

ACA Parent/Student Athletic Handbook

**Sports Season
2018-2019**

Ecclesiastes 9:10 “Whatsoever thy hand find to do,
do with all your might”

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I. ATHLETIC THEME VERSES

- I Cor. 10:31: *“Therefore, whether you eat or drink, or whatever you do, do all to the glory of God.”*
- Phil. 1:27a: *“Only let your conduct be worthy of the gospel of Christ.”*
- Ecclesiastes 9:10a: *“Whatsoever thy hand findeth to do, do it with all thy might;”*

II. PURPOSE OF ATHLETICS AT ALETHEIA CHRISTIAN ACADEMY

A. PURPOSE

The overall purpose of the athletic program at Aletheia Christian Academy is to do our best for the Lord (Col. 3:23). This is accomplished by a two-fold process: the first part is our action, and the second is our motivation. The chief aim of our athletic programs is to bring honor and glory to the Lord Jesus Christ by:

1. Providing athletics programs for our students by allowing them to use their God given talents and abilities for His glory (I Cor. 10:31).
2. Using athletics for the development of the “well-rounded” person illustrated in 1 Corinthians 6:19-20 (mental, physical, academic, athletic, and social activities).
3. Involving the student body, parents, faculty and staff in developing school unity and spirit.
4. Promoting and maintaining a God honoring testimony through our words and actions to opposing schools, officials, and others in the public.

B. INDIVIDUAL OBJECTIVES TO BE DEVELOPED

1. Development of the attributes of God which include integrity (II Cor. 8:21), self-control (Prov. 25:28), obedience (Eph. 6:5), humility (Luke 18:14), love (Gal. 6:10), dedication (Prov. 20:6), self-denial (Phil. 2:4), patience (Col. 3:12-13), forgiveness (Eph. 4:32), thankfulness (Ps. 100:4-5), and contentment (I Tim 6:6).
2. Application of good sportsmanship by the demonstration of the following:
 1. Respect for the officials at all times.
 2. Respect for coaching staff at all times.
 3. Knowledge, application, and appreciation for the rules of the game.
 4. Self-control.
 5. Recognition of, and appreciation for, skilled performance regardless of team affiliation.
 6. Develop leadership skills and teamwork.
 7. Learn personal accountability and responsibility.
 8. Learn to win and lose with the right heart attitude.

III. EFFECTIVE PARENT / COACH / PLAYER RELATIONS

Parents are an important part of the success of any athletic program. Their support and assistance will be needed during the year. Parents may be asked to drive to or from games, work in the concession area, collect money at the gate, and support the few fund-raising activities we may sponsor. Their cooperative and enthusiastic support will be a blessing to our school and a source of encouragement to your child.

We appreciate parent participation and input that is done in the appropriate manner and in the appropriate place. During the season, problems or concerns may arise and should be brought to the attention of the coach or Athletic Director. Remember, we are all working toward the same goals and objectives as stated in sections I. and II.

- A. Please respect the coaches and their authority by:
 - 1. Limiting coaching “from the stands”. The coaches have a plan for the practice and game and by coaching from the sidelines you can be a distraction to the players. The players need to be focused on the plan the coach has instructed him/her to follow.
 - 2. Please understand that approaching the coach before, during, or after a game/practice could possibly interfere with their ability to handle their coaching responsibilities. The coach’s attention should primarily be focused on his/her players and his/her responsibilities before, during, and after the game. If you have questions or would like to give input please schedule an appointment with the coach to discuss your concerns in private so that they can offer you their undivided attention.
- B. Parental support is expected and is greatly appreciated. The expectation for all parents that have permitted his/her young person to participate in any team sport is to be supportive to the coach and his/her staff. God honoring constructive criticism should always be handled privately and not publicly. Parents are asked to refrain from gossip or negative comments with other parents or players regarding the school, team, coach, or another player.
- C. Each coach will have the full responsibility and authority to determine his/her roster, the starting lineup, if and when players enter the game, and the duration of time each player will play. **THE COACH IS THE SOLE DETERMINING AUTHORITY IN THE AREA OF PLAYING TIME AND IS ALLOWED TO MAKE HIS/HER DECISION BASED ON WHAT WILL BEST BENEFIT THE TEAM AS A WHOLE.** This does not mean that there will be absolutely no consideration given to the individual needs of a player, but it does mean that instruction and guidance on making a total team effort is of primary significance in this particular educational experience at ACA.

