

# ATHLETIC HANDBOOK

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## **INTRODUCTION**

Athletics can be a very exciting and rewarding experience. Participation is voluntary and is also a privilege; it is not a right. The primary reason that a student is enrolled in Frederick Christian Academy should not be athletics, but Christian atmosphere and academics. Athletics should be educational, teaching one self-discipline (I Cor. 9:24-27), and in this way it fits into the total program here at school. Because every subject in school seeks to glorify our Lord Jesus Christ, our athletic program must also do so (Col. 3:17, 23). We must seek to achieve this goal in every practice, every game, and every activity associated with the athletic program.

In order to achieve this goal and also to coordinate athletics with the total school program, we have set down the following guidelines.

## **GENERAL GOVERNING RULES**

- Any action which discredits the school and which is not specifically covered in the discipline system could result in immediate exclusion from the team at the discretion of the administrator or athletic director. In certain situations, the captains may be consulted and/or a warning may be given before the athlete is removed.
- Either an uncooperative spirit or a disinterested attitude is grounds for exclusion from the team at the discretion of the coach. In certain situations the captains may be consulted and/or a warning may be given before the athlete is removed.
- The general rule for attire worn by athletes before, during, and after practices and games is that it must be appropriate for the occasion and modest fitting at all times.

## **ATTITUDE AND CONDUCT**

It will be expected that all students representing the school will show an attitude of Christ-likeness both on the field and off. This

includes their attitude toward other team members, the coaches, opposing teams, and officials. This also includes their attitude toward their classes. All athletes are expected to be examples and therefore must have attitudes and conduct that are above reproach. In Colossians 3, the Bible tells the characteristics of the Christian life. The lives of Frederick Christian Academy athletes should be much the same. Each athlete should study this chapter (Col. 3) thoroughly and decide whether or not he can be that type of example.

## **BASIC REQUIREMENTS**

- All students desiring to participate in interscholastic sports must have passed an annual physical examination completed before the first practice of that sport. Athletes, their parents, and their doctor must complete the sports physical form available in the school office or website.
- Students participating in interscholastic sports must pay a participation fee of \$75 per sport. This fee will be billed at the start of each season.
- Athletes must purchase some equipment to complement their uniforms. Soccer players must have cleats, shin guards, and socks approved by the coach. Volleyball players must have knee pads and appropriate athletic shoes determined by the coach. Basketball players must also have appropriate athletic shoes approved by the coach.

## **PARENT/COACH/PLAYER RELATIONSHIPS**

All relationships should be guided by the biblical principles of love for one another (John 13:34-35), respect for one another (Romans 12:19), and faithful prayer for one another (II Corinthians 1:11).

With full recognition of and respect for parental responsibility under God, it must be kept in mind that, for athletic participation, parents have delegated the responsibility and authority for their child to the coach. “Hands on” delegation by the parent is not acceptable. Parents should be especially cautious in situations like the following:

- ***Coaching from the stands is not acceptable.*** This can only be detrimental since the coach needs the full attention and concentration of his players. During practice or games the players are the sole responsibility of the coach. Uninvited parent intervention during these times is a serious distraction and is detrimental to the program. Parents are not allowed on the sidelines or in the team areas during practices or games unless asked by the head coach of that sport.
- ***The bench is for players and coaches.*** Parents negatively commenting or approaching the coach or player on the bench during the game, at halftime, immediately after the game, or prior to the post-game team meeting will cause problems that will require a later meeting with school personnel. The coach should receive full support from both the player and the parent.
- ***Support is expected.*** It is reasonable to expect that any parent who permits his student to come out for a sports team should be supportive of the coach. Well-placed, constructive remarks given privately to the coach are always welcome. Simply airing negative opinions to those around you and your children should not be done because of the potentially negative spiritual consequences. Parents who show that they do not support the coach may jeopardize their athlete’s team membership.

