

Faith Christian Academy Athletic Handbook

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FAITH CHRISTIAN ACADEMY

INTRODUCTION

Athletics can teach young people many lessons that can help them in their Christian lives. It is the goal of Faith Christian Academy that its students exemplify Christ-likeness in everything they do. The purpose of this handbook is to provide a way to maintain consistency through our athletic program and to set forth the standards by which we expect our athletes to adhere.

We require that parents as well as athletes take time to read this handbook so you can properly support the school and help your young person. Thanks for your support and cooperation in this matter.

Walter Sloan, Administrator
Stephen Hardison, Athletic Director

PHILOSOPHY OF ATHLETICS

It is the goal of Faith Christian Academy that the athletic program be an integral part of the lives of as many students as possible. While it is impossible to serve the needs of every person, every student is encouraged to explore the capabilities God has given him through the sports program here at Faith Christian Academy. The sports guidelines of FCA will be followed by all students. All parents are expected to support the standards and goals of FCA for the overall student body and Christian school ministry.

Winning is important to the continuance of a solid athletic program. It is undeniable that winning teams tend to bring larger crowds, higher enrollments, and greater school spirit. Winning, however, must be tempered by the basic beliefs of our Christian faith. First and foremost, it is the responsibility of all Christians to honor the name of our Lord and Savior, Jesus Christ (Colossians 3:23). We can win regional, state, or national titles, but with the loss of our Christian testimony, all becomes vain or worthless. The prevailing attitude among all those connected with the sports program at FCA should be – **I want Christ to be seen in my life.** Such an attitude will mold and shape Christian character from the inside to the outside. The following guidelines are designed to make the sports program profitable for each participant:

1. **Obedience** – Each player is expected to comply with what the coaches and others whom God has placed in authority over him ask him to do. If a player has a question, he should not be afraid to ask for clarification.
2. **Diligence** – Players should use all their strength and ability to complete each part of their task, whether it be cleaning up, doing drills, conditioning, competing in a game, or any other activity.
3. **Responsibility** – Each player should do everything that is expected, whether being directly supervised or not. A coach should not have to “baby-sit.”
4. **Determination** – A player should make up his mind to accomplish all of God’s goals in His time, regardless of the opposition.

5. **Confidence** – Remember, as you give totally all you have to Jesus, you become a winner in God’s sight.
6. **Intensity** – Each player should give a “total release” performance at all times, focusing his attention on the job at hand, putting forth every effort to complete it perfectly.
7. **Perseverance** – A player should always do his best and try to win, as this is the object of competition. Also, a player should continue faithfully throughout the entire season. If one has done his best, there is nothing to regret.

SPORTS PROGRAM OFFERINGS

BOYS

GIRLS

FALL SEASON

Varsity Soccer (Grades 6-12)
 Cross Country (Grades 6-12)

Cross Country (Grades 6-12)
 JV Volleyball (Grades 6-9)
 Varsity Volleyball (Grades 9-12)

WINTER SEASON

MS Girls’ Basketball (Grades 6-8)
 Varsity Basketball (Grades 9-12)

JV Boys’ Basketball (Grades 6-9)
 Junior Varsity Cheerleading (Grades 6-9)
 Varsity Basketball (Grades 9-12)
 Varsity Cheerleading (Grades 10-12)

SPRING SEASON

Varsity Baseball (Grades 8-12)
 Middle School Baseball (Grades 6-8)*

Varsity Girls’ Softball (7-12)

A WORD TO OUR FANS AND SPECTATORS

FCA parents and students are aware of the standards set forth by the school, but oftentimes are unaware of what we expect from our spectators. Therefore, we have listed a few things to keep in mind when you attend an FCA athletic event.

1. Do not criticize. Fans sometimes feel that they are able to do it better, but that is not their job. Support the players and coaches; **build them up – don't tear them down!**
2. Comments to officials and opposing teams should all be positive. The following actions will take place if the administration deems the speech or actions are at risk of hurting the ministry's testimony.
 - A. 1st Warning will require a meeting with the administration.
 - B. 2nd Warning will remove the fan from the game and he/she will be suspended from field/arena for the next game.
 - C. 3rd Warning – The fan will not be permitted to attend any more games for the remainder of that season.
 - D. **If the fan is asked to leave by the OFFICIAL, then he/she will not be permitted to attend any more games for the remainder of the that season. There will be NO WARNINGS for this action.**
3. Realize that the word Christian means "Christ-like." We as Christians are always displaying a testimony, whether good or bad. FCA wants to portray a good testimony, especially to the schools we compete against!
4. LONG AFTER THE SCORE IS FORGOTTEN, OUR BEHAVIOR AND REPUTATION IS REMEMBERED.
5. Please do not approach a coach, after a game, with a complaint. Give it 24 to 48 hours and if you still feel you must voice your complaint, schedule a meeting with the coach.