IV. DESCRIPTION OF THE ACA ATHLETIC PROGRAM

Sports programs offered in 5th-12th grade at ACA (subject to student support) * *If available*

1. ELEMENTARY SPORTS

- a. Girls Pep Squad (grades 5th -6th)*
- b. Co-ed Basketball (grades 5th -6th)
- c. Spring Softball/Baseball (grades 5th-6th)

2. MIDDLE SCHOOL SPORTS

- a. Boys Basketball (7th -8th Grade)
- b. Co-ed Volleyball (6th -8th Grade)

3. HIGH SCHOOL SPORTS

- a. Men's Soccer (7th -12th Grade)
- b. Ladies' Volleyball (7th -12th Grade)
- c. Men's Basketball (7th -12th Grade)
- d. Ladies' Basketball (7th -12th Grade)
- e. Men's Baseball (7th -12th Grade)*
- f. Ladies' Softball (7th -12th Grade)
- g. Ladies' Cheerleading (7th -12th Grade)
- h. Co-ed Running Club

V. FACILITIES / FIELD / EQUIPMENT CARE

The Lord has blessed Aletheia with athletic facilities which include a four-acre multipurpose athletic field and a gymnasium which can seat up to 300.

- A. All damage to facilities or equipment should be reported to the Athletic Director as soon as possible.
- B. NO ATHLETE WILL BE ALLOWED IN THE ATHLETIC OFFICES OR IN THE EQUIPMENT STORAGE AREAS WITHOUT THE CONSENT OF THE ATHLETIC DIRECTOR OR COACH.
- C. The gym floor is on a 2-year maintenance schedule, so in order to maintain its appearance, STREET SHOES, BLACK-SOLED SHOES OR SHOES WORN OUTSIDE SHOULD NOT BE WORN ON THE GYM FLOOR.
- D. All equipment / facilities should be handled with utmost respect. (No hanging on rims/nets, backboard braces, soccer goals. No sitting on balls, etc.) If an athlete damages any equipment or does damage to our facility, he/she may be held responsible for replacing or repairing the damages made.
- E. **Uniforms should be hung to dry. Overtime heat will cause lettering to peel. Any damage to or loss of uniforms will be the responsibility of the athlete to whom it was issued.**
- F. Locker rooms should be left clean after each practice session or game including, but not limited to, all away games. All personal items are the responsibility of the individual athlete. Valuables should be kept locked in the lockers. **The school will**

not be responsible for valuables left in the locker room. Any athlete involved in damaging a home-or-away locker room will pay for the repairs and receive at least a one-game suspension.

VI. ELIGIBILITY

All students who participate on an organized school team must meet the following academic and behavior standards:

- A. ALL student athletes are required to maintain a C or above in EVERY subject. This is a cumulative average for each class and is measured every 9 weeks. Students who fall below this requirement will not be able to participate in sports for 4 weeks. At the 4-week deadline, a progress report will be given to the Athletic Director indicating that the eligibility requirements have or have not been met. If the student athlete grades are still below a C then he/she will be required to sit out an additional 4 weeks until his/her grades have risen to the required standard.
- B. Any student athlete who receives an Unsatisfactory in conduct (U) will also be ineligible. Student eligibility may be reinstated if the 4-weeks progress report indicates improvement in conduct.
- C. Student who receives 15 or more discipline points in a semester will be ineligible to participate in any extra-curricular activities. Eligibility will be restored after 4 weeks, unless the student has received 4 additional discipline points during his/her time of ineligibility. If a student receives more than 4 additional discipline points during the first period of ineligibility this will add an additional 4 weeks of ineligibility. Ineligibility commences the day they receive their 10th discipline point.
- D. Proper behavior is expected of all students at ACA. Any student who demonstrates poor behavior during an athletic event either while playing or viewing the game as a spectator will be subject to removal from the team for a specified period of time. Student(s) who receive a suspension for poor behavior will be ineligible to participate in athletics for the time frame designated by the Athletic Director and Administrator.
- E. Each student is expected to complete all homework as assigned by his/her teacher regardless of the game being at home or away. **If the team must leave before dismissal of school, students are required to obtain all assignments for each class missed. They are to complete these assignments as required by their teachers. Games are not an excuse for late work. Student athletes are students first!**
- F. Being part of a team or squad involves commitment to practice. The absence of any team member places a greater burden on those at practice and dilutes the effectiveness of the team during a game. **PARTICIPANTS ARE REQUIRED TO ATTEND ALL SCHEDULED PRACTICES AND REMAIN FOR THE DURATION OF THE PRACTICES AS REQUIRED BY THE COACH.** Each coach will decide the rules and disciplinary action for unexcused absences. Excused absences are granted due to illness or family emergency.