- ***Communication is key.*** Parents desiring to have input into the program should use proper channels of communication. Proper deference to the athletic director or coaches to discuss your concerns in private will give them the opportunity to give your concerns their undivided attention. If the parent's concern cannot be sufficiently addressed, the athletic director can schedule an appointment with the school administrator.
- ***Coaches decide playing time.*** Each coach has full responsibility and authority to determine which players are entered into a game, when they enter a game, and for how long they participate in the game. His best determination will be made on the basis of what is best for the team as a whole.

### **CLASS WORK AND GRADES**

Any student who participates in athletics will be expected to keep his work up-to-date. Athletic practice or games cannot be used as excuses not to do homework. It will be further expected that all athletes maintain at least an overall C- average, with no F's and no more than one D.

The academics of all players will be checked at the end of the 3rd, 5th, and 7th weeks and the end of the marking period. Athletes must have at least a C- average with no F's and no more than one D. Athletes will not be allowed to participate until the next satisfactory eligibility report. On the second disqualification because of grades, a student will not be allowed to practice with his team, and after the third disqualification because of grades, he will not be allowed to return to the team.

## **SPORTSMANSHIP ELIGIBILITY**

Because athletes should apply their gifts, talents, and efforts wholeheartedly to the Lord, and because His testimony is at stake in every public competition, certain expectations must be met on the field or court.

- Excessive display of temper, loss of self-control, use of profanity or abusive language, or the making of obscene gestures will not be tolerated.
- In the event a student athlete receives two technical fouls in the same game, the player must miss the next game.
- Any athlete who receives three technical fouls in a season must meet with the athletic director and the school administrator to ensure that the athlete is guarding the Lord's testimony.
- When awarded a red card in soccer or volleyball, the athlete will miss the next game. A player who earns two red cards during the season must also meet with the athletic director and school administrator.
- Any student-athlete ejected from a game for unsportsmanlike conduct will miss the next full week of games. Additional consequences may also be assigned by the athletic director.
- Students who receive technical fouls, flagrant fouls, yellow cards, or red cards may be required to write a letter of apology to the athletic director, the opposing school's athletic director, officials, and their teammates as appropriate.

## **ATTENDANCE**

It will be expected that athletes attend practice sessions regularly. Practice is the place where game strategies and fundamentals are learned. No athlete can perform effectively without practice. Practices also help to build team unity and to reinforce the skills necessary to make a good team. Each team member will be

expected to be at each game. If a member should miss the practice preceding a game, that member may be ineligible to play part or all of that game unless prior permission was granted by the coach.

Because regular school attendance is also important, an athlete who does not attend classes at least three hours of the school day may not participate in the practice or the game occurring that same afternoon or evening. Any student who receives an unexcused tardy the day after an away game may not be allowed to start in the next game.

Parents and athletes should make a special effort to ensure that all athletes are picked up within 15 minutes of the end of practice or the return from an away game. If the school's regular after-care program is available, athletes will be sent to the supervising teacher 15 minutes after the end of the game or practice.

### **GAME TRIPS**

When traveling to and from an athletic event, each participant is representing Frederick Christian Academy. Therefore, the conduct of all participants is expected to be appropriate so as to maintain the testimony of the school. All conversations, language, and behavior should be above reproach. This standard of conduct is to be maintained on the bus, at the opponent's facility, and in any restaurant. If a participant's behavior is not appropriate, he will be suspended from the next trip. A second suspension will result in that participant being asked to leave the team.

Student athletes must follow all the regular school rules for prohibited items. No CD players or MP3 players of any kind will be permitted on the bus. Athletes may only place calls on cell phones after a game to their rides home but may not use cell phones for any other purpose.

Athletes are required to travel to games with their teams on the school bus or van unless an exception has been made ahead of time

by the athletic director. Student drivers are not permitted to drive themselves to games.

## **UNIFORMS**

Uniforms must be kept clean at all times. Participants are responsible for any damage to uniforms. They may be expected to replace any damaged or lost uniforms. Uniforms must be turned in no later than one week following the last sports event participated in.