I. SPECIAL REQUIREMENTS AND GUIDELINES

- A. Each athlete must have a new or updated physical before each new school year. The FCA physical forms can be found at the school office or on the school's website under athletics. **The athlete cannot compete in practice or games without a new or updated physical.** One physical per school year takes care of all sports for that school year.
- B. Anyone interested in trying out for a team must be at the first practice of the season. The coach must be notified ahead of time if an athlete is going to miss the first practice for an excusable reason (illness, death in family, etc.).
- C. An Acknowledgment, Consent, and Release Form will need to be signed by a parent (or legal guardian) which includes an acknowledgment of risk involved in sports, as well as a travel consent and a liability release.
- D. **Each athlete must return the form in the back of this handbook to the Athletic Director before he will be allowed to participate in his first scrimmage or game of the school year. This is only required before he participates in his first sport of the school year.**

- E. During the basketball season, each parent of a cheerleader or basketball player is required to work at least 2 shifts, per season, in the snack shop at home basketball games. You can sign up for your slot at the Winter athletic meeting or in the school office.
- F. Prior to each sporting season there will be an athletic meeting by video. At least one parent must view the video.

II. ATHLETIC PARTICIPATION FEES

- A. Due to the rising cost of operating a sports program for a Christian school, an athletic participation fee will be charged to cover the transportation expenses to games and to continue providing the necessary equipment for each sport.
- B. Each athlete who plays on an FCA athletic team must pay a **\$75** athletic fee for each sport in which he participates. The fee is to be paid to the school office **before a uniform can be given out**. If an athlete competes in two different sports within a season, the sport's fee will be \$40 per sport.

III. GAME AND PRACTICE ATTENDANCE REQUIREMENTS

- A. Once you have joined a team, you have committed yourself to that team until the last game is completed.
- B. Players must be at every practice or game unless excused for one of the following reasons:
 - doctor/dental appointment (should try to work around practices)
 - personal sickness
 - death in the family
 - previously scheduled church commitment
 - “special” permission granted by the head coach
- C. Faith Christian Academy is supportive of many local churches whose members make up our student body. Games and practices are not scheduled on Wednesday and Sundays. We try to schedule as few Saturday events as possible. We encourage our families to be actively involved in the local church. However, any athlete who misses a practice or game may have to make up practice activities and face the team's policy for reduction in playing time. This is not meant as punishment for an excusable absence, but a reward and incentive to those team members who were present.
- D. Each coach will announce their discipline procedure for missed practices or games. **Multiple unexcused absences may result in dismissal from the team.**

- E. All athletes must be on time to practices and games. Each coach will announce his discipline procedures for tardiness. Once teams have been chosen, no one else will be allowed to come to the coach and ask to try-out. Exceptions would be granted to a new student who enrolled after the teams were chosen, provided there is a uniform available.
- F. If practice attire is issued to a team, they should be worn to every practice; otherwise, athletic/PE attire according to the FCA Student Handbook will apply.

IV. ATHLETES' CODE OF CONDUCT

- A. Every athlete is expected to maintain a good Christian testimony. At any time, an athlete not maintaining a Christian testimony on or off the field or in the classroom may be suspended or dismissed from the team.
- B. An athlete who receives a detention that forces him to miss practice must serve that detention. Coaches will discipline players who are late or miss practice for detentions.
- C. A student who accumulates 25 demerits may participate in tryouts for a team, but may not actively participate in practice or games until he has served a full week probationary period set forth by the administrator and athletic director.
- D. The use of headphones/ear buds are not permitted in gymnasiums or playing fields before, during, or after sporting events.
- E. The use of profanity or other off-color remarks will not be tolerated. This type of language on or off the field will result in a suspension from the team to be determined by the administration and athletic director.
- F. Fighting during athletic events will result in a suspension from the team to be determined by the administration and athletic director. More severe disciplinary action may be enacted, depending upon the circumstances.
- G. Athletes are to be good representatives of Christ and Faith Christian Academy on road trips. Failure to do so may result in suspension or dismissal from the team.
- H. Faith Christian Academy does not condone and will not tolerate "hazing" or "initiations" or athletes by other teammates. Any such actions will result in suspension and/or dismissal from the athletic team.
- I. Any permanent removal of a player from the game by an official (i.e. ejection) will result in a one-game suspension. The athletic director and administration may review and make final decisions regarding game suspensions.

