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CAC'S PURPOSE FOR ATHLETIC PARTICIPATION

VISION STATEMENT

Students from the Christian Academy of Carrollton will acquire wisdom and knowledge through the lens of a Biblical worldview, which will be evidenced by a Godly lifestyle of character, leadership, service, stewardship, and worship.

MISSION STATEMENT

The mission of the Christian Academy of Carrollton is to provide a biblically based, Christ-centered learning environment, which promotes spiritual maturity, academic excellence, and personal growth, ministering to the whole child.

PHYSICAL DEVELOPMENT

- Assist each student to understand that the body is the temple of God and is to be kept clean and pure, capable of responding to God's direction.
- Encourage each student to accept personal responsibility for achieving and maintaining physical fitness and practicing good health habits.
- Develop in each student an awareness that a healthy physical body contributes significantly to a sound mental, spiritual, and social state.
- Assist each student in recognizing the dangers inherent in the use of substances harmful to both physical and spiritual well-being, and in accepting responsibility to avoid the use of such substances.
- Assist each student to develop an interest in the skills needed for life-long involvement in physical activities.

SOCIAL DEVELOPMENT

- Encourage each student to develop Christian attitudes, accept principles of behavior, and base decisions on the spiritual, moral, and ethical values of the Bible.
- Prepare each student to assume the responsibility and privileges of citizenship.
- Teach each student the Biblical principles regarding marriage and family life and the personal commitment needed to establish and maintain Christian families.
- Assist each student to acquire the attitude and skills essential to effective interpersonal relationships.

CAREER DEVELOPMENT

- Assist each student to acquire a basic knowledge of the economic system, to develop attitudes and skills needed to be a competent consumer, and to apply Biblical principles in the use of personal resources.
- Assist each student to develop respect for the dignity of labor and the pride of performance.
- Assist students in developing values, attitudes, and basic knowledge essential to the world of work through career awareness and exploration.

ESSENTIALS OF FAITH

All scripture is self-attesting, and being truth, requires our unreserved submission in all areas of life to the authority of the infallible Word of God, as written in the sixty-six books of the Old and New Testaments-unified witness to God's redemptive acts culminating in the incarnation of the Living Word, the Lord Jesus Christ. The Bible, uniquely and fully inspired by the Holy Spirit, is the supreme and final authority in all matters on which it speaks. On this foundation we affirm the following as essentials of our faith:

We believe in one God, the sovereign Creator and Sustainer of all things, infinitely perfect and eternally existing in three persons' Father, Son and Holy Spirit.

Jesus Christ, the Living Word, became flesh through His miraculous conception by the Holy Spirit and His virgin birth. He who is true God became true man united in one Person forever. He died on the cross, a sacrifice for our sins, according to the Scriptures. On the third day He arose bodily from the dead. He ascended into heaven, where, at the right hand of the Majesty on High, He now is our High Priest and Mediator.

The Holy Spirit has come to glorify Christ and to apply the saving work of Christ to our hearts. He convicts of sin and draws us to the Savior. Indwelling our hearts, He gives new life to us, empowers and imparts gifts to us for service, and seals us for the day of redemption.

Being estranged from God, and condemned by our sinfulness, our salvation is wholly dependent upon the work of God's free grace. God credits His righteousness to those who put their faith in Christ alone for their salvation, and thereby justifies them in His sight. Only such as are born of the Holy Spirit and receive Jesus Christ become children of God and heirs of eternal life.

The true Church is composed of all persons who through saving faith in Jesus Christ and the sanctifying work of the Holy Spirit are united together in the body of Christ.

Jesus Christ will come again to the earth-personally, visibly, and bodily-to-judge the living and the dead and to consummate history and the eternal plan of God.

The Lord Jesus Christ commands all believers to proclaim the Gospel throughout the world and to make disciples of all nations, baptizing them and teaching them according to Matthew 28:19-20.

The statement of faith does not exhaust the extent of our beliefs. The Bible, itself, is the inspired and infallible Word of God that speaks with final authority concerning truth, morality and the proper conduct of mankind, the Bible is the sole and final source of all that we believe. For purposes of Christian Academy of Carrollton's faith, doctrine, practice, policy, and discipline, our board of directors is the school's final interpretive authority on the Bible's meaning and application.

PHILOSOPHY OF ATHLETICS

The Christian Academy of Carrollton's Sports Program exists to provide our students with opportunities for character and skill development in a competitive but fun environment.

Winning isn't everything. The school promotes doing our best for the God we serve, providing a good testimony for those watching, modeling student leadership, and glorifying the Lord – whether we win or lose. The foundation for this belief is Colossians 3:17, 23: "And whatsoever ye do in word or deed, do all in the name of the Lord Jesus, giving thanks to God and the Father by Him. And whatsoever ye do, do it heartily, as to the Lord, and not unto men."

CAC holds high expectations for their student athletes in spiritual growth, academic performance, leadership qualities, behavioral and attitudinal responses. Our coaches model and promote honesty, integrity, humility, loyalty, unity, respect, and sportsmanship traits that we believe are foundational in the total character development of our student athletes.

Therefore, CAC athletic program will:

- Foster each athlete's personal relationship with Jesus Christ.
- Produce disciplined, Christ-honoring teams that reach their highest potential for Him.
- Train students to be ambassadors for Christ and CAC.