- G. Christian sportsmanship is extremely important. The poor behavior of one member can detract from the testimony of the entire group. Displays of poor sportsmanship or behavior will be disciplined immediately. Repeatedly poor attitude or behavior will result in the removal of the member from the team/squad.
- H. Because of the unique choreography and cost of uniforms for participating in cheerleading, all students trying out for cheerleading in the spring must have no grades lower than a C in order to participate in the next year's competition cheer team. Students may still make the regular cheerleading team if they are academically ineligible, but will not be allowed to participate on the regular cheerleading team until the first 4 weeks of school in the fall. At the 4-week deadline, a progress report will be given to the Athletic Director indicating that the eligibility requirements have or have not been met. If the student athlete grades are still below a C then he/she will be required to sit out an additional 4 weeks until his/her grades have risen to the required standard.
- I. A PLAYER QUITTING OR BEING REMOVED FROM AN ATHLETIC TEAM MAY NOT JOIN ANOTHER TEAM WITHOUT GOING IN FRONT OF A REVIEW PANEL CONSISTING OF THE ADMINISTRATOR, COACHES, AND THE ATHLETIC DIRECTOR.
- J. **Attitude: If a coach determines that an athlete is not demonstrating a positive overall attitude, or if that coach receives input from academic teachers that a lack of effort is being demonstrated in the classroom, then the student may either be put on probation or dismissed from the team. A parent conference will be held to explain the action taken.**

VII. ACA CHEERLEADERS AND SOCIAL MEDIA POLICY

First and foremost, students are encouraged to always exercise the utmost caution when participating in any form of social media or online communications, both within the Aletheia community and beyond.

As a Christian school, Aletheia Christian Academy is committed to the teachings of the Bible and we are persuaded that there should be a direct relationship between what a Christian student believes and how he or she behaves both on and off campus and over the internet. Therefore, it is required that all students abstain from the use of tobacco, alcoholic beverages, illegal drugs, profane language and immoral behavior. In addition, students should not be using the internet to send out pictures, videos or text of a suggestive, immoral, or violent nature or to publish comments that are derogatory towards other students, the school, or its staff. Students should review the Social Media Policy found in Aletheia's Parent/Student Handbook to ensure they are aware of the standards Aletheia upholds in this area. Violations are considered as breaking a firm commitment that each student makes when voluntarily choosing to attend the school. As a member of Aletheia Christian Academy, you will be expected to exert a positive influence in your social relationships and to be a responsible member of the Aletheia Christian Academy community.

In addition to the ACA standards, ACA cheerleaders will be expected to abide by the following:

- Be very careful of the photos that you post and “like.” Make sure to know what you are “liking” because it could have inappropriate captions and/or comments. When posting a photo it’s good to always make sure it passes the “P48” test...Philippians 4:8 says to think on *whatever is true, noble, right, pure, lovely, admirable, excellent or praiseworthy*. So ask yourself, “Is this picture I want to post pure, right, etc.?”
- Before you post something online examine your heart and motive.
- Be willing at any given time to have coaches, administration look at your social media.

Failure to abide to the above standards could possibly result in removal from the team.

All cheerleaders and their legal guardian are required to sign an acknowledgment they have read, agree to follow and understand the ACA policy regarding social media as well as the additional cheerleader standards.

