \$150
- Cheer \$200
- Basketball \$250
- Lacrosse \$250
- Tennis \$150

### Upper School

- Volleyball \$250
- Soccer \$250
- Cross Country \$200
- Cheer \$250
- Swim \$200
- Basketball \$250
- Lacrosse \$250
- Baseball \$250
- Track and Field \$175
- Golf \$150
- Tennis \$150
- Archery \$200
- Football \$425

## Purpose of the Athletic Program

The athletic program at Regents is designed to allow students to:

- Develop Christian character and individual talents
- Learn to work as a team
- Love their neighbor and enjoy it all to the glory of God.

Our boundaries are driven by finances, facilities, and families. It is our goal to supplement the academic program, to strengthen families, and build community.

We do realize that a commitment to athletics will demand a certain level of time for students, and practice and level of preparation is necessary to grow and compete. Since we do not want to provoke our children to wrath by pitting them against teams that are highly skilled and better prepared, all students are asked to commit to their sport and their team according to the guidelines outlined later in this Handbook.

## **Rules and Regulations**

All applicable policies and guidelines established by Regents School of Oxford administration apply to students participating in co-curricular programs at Regents School of Oxford. In addition, the rules, and regulations of MSAIS will also be followed. The upper school principal, athletic director and all coaches are expected to become familiar with these rules and regulations.

Each student must have parental permission in writing to participate in co-curricular activities. The parental permission will include a medical release form and a transportation release form for each high school student and a physical evaluation by a certified doctor each year.

The athletic director shall be responsible for ensuring that all players meet both Regents School of Oxford and individual league requirements for participation. The athletic director will notify coaches of any ineligible players. Coaches shall submit to the athletic director a list of participants at the beginning of the season to facilitate this review.

## **Relationship to Academics**

Co-curricular activities will not take priority over the academic program at Regents School of Oxford. This means that though both academics and athletics are important and vital in the education of the student, the first priority for students remains their academic responsibilities. Students must retain a minimum of a 2.0 GPA to participate in athletics (see “Eligibility” for more specific details). The Athletic Director and Upper School Principal will work together to ensure that the role of the athletic program appropriately supplements the academic program.

The Regents school policy for pre-arranged absence applies to athletics. Athletes (and students attending athletic events as spectators) are to discuss early dismissals and absences in advance with teachers and are to complete those assignments on time. Regents School of Oxford will not sponsor curricular or extra-curricular competitions or allow teams or school-sponsored groups to participate in Sunday competitions or practices. RSO’s athletic facilities will not be used on Sunday.

## **Eligibility**

A student who is absent from school more than one-half day may not participate in co-curricular activities that day, either in practice or in games, unless the Upper School Principal grants permission to do so.

All RSO student-athletes fall under the behavior guidelines explained in the Family Handbook. They must remember that they represent their team, their school, their family, and God. Participation in sports is a privilege given to students who have demonstrated social and academic responsibility.

*Ineligibility* is declared when a teacher(s) reports to the Upper School Principal that a student’s performance is not meeting the acceptable standards for that class or if a student consistently makes poor behavior choices.

**Social Responsibility:** The student athlete’s social choices and behavior is examined inside and outside the classroom. Standards for behavior are based on the Family Handbook.

**Team Responsibility:** A student athlete who fails to meet the team responsibilities jeopardizes his/her participation in the next sport season.

**Academic Performance:** The student-athlete’s performance on tests and quizzes must be at or above the expected level for the student-athlete. Homework and assignments must be handed in on time and completed at the level that is expected for the student-athlete.



## Eligibility for Extra-Curricular Activities

Participation in any extra-curricular activity for 5<sup>th</sup> through 12<sup>th</sup> grade will be contingent upon the student's meeting certain eligibility requirements. Notification of ineligibility will be made by the office to the student and the faculty member in charge of the activity. A student who is on probation or suspension for disciplinary reasons is not eligible to participate in extra-curricular activities. For purposes of this policy, ineligibility as it relates to athletics means that the student is not allowed to participate in practices or games.

Athletes are expected to attend all practices and games during the season. If an athlete misses practices or games for unnecessary reasons, at the discretion of the head coach, that athlete might not participate in the subsequent game(s) for some or all of the time. The head coach is responsible for communicating the repercussions of missing practices and/or games to the parents and the athlete prior to the season.

When an athlete is participating in a Regents sponsored sport, it is the expectation that the Regents sport will supersede any club/travel team competitions/practices when conflict arises. When such a conflict occurs and the athlete will be participating in the club/travel competition, the athlete and parent of the athlete must communicate with the head coach as soon as possible so the coach/team has adequate time to prepare. If the athlete chooses the club/travel practice/competition over the Regents sponsored sport, the coach has the discretion as to appropriate consequences to be approved by the athletic director. These consequences must be communicated to parents in a timely manner.