AND we expect our student athletes to live as True Competitors by:

- Demonstrating a humble heart— in victory and defeat. (James 4:10)
- Doing their best and remaining gracious, regardless of the outcome. (2 Peter 1:2)
- Holding their emotions under control. (Galatians 5:22-23)
- Showing respect for their opponent. (1 Peter 2:17)
- Never cheating. (Philippians 4:8)
- Encouraging the competition and helping them to be at their best. (Proverbs 27:17)
- Competing against themselves—not the other team. (Colossians 3:23)
- Competing out of joy, not fear. (1 John 4:18)
- Edifying with their words. (Ephesians 4:29)
- Respecting authority. (Hebrews 13:17)
- Helping a fallen athlete to get up again, whether that person is a teammate or an opponent.
- Parents, students, friends, and families must not shout slurs, or shout at a referee.
- After each game, coaches and all team members must shake hands with the opposing team, exhibiting a thankful and Christian attitude.

ATHLETIC PROGRAM OVERVIEW

ATHLETIC EVENT COSTS

All regular home game ticket costs will be determined at the beginning of the year and will remain the same throughout that calendar year. Special events, such as tournaments and CAC's Homecoming, may have admission costs that differ from regular door admission prices.

- Adults: \$5.00
- Students (1st – 12th Grades): \$2.00
- CAC Faculty/Staff: Free
- Under five-years-old: Free

ATHLETIC FEES

Students must pay a fee per sport for their participation. Sports fees cover equipment, uniforms, and insurance expenses. The Athletic Director will distribute forms with fee information for the upcoming sports season each year.

ATHLETIC TEAMS

Each sport is contingent upon the number of students interested and the availability of a coach. Below is a list of sports CAC has offered in the past, along with sports which may be available in the future:

Fall Sports:

- Lady Eagles Volleyball is offered to 5th-12th grade girls (sometimes 4th grade).
- Cross Country is offered to 1st-12th grades.

Winter Sports:

- Lady Eagles Basketball is offered to 5th-12th girls (sometimes 4th grade).
- Eagles Basketball is offered to 5th-12th boys (sometimes 4th grade).
- Archery is offered to 4th-12th grades.
- Elementary Eagles Basketball Camp is offered to 1st-4th grade boys and girls.

Spring Sports:

- Tennis (*if available*, generally 5th-12th grades)
- Golf (*if available*, generally 5th-12th grades)

Possible Sports:

Golf, Tennis, Cheerleading, and Track are available as needed and according to the availability of coaches.

ATTENDANCE

Students who are unable to come to school, or who leave school due to illness, should not participate in any practices or games held that evening.

Students who are scheduled to serve a detention will not be allowed to participate in after-school practices that day. If the detention is scheduled to be served during a game, the Principal, Administrator, and Athletic Director will make decisions on a case-by-case basis.

Students who habitually do not attend practices or games/meets without sufficient reason risk losing the opportunity to play on or be a part of the team, a choice left to the discretion of the coach.

ATHLETIC AWARD POLICY & PROCEDURES

At the end of each school year, there will be a Sports Awards program. We ask that all students participating in any CAC sports team throughout the year attend this special evening event.

Awards:

Athletic awards are given based on Christian character, athletic ability, and academic achievement. The main goal of our athletic awards is to recognize Christian values and behavior; we do not just focus on individual athletic ability. However, we do desire to recognize the special gifts and talents that God has given to our student athletes.

Pennants:

Students who are participating in a sport for the first time will receive a pennant. That year and all following years, the student will receive a pin for each year participating in those sports.

Varsity Letters:

Freshmen or students in high school who are participating in a sport for the first time shall receive a letter. That year and all following years, the student will receive a pin or chevron for each year of participation in those sports. This could be subject to change based on the discretion of School Administration.

High school only: Families may choose to purchase school-sanctioned jackets and/or navy award sweaters. They may place their award letter on the jacket or sweater. Students may wear the sweater interchangeably with their regular casual or dress uniform attire.

COMMUNICATION

Communication Parents should expect from the Coach and/or the Athletic Director:

- Parents, coaches, and the Athletic Director must have both a commitment to Jesus Christ, and a commitment to serve each team member and their families in a Christian manner with patience and kindness.
- Expectations the coach has for the players on the team.
- Locations and times of all practices and games/meets.
- Specific concerns in regard to philosophy and/or expectations.
- Medical or physical observations of the student.
- Provide a CAC Athletic Handbook to be read by parents and students regarding sports and rules.

Appropriate concerns for Parents to discuss with Coaches and/or the Athletic Director:

- The treatment of the child: spiritually, relationally, emotionally, and athletically.
- Ways to help the child improve.
- Concerns about the child's behavior.
- Medical or physical limitations of the student.

Issues **not appropriate** for Parents to discuss with Coaches and/or the Athletic Director:

- Playing time
- Team strategy
- Play-calling
- Other student athletes
- Game officials

Procedures to follow when Parents have concerns to address with **Coaches**:

- Do not attempt to confront a coach before or after a game or practice.
- Meetings of this nature, when emotions are high, do not promote resolution.
- Call the coach to set up an appointment.
- Have the player first talk to the coach, perhaps with another coach present, concerning the issue.
- If you are unable to reach the coach, please call the Athletic Director, who will set up the meeting. The parent may call and set up an appointment with the Athletic Director to discuss the situation.

