



Valor Athletic Handbook 2026-2027

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Valor Athletics

Our Vision: Develop champions in life. Compete for championships. Honor Christ.

Our Mission: The VCSi Athletic Department seeks to honor God through athletics by helping students grow in faith, character, commitment, teamwork and excellence while representing Christ in competition and everyday life. Student-athletes will understand that academics are a priority and participation in athletics is a privilege. We do this by following the 5 C's of Valor Athletics.

The 5 C's of Valor Athletics

Christ

“Work willingly at whatever you do, as though you were working for the Lord rather than for people.” – Colossians 3:23

Character

Loving God and others through consistent, ethical, and godly behavior.

Commitment

Do your job. Be dependable and faithful in every role.

Courage

Choose faith over fear.

Coachability

Be teachable. Accept correction and growth with humility.

In the 2026-2027 academic year, VCSI will compete in athletic contests as a Valley 10 League member of OSAA as well the Metro Christian League.

This handbook should answer a majority of your questions concerning our athletic program. Enclosed (and on our school website) you will find links to addresses of league schools, physical forms, and code of conduct forms. For this reason, we ask that you please keep this handbook available for reference at all times.

Athletic Programs Offered

Elementary School

The purpose of elementary sports is for students to develop an appreciation and enjoyment of the sport. Priorities at this level are to encourage participation and to build basic individual and team skills. Every student-athlete will be given equal opportunity to play minutes that will impact the game. Everyone should get an equal amount of participation time. The goal is to get as many elementary students involved as possible. Encouraging participation and building basic skills will strengthen the athletic program in the future.

Elementary athletics are run through the Metro Christian League. 3rd grade and up compete in a pool of 18 schools (not all schools participate in all sports) and run for approximately two months. 1st-2nd grade athletics are run with just 4 of those same schools and run for 4 weeks each.

The following are sports that we intend to offer our elementary students:

Fall

3rd-5th Soccer

5th - 6th Volleyball

Winter

5th/6th Girls Basketball

5th/6th Boys Basketball

Spring

3rd/4th Boys Basketball
3rd/4th Girls Basketball
3rd/4th Coed Volleyball
1st/2nd Basketball (April)
1st/2nd Soccer (May)

Soccer

3rd - 5th Soccer is a coed sport that runs September through October.

1st - 2nd Soccer is a coed sport played with four teams in the MCL. Practices are optional. Games are once per week and played 3v3. All four teams play simultaneously on a shortened field with 4ft Pugg goals. Games are played in 6 minute rounds with 4 minute breaks for 1 hour. Games are intended to teach basic soccer skills, are non competitive and do not include a goalie. The season will run for 4 weeks in May.

Volleyball

5th - 6th grade level is a coed sport. Practices will start early September and the season will run through October. If the league is unable to provide enough teams for competition then 6th graders will be allowed to play up at the middle school level.

3rd - 4th grade level volleyball is a coed sport. Practices start late April and the season runs through May.

Basketball

5th - 6th grade level we aim to have a boys team and a girls team. A coed team may be formed if there are not enough athletes to field two teams. Games are played with running quarters. The season runs November through mid December.

3rd - 4th grade level we aim to have a boys team and a girls team. A coed team may be formed if there are not enough athletes to field two teams. Games are played with running quarters. Season runs February through March

1st - 2nd grade level is played with four teams in the MCL. Practices are optional. Games are once per week and played 3v3. All four teams play simultaneously on a ¼ court, 6 minute rounds with 4 minute breaks for 1 hour. Games are intended to teach basic basketball skills. The season will run for 4 weeks in April.

Middle School

The purpose of Middle School athletics is for student-athletes to continue to develop enjoyment of the sport and improve basic individual and team skills. Every athlete should get the opportunity to play with minutes that will impact the game. However, playing time will not be equal. Student-athletes should be introduced to the concept that each player has a specific role on the team. The emphasis at this level should shift toward developing the most competitive team possible.

Fall

Cross Country
Trap & Skeet
Soccer
Volleyball

Winter

Boys Basketball
Girls Basketball

Spring

Track & Field
Trap & Skeet

Cross Country

Middle School Cross Country is coed and will seek a meet schedule that competes with area private schools in the Metro Christian League West. Conditioning begins in late August, prior to the start of school. Meets are generally held on weekdays with the season running September through the end of October.

Trap & Skeet

Trap & Skeet is a combined Middle School and High School coed sport. This is not through our typical leagues but is run through the USA Clay Target League. Trap and Skeet is split into Fall and Spring seasons with separate registrations. Fall season registration begins at the beginning of August and closes early September. A gun safety and training course is required prior to registration and can be completed online at <https://nra.yourlearningportal.com/usaclay>. Class is under SAFE and titled “Student Athlete Firearm Education.”