V. GUIDELINES FOR ELIGIBILITY AND PARTICIPATION IN PRACTICES AND GAMES

- A. All those involved in the athletic program must be in school for at least ½ day (**four academic class periods**) in order to participate in a practice or game scheduled for that day. The only exceptions would be previously scheduled doctor or dentist appointments.
- B. Athletic eligibility will be determined by the **nine weeks report card** that is issued. A player is considered **not** eligible when **one F** is received on the report card or does not maintain a **C** average in core subjects (Math, English, and Science).
- C. If an athlete does not meet the athletic eligibility requirements, he will **not** be allowed to play until the **progress report (2 weeks from last report card)** is issued. If the athlete remains ineligible for **two consecutive grade checks**, he will forfeit his position on the team.
- D. With the consent of the parents and coaches, an athlete on academic probation is to attend all practice sessions and all home games and sit on the bench with the team dressed in normal game day attire. **However, an athlete on academic probation may not travel to an away game with the team.**
- E. All the above guidelines also apply to managers, statisticians, and scorekeepers.
- F. **Any violation of the probation guidelines may result in dismissal or suspension from the athletic team.**

VI. POLICY FOR SCHOOL ABSENTEES AND TARDIES AFTER GAME DAY

All athletes are expected to be present and punctual on school days following athletic events. If an athlete is absent or late, there must be a valid excuse as outlined in the school handbook. The following disciplinary actions will take place for those who cut class following a game day:

1st Violation: Parents Notified

2nd Violation: Miss next practice and first half of next game

3rd Violation: Miss all of next game

4th Violation: Miss all of next game

5th Violation: Removal from team

VIOLATIONS DO NOT RESET FOR EACH SPORT

VII. ATHLETES' DRESS REQUIREMENTS

- A. All athletes must meet the school dress code at all times for all practices.

B. The following chart summarizes dress code requirements for game days:

SPORT	GAME DAY DRESS	TRAVEL TO AND FROM
Volleyball	School attire	Uniforms
Soccer (Boys)	School attire	Uniforms
Basketball (Boys)	School attire	School attire
Basketball (Girls)	School attire	School attire
Baseball	School attire	Uniforms
Softball	School attire	Uniforms
Cheerleading	School attire	Uniforms

****NOTE: THESE GUIDELINES APPLY TO ALL PLAYERS, MANAGERS, STATISICIANS, AND SCOREKEEPERS ASSOCIATED WITH EACH TEAM.**

VIII. QUITTING

- A. Character is not built by quitting. Trying times are not times to quit trying.
- B. **No student may quit the team without penalty.** There should be a strong sense of belonging to the team even when personal injuries would restrict the individual's participation in practices and games. An injured player is expected to be at all practices and games (provided he/she is physically able).
- C. **Any athlete who quits a team will sit out the next two consecutive sport seasons.** (Example: An athlete who quits basketball must sit out all spring sports and any fall sport the following school year.)
- D. An athlete who leaves the team because of two consecutive academic probations will not be considered as quitting.
- E. An athlete who quits will be removed from the team roster and forfeit any post-season rewards such as team pictures, letters, athletic banquet awards, etc.
- F. An athlete who withdraws from school will not be eligible for post season awards and recognition.

- G. The only exceptions to the above rules would be for death in the family or serious injury. The athletic director and the administrator will decide any exceptions.

IX. TRANSPORTATION

- A. This policy applies to all off-campus games and tournaments when transportation is provided by the school. It does not apply to activities for which the school does not provide transportation.
- B. For all activities the team will be transported in a school-owned or school-rented vehicle. The vehicle must be driven by a school staff person or by an approved adult at least 21 years old.
- C. When the school provides transportation to away games, all team members, cheerleaders, managers, statisticians, and scorekeepers must travel to the game on the school bus or van.
- D. A team member may ride home from an off-campus game with his parent(s) or legal guardian provided that the coach has been **notified by written or verbal communication from the parent(s) or legal guardian (not the student) prior to leaving the game.**
- E. An athlete may ride home from an off-campus game with a friend's parent(s) if the athlete's parents have provided the school or coach with a signed consent form authorizing their student to ride home with that driver.
- F. Only at the discretion of the school may a team member be allowed to ride to an away game with the student's parent(s) or legal guardian.
- G. No head phones of any kind are allowed in the locker room or in the stands at home or away games.
- H. FCA music guidelines must be followed at all times while traveling to and from games.
- I. Students will be notified where to sit on the bus.

X. UNIFORMS AND EQUIPMENT

- A. Any uniform or equipment issued to an athlete is the athlete's responsibility to return in good condition.
- B. Lost or damaged equipment will be charged to the athlete.
- C. School uniforms are only to be worn for games. Special permission may be granted for certain situations.