Procedures to follow when Parents have concerns to address with the **Athletic Director**:

- Parents should first contact the coach(es) regarding a concern.
- If the concern has not been resolved, or if the coach(es) have not referred the concern to the Athletic Director, then parents may contact the Athletic Director.
- Parents and/or coaches should seek to resolve athletic issues at the lowest level with assistance from the Athletic Director without involving School Administration. The Athletic Director manages the Sports Program, serves as the liaison between this program and School Administration, and consults with School Administration to resolve Sports Program issues and concerns.

CONDUCT

STUDENT ATHLETE CONDUCT & EXPECTATIONS

As members of athletic teams, athletes are high-profile representatives of our school and of our Savior. Students are expected to act in an appropriate manner. The following behaviors are **inappropriate**, and will not be tolerated by the athletic department or School Administration:

- Fighting
- Profanity
- Use of/being under the influence of alcohol, tobacco, or drugs
- Unsportsmanlike conduct
- Rude or disrespectful behavior on or off the court
- Taunting opponents or officials
- Destruction of property
- Obscene gestures
- Derogatory or degrading comments
- Inappropriate attitude with coaches or referees, etc.
- Stomping or kicking the bleachers, chanting or shouting to hinder the concentration of any player

We **encourage and expect** student athletes to:

- Play the game for fun.
- Be gracious when they win and graceful when they lose.
- Respect and abide by the rules of the game.
- Put the team ahead of yourself in every situation.
- Accept decisions made by those in authority.
- Demonstrate respect to their opponents, coaches, and teammates.
- Be accountable for their own actions.
- Develop a teachable spirit that allows them to receive correction and constructive criticism appropriately.
- Accept and embrace the discipline involved in athletics because it benefits the team.
- Develop the feeling of pride based upon the “shared joy” of the team, and do not have an attitude that emanates from arrogance or sense of entitlement.
- Be an athlete of character.
- Win for Christ.
- Players will be expected to shake hands with opposing players and coaches before and/or after the game, unless in the judgment of the coach, it would be counterproductive. It is a coach’s responsibility to control players before, during, and after a game.

PARENT & FAN CONDUCT AND EXPECTATIONS

Everyone involved with athletic competitions should be committed to the demonstration of good sportsmanship and Christian behavior. Examples of **inappropriate** conduct are:

- Shouting slurs or any kind of insult to referees, players, coaches, Athletic Director, etc.
- Shouting instructions to the students, coaches, or referees.
- Stomping or kicking bleachers, chanting, or shouting to interrupt a player's concentration while shooting or during any other time.
- Exhibiting any kind of disrespect to referees, team members of CAC, opposing team members, the Athletic Director, or to attending families, etc.

It is vital that our coaches, parents, fans, and participants remember that the reflection of Christian testimony outweighs the outcome of any competition.

CAC expects its participants and fans to be involved in cheering for their teams, and not against their opponents. Fans may be enthusiastic but should refrain from derogatory remarks against the opposing team, the coaches, or the game officials.

Any act of unsportsmanlike or inappropriate conduct will be dealt with swiftly. If the act occurs during an athletic contest, the student will be removed from the contest by the coach. A student who strikes, curses, or threatens an official or coach; who participates in flagrant, foul, or unsportsmanlike conduct; or who fails to maintain a standard of conduct satisfactory to the athletic department or to the administration, will be ineligible to participate in that sport for a probationary period of up to six weeks. Students who are ineligible to play for either academic or behavioral reasons shall not participate in practices or games.

Depending on the infraction, students may be removed from the team and may face further school discipline, which shall be at the joint discretion of the Athletic Director and Principal/Administrator. After the probation period is complete, the Athletic Director and Principal/Administrator will meet with the student and his/her family to decide if he/she may rejoin the team.

Dismissal Offenses:

For the coach to decide to dismiss a student athlete, the coach should feel that keeping the athlete would destroy the team or his/her ability to make progress with the team.

Behaviors that would warrant dismissal from a team include:

- Lying, cheating, stealing, or aiding another to do so.
- Using alcohol, cigarettes, or illegal drugs.
- Continued disrespect toward authority or other athletes.
- Attitudes or behaviors that cause the coach to consider the athlete an undermining influence.

The coach will not summarily dismiss a student in violation. The coach will provide the Athletic Director with detailed information regarding an incident that includes the possibility of dismissal from the team. The coach, Athletic Director, and School Administration will determine dismissal.

Spectator Conduct:

To enhance a safe environment for all spectators and athletes, spectators are not permitted on the sidelines or courts before, during, or after an athletic competition. Bringing animals to athletic events is not permitted.

CAC expects students and parents to display appropriate behavior and attitudes when participating in or observing sports activities. Any student or parent displaying unsportsmanlike behavior or ungodly attitudes will be asked to leave the premises.

Spectators should resist shouting out instruction. This is the coaches' job. When both a coach and parents yell, student athletes become confused and stressed. "Urgent" advice yelled from the sideline almost never improves performance.

Show appreciation for the other team, not hostility. Congratulate the opposition during and after the game – and their parents as well. Fans, students, and parents are to cheer for the opponents; not against them.

Please be considerate of the referees. Referees do not care which team wins. Their mistakes are honest ones, and any criticism or questioning of the referee shows an exaggerated focus on winning and a lack of respect for authority. If there is a true issue, then the Athletic Director should be the one to address the referee when the time is appropriate. Parents and coaches should not confront game officials before, during, or after games.