## **DRESS CODE**

All athletes are expected to stay well within the bounds of the school dress code every day. The dress of a Frederick Christian Academy athlete should never need to be questioned because he is an example looked up to by others. If an athlete cannot keep the school dress code, he may be asked to leave the team. In addition to the regular dress code, a few special things will be required of athletes:

- Because the goal of Frederick Christian Academy is to teach and practice biblical modesty, standards have been setup to reinforce principles of neatness and appropriateness during sports practices. The athletic director and administrator have the final say on all issues regarding appropriate dress by athletes. If an athlete does not come prepared to practice, he may be asked to sit out of practice. Each player should have the necessary equipment needed to effectively participate in practice, including proper footwear, shin guards, etc. T-shirts or sweatshirts may not have any objectionable writing or symbols. For safety purposes, students may not wear any jewelry during practices. Boys should not wear tank tops except during basketball practice. No type of undershirt should be worn by itself. Girls should wear loose-fitting shirts and shorts. Shorts should come to the top of the knee. Shirts should

cover the midriff at all times and should be opaque so that no garments can be seen through the shirt.

- All athletes and managers are to wear normal school dress code for home games.
- All managers and all basketball players are to wear dress shirts (and ties for boys) to away games. They will dress into their athletic uniforms once they arrive at their opponent's school.
- After away games are completed, the teams will dress back into the clothes they traveled in, or they may change into modest fitting sweats, warm-ups, or T-shirts for the return trip home. Basketball players may not wear shorts for the return trip.

### **DISCIPLINE SYSTEM**

Any student who receives a detention must serve on the days assigned by the discipline coordinator. Practice or games are not valid excuses to miss detention. Any athlete whose merit level drops below 25 will be declared ineligible and removed from the team for the remainder of the marking period and will only be allowed to return to the team on probationary status in the next marking period.

### **CAPTAINS**

- Each squad will have at least one captain.
- The captain(s) will be appointed by the coach.
- The captain(s) may be dismissed by the coach if he deems it necessary
- The captain(s) have several duties:
  - In cooperation with the coach, they will see that each member of the team is familiar with all provisions of this Athletic Handbook.

- They will work with the coach to make the squad a smooth running organization. They may call team meetings to discuss problems at any time with the coach present or in some cases without the coach.
- They will keep harmony among their team and practice peace-making.
- They will aid in maintaining a proper spirit on bus trips to and from games.
- They will aid in maintaining proper conduct on the bus, at other schools, and in restaurants.
- They will supervise cleaning the bus after trips.
- They will see that all members have proper and complete uniforms before each game.

### **VARSITY LETTERING REQUIREMENTS**

- All students who participate will receive a participant certificate.
- All students must be in grades 9 through 12 and no older than 18 at the beginning of each season.
- All students in grades 7 and 8 who meet the lettering requirements will receive a medal.
- Athletes must attend at least three-fourths of all practices and games.
- Athletes must play in one-half of the grand total of all the games, quarters, or innings.
- Athletes must have a good Christian attitude and testimony on and off the court or field. This includes control of temper and language, willingness to learn, and respect for coaches, officials, and opposition.
- Athletes must demonstrate Christian sportsmanship and teamwork on the field or court. This includes a positive

attitude and proper support of teammates, no matter the score.

### **VARSITY TROPHY QUALIFICATIONS**

- All students must be in grades 9 through 12 to receive a trophy. A student in grades 7 or 8 may receive a trophy only by approval of the athletic director.
- Only those students that stay for the entire school year are eligible for a trophy.
- **Most Valuable Player:** (all sports)
  - Must meet all of the varsity lettering requirements.
  - Must be a statistical leader.
  - Must be a player who is the hardest to replace on the court or field.
- **Coach's Award:** (all sports)
  - Must meet all of the varsity lettering requirements.
  - Must be a leader in the area of sportsmanship.
  - Must be a player who is the most enthusiastic supporter of his teammates.