\*Note: This does not include when an athlete is participating in multiple Regents sponsored sports.

Eligibility will be determined as of the midway point (Grade Check Day) and the end of each nine-week period. A student's eligibility will be determined on Grade Check Day if he/she receives an F average in two or more subject areas or at the end of any nine-week period in which he/she fails to earn a GPA of at least 2.0. Before eligibility is determined a parent meeting with the principal, parent, teacher, and student is required to determine an appropriate intervention plan for the student. An ineligible student regains eligibility when their grade is raised above an F average or raises their GPA above 2.0.

## Athletes and Coaches

The purpose of athletics at Regents is to provide opportunities for the training and development of Christian character in an atmosphere that is challenging and enjoyable. The ultimate end is seeing individuals learning to think and act biblically during times of hardship and pressure, success, and disappointment.

Coaching appointments are the responsibility of the Athletic Director. Every coach hired by the school will need to have a strong testimony of faith and be a member in good standing at a local church. Head coaches will make recommendations regarding assistant coaches with the final decision resting with the Athletic Director. All coaches will submit to a thorough background check before practices begin with the students. Appointments are for a one-year period with evaluation at the end of each season. Evaluation of head coaches will be made by the Athletic Director and assistant coaches will be evaluated by the head coach and Athletic Director cooperatively.

The coach is a spiritual mentor and a Christian role model for the athletes they coach, helping the students in their Christian walk by allowing them to develop their God-given gifts, using them to glorify Him.

- The coach is able to relate to kids, enjoys being around and communicating with middle school students, and is willing to invest in the lives of these students – in and out of the athletic arena.
- The coach has a passion for and a love of the sport they coach.
- The coach has the knowledge and ability to teach the technical skills required and the teamwork involved in creating an atmosphere to develop the team to play at the highest possible level.
- The coach conducts him or herself in a professional manner and fosters healthy relationships with athletes, parents and officials.
- The coach is expected to be a leader in exhibiting Christian values and responsibility. As a highly visible representative of the school and the community, the coach must accept a special role in demonstrating positive and responsible leadership.

Coaches are required to hold an informational meeting for the parents at the beginning of the season to address issues of scheduling, expectations, conduct, discipline, and any other areas that the coach deems necessary. The Athletic Director will review the guidelines of the Athletic Handbook to ensure that all students and parents understand the guidelines of the program.

We expect that our coaches and our parents will model Christ-centered character qualities for our children. During practice and during games, we must be aware that we represent Christ and our school to our kids and to people from other schools. Therefore, compliance with the following guidelines will be expected from all participants.

1. Comments by coaches and participants should be uplifting, positive, encouraging statements.
2. Actions of coaches, directors and athletes should set a positive, encouraging example for spectators.
3. Conduct judged to be improper by the coach, administrator, or athletic director might result in immediate withdrawal from the activity, as well as further disciplinary action. Such conduct may be verbal abuse of athletes or referees.

To this end, we encourage our players to the following:

- As individuals:
  - Be thankful about everything (I Thess 5:18)
  - Complain\* about nothing (Phil 2:14)
  - Look for ways to help your teammates and coaches (Gal 6:2, Phil 2:4)
  - Challenge and push yourself to excellence (Col 3:23)
- Toward the team:
  - Encourage your teammates (I Thess 5:11)
  - Be present for all team activities (Heb 10:24-25)
  - Learn to work together with others (Phil 2:3)
  - Make sacrifices for the good of the team (Heb 12:2, Rom 15:1).
- Toward the Coach and Referees:
  - Be respectful (Rom 13:1, I Pet 2:18)
  - Be obedient (Eph 6:1)
  - Tolerate mistakes (nobody's perfect) (Eph 4:32)

- Toward Opponents:
  - Respect them at all times (Rom 12:17-21)
  - On the field/court, they are your opponent! Do ALL you can (within the rules) to win.
  - Off the court, be friendly. Thank them, encourage them, laugh with them.
- In General
  - Never make excuses for losing (James 4:10, James 4:16)
  - Never gloat about winning. Be thankful. (James 4:10, James 4:16)

Complaining is not the same as voicing a concern. The difference may be in one's attitude and tone. We encourage our players and parents to voice their concerns in a respectful manner.

## Behavior Expectations and Discipline

Students are expected to adhere to the behavioral standards outlined in the Family Handbook. Similar consequences for disobeying the discipline standard of the school will apply toward misbehavior during co-curricular activities.

Students are expected to behave in the same manner as required on school grounds, with appropriate respect and courtesy. Any use of an electronic device during travel must be used appropriately in compliance with the Family Handbook.