Instead, a spectator, parent, or fan at Christian Academy of Carrollton should:

- Demonstrate good sportsmanship.
- Respect, cooperate, and respond enthusiastically to cheerleaders.
- Respect the property of the school and the authority of school officials.
- Never heckle, jeer, or distract members of opposing teams.
- Never criticize the athletes, coaches, or referees for the loss of a competition.
- Support the decisions of the referee(s).
- Attend as many games as possible.
- Do everything possible to make the athletic experience positive for CAC student athletes.
- View the game with team goals in mind.
- Attempt to relieve competitive pressure, not increase it.
- Release student athletes to the coach and team.
- Look upon opponents as friends involved in the same experience.
- Accept the judgment of the officials and coaches; remain in control.
- Demonstrate winning and losing with dignity.
- Dignify mistakes made by athletes who are giving their best effort and concentration.
- Be an encourager – encourage athletes to keep their perspective in both victory and defeat.

ATHLETIC ELIGIBILITY

Because participation in extra-curricular activities is viewed as a privilege, participants are required to meet the standard for specific areas.

Academic Eligibility:

A student who wishes to participate in sports programs at CAC must not have a "D" or below average in any subject during the sports season in which he/she may be playing. The school's Athletic Director will monitor student-athlete grades **every three weeks** and make coaches aware when a student is placed on academic warning. Students whose grades are a "D" or below will be placed on academic warning and will not be allowed to participate in games and/or practices, will have their grades monitored, and will be allowed to return to the team when grades sufficiently meet the grade requirement. **Teachers will give students the opportunity to raise their grade one week after they are placed on academic warning.** (Archery participants are an exception to this rule and may continue to practice, but not compete, with a "D." However, these students should be encouraged to better their grades, and if no effort is made to do so, then the athlete may be ineligible to practice.) Repeat offenders will be evaluated for further academic probation, which would require that the student not participate in any after-school activities, including sports.

Attendance Eligibility:

Students who cannot come to school or who leave school due to illness should not participate in any practices or games held that evening.

Students who habitually do not attend practices or games/meets without sufficient reason risk losing the opportunity to play on or be a part of the team, a choice left to the discretion of the coach.

Behavior Eligibility:

Students who are scheduled to serve a detention will not be allowed to participate in after-school practices that day. If the detention is scheduled to be served during a game, the Principal/Administrator will make decisions on a case-by-case basis.

Students who have been suspended or who are currently serving a behavior probation may not participate in any after-school activities at CAC, including sports. Students who have received team discipline may be required to sit out of practices and/or games for a specified amount of time, which shall be at the discretion of the Athletic Director and Principal/Administrator.

Health Eligibility:

All students must have a sports physical form on file in the school office before participating in practices, or games/meets. This physical, which should clear the student for participation in specific sports, need only be completed once per year unless required otherwise by a doctor.

Any injury resulting in loss of consciousness or an extended loss of time at school or practices/games will require a note from a physician clearing the student-athlete to return without restriction to athletic competition.

DRESS CODE

Please refer to the CAC Student and Parent Handbook for the complete dress code.

Standard Uniforms:

Every student athlete will be given a uniform for the season, which generally consists of a shirt and shorts. Occasionally, uniforms are shirts only, and coaches will specify what students must wear for “bottoms.”

Uniforms must be returned to the coach or Athletic Director after each sport has ended its season. Deposits to ensure the uniforms are returned in satisfactory condition may be required before uniforms are distributed. Report cards will not be given out at the end of the year if the uniform and bag (if applicable) have not been returned to CAC.

General Requirements:

- Students are to look neat and clean at all times when representing CAC.
- Shorts/pants must fall at the natural waistline and not be tight or revealing.
- Undergarments other than a white t-shirt may not be visible and are not acceptable as outer garments in any athletic facility.
- Athletes must adhere to CAC’s facial hair and hairstyle policies.
- Jewelry is not to be worn during practices or games.

Practices:

- Students must wear loose fitting t-shirts and loose fitting athletic-style shorts that are no shorter than two inches above the knee.
- Spandex or compression shorts are acceptable under loose-fitting shorts.
- Boys should wear shirts at all times.
- No tank tops allowed for boys or girls at any sports practices. (Exception: Cross Country may wear tank tops during practice due to the nature of the sport and because it is held outdoors. Other sports are in a climate-controlled environment.)

Game Day:

- *Cross country* and *basketball* uniforms may be sleeveless in style due to the nature of the sports during competitions.
- Shorts for competitions must be modest. Definition: No shorter than two inches above the knee. (Due to the nature of the sport, *cross country* athletes may wear shorts that are at least fingertip length.) However, it is preferred that shorts are no shorter than two inches above the knee.

Athletes may wear casual school uniforms with their team spirit shirts as uniform tops during Monday-Thursday Game Days. Athletes should only include their spirit shirts as part of their uniforms on the day of a game/meet, and not during a non-Game Day.

If there is a game/meet on a chapel day (or on a Saturday), the students must wear their chapel uniform and shoes until noon. In the afternoon, team members are allowed to wear their spirit shirt with dress “bottoms” (pants/skirts).

Students traveling to and from away games or arriving for home games should wear uniforms, team warm-us, or team shirts. Teams should look unified by wearing the same items, which shall be left to the discretion of the coach.

