

ATHLETIC HANDBOOK CHRISTIAN ACADEMY



CARROLLTON

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WELCOME INSIDE THE EAGLES NEST

Christian Academy of Carrollton
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Carrollton, Kentucky 41008

Paul Sims

Athletic Director

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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.

ACADEMIC DEVELOPMENT

- Strive for academic excellence by maintaining a “C” or above average.
- Exhibit a desire to improve and maintain good academic habits and standards.

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:

1. 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.

2. 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.
3. The Holy Spirit has come to glorify Christ and to apply the saving work of Christ to our hearts. He convicts us 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.
4. 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 to eternal life.
5. 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.
6. 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.

This statement of faith does not exhaust the extent of our beliefs. The Bible itself, as the inspired and infallible Word of God that speaks with final authority concerning truth, morality, and the proper conduct of mankind, 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, the board of directors is the final interpretive authority on the Bible's meaning and application.

PHILOSOPHY OF ATHLETICS

The Christian Academy of Carrollton's Sports Program exists to reflect

Christ and bring glory to Him through athletics. The program provides 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.

TEAM VERSE and TEAM DEVOTIONS

Each team is asked to submit to the Athletic Director a “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 Scripture or from one of the coaches.

IMPORTANT DATES

July 20	PHYSICALS offered by Dr. Brett Gibson at CAC gym (10:00 am – 12:30 pm)
July 29	FALL PRACTICE begins
Aug 13	PARENT/PLAYER SPORTS ORIENTATION (5:00 pm}
Aug 14	FIRST DAY of school
Oct 7-11	FALL BREAK
Nov 27-29	THANKSGIVING BREAK
Dec 23-Jan 6	CHRISTMAS BREAK
Feb 3-7	SPIRIT WEEK
Feb 7	HOMECOMING
Apr 7-11	SPRING BREAK
Apr 15	SPORTS AWARDS NIGHT
May 17	GRADUATION
May 20	LAST DAY of school



SPORTS OFFERED



FALL SPORTS:

Girls Volleyball (Jul - Oct)

Varsity

JV

MS

Cross Country (Jul - Oct)

High School 9th-12th

Middle School 5th-8th

Elementary 1st-4th

WINTER SPORTS:

Boys Basketball (Sep - Feb)

5th through 12th grades

Varsity (Coach Paul Sims)

Assistant (Coach Greg Hunt)

Assistant (Coach Scott Hopkins & John Edwards)

Girls Basketball (Sep - Feb)

5th through 12th grades

Head Coach - Ashley McCord

Assistant Coach – Andrea Berkshire

Archery (Oct-March)

4th through 12th grades

Head Coach – Ben Willen

Assistant Coach – Matt Owens

SPRING SPORTS:

Elementary Intramural Basketball (Mar-Apr)

- Coed Sunlight Division (1st-3rd grades)
- Coed Moonlight Division (4th-5th grades)

STUDENT ATHLETES

ACADEMIC ELIGIBILITY

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 report 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-grade average. Once this is achieved the student-athlete is 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 IN SCHOOL

Student-athletes must attend 5 of the 9 periods to participate in that day's practice and/or game. Students that leave school due to illness will not participate in any practices or games held that evening. The student-athlete is expected to be in school the following day for homeroom regardless of travel from an away game the evening before. Students who are scheduled to serve a detention will not be allowed to miss detention because of a game or practice unless given special permission by the Administrator of the school. 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.

AWARDS

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

Elementary and Middle School players will be recognized by the

awarding of pins and pennants. A student at CAC will receive one pennant during their time at the school but can receive multiple pins to be added to their pennant until they become a high school student.

LETTERING

Only 9th – 12th graders are eligible to earn a CAC “letter”. To earn this award, the student-athlete must meet the following qualifications:

- A. Participate in at least 50% of interscholastic competitions.
- B. Must have successfully completed the sports season.
 - 1. Pins – a student-athlete in grades 9-12 who letters in a sport will be given a “pin” the first year of lettering.
 - 2. Chevrons – a student-athlete in grades 9-12 will be given a chevron (bar) for each subsequent year that they letter in the same sport.

JACKETS

Families may choose to purchase school-sanctioned jackets and/or navy award sweaters for high school students only. They may place their CAC earned letter, chevrons, pins on their jacket as well as having their name or sport played on the back of the jacket.

BEHAVIOR

It should be noted that everything we do “on and off the court or field” reflects on our family, CAC, and most importantly the Lord Jesus Christ. 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 waiting period before contacting the coach to discuss any issue.

CONDUCT

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, Athletic Director, 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.

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 a 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 (determined by the administrator). 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.

CUTS and MAKING THE TEAM

Currently at CAC any student-athlete who desires to participate in each 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 director’s discretion and announced in advance.