- **Most Improved Player:** (volleyball only)
  - Must meet all of the varsity lettering requirements, with the exception of actually receiving a letter.
  - Must have demonstrated a willingness to learn.
  - Must have demonstrated the most improvement over the entire season.
- **Most Defensive Player:** (all sports except volleyball)
  - Must meet all of the varsity lettering requirements.
  - Must have demonstrated a willingness to put defense above all other aspects of the game.
  - Must be a leader in defensive statistics.
- **Most Enthusiastic:** (cheerleading only)
  - Must meet all of the varsity lettering requirements.
  - Must be enthusiastic and encouraging to the team and her teammates at all times, no matter the score.

## **SPIRITUAL THOUGHTS ON ATHLETICS**

- What an athlete thinks of himself may be the single most important factor as to whether or not that athlete is successful. Proverbs 23:7 tells us, “For as he thinketh in his heart, so is he.” This means that whatever you think of yourself will show in your actions. The confident athlete will consistently produce the best. Be confident in what you do, and don’t try things too far beyond your capabilities.
- **Motivation.** There has to be something to drive an athlete, something that makes you want to be an athlete, to be a teammate. For the Christian athlete, that motivation can be seen in Colossians 3:23, “as to the Lord.” You totally represent Jesus by everything you say and do. Therefore, everything you say and do should be as if Jesus was your only audience. That’s how God wants you to perform.

- **Commitment.** Proverbs 37:5 tells us to “commit thy ways unto the Lord and trust in Him, and He shall bring it to pass.” The committed and dedicated athletes never quit, never give up. They keep pressing on, believing that the Lord will make it worth it, and He will! Are you the player that stands and watches the other team on a breakaway, or do you try to get back, even if you’re the only one?
- **Sacrifice.** You must be willing to give of yourself for the benefit of your teammates. Sacrifice free time to practice; sacrifice doing something with your friends because it may hurt the team. You don’t let anything interfere with your performance with the team; you give extra time to studies to keep your grades up.
- **Concentration.** Your thinking is totally on the task at hand, not just the game as a whole but each individual thing you do. Your level of proficiency in athletics is going to be in direct proportion to how you apply your mind and concentrate. You need to be able to tune out everything going on around you other than the game itself and your coach.
- **Humility.** James 4:6&10 and I Peter 5:5-6 both tell us to be humble. God does not like pride, nor does He bless it. However, He will lift up the humble. Practically speaking, this means you never go into a contest with an overconfident attitude no matter who the opponent is. Always respect your opponent with a humble attitude and God promises to bless you.
- **Discipline.** I Corinthians 9:24-27 compares the race of life to the Greek games, using an athletic event to portray spiritual battles. It is through athletics that you can learn principles to use in life, principles that can only be learned through athletics. The last verse says that you need to bring your body under subjection (discipline) so that you will not be disapproved. You need to control every aspect of your life to be the best athlete that you can be. That is self-discipline.

## THOUGHTS ON FULFILLING YOUR POTENTIAL

Ask yourself a question: Are you fulfilling your potential?

Philippians 3:12-13 gives us some steps to consider:

- **Honest evaluation.** Examine yourself. Have you reached your goals? Even Paul says he has not made it yet.
- **Concentrate.** Focus your mind. Set your sight on only one thing.
- **Wise forgetfulness.** Forget your past mistakes and failures.
- **Right anticipation.** Look ahead to what will come, reaching the goals you have set as an individual and as a teammate.
- **Determination.** Press on. Don't ever quit.

God expects no more than your very best, but He also expects no less than your very best! Are you fulfilling *your* potential?

## **HOW YOU CAN GET THE MOST OUT OF PRACTICE**

- Be enthusiastic and ready to learn at every session.
- Do everything the coaches ask of you.
- Make up your mind to work harder than anybody else on the team.
- Listen to every word the coaches tell you in lectures and games.
- Be there to improve your game; work on skills you lack and perfect the skills you have.
- Don't be afraid to ask questions or to ask the coaches for help.
- Accept the constructive criticism the coaches give you. Remember that they are only trying to help you.
- Always have a good mental attitude. Never feel you know it all.
- Set personal goals and discipline yourself to accomplish them.
- Always give 100% hustle and run every drill like it is your last one.



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