VIII. SCHOOL ATTENDANCE

- A. All athletes are expected to have a good attendance record.
- B. All athletes should be in class at least half the day of a game or practice in order to participate that afternoon or evening. Students are considered absent for the day if they arrive after 10:30 a.m. (Previously scheduled appointments are exempt.)
- C. Doctors or dentist appointments are excusable on the day of a game, as are any absences which were pre-arranged with the office.

IX. GUIDELINES FOR AWAY TRIPS

- A. Conduct
 1. All athletes are representatives: first, of the Lord Jesus Christ; second, of their parents and family; and third, to ACA and the athletic department. This responsibility should not be taken lightly.
 2. Athletes are expected to conduct themselves like ladies and gentlemen at all times – on and off the field or floor.
- B. Bus Guidelines
 1. Excessive noise is not allowed on the bus. Keep hands and feet inside the windows at all times. Standing or moving around on the bus should be minimal.
 2. Students may not listen to music on smart phones, IPODs, MP-3 players, etc., unless specific permission is granted by the Athletic Director and the administrator.
 3. Students will remain seated on the bus in areas designated by the coaches. Boys and girls will not be allowed to sit together.

4. **ALL PLAYERS MUST RIDE THE BUS TO THE GAME, WITH THE TEAM.**
 5. Players may ride home with their parents after the game as long as they inform the coach.
- C. Dress Code – Coaches may elect to change with approval from administration
1. Attire for practice.
 1. Boys
 - a. Shirts must be worn at all times.
 - b. Shorts should be finger length
 2. Girls
 - a. No tank tops
 - b. Shorts should be finger length
 - c. Cheerleaders should wear warmups or uniform pants while in class.
 2. Attire during school days on game day.
 1. Volleyball, Soccer, Boys and Girls Basketball, and Softball – School uniform or team warm-up. Players should not wear their home game jerseys to school.
 2. Cheerleading – school uniform or team warm-up if all have purchased.
 3. Attire traveling to games.
 1. Volleyball and Soccer – Team uniform with warm up pants
 2. Men’s and Ladies’ Basketball – School uniform or team warm-up if all players have purchased or dress attire, shirt & tie, girls attire must be modest meeting plain clothes guidelines of the school.
 3. Softball – Team uniform
 4. Cheerleading – Team Uniform with warm-up pants.
 4. Attire traveling from games.
 1. Volleyball and Soccer – Team uniform with warm up pants
 2. Boys and Girls Basketball – Team shirt (not jersey) and warm up pants
 3. Softball – Team uniform
 4. Cheerleading – Team uniform with warm-up pants.

X. PLAYING TIME PHILOSOPHY

- A. **5-6 Grade Level:** THE COACH WILL ENSURE THAT EACH PLAYER PLAYS A MINIMUM OF 2 MINUTES DURING EACH HALF. Although, there may be exceptions (due to large number of players on a team), we will emphasize participation and individual improvement at this level. However, during tournament play, the coach will play the players who help to make the team most competitive.

- B. **Junior Varsity Level:** The coach will choose a starting team for each game and play the best players. Substitutions will be made as much as possible, while still remaining competitive.
- C. **Varsity Grade Level:** The coach will choose a starting team for each game and play the best players. These players are chosen on ability and performance at practice. Substitutions will be made when an injury occurs, when a player is tired or not performing well, when the outcome of the game is not in question, or at the discretion of the coach.
- D. **NOTE: J.V. and Varsity:** Remember our purpose is to provide a competitive program. This means that at times players may not make a team or may not play much during the season. Each player will be given the opportunity to improve and work toward more playing time. All players on the team are valuable and each player plays a vital role to the success of the team.

XI. EARNING A VARSITY LETTER

- A. Remain Academically eligible for the duration of the season
- B. Attend all games and practices unless excused by the coach
- C. Have played in at least half of the minutes, quarters or sets in each game, or have made that varsity team in 3 consecutive seasons.
- D. Have exhibited behavior and sportsmanship consistent with the mission of Aletheia Christian Academy

XII. ROSTERS / SCHEDULES / PRACTICE TIMES / MEETINGS

- A. At the beginning of each season, game schedules will be available and distributed from the athletic office. These schedules will be as up-to-date as possible. Changes may occur during the season which will affect the schedule, but these will be kept to a minimum.
- B. Each schedule will also list the coaches for each team.
- C. Parents and players will be notified of changes as soon as they are made, parents can also visit the ACA website for the latest in schedule changes as well.