DRIVING POLICY

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

BIBLICAL APPLICATION:

Brethren, I do not count myself to have apprehended, 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

DRESS CODE 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 fingertip 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 and game attire.

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.
- Shoes must be simple in style and color. This is to limit distractions and maintain consistency among athletes' uniforms.

Practices:

- Students must wear loose-fitting T-shirts and loose-fitting athletic-style shorts that are no shorter than four (4) four inches above the knee.
- Students in dress code violation for shorts will be issued appropriate practice shorts. These students must wear the provided shorts or purchase their own shorts that adhere to the dress code.
- Spandex or compression shorts are acceptable under loose-fitting shorts.
- Boys must always wear shirts.

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 four (4) 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 four (4) inches above the knee.

Athletes may wear casual school uniforms with their team spirit shirts as uniform tops during Monday-Wednesday & Friday 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, the students must wear their chapel uniform and chapel appropriate 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-ups, or team shirts. Teams should look unified by wearing the same items, which shall be left to the discretion of the coach.

DUAL CAC SPORTS and OVERLAPPING CAC SPORTS

Dual sports participation is permitted. 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.

CAC athletics must take priority over all non-CAC sports that a CAC athlete is participating in.

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 the 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 from school administration.

HOMESCHOOL PARTICIPATION

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 at the school 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-athlete's first practice, payment must be made in the athletic office or school office of \$150.

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 Parent/Student Handbook (pgs.2-4, 36-37, 42) and Athletic Handbook.

Home school student-athletes should be at the appropriate grade level based on age. Homeschool 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.

If a student leaves CAC to homeschool, they may not participate in athletics at CAC for 12 months.

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

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 two complete quarters to follow. This policy carries over from the spring semester to the fall semester of the new school year.

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. Upon returning to school the suspended student-athlete will then 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 out in their game uniform).

PARENTS/FANS

PARENT/FAN CONDUCT & 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 the referees, team members of CAC, or opposing team members, the Athletic Director, or to attending families, etc.

It is vital that our coaches, parents, fans, and participants, and Athletic Director 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.

To provide a safe environment for all spectators and athletes, spectators (parents, fans, etc.) are not permitted on the court before and during games. Bringing animals to athletic events is not permitted.

Spectators should resist shouting out instructions. 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 kindness to the other team, not hostility. Let the opposing team's fans know that we appreciate them coming to the game. Do not speak or yell at opposing team players, coaches, or fans. Cheer loudly for the Eagles showing support without denigrating the opponent. Do not boo the referees, coaches, or players of either team.

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 Coach or 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.

Examples of **appropriate conduct** are:

- Demonstrate good sportsmanship.
- Respect, cooperate, and respond enthusiastically to cheerleaders.
- Diplomatically censor fellow spectators who display negative behavior.
- 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.
- Refrain from second-guessing. 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.

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.

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.

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 or main school building. Christian Academy of Carrollton is not responsible for damaged vehicles during athletic practices or 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 into the school office within two days of any incident.

SPORTS FEES

The athletic sports fee is \$95 per sport per person for CAC students and \$150 for homeschool students. This is 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.

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 Homecoming may have admission costs that differ from regular door admission prices.

- Adults \$5.00
- Students 1st-12th & Military \$3.00
- CAC Staff FREE
- Under age 5 FREE
- Family Maximum \$20.00

MISCELLANEOUS

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, t-shirts, and other items for being part of the Flight Club. Sign-ups will be available at the beginning of the school year (August) as membership applications are distributed.

CONCESSION STAND

The concession stand in the gym is run by parent volunteers. Parents are expected to rotate in serving in the concession stand throughout the sport season. The athletic director will be responsible for a schedule for parents to serve. Students under the age of high school are not allowed to be in the concession stand during games and events.

The Athletic Director or a parent volunteer will schedule parents to help in some of these roles throughout the season. It is our desire that all of our parents share equally in supporting the program. Details regarding expectations will be discussed at a beginning-of-year meeting and can be found on the team’s BAND group.

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.

1. Communication parents should expect from the coach and/or the Athletic Director (AD):
 - a. Parents, coaches, and the AD must have both a commitment to Jesus Christ, and a commitment to serve each team member and their families in a Christ like manner with patience and kindness.
 - b. Expectations the coach has for the players on the team.
 - c. Locations and times of all practices and games/meets.
 - d. Specific concerns regarding philosophy and/or expectations.