There are several basic behaviors that will automatically necessitate a referral to the Upper School Principal (versus the coach or athletic director). Those behaviors are:

- Disrespect shown to any staff member. The staff member will be the judge of whether or not disrespect has been shown.
- Dishonesty in any situation while at school, including lying, cheating, plagiarism, and stealing.
- Rebellion (i.e. outright disobedience in response to instruction).
- Fighting (i.e. striking in anger with the intention to harm the other student)
- Obscene, vulgar, or profane language, which includes taking the name of the Lord in vain.
- Sexual misconduct, including any public displays of affection, inappropriate touching, kissing, use of pornography, or other forms of sexual impurity.
- Illegal substance abuse, including drugs and alcohol.
- Weapons on campus (guns, knives, etc.).

When discipline is necessary, the coach may administer any of the following options:

- Extra exercises (push-ups, sit-ups, wall sits, running, etc.)
- Suspension from part or all of practice(s).
- Suspension from one or more games/events.
- Suspension from the team, with the approval of the athletic director.

Parents will be notified of all major disciplinary actions. The coach is responsible to notify the athletic director of any suspension, who will then notify the parents. Any participation fees charged will not be refunded in the event a player is suspended from the team.

## **Parents and Fans**

Our fans are a vital part of the success of Regents athletics, and we encourage vigorous positive participation by our fans. We do believe cheering should be cheerful, never negative or demeaning. Regents' fans are also ambassadors of Christ and of our school and should cheer our teams in an appropriate manner. Our cheering should build up and encourage All who hear (Ephesians 4:29).

Our emphasis on sportsmanship and character amongst our student athletes and student body begins with the example set by our parents. Derogatory "cheers" ("air ball", "miss it", etc.), comments, "booing", taunting (or any kind of derisive singling out of opponents), arguing, or disputing directed at any participant (players, coaches, officials, and fellow fans) will not be tolerated and will be considered grounds for removal from Regents' sport events.

Spectators should NEVER approach an official before, during, or after a sporting event. Never ridicule or shout criticism toward officials and referees. During a game, the team bench is for coaches, players, and officials only. Do not approach the bench area during a game (including halftime). A parent's/fan's inability to conduct themselves in an appropriate manner while at a Regents athletic event could jeopardize their future attendance at Regents events.

Conducting ourselves in this manner should be done for one reason above all; we are not our own. Our old self has been crucified with Christ (Galatians 2:20), and we now have our minds set on higher things (Colossians 3:2). "Don't copy the behavior and customs of this world but be new and different people with a fresh newness to your thinking. Then, you will learn from your own experience how His ways will really satisfy." (Romans 12:2)

## **Parent Communication**

The format for voicing a complaint or a concern is like the procedure used for regular school issues. This procedure follows the process outlined in Mathew 18. If a parent has a concern, he/she should first speak with the coach about it. If you are not satisfied with how your concern is handled, then parents are encouraged to speak with the Athletic Director. If you are still not satisfied with the situation, a meeting will be set up with the Upper School Principal, the Athletic Director, and the Coach. Parents not following these protocols will be kindly redirected to the proper person.

## **Communication with Coach**

In resolving conflicts and frustrations with the coaches, the following steps of communication should be followed. The next step should occur only if the conflict is not resolved: Please use the "24 hour cool down time" rule before contacting the appropriate person.

Step One: The Player should talk with the Coach directly

Step Two: The Parents(s) should talk with the Coach directly

Step Three: The Parents(s) should talk with the Athletic Director and the Coach directly

Step Four: The Parent(s) should talk with the Upper School Principal (and Athletic Director)

## **Parent Guidelines for a Successful Season**

When your child or team has a bad game, remember, it's only a game. Walk away from the game with your chin up, whether you win or lose. Life isn't fair and neither are athletics. There are bound to be times when you'll feel like your child gets shortchanged in playing time or has to endure bad calls by the officials. Most often, it is best to acknowledge the "injustice" and then quickly move on.

Encourage your child to speak directly with the coach if there is a problem. Empower your children to speak up for themselves – this is an important component in their Christian maturation. At home, keep your conversations about the coach and other teammates positive. Your job is to help your athlete rise above adversity. When the going gets tough, don't quit! Use the opportunity to teach your athlete about keeping commitments, working through difficult situations, doing what is necessary for the good of the team, and persevering under pressure. That's how they'll learn to handle other disappointments that are bound to come their way.

Be encouraging. A good attitude is contagious and so is a bad one. Pay attention to your comments during the game. Loud, cruel words and actions not only damage your reputation, but unfortunately, also your child's. Act in the way you would expect your child to behave. Show our opponents, fans and those seated around you that you are a Christian by your words and actions.

## **Lions' Den Code of Conduct**

Let the Players Play  
Let the Coaches Coach  
Let the Officials Officiate  
Let the Spectators Encourage  
In all Things Glorify Christ

### **Transportation**

The athletic director is responsible for arranging for transportation to all away games. The athletic director, not the coaches, will establish the time that students will be released from class for participation in games held on school days.

