

CHRISTIAN ACADEMY



CARROLLTON

2023-24
ATHLETIC
HANDBOOK

OUR BIBLICAL MODEL for ATHLETIC SUCCESS

Ultimately the scoreboard is secondary-- true success is measured by God's standard of excellence whether you win or get beat.

Three questions to ask after every game:

EFFORT...

Did I give my best effort?

Biblical Application from Colossians 3:23a
"And whatever you do, **do it heartily,**
as to the Lord and not to men."

IMPRESS...

Who was I seeking to impress?

Biblical Application from Colossians 3:23b
"And whatever you do, **do it heartily,**
as to the Lord and not to men."

POTENTIAL...

Did I reach my God-given potential?

Biblical Application from Matthew 25:14-30
And to one he gave five talents, to another two,
*and to another one, to **each according to his own ability...***"

This is success!

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WELCOME INSIDE THE EAGLES NEST

CHRISTIAN ACADEMY
1703 Easterday Raod
Carrollton, Kentucky 41008

Pastor Jon
Athletic Director



Shelly Elardo
Athletic Secretary

Athletic Office Contact: 561.260.0488
School Office Contact: 502.732.4734
Email: ebcjon20@gmail.com

IMPORTANT DATES

July 25 PHYSICALS offered by Dr. Gibson (9-11a)

July 31 FALL PRACTICE begins

Aug 14 PARENT/PLAYER SPORTS ORIENTATION (6p)

Aug 16 FIRST DAY of school

Oct 4-6 FALL BREAK

Nov 22-24 THANKSGIVING BREAK

Dec 18- Jan 1, CHRISTMAS BREAK

Feb 12-16, SPIRIT WEEK

Jan 16 HOMECOMING

Apr 1-5 SPRING BREAK

Apr 12 SPORTS AWARDS BANQUET

May 17 LAST DAY of school

May 18 GRADUATION



SPORTS OFFERED

FALL SPORTS:

- **Girls Volleyball** (Aug - Oct)
 - Varsity (Coach Kristin Phillips)
 - JV (Pastor Jon)
 - MS (Pastor Jon)
- **Cross Country** (Aug - Oct)
 - High School (Mollie Shirley), 9th-12th
 - Middle School (Mollie Shirley), 5th-8th
 - Elementary (Mollie Shirley), 1st-4th

WINTER SPORTS:

- **Boys Basketball** (Nov - Feb)
 - Varsity (Coach Greg Hunt)
 - JV (Coach Scott Hopkins)
 - MS (Coach Scott Hopkins)
- **Girls Basketball** (Nov - Feb)
 - Varsity (Coach Ashley McCord)
 - JV (Coach Ashley McCord)
 - MS (Coach Ashley McCord)
- **Archery** (mid-Oct - March)
 - 4th through 12th grades

SPRING SPORTS:

- **Elementary Intramural Basketball/Cheerleading** (Mar-Apr)
 - Coed Sunlight Division (1st-3rd grades)
 - Coed Moonlight Division (4th-6th grades)
 - Girls Cheerleading (1st-6th grades)

PARENTS & PLAYERS



ACADEMIC ELIGIBILITY

In order for a student-athlete to be able to play they must meet CAC academic standards. The student-athlete must maintain a 2.0 (C average) cumulative GPA and not fail any subject, any quarter and/or semester. This will be checked on the day grade cards are released. Once declared ineligible a student-athlete may be declared eligible after three (3) weeks of the new quarter/semester begins if they are passing all their classes with a 70% or higher. Once this is achieved the student-athlete eligible for the remaining portion of the quarter. Students that receive disciplinary actions may also be declared ineligible. A student may also be declared ineligible by the administration for non-academic reasons.

ATTENDANCE, SCHOOL

Student-athletes must attend 5 of the 9 periods to participate in that days practice and/or game. The student-athlete is expected to be in school the following day for homeroom regardless of travel from an away game the evening before. The school administration will deal accordingly should this be an issue.

AWARDS

At the conclusion of the school year, the athletic department will host the annual athletic banquet. At this event each team will recognize the Most Outstanding Player, Most Improved Player, and Coach's Award. There are several individual player awards, such as the Leadership Award, Mr. & Miss Eagle Award, Helping Hands Award that are recognized.

LETTERING QUALIFICATIONS--a student-athlete in grades 9-12 that meet the following qualifications will earn a "letter"...

- A. Participate in at least 50% of interscholastic competition
- B. Must have successfully completed the sports seasons

PINS--a student athlete in grades 9-12 who letters in a sport will will be given a "pin" the first year of lettering.

BARS--a student-athlete in grades 9-12 will be given a bar for each subsequent year they letter in the same sport.