PARENT EXPECTATIONS

PARENT HELPERS

Parent helpers are at the heart of CAC's Sports Program and allow our teams to participate in competitions. Without the support of parent volunteers to help with door admission, concessions, scorebooks, clock, line judging (volleyball), and other roles during games/meets, CAC would not be able to have a functioning Sports Program. Each sport requires different areas of assistance throughout the season, and the specific needs will be communicated to parents at the beginning of each sport's season.

The Athletic Director or a parent volunteer will schedule parents to help in some of these roles throughout the season. These schedules will be made to allow all parents to help equally, so that a handful of parents do not overwhelming support the program, while others do not assist at all. Just like the sports in which our athletes participate, parent support is a TEAM EFFORT. Details regarding expectations will be discussed at a beginning-of-year meeting and can be found on the team's BAND group.

COMMUNICATION

Many teams within CAC's Sports Program use the BAND app (mobile app or desktop versions available) to communicate with players, parents, coaches, and the Athletic Director. This platform allows the sharing of calendars, maps, photos, along with other helpful features, and is the preferred method of communication for members of the Sports Program.

CONCESSIONS/FUNDRAISING

CAC provides concessions at all home games/meets. Sports concessions or any extra-curricular groups wishing to work with concessions as a fundraiser must adhere to the following guidelines:

- Parents must sign up to take turns working at the concession stand and helping clean up after games. Generally, this requires thirty minutes before a game and thirty minutes after a game is over. Also, sometimes assistance is needed before a game to clean the gym for a game.

PARENT CONDUCT

Parents of students who participate in the CAC Sports Program are subject to the expectations, rules, and guidelines listed in this Athletic Handbook. Parents who do not abide to these regulations risk their student(s) being removed from the team and Sports Program.

If a coach, the Athletic Director, or School Administration have reason to believe that a parent is not compliant or is blatantly disobedient to a rule listed in this Athletic Handbook, the Athletic Director and School Administration will hold a meeting with the parent. School Administration reserves the right to remove a student athlete from any team based on the conduct of his or her parent.

Severe offences include but are not limited to verbally harassing any member of the CAC Sports Program, especially the program's leadership, blatantly ignoring stated rules, refusing to volunteer in the needed areas, and/or being insubordinate to school and Sports Program leadership.

EQUIPMENT AND UNIFORMS

Athletic uniforms and sports bags (unless the bag has been purchased by the athlete) are the property of Christian Academy of Carrollton, and must be returned at the end of the season. Students must pay for any lost or damaged equipment or uniforms.

To ensure that CAC's uniforms are kept in good condition for multiple sports seasons, a uniform deposit is required for each uniform. The deposit amount varies for each sport and will be communicated at the beginning of the season. Parents are asked to write a check for the amount of the deposit and return the check to the Athletic Director. School Administration will secure and hold the check throughout the season. If the uniform is returned to CAC in good condition, the check will be returned to the parent (or destroyed, if preferred). CAC will only cash the check if the uniform is returned in unsatisfactory condition. No partial deposits will be refunded; the full amount will be cashed if any part(s) of the uniforms are lost, damaged, or otherwise returned in poor condition.

Uniforms should be washed on gentle cycle, and any uniform with lettering must be hung to dry so as not to wear out the screen print.

HAZING/PEER HARASSMENT POLICY

Hazing or peer harassment that recklessly or intentionally endangers the mental health, physical health, or safety of a student for the purpose of initiation or membership in, or affiliation with any team will not be tolerated. All athletes must be given the opportunity to compete without threat of any type of abuse. Students are encouraged to notify coaches or other school personnel of instances of hazing or harassment. Anyone engaging in these behaviors is subject to dismissal from the team and may face administration disciplinary action.

HOMESCHOOL PARTICIPANTS

Homeschool students who have a Christian lifestyle and have no behavior issues may participate in extra-curricular activities at the Christian Academy of Carrollton. Homeschool students and parents must adhere to the policies in CAC's Student and Parent Handbook and the policies of CAC's Athletic Handbook.

Homeschool students should be at their appropriate grade level based on age. Students who are below their appropriate grade level will not be permitted to participate in the CAC Sports Program. Exception: Students who are one (1) year below their appropriate grade level could be allowed to participate at the discretion of School Administration. However, students who are two (2) or more years below their appropriate grade level will not be permitted to participate in CAC sports.

To participate in athletics at CAC, homeschool students must contact the Athletic Director to request and complete a Homeschool Athletic Participation Form. This form must be completed and returned to the Athletic Director before the athlete is eligible to compete in the CAC Sports Program. Parents and students must sign a form stating they have read and will adhere to the policies and rules in CAC's Athletic Handbook before being allowed to participate in any game or continuing practicing with the team.

The Athletic Director and School Administration reserve the right to prohibit a homeschool student and/or family from participation in CAC athletics based on Christian lifestyle, behavior, past conduct issues, rule compliance, etc.

MULTI-SPORT ATHLETES

Coaches at CAC will encourage athletes to participate in multiple sports throughout the year. Students who are a member of a CAC athletic team are strongly encouraged NOT to participate on any other team that is not affiliated with CAC athletics, while that sport is in season. The athlete is not to miss any school team practices or games to attend a non-school team.

OVERNIGHT SPORTS ACTIVITIES

Occasionally, teams may attend tournaments that extend over several days and/or are at a distance that makes it necessary to stay in the area near the tournament location.

The team will be expected to travel together as a group. This is considered a team-building activity. Coaches are responsible for team members whether parents attend the event or not.