Each student must have parental permission in writing to be driven to and from an extracurricular activity. Coaches should endeavor to have the athlete home at a reasonable time. Coaches and directors should always travel with a copy of each student's emergency form with them. The athletic director will provide the coach with these forms.

### **Uniforms and Equipment**

Coaches may not distribute game uniforms until all fees and forms have been collected and approval has been given from the athletic department. Uniforms will be dispersed to the students at school before their first game. Regents' athletic uniforms should be worn for games only, not for practices. The goal of the uniform is unity. With that in mind, we expect our athletes to dress in such a way as to promote unity over individuality. Uniforms should be worn in the most modest fashion possible. A "Rolled up" waistband to make shorts "short" is not permitted.

Uniforms will normally be returned by the students within a week of the last game of the season. If the student does not return the entire athletic uniform, a replacement fee will be assessed to the family. In washing uniforms at home please adhere to the instructions printed on the uniform. Please repair tears and holes and disconnected stitching as they occur.

## Appendix A – Philosophical Questions and Answers

Even when we all acknowledge the spiritual equality of our minds and bodies, there are still many questions left to answer. Here are some of the questions and some of the answers:

1. **QUESTION: Is physical training a good use of time and energy? To love God with all our strength could mean many things, including working hard at our jobs, helping a neighbor, or doing something practical such as building a house. Should sports be included in this list, or is it merely an entertaining recreation? 1 Tim 4:7 says that physical training is useful, but is “sports” a good form of physical training?**

ANSWER: YES!

2. **QUESTION: Is competition necessary? Can we just train our bodies and exercise without having to have competitions?**

ANSWER: Training without competition is like studying for a class but never taking a test. Testing is a form of evaluating one’s progress and is a necessary part of one’s education. Competition is a joy to those who are well prepared for it (Ps 19:5). The higher the level of competition, the better evaluation it is (i.e. Latin tests in class vs. the National Latin Exam).

3. **QUESTION: Should the school provide the means for physical training? Should physical training be part of the school curriculum? Should interscholastic competition be part of the curriculum? Should it be mandatory?**

ANSWER: Our school is a community. One reason for having a school is to make efficient use of our resources. This can be done in athletics as well as academics. I would not mandate interscholastic competition in sports any more than I would mandate everyone being on the debate team. At this level, people’s various talents are being manifest and should be developed accordingly.

4. **QUESTION: What is the purpose of physical training?**

ANSWER: Physical training gives us good health, strengthens our muscles and gives us more energy for our other labors. But is also a joyful expression of God’s creation. “When I run, I feel God’s pleasure” is a Hollywood script line, but is expressive of how many athletes feel when they are practicing or competing.

5. **QUESTION: What part do sports play in reformation?**

ANSWER: Sports has at least a twofold purpose in reformation. First of all, it is a development of how God designed us. Our nature is the flesh; Jesus Christ is in the flesh. The development of our physical attributes is honoring to God. In the same way that the soaring of an eagle, the roaring of a lion, the galloping of a horse or the stateliness of a pine tree bring glory to God, so our physical expressions also bring glory to God. Secondly, athletic competition is an area of our culture that needs godly men as much as having a godly dentist or doctor, mechanic or house painter.

**6. QUESTION: What part do sports play in developing Christian character?**

ANSWER: The answer to this question may have been previously implied, but it is useful for us to ask the question outright. Paul said that physical training was useful, but training for godliness is better. (This is not an argument for training of the mind vs. training of the body). Rather this is an argument of purpose and perspective. Do we just train the body for physical reasons? NO! Do we just train the mind for mental reasons? NO! All our training is for the purpose of developing godliness. All subjects, including sports, come under the sovereignty and authority of Jesus Christ. Physical training develops the same Christian character as academic education (but in a different manner).

**7. QUESTION: With this in mind, how should an interscholastic sports program be developed in a Christian manner?**

ANSWER: The same way it is developed in the classroom – with Christian teaching to go alongside of the subject matter. It should be taught with a biblical foundation. The students should understand WHY we are doing it and not just WHAT we are doing.

They must continually be reminded that we play for God's glory and not our own. We play to please God and not to please men. We honor God in our conduct and our effort.

**8. QUESTION: What sports should we do at Regents?**

ANSWER: The answer to this question depends on the facilities, equipment, coaches and participants available. Again, this answer may go back to the question of the purpose of sports. If the purpose is only to train for war, then we should have self-defense sports and riflery. But if the purpose is more generally to exercise our bodies in a way that is glorifying to God, then the sport itself is somewhat irrelevant (grist for the mill, so to speak). If someone feels very strongly about a certain sport, but is not an expert in it, then he should become an expert in it and develop that sport. Otherwise, we should use the resources that we have available to us right now. What can we do this year or next year.