BEHAVIOR, Player and Fan

It should be noted that everything we do "on and off the court or field" is a reflection of our family, CAC, and most importantly the Lord. Any behavior that would cast a shadow on the student-athletes testimony and/or CAC will be disciplined appropriately in love. This would include fan behavior as well.

Parents coaching "from the stands" is highly inappropriate. Should a parent question the strategies, playing time, etc of their child's coaches there must be a 24-hour wait period before contacting the coach to discuss any issues.

BOOSTER CLUB

The athletic booster at Christian Academy will be known as "The Flight Club". Membership will range from \$99 to \$249. This allows individuals and/or families to help boost the athletic program and at the same time enjoy several perks, such as polos, tshirts, reserved seating, and other items for being part of The Flight Club. Sign ups will be available at the beginning of school (August) as membership application are distributed.

CONCESSION STAND

The concessions stand in the gym is run by parent volunteers and student help. Parents are expected to rotate in serving in the concession stand throughout the sport season. The athletic director will create dates and times for a parent(s) to serve.

COMMUNICATION

The "Band" app is our primary means of communication. This allows coaches to communicate any changes to a practice or game. Parents are able to communicate as well.

COMPETITION

CAC takes great pride in developing a competitive athletic program. We believe that purpose of athletics is to teach life lessons and develop good disciplines. We believe competition teaches life skills and much is to be learned by being in a competitive environment which benefits the student-athlete in years to come. At the varsity level it is our goal, among other things, to field the most competitive teams possible. It is required of our coaches the team that gives us the best opportunity to win the game. *We do not believe in "shared playing-time" at the varsity level.*

Although junior varsity and middle school levels of play are preparatory for varsity play, we do play competitively at these levels. This requires the head coach to place on the court or field the players that give our school the best opportunity to winning the game. However, *we do desire each student-athlete to participate in each game at the jv and middle school level.*

We do not allow our middle school through varsity level coaches to put a student-athlete in a situation where the student-athlete could not be successful due to a lack of school or readiness behalf.

BIBLICAL APPLICATION:

Brethren, I do not count myself to have [a]pprehended; but one thing I do, forgetting those things which are behind and reaching forward to those things which are ahead, I press toward the goal for the prize of the upward call of God in Christ Jesus.

Phillipians 3:13-14

And see, now I go bound in the spirit to Jerusalem, not knowing the things that will happen to me there, ...that I may finish my race with joy, and the ministry which I received from the Lord Jesus, to testify to the gospel of the grace of God.

Acts 20:22-24

CUTS and MAKING THE TEAM

Currently at CAC any student-athlete who desires to participate in a given sport will “make the team”. As our athletic program expands it may be necessary to have “tryouts” for a sports team. This will be at the athletic directors discretion and announced in advance.

DRIVING POLICY

Student-athletes with a valid drivers license may drive to & from practices/games. No student-athlete may transport another student or student-athlete without parental permission that is written on the “transportation list” which is turned into the athletic office.

DRESS POLICY

We believe in modesty as taught in the Scripture. All practice attire should be loose fitting. Shorts must be 4-inches above the knee. (cross country may wear shorts that are finger tip length with no compression shorts on the outside due to the nature of running). Due to modesty reasons we are asking each athlete--male and female--to wear compression shorts under practice & game attire.

DUAL SPORTS and OVERLAPPING SPORTS

DUAL SPORT participation is permissible. Our policy guiding dual sport participation is that both head coaches must agree to it and that the practice schedule will be worked out between the coaches.

OVERLAPPING SPORTS PARTICIPATION No student-athlete may leave one sport to begin another sports season. They must finish the sports season they started including all post-season games and practices. However they may begin the overlapping new sport but their commitment to the first sport is the priority including practices and games. Once the season is over and the

uniform is returned they may participate fully in the new sports season.

FUNDRAISING

Sports teams may fundraise for various needs (e.g. to purchase new uniforms, travel suites, shoes, etc.). All fundraisers must be approved by the athletic director and must go through the school business office.

HOME SCHOOL

CAC accepts home school student-athletes. There is a three step procedure...

Step One: The home school applicant must fill out the “application” form which can be secured on the school website, in the athletic office, or school office.

Step Two: An interview will be set up with the athletic director which includes the parent and home school student-athlete.

Step Three: Upon acceptance and prior to the home school student-athletes first practice payment, will be made in the athletic office or school office of \$80.

Home school student-athletes who have a Christian lifestyle and have no behavior issues may participate in athletics at CAC. Home school students and parents must adhere to the policies in both the CAC’s Student & Parent Handbook and Athletic Handbook.

Home school student-athletes should be at the appropriate grade level based on age. Student-athletes who are below their appropriate grade level will not be permitted to participate in the CAC sports program. **EXCEPTION:** Student-athletes that are one year below their appropriate grade level could be allowed to participate at the discretion of the school administration. However students that are two or more years below their appropriate grade level will not be permitted to participate in CAC sports.