- D. **All uniforms and equipment must be returned to the coach or athletic director within 2 weeks after the last game of the season. If uniform is not turned in by the end of the 2nd week it will be treated as not returning a signed paper and discipline will be handed down.**
- E. Any athlete who does not return uniforms and/or equipment will have his report card held and costs for replacement will be charged to his school bill. An athlete will not be allowed to participate in another sport until all overdue uniforms, equipment, and fees have been turned in.

XI. LETTERMEN AWARDS

- A. The school will have an athletic assembly at the conclusion of all the athletic events. All teams (Junior Varsity and Varsity) that participated during the entire season will be recognized at that time. All team members should make every effort to attend the awards assembly.
- B. All Junior Varsity School athletes will receive a participation certificate. Also, managers, statisticians, and scorekeepers will be recognized.
- C. To earn a Varsity letter, an athlete must be at least a ninth grader. One letter will be given per person, regardless of the number of sports played.
- D. First year Varsity lettermen will receive their letter and a pin for that sport.
- E. Second, third-, and fourth-year Varsity lettermen will receive a service bar for that sport.
- F. Varsity managers, statisticians, and scorekeepers will receive pins and service bars each season according to the above guidelines.

XII. SPECIAL AWARDS

- A. Only athletes who finish the season still on the team roster will be recognized at the athletic banquet.
- B. Junior Varsity teams will award up to three individual recognitions for each sport. Varsity teams will award up to four individual recognitions for each sport. The categories and numbers of awards will be determined by the coach and athletic director. **(NOTE: Any athletic team that finishes 1st or 2nd in the State may give one additional award.)**
- C. Any athlete who participates in three sports during the school year will be given special recognition as a Tri-Athlete by the athletic director.

- D. The Conqueror Award will be given to an athlete that the administration, athletic director, and coaches have selected.

XIII. MISCELLANEOUS

- A. Cleats are **not** to be worn in the gym area at any time.
- B. The athletic director and administration will decide any questions or issues not discussed in this handbook.
- C. When it is necessary to miss class time due to travel to an athletic event, the following regulations will apply:
 - 1. All due assignments should be turned in to the teacher **prior** to leaving.
 - 2. All new assignments should be obtained **before** leaving or by **checking FACTS/RenWeb**. Late penalties may be assessed by the teacher for work not completed upon the student's return.

A WORD TO OUR PARENTS

How to Best Help Your Athlete

The best way to help your athlete is to provide encouragement and to be positive, both at home and in the stands. If there is a problem, have your child talk to his coach. If the problem is not resolved or if it is of a serious nature, then call the coach yourself. If no solution can be reached at that point, then call the athletic director to set up a meeting with all parties involved.

Please know that you are the most important person in your child's life, and that he/she wants you to be proud of him. Be supportive of your athlete!!

SOME EVIDENCES OF BASKETBALL SPORTSMANSHIP FOR CHRISTIANS:

- I. Applause or cheering is **appropriate** when:
 - A. Your team is getting a rebound.
 - B. Your team is stealing the ball from the opposition.
 - C. Your team is picking up a loose ball.
 - D. Your team is intercepting a pass.
 - E. Your team gains the tip on a jump ball.
 - F. Your team receives the ball after being lost out of bounds by the opponent.
 - G. Your team receives the ball as a result of a rules violation by the opponent.
 - H. Your team scores.
 - I. Your team blocks an opponent's shot.
 - J. A player makes an outstanding pass to set a teammate up for a score.
 - K. By an outstanding pass, dribbling, or some other means, a player averts the loss of the ball to the other team.

- II. At certain times, noise is **inappropriate** when:
- A. An official makes a call with which you disagree.
 - B. An opposing player is on the free-throw line.
 - C. The opponent's coach stands to his feet to instruct his team.

III. The failure of any player should never be ridiculed.

Let no man despise thy youth; but be thou an example of the believers in word, in conversation, in charity, in spirit, in faith, in purity. I Timothy 4:12

These general principles can be adapted to other sports simply by understanding the spirit in which Christians are to do things. (I Corinthians 10:31-33)

ATHLETIC HANDBOOK COMPLIANCE FORM

This form is to be completed and turned in to the Athletic Director before an athlete participates in his first sport of the school year.

I have read and understand the rules, regulations, and guidelines set forth in this handbook. I agree to abide by these rules, regulations, and guidelines.

PARENT'S SIGNATURE: _____

DATE: _____

ATHLETE'S SIGNATURE: _____

DATE: _____

SPORT(S): _____