Parents attending may reserve their own hotel room and may have their own children or other extended family members room with them. It is a general CAC policy that additional students staying with a non-parent MUST be of the same gender. Coaches may have team members of the same gender stay in their rooms, although there must be three or more people in each room for safety and appropriateness. Parents are responsible to pay for all lodging and meals, although families may choose to split the cost when applicable.

Coaches or the Athletic Director will communicate to parents at the following information regarding the upcoming tournament at least two weeks in advance:

- Time, place, mode of travel and location of activity
- Telephone numbers to reach in case of an emergency
- Arrival time at location and return home time
- Reminders for background checks
- Estimated cost
- When to turn in fees and permission slips
- Agenda of sports activity
- Coaches and chaperones attending
- How to make travel/lodging arrangements

PARKING AND STUDENT PICK-UP

Parents are asked to assist the coaches by arranging for their students to be picked up at the designated time and place after practice or a game. Please be sure to set up after-school-care when applicable if a parent is more than fifteen minutes late picking up a student after practice. Also, school staff may place a student in after-school-care if he/she has no adult supervision before a practice begins. After school care fees will apply.

If dropping a student off before a game, please do not leave the student until you are aware that he/she is under the supervision of a CAC coach, the Athletic Director, or a CAC teacher/staff member.

Please park in the appropriate parking places; do not block any doorways or other cars in the lot. Do not park in the fire zones in front of the gymnasium. Christian Academy of Carrollton is not responsible for damaged vehicles during athletic competitions.

PHYSICIAN'S NOTE/INCIDENT REPORT

Any student receiving physician's care for an injury or illness which results in loss of time from school or athletic competition must provide a note from a physician clearing him/her to return without restriction to athletic competition.

Any student who suffers a loss of consciousness during a practice or contest may not resume athletic participation until receiving written clearance from a physician. The coach must complete an injury report and turn it in to the school office within two days of any incident.

PLAYING TIME

Coaches have primary discretion over determining athletes' playing time, which may be impacted by player preparation, experience, talent, safety, and game performance. Athletes are not guaranteed playing time every game/meet. However, coaches will provide every team member playing time throughout the season. All student-athletes will have the opportunity to develop their skills in practices and to contribute to the team as directed by the coach.

We encourage parents to communicate with coaches if they are concerned that their child is not being developed in a balanced manner over the course of the season versus within a single game.

QUITTING A TEAM

If an athlete decides to quit a team, the coach will arrange a meeting with the player and his/her parents to discuss the matter. An athlete who quits a team generally is not allowed to practice, play, or participate with any CAC team during that specific season.

RETRIBUTION

CAC'S Athletic Director and coaches are committed to ensuring there shall be no retribution, in any form, against any student-athlete for raising an issue or concern. If at any time, a student-athlete or parent suspects that some form of retribution surfaces as a result of voicing a concern or opinion, he/she should contact the school's Athletic Director immediately.

SCHEDULES

The Athletic Director will be the ultimate authority in scheduling, postponing, or cancelling practices or games, though coaches may have some input. Coaches will communicate with parents regarding practice and game dates and times. Parents should look for the current practice and game/meet calendar on their team's BAND app. Information may also be posted to the CAC website, Facebook page, or Google calendar for fans. This calendar changes often, so it is important to check it frequently.

Practices and games will not be scheduled for Sundays to allow families to attend church. Wednesday practices may be permitted at the approval of the Athletic Director and School Administration. Wednesday practices may be required to conclude early to allow families to prepare for and attend church.

CAC occasionally offers exciting summer camps for specific sports teams. These camps/clinics are conducted by trained coaches and are designed to teach the fundamentals of the sport, while providing a platform to disciple students. The Athletic Director or coaches will provide information regarding dates/times and cost.

SPORTS PHYSICALS

All students must have a sports physical form on file in the school office before participating in practices or games/meets. This physical, which should clear the student for participation in specific sports, need only be completed once per year unless required otherwise by a doctor. The form will be in the application packet for students in the upper grades and high school. Please ask for this form if you do not receive it in your packet.

SUPERVISION OF STUDENT ATHLETES IN GYM

Students will not be permitted in the gym without an assigned coach, Athletic Director, or teacher supervision. Students found in the gym unattended will be asked to leave until the supervising coach or teacher arrives; they may be subject to disciplinary action.

The Athletic Director, coaches, and teachers must make sure students or spectators are not misusing any part of the gym facility. The following rules must be adhered to by all using the gym facility:

- a. No one is allowed on the stage, on the goals, in kitchen and beyond the doors to the back hallways. (An exception is a teacher or coach getting balls and parents helping with concession stands or cleaning.)
- b. No dunking on goals, sitting on goal base or trying to change the length or setting of the goal in any way.
- c. The restrooms in back are reserved for programs and for either CAC team or other team to use as a locker room on game night.
- d. Children are not allowed to kick the door open with their feet or run into the door to knock it open.
- e. Balls should not be randomly thrown hitting the walls, score boards, kitchen, etc. Basketballs, volleyballs, and other soft items may be used in gym. Frisbees, golf balls, tennis balls or other throwing objects should not be in gym.
- f. No one is allowed to run on bleachers or walk on them except to find a place to sit.
- g. No roller skates, roller blades, skateboards, or any kind of shoe that will scratch or mar the floor are permitted.
- h. Floors should be swept, if students made a mess with mud on their shoes or any other mess that would need to be cleaned up after using the gym.