Soccer

MS Soccer is a co-ed sport with the MCL. The season runs late August through the middle of October. 5th graders are allowed to play up at the MS level at coach's discretion. Registration and practices generally begin in August prior to the start of school.

Volleyball

MS Volleyball is a co-ed sport with the MCL. The season runs early September through the end of October. Registration and practices generally begin in August prior to the start of school.

Basketball

7th - 8th Grade Basketball is a gender specific sport with the MCL. We will aim to have both a boys team and a girls team. Should there not be enough interest, we are able to do a coed team that competes in the boys' league. The season runs January through February with practices often starting in late November.

Track & Field

Middle School Track & Field is a great sport for student-athletes at all levels and varying abilities to be part of and have fun while competing. We will seek to put together meets with area private schools in the Metro Christian League West. Track & Field is a Spring sport running March through May. All meets are coed.

High School

The purpose of high school sports is for student-athletes to compete in the sport by playing at a competitive yet enjoyable high level of competition.

Student-Athletes should be pushed to attain the highest level possible with their God-given abilities. Varsity level players are expected to have a solid grasp of the fundamentals mentally, emotionally and physically. Coaches are encouraged to develop excellent skills related to their sport, and increase their physical condition necessary to compete appropriately at the varsity level. The concept of teamwork and playing a specific role on a team is highlighted at this level. Playing time decisions for each player at the varsity level are with the coach's discretion. Playing time is not guaranteed and each student-athlete should understand that God has gifted everyone in different ways. A student-athlete's

goal should be to become the best competitor they can be with those abilities that God has given them within the coach's oversight.

Fall

Cross Country
Trap & Skeet
Soccer
Girls Volleyball

Winter

Boys Basketball
Girls Basketball

Spring

Track & Field
Trap & Skeet
Boy's Volleyball
Golf

Cross Country

High School Cross Country will put together a meet schedule together with area private schools in the OSAA Valley 10 League. Cross Country will run September-November. Teams practice and attend meets as a coed team. Boys and girls are scored separately.

Trap & Skeet

Trap & Skeet is a combined Middle School and High School coed sport. This is not through our typical leagues but is run through the USA Clay Target League. Trap and Skeet is split into Fall and Spring seasons with separate registrations. Fall season registration begins at the beginning of August and closes early September. A gun safety and training course is required prior to registration and can be completed online at <https://nra.yourlearningportal.com/usaclay>. Class is under SAFE and titled "Student Athlete Firearm Education."

Soccer

HS Soccer competes in the Valley 10 league of OSAA. Soccer is a gender specific sport and we will aim to have both a boys team and a girls team. Should there not be enough interest, we are able to do a coed team that competes in the boys' league. The season runs

September through October with registration and practices beginning in early August.

Volleyball

HS Girls Volleyball is a Fall Sport and is gender specific. The season runs September through October with registration and practices beginning in early August.

HS Boys Volleyball is a Spring Sport and is gender specific. The season runs April through May with registration and practices occurring beginning of March.

Basketball

HS Basketball is a gender specific sport that runs both boys teams and girls teams. This is a highly competitive sport and often has both a JV and Varsity team. Try outs occur in early November with games occurring December through March. Open gyms and pre-season workouts are offered and are an important part of the program.

Track & Field

High School Track & Field is a great sport for student-athletes at all levels and varying abilities to be part of and have fun while competing. We will seek to put together meets with area private schools in the Valley-10. Track & Field is a Spring sport running March through May. All meets are coed.

Golf

High School Golf is currently a club team focused on developing skill and learning to love the game of golf. For Spring 2027 our hope is to develop this into a competitive sport, participating with OSAA. Details forthcoming.

Communication Guidelines

Parent / Athlete / Coach Partnership

Strong communication between coaches, athletes, parents, and school leadership is essential for a successful athletic experience.

Parents Can Expect Coaches To:

- Communicate practice and game schedules
- Explain team expectations and coaching philosophy
- Inform families about participation requirements
- Communicate injuries or disciplinary concerns affecting participation

Appropriate Topics for Parent-Coach Discussion

- Concerns about a student-athlete's physical, emotional, or academic well-being
- Ways to support athlete growth and development
- Schedule conflicts or important family concerns

Topics Not Appropriate for Parent-Coach Discussion

- Playing time
- Team strategy or play calling
- Other student-athletes

Conflict Resolution Process

1. **Student-athletes speak with the coach first** (high school level).
2. Parents and students may schedule a meeting with the coach after a 24-hour waiting period following a contest.
3. If unresolved, contact the Athletic Director.