- e. Medical or physical observations of the students.
 - f. Provide a CAC Athletic Handbook to be read by parents and students regarding athletics and rules.
2. Appropriate concern for parents to discuss with coaches and/or AD:
 - a. The treatment of the child: spiritually, relationally, emotionally, and athletically.
 - b. Ways to help the child improve.
 - c. Concerns about the child's behavior.
 3. Issues not appropriate for parents to discuss with coaches and/or the AD:
 - a. Playing time
 - b. Team strategy
 - c. Play-calling
 - d. Other student athletes
 - e. Game officials
 4. Procedures to follow when parents have concerns with coaches:
 - a. Do not attempt to confront a coach before or after a game or practice.
 - b. Meetings of this nature, when emotions are high, do not promote resolution.
 - c. Call the coach to set up an appointment.
 - d. Have the player first talk to the coach, perhaps with another coach present, concerning the issue.
 - e. If you are unable to reach the coach, please call the Athletic Director, who will set up the meeting.
 5. Procedures to follow when parents have concerns to address with the AD:
 - a. Parents should first contact the coach(es) regarding a concern.
 - b. If the concern has not been resolved, or if the coach(es) have not referred the concern to the AD, then parents may contact the AD.
 - c. Parents and/or coaches should seek to resolve athletic issues at the lowest level with assistance from the AD without involving school administration. The AD 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.

COMPETITION

CAC takes great pride in developing a competitive athletic program. We believe that the purpose of athletics is to teach life lessons and develop good discipline. 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 to play 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 win the game. However, we do desire each student-athlete to participate in each game at the Junior Varsity and Middle School levels. 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.

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 administration.

EQUIPMENT AND UNIFORMS

Athletic uniforms and sports bags (unless the bag was 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. The

Athletic Director 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 a gentle cycle, and any uniform with lettering must be hung to dry so as not to wear out the screen print.

PURCHASING

All athletic purchases must go through the Athletic Director. Coaches 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 Administrator.

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. It is advisable that coaches obtain CPR/First Aid training.

LIGHTNING POLICY

If lightning is within 8 miles of an outdoor venue all participants must seek shelter for 30 minutes. Play or practice must not proceed until 30 minutes have gone by with no lightning in the area.

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 most genres of music. We do not believe that music sung with profanity or worldly innuendos should be

part of the lives of Christians and will not allow such music to be played at CAC even if just instrumental.

NO-SCHOOL DAYS, HOLIDAYS, and PRACTICES

Generally, when there is no school there is no practice or games. It is, however, at the discretion of the head coach whether 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. Holiday tournaments are sometimes permissible at the discretion of the school Administrator.

OVERNIGHT TRIPS

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 AD will communicate to parents the following information regarding the upcoming tournament at least 2 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

TRANSPORTATION

Parents are responsible for arranging transportation for their student-athlete to and from all practices and games and paying 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. The cost for a background check is \$25.00 and must be paid before the application is sent.

SCHEDULE CHANGE POLICY

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

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 and 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 are 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.

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:

1. No one is allowed on the stage, on the goals, in kitchen or beyond the doors to the back hallways. (An exception is a teacher or coach getting balls and parents helping with concession stands or cleaning.)
2. No dunking on goals, sitting on goal base or trying to change the length or setting of the goal in any way.
3. Children are not allowed to kick the door open with their feet or run into the door to knock it open.
4. 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.
5. No one is allowed to run on bleachers or walk on them except to find a place to sit.
6. No roller skates, roller blades, skateboards, or any kind of shoe that will scratch or mar the floor are permitted.
7. 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 an individual is the last person to leave the gym facility, the teacher, coach, or Athletic Director must make sure to check the following each time:

1. All restrooms (locker rooms & back big restrooms) have the toilets and urinals flushed and the lights turned out.
2. 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 the front doorway).
3. Garbage is taken out, if needed. Lids are placed on garbage containers.
4. 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.

UNIFORM CONCERNS

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, or class teacher.

There is a required \$50 uniform check or cash deposit per athlete per sport. This will be 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 deposit will be used for replacement.

SOCIAL MEDIA POSTS

All students participating in athletics at CAC must be careful to represent CAC in a respectful manner on social media posts. They may not talk negatively about the school, teachers, staff, coaches or other students. They are not allowed to use foul language or unacceptable language. They also may not present themselves in an unacceptable fashion such as lude or suggestive clothing, gestures, or actions.

Because some students at CAC have a "do not post pictures/videos" request for their students we ask that all social media posts of pictures/videos of CAC students be controlled by CAC.

Unauthorized filming during practices is not permitted. Filming is not allowed in bathrooms or locker rooms at any time.

ONLINE BEHAVIOR

Students are not allowed to access social media during school hours while on the campus of CAC.

Students accessing social media off campus must be careful to represent CAC in a respectful manner. They may not talk negatively about the school, teachers, staff, or other students. They are not allowed to use foul language or unacceptable language. They also may

not present themselves in an unacceptable fashion such as lude or suggestive clothing, gestures, or actions.

Music – students may not bring worldly music (defined as music laced with foul language or endorsements of sex or violence) to school, listen to worldly music at school, sing worldly music at school, or talk about worldly music at school.