When leaving the facility, the teacher, coach, or Athletic Director must make sure to check the following each time:

- a. All restrooms (locker rooms & big restrooms) have the toilets and urinals flushed and the lights turned out.
- b. Lights are turned out on stage, in hallways, restrooms, locker rooms, kitchen and gym area. Also, turn the flood light out (the switch is on right side of front doorway).
- c. Garbage is taken out, if needed. Lids are placed on garbage containers.
- d. Both doors in the back (small latch slanted outward) are locked, and all other doors are pulled shut showing the latch on the inside making the door locked. Lock the front door with a key.

TEAM PHOTOGRAPHS/PICTURES

The school office or Athletic Director will schedule team and player photographs at various times throughout the school year after the team has been chosen and the uniforms issued. These pictures may be used for the Sports Program, yearbook, school newspaper, and/or media. The school office or Athletic Director will inform coaches, athletes, and parents of the process to purchase photo packages of the team and players.

TEAM TRYOUTS

Athletics exist at different levels at Christian Academy of Carrollton, including elementary teams, middle school teams, junior varsity teams, and varsity teams. As a student moves through the middle and high school the requirements for “making the team” become more stringent with each new level. Each year a student must try out and meet a standard of competitive skill level in order to be selected for the team. A student is not guaranteed a place on the team because it is his/her senior year.

Coaches will give every student trying out for a team every opportunity to demonstrate ability and skill level. Student-athletes will be evaluated year-round as well as during tryouts. Sports-specific skills, dependability, effort, and team leadership are also part of a coach’s evaluation. At the conclusion of this process, the coach might have to make final cuts that may be hard for a student to accept. This is one of the hardest tasks that a coach must do, and it must be done in fairness and in kindness. Remember, if you see an interpersonal conflict developing, enlist the counsel of the Athletic Director before it arrives.

Sometimes during a sports season, players may shift teams because of their increasing skill level or due to the grades or skill levels of opposing teams for upcoming games. If a student is asked to move up to a higher team level for a specific game, he/she may or may not have play time during that game and his/her movement may/may not be permanent.

TRANSPORTATION

Parents are responsible for arranging transportation for their student-athlete to and from all practices and games and for all travel expenses involved, including meals. If a coach, Athletic Director, or representative of CAC transports any athlete besides their own child, then they must have written permission from the parent/legal guardian of each athlete transported. Students may not transport themselves or passengers to off-campus, school-sponsored activities. Should parents choose to have their child ride with another CAC family to or from sports activities, both sets of parents must provide written permission to the coach ahead of time.

As a condition for driving any vehicle on school business (including your personal vehicle), drivers must give Christian Academy of Carrollton authorization to conduct a BMV check and provide all necessary information for the check, which includes current driver’s license and proof of current auto insurance. You may obtain a background/BMV check form from the school office.

WEATHER CHANGE POLICY

If a game or practice is questionable due to weather issues, a change will be posted to the team’s BAND group by coaches or school staff as soon as a decision has been made.

POLICIES REGARDING COACHES

Awards Ceremony

The Athletic Director will set up the date/time for the athletic awards ceremony at the end of each school year and will meet with all coaches ahead of time to discuss specific awards and products to be purchased for the awards. All coaches are expected to attend and participate in the awards ceremony.

Eligibility for Coaching Position

Christian Academy of Carrollton requires that its coaches:

- Acknowledge Christ as personal Savior and seek to live life as His disciple.
- Believe the Bible to be the inspired, the only infallible, authoritative, inerrant Word of God—our standard for faith and practice.
- Be in whole-hearted agreement with and support the school's Statement of Faith, Christian philosophy of education, and moral standards.
- Demonstrate a desire for spiritual growth as evidenced by his/her prayer life, Bible study, and spiritual outreach to others.
- Be a **Christian role model** in attitude, speech, and actions towards others.
- Evidence the Fruit of the Spirit in dealing with people.
- Actively participate as a member in good standing in a local, evangelical church that has a Statement of Faith in agreement with the school's Statement of Faith.
- Share the Christian faith with others.
- Have a Christ-centered home.

Coaching positions at CAC are currently on a volunteer basis. All coaches must sign a job description, Lifestyle Agreement, and Confidentiality Agreement annually. A coach must have a cleared background/BMV check on file in the CAC office before volunteering; these checks will last five years.

Dress Code

Coaches should dress in a professional manner with proper coaching attire, including coaching shirts, dress pants, and proper shoes (no sandals, flip flops). Athletic attire is appropriate as long as it is modest and preferably school colors (purple, white and gold) or school-sanctioned Eagle's Spirit Wear. (Nothing tight fitting, low cut, too short or inappropriate for the sport.) Shorts must be no shorter than two inches above the knee. No tank tops are permitted.

Emergency/Injury Situations

Injured athletes may be tended to by the coach if it is a normal first aid procedure. If the injury appears more serious, refer the athlete to the Athletic Director. In the absence of the Athletic Director, please contact the student-athlete's parents. The parents have primary responsibility for the medical treatment of their child. Coaches must fill out an accident/incident report and give the report to the school office within two days.

Fundraising

Sports teams may fundraise for various needs (for example, to purchase new uniforms or to purchase additional t-shirts, etc.). All fundraisers must be approved by the Athletic Director and must go through the school's business administration office.