4. If still unresolved, follow the chain of command:

- Coach
- Athletic Director
- Head of School

Parents should not approach coaches before, during, or immediately after games or practices.

Code of Conduct

All athletes, parents, coaches, and spectators are expected to demonstrate Christ-like sportsmanship at all times.

Expectations Include:

- Respect for officials, coaches, teammates, opponents, and spectators
- Appropriate language and behavior
- Positive representation of Valor Christian School International
- Compliance with OSAA and school standards

Prohibited Conduct Includes:

- Profanity or abusive language
- Public criticism of officials, coaches, or athletes
- Fighting, shoving, or threatening behavior
- Tobacco, alcohol, or drug use at school events
- Unsportsmanlike conduct resulting in ejection

These expectations apply during competitions, travel, practices, and all team-related activities.

Academic Expectations & Eligibility

Academics remain the priority at Valor. Student first, athlete second.

Student-Athletes Must:

- Maintain a minimum 2.0 GPA (subject to change in Winter '27 to 2.5)
- Students must maintain a passing grade in all enrolled courses; a failing grade in any class will result in athletic ineligibility

Athletes are responsible for balancing academics and athletics through strong time management.

Attendance & Participation

Athletes Are Expected To:

- Attend practices and games consistently and on time. Early is on time. On time is late. Be Early
- Communicate schedule conflicts in advance
- Demonstrate effort, commitment, and teamwork

Participation and playing time may be influenced by:

- Effort and attitude
- Attendance and commitment
- Team needs and safety
- Sportsmanship and conduct

Parent Responsibilities

Parents play an important role in supporting the athletic program.

Parents Can Help By:

- Encouraging positive sportsmanship

- Ensuring athletes receive proper rest and nutrition
 - Arranging timely transportation
 - Supporting team and school fundraising efforts
 - Volunteering when able
-

Equipment & Uniforms

Student-athletes are responsible for:

- Caring for all school-issued equipment
- Returning uniforms clean and undamaged within two weeks of the season ending

Lost or damaged items may result in replacement costs charged to the family.

Transportation Policies

- Parents are generally responsible for transportation to and from events.
- Carpool arrangements are parent-managed.
- Coaches may not transport athletes alone in a vehicle.

Locker Rooms & Travel Expectations

Athletes are expected to:

- Keep locker rooms and travel areas clean, when applicable
- Demonstrate respectful behavior at all times
- Follow coach and school expectations during road trips

Failure to meet expectations may result in disciplinary action.

Physicals & Participation Forms

Before participation, all athletes must submit:

- Current OSAA physical examination form
- Required consent and concussion forms, when applicable
- Proof of insurance
- Signed handbook acknowledgment
- Signed Athlete Code of Conduct

Physicals are required every two years beginning in 7th grade.

Risk of Participation

Participation in athletics carries an inherent risk of injury. Athletes are expected to:

- Follow safety instructions
- Use equipment properly
- Report injuries immediately
- Practice safe training habits

Team Leadership

Team captains, when applicable, are selected by the coach based on:

- Leadership
- Character
- Work ethic
- Dependability
- Commitment to team culture and Christian values

Athletic Fees

Approximate participation fees:

- Elementary: \$125 for the first sport, \$100 for additional sports
- Middle School: \$200 for the first sport, \$150 for additional sports
- High School: \$250 for the first sport, \$200 for additional sports

Additional equipment or apparel may be required depending on the sport.

Parent & Student-Athlete Acknowledgment Form

We acknowledge that we have read and understand the expectations, policies, and guidelines outlined in the Valor Athletics Handbook. We understand that participation in athletics at Valor Christian School International is a privilege and carries responsibilities both on and off the field of play.

As a student-athlete and family, we commit to:

- Demonstrating Christ-like character and sportsmanship. Our 5 C's.
- Supporting coaches, teammates, officials, and opponents with respect
- Following team, school, and OSAA expectations
- Maintaining academic responsibility and eligibility requirements
- Communicating appropriately and respectfully within the athletic program
- Representing Valor Christian School International with integrity

We understand that failure to follow these expectations may result in disciplinary action and/or loss of participation privileges.

Student-Athlete Information

Student-Athlete Name: _____ Grade: _____

Sport(s): _____

Signatures

Student-Athlete Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____

Thank you for partnering with Valor Athletics to help create a positive, Christ-centered athletic experience for all students and families.