LIGHTNING POLICY

Should lightning be within 8-miles of an outdoor venue all participants must seek shelter for 30-minutes with no new lightning strikes. Once there is 30-minutes of “no lightning” participants may continue practicing or play.

MUSIC

CAC believes that music is a gift from God. We believe as well that music should be appropriate to the moment and venue (Proverbs 25:11, Ecclesiastes 3:1-8) which could include all genres of music. We do not believe that music sung with profanity is permissible for the Christian nor lyrics that glorify immorality.

NO SCHOOL, HOLIDAYS, and PRACTICE?

Generally, when there is no school there is no practice or games. It is, however, at the discretion of the head coach whether or not a practice(s) will take place over a break or holiday. We encourage practices over this time to be voluntary and not mandatory due to families being away.

OVERNIGHT TRIPS

Periodically a sports team will travel to be involved in a tournament that would require staying in a hotel. It is our policy that all expenditures (lodging & meals) be the student-athletes responsibility. Permission slips must be secured and returned to the athletic office prior to traveling.

PHYSICALS

Per state requirement--no middle school or high school athlete may step onto or into a practice without a current “sports physical form” (which includes medical & consent, insurance, and prior health history). Physical forms are current for 365 from the date the doctor affixes on the form. We do not require physicals for elementary intramural play, they play at the discretion of their parents.

“PLAYING TIME”

We do not believe in equal playing time. It is solely at the discretion of the head coach who plays and how much a player plays.

VARSITY LEVEL: strictly coaches discretion

JV: all players will play in each game but not equally

MS: all players will play in each game but not equally

In addition, once a team has been formed at the beginning of the season, we do not differentiate between “home school” student-athletes and “tuition paying” student-athletes. Once a team has been formed ALL players are “Christian Academy players”. We do not differentiate in playing time.

PRACTICES

Practices are permissible Monday through Saturday. All scheduled practices are binding. Players are expected to be in attendance. A written policy of team rules, practice times will be distributed by the coach the first week of practice. This written policy will include what are acceptable reasons for a student-athlete to be absent from practice and what is not.

An academically ineligible player may not attend practice as their attention needs to be primarily on their studies. Should a *player be injured* they are expected to be at practice to observe strategies, teaching moments, and be an encouragement to their teammates.

QUITTING

Because we believe that the Scriptures exalt faithfulness and commitment, we do not permit players to “quit” once they have received and accepted their uniform. Should a player “quit” after receiving and accepting their uniform before their final game (which includes the post-season) , they will be ineligible to participate in any sport for the rest of the current semester AND one complete semester to follow. This policy carries over from the spring semester to the fall semester of the new school year.

BIBLICAL APPLICATION:

*“Yet the righteous will hold to his way,
And he who has clean hands will be stronger and stronger.”*

Job 17:9

*“But Jesus said to him, “No one, having put his hand to the plow,
and looking back, is fit for the kingdom of God.”*

Luke 9:62

SPORTS FEE

The athletic sports fee is \$80 per sport per person. This is a non-refundable. The sports fee must be paid in full prior to the first game. The sports fee may be in a check, cash, or card and paid at the athletic office or school office. No coach may receive sports fee payment.

SUSPENSION POLICY

It is a privilege to participate in CAC athletics and any violation is taken seriously...Any student-athlete that is suspended from school for any reason for any amount of time will not be allowed to participate in any games or practices during the time of their suspension from school. The suspended student-athlete will then upon arrival back to school serve a one-game suspension (they may attend this game and sit on the bench with their team but they will not be able to dress in their game uniform).

TEAM VERSE & TEAM DEVOTIONS

Each team is asked to submit to the athletic office their “team verse” prior to the beginning of the first game. This is a Scripture that the team desires to exemplify on and off the court/field of play. This is delegated to each head coach to coordinate with

their team.

Each team is encouraged to take 2-3 minutes in a practice and before games to draw attention to God's Word. This could be done by a coach or player that has been asked to bring a "devotional thought" from the Scriptures.

TICKETS

All regular home games will be ticketed unless otherwise.

Adults: \$5

Students: \$3

Military: \$3

Children under 5: Free

Family Max: \$25

UNIFORMS & UNIFORM DEPOSIT

All uniforms that are retained by the school must be turned back in to the head coach within two weeks of the final game played. The head coach will designate a collection date & time. No uniform is to be turned into the athletic office, school office, and class teacher.

There is a required \$50 uniform check or cash deposit per athlete per sport. This is RETURNED when the uniform is returned to the coach at the conclusion of the season. Should a uniform not be returned within 30-days of the conclusion of the season and/or the uniform be damaged beyond normal use, the check/cash will be cashed into the athletic account in order to replace the uniform.

