

Parent/Athlete Handbook

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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...*

Phil 4:13 *I can do all things through Christ who strengthens me.*

II. PURPOSE OF ATHLETICS AT ALETHEIA CHRISTIAN ACADEMY

- A. 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 end result will ultimately be to bring honor and glory to the Lord Jesus Christ by:
1. Providing instruction in the use of the body to reflect the glory of God through sports(I Cor. 10:31).
 2. Applying the principle of the “well-rounded” person illustrated in Luke 2:52 (mental, physical, academic, athletic, and social activities.)
 3. Involving the student body, parents, faculty and staff in developing school unity and spirit.
 4. Maintaining a clear Christian 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 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. Do not approach the coach before, during, or after a game/practice. The coaches attention should be focused on his/her players during these times. 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. Support is expected. It is reasonable to expect that any parent who has permitted his/her young person to come out for the team should be supportive of the coach. Well-placed constructive criticism given privately to a coach is welcomed. Refrain from gossip or negative comments with parents or players regarding the school, team, coach, or another player.
- C. Each coach will have the full responsibility and authority to determine which players enter into the game, when players enter into a game, and for how long. His/her determination in this area will be made on the basis of 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

- A. Programs offered (subject to student support)
 - * *If available*
 - 1. Elementary Program
 - a. Boys and girls Volleyball (grades 5-6)
 - b. Boys and girls Basketball (grades 5-6)
 - 2. Middle School Program
 - a. Boys Basketball (grades 7-8)

- b. Boys Volleyball (grades 7-8)
- c. Girls Volleyball (grades 7-8)
- d. Girls Cheerleading (grades 7-8)
- 3. Varsity Program
 - a. Boys Soccer (grades 7-12)
 - b. Girls Volleyball (grades 9-12)
 - c. Boys Basketball (grades 9-12)
 - d. Girls Basketball (grades 9-12)
 - e. Boys Baseball (grades 7-12) *
 - f. Girls Softball (grades 7-12)
 - g. Girls Cheerleading (grades 9-12)

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. No street shoes or black-soled shoes should be on the gym floors.
- 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 facilities they may be held responsible for replacing or repairing the damages made.
- E. Uniforms are to receive the utmost of care. 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. **Students at ACA are required to maintain a C or above in every subject. This is a cumulative average measured each 9 weeks. Students who fall below this requirement will not be able to participate until the 4-week progress report indicates that eligibility requirements have been met.**
- B. **A student 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. Proper behavior is expected of all students at ACA. Any student who has demonstrated poor behavior will be subject to removal from the team for a specified period of time. A student receiving a suspension will be ineligible to participate in athletics for the time frame designated by the Athletic Director and Administrator.
- D. 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. Ball games are not an excuse for late work. School work comes first.
- E. 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.
- F. 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.
- G. 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.
- H. 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. 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.
- D. Any athlete who misses physical education class due to an illness or injury will not be allowed to participate in a team practice or game on that day.

VIII. 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. CD players, IPODs, MP-3 players, etc., are not allowed 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 as long as they inform the coach.
- C. Dress Code – coaches may elect to change with approval from administration
1. The dress code shall be adhered to by all players, managers, statisticians, and scorekeepers.
 2. Attire during school days on game day.
 1. Volleyball, Soccer, Boys and Girls Basketball, and Softball – School uniform or team warm-up for conference games if all players have purchased.
 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. Boys and Girls Basketball – School uniform or team warm-up if all players have purchased.
 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.

IX. PLAYING TIME POLICY

- 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 chose 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 a team are valuable and each player fills a vital role to the success of the team.

X. 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/sponsors for each team.
- C. Parents and players will be notified of any changes as soon as they are made.

XI. 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.

XII. 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.

XIII. 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.

IX. Sports Awards Banquet

We will hold a sports banquet at the end of each year to honor our athletes. Each athlete will receive a certificate for their participation and the coaches for each sport may honor individual athletes with special awards i.e. MVP, Coaches, Christian Character, Most Improved. We will normally honor a senior with the Lion Award. This award is presented to the athlete or athletes who have exemplified Christian character and leadership on and off the field and have done well athletically and academically. The recipient of this award will be chosen from nominations given by the coaches of each sport and then discussion between the athletic director, school administrator, high school supervisor, and school development coordinator.

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 _____