XIII. ATHLETIC SPECTATOR GUIDELINES

- A. Remember the verses and purpose of athletics at Aletheia in Sections I. and II.
- B. Please be respectful during prayer and national anthem.
- C. Cheer with the ACA cheerleaders for ACA and not against the opposing school.
- D. Do not “BOO” or make any degrading remarks at any time.

- E. Remain off the soccer field, baseball/softball field, and the playing floor before, during half-time, and after games/matches.
- F. Only those with official duties will be allowed on the player side of the field or court. All others are asked to remain on the spectator side of the field/court.
- G. Children must be supervised by their parents or designed adult at all times while watching games. Children are not to run or play on the bleachers or stairs and are not to be unsupervised inside/outside the building at any time. Please keep all children in the stands and away from the ends of the fields and courts.
- H. Pick up and dispose of your own trash after games.

XIV. ATHLETIC PHYSICAL / CONSENT & RELEASE FORMS

- A. Every athlete is required to have a sports physical examination form and a sports consent and release form on file before he/she will be allowed to practice or participate in the athletic program of ACA.
- B. A physical form can be obtained through the school or athletic office; **NO PLAYER WILL BE ALLOWED TO PLAY WITHOUT A CURRENT PHYSICAL ON FILE IN THE ATHLETIC DIRECTORS OFFICE.**

XV. STUDENT PARTICIPATION FEES

There is a tremendous cost to operate an athletic program that is committed to excellence. That cost is not covered by tuition. Each student who participates is assessed a fee to help cover the costs of coaches, uniforms, officials, equipment upgrades, etc. Fees will be determined at the beginning of each school year and must be paid before the first athletic contest. A fee schedule that contains the sports fees for all sports will be emailed to parents of students in grades 5th-12th at the beginning of the school year.

XVI. CONCUSSIONS POLICY

Our first priority is the safety of athletes. All injuries should be taken seriously, but with increased awareness regarding concussions, it is important that coaches take them seriously and understand their responsibilities.

- A. If a concussion is suspected immediately remove the athlete from competition
- B. The athlete needs to see a doctor before he can return to play
- C. Follow the 6 Step Progression as suggested by Doctors Nicholson and Buskirk
 - a. No Activity for the First 5 Days and until Symptoms completely gone! (No Tv, games, ipod, totally shut down your brain!)
 - b. When Asymptomatic Light Aerobic (start to challenge the athlete)
 - c. Sport Specific exercise

- d. Non-Contact training drills
 - e. Full Contact Practice
 - f. Return to play
- D. All suspected and confirmed concussions should be reported to the Athletic Director the same day as the injury.
- E. Athletes **must** see a doctor before they can return to play

XVII. Sports Awards Banquet

At the end of each year; we will honor all of our athletes for their hard work and sacrifices during the school year. The coaches of each sport will have the opportunity to recognize individual athletes whom they feel deserve special recognition. Examples of the awards that may be given are: Most Valuable Player, Most Improved, Best Offensive, Best Defensive, Spirit, Dedication, Coaches, and Christian Leadership. Each year we will also honor one or more senior athletes with the Lion Award.

The Lion Award will be given to the athlete(s) who has performed well on the court and who has demonstrated strong Christian leadership, both on and off the court. The recipient of the Lion Award will have demonstrated the character traits that truly exemplify the meaning of a follower of Christ as described in I Corinthians 10:13 and Philippians 4:13.

Each teacher will nominate the student athlete(s) who they feel deserve this award. The nomination should be based on the student's cumulative years of participation in varsity athletics as well as their demonstration of Christian Leadership in the classroom while attending Aletheia Christian Academy.

ATHLETE AGREEMENT

I have read the entire Athletic Handbook and agree to abide by its standards and policies. I agree to support them both in spirit and practice.

Athlete _____

Date _____

PARENTAL AGREEMENT

I have read the entire Athletic Handbook and fully support the enforcement of its rules and guidelines. I agree to support the coaching staff and their decisions, as they are the delegated authority in my son's or daughter's participation in ACA athletics.

Father _____

Date _____

Mother _____

Date _____