Purchasing

All athletic purchases must go through the Athletic Director. Coach should first consult the Athletic Director before making any purchases. This includes, but is not limited to, equipment, clothing/uniforms and their designs, awards, etc. The Athletic Director will request purchases through the Principal/Administrator.

Monitoring of Student Eligibility

Coaches shall refer all prospective students or parents to the school office for an appointment.

Coaches must ensure that all team members have completed sports physical forms on file in the school office before participating in try-outs, practices, and/or games.

Coaches must monitor all students on academic or behavioral warning or probation. The guidance counselor or Athletic Director will provide this information weekly to coaches, but it is the coach's responsibility to enforce the probation.

Season and Practice Guidelines

Coaches should cover practice expectations in a pre-season meeting and/or informational letter.

Coaches shall commit to having devotions and prayer often during practices and before games (when appropriate). Coaches shall advise and give direction to lower-level squads in such areas as fundamentals, drills, patterns, offenses, defenses, conditioning, and coaching techniques.

During the week, sports teams must share the gymnasium, but no team may practice after 7:00 p.m. Wednesday practices must be shortened to allow families to attend church that evening. Saturday practices are acceptable; however, they should be an exception rather than a rule. There is to be no school-sponsored activity, program, or event on Sundays.

All off-season activities must be scheduled and approved by the Athletic Director, including summer practice or sports camps.

Scheduling

It is the ultimate responsibility of the Athletic Director to set-up and/or change all practices and games/meets. If coaches are aware of any teams that might like to play our school's teams, they should provide the Athletic Director with the contact information.

Coaches should be sure to communicate practice schedules at the beginning of each season not only to athletes' parents but also to the Athletic Director for the Sports Calendar. Please, also, make both the parents and the Athletic Director aware of any changes to that calendar as quickly as possible.

Supervision of Student-Athletes

Parents have a responsibility to pick up students in a timely manner. Students should not be on campus after school unless their practices are immediately after school, or they are in after-school-care.

Coaches will instruct students not to enter the gym when unsupervised. If a coach is going to be late for practice, he/she must arrange adequate adult supervision until his/her arrival. Coaches who are responsible for supervision of the gym will have a physical presence there at all times. The only students who should be present at a sports practice are those who are members of that team. Coaches' school-aged children must be enrolled in a CAC sport to be present at a CAC sport practice. Small children present at a practice must be under the supervision of an adult, not a minor.

Coaches are responsible for the athletes until every athlete is picked up. Coaches may not leave an athlete unsupervised (no matter the age) following a practice or competition, and coaches must never be alone with just one athlete while waiting for him/her to be picked up. A coach must ask the second-to-the-last parent to stay with him/her until the last athlete has been picked up in order to avoid being alone with an athlete.

Team Photographs/Pictures

The Athletic Director or school office staff will make you aware of dates/times for team photographs. If at all possible, please try to be present for photographs.

Team Rules/School Rules

Coaches will be responsible for establishing team rules. These pre-approved rules must be communicated to the team at the beginning of the season. The team rules would include, but would not be limited to, practice attendance, tardiness to practice or games, and care of uniforms/equipment. The Athletic Handbook applies to all students and all sports and will be followed. Parents and students must sign a form within two weeks that they have received, read, and will adhere to policies and rules in the CAC Athletics Handbook before being allowed to participate in any game or to continue in practices.

Transportation

If a coach, Athletic Director, or representative of CAC transports any athlete besides their own child, they must have written permission from the parent/legal guardian of each athlete transported. We strongly suggest that coaches do not use their personal vehicles for student transport, as personal insurance is exposed.

As a condition for driving any vehicle on school business (including your personal Vehicle), drivers must give Christian Academy of Carrollton authorization to conduct a Department of Motor Vehicles check and provide all necessary information for the check, which includes proof of current auto insurance. The background/DMV check form is available at the school office.

Should team members ride together, all passengers must wear seatbelts and remain seated. Luggage and equipment must be free of the doors and not blocking any walking spaces. Students may only watch G- or PG-rated movies. Coaches should be judicious in the selection of a movie to ensure it is aligned with our school's mission. Music played should support a Christian worldview and be free from profanity, violence, or suggestive lyrics.

Uniforms/Equipment

All sports apparel, uniforms, and team t-shirts or other articles of clothing, shall have their design and purchase approved by the Athletic Director.

Use of Athletic Facilities

CAC athletics is considered the primary user of the gym. All requests for use of the gym are to be submitted to the Athletic Director for approval. The in-season sport has priority for the use of the athletic facilities.

Facilities are not available for personal camps, community camps, community leagues, summer leagues, etc. without approval of the Administrator. Coaches do not have authorization to schedule, rent, loan, or otherwise provide CAC facilities to others or to allow former athletes or anyone else to use our facility for profit without the consent of the Principal/Administrator. Any facility rental/usage must gain approval by the Principal/Administrator.

Students are not permitted to use any facility without direct supervision from a school employee and permission from the Athletic Director or Principal/Administrator.

All facilities should be left as coaches found them and secured upon departure. Coaches must inspect that all doors are locked (front, side, and back doors); make sure all lights in every restroom, the kitchen and stage are turned off, if they are the last team scheduled or at the gym that evening. Coaches should complete an Event Follow-Up form upon the completion of practice and should return this form to the Athletic Director.

Music

Music at all CAC athletic practices and events must be Christ-honoring and approved by the Athletic Director. (No hard rock or rap; the lyrics must be clear enough to understand.)