

CHRISTIAN ACADEMY ATHLETIC HANDBOOK

Christian Academy of Carrollton, KY

2025 - 2026



Athletic Director
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OUR BIBLICAL MODEL FOR SUCCESS

Ultimately the scoreboard is secondary-- true success is measured by God's standard of excellence whether you win or get beat. Three questions to ask after every game:

EFFORT...

Did I give my best effort?

Biblical Application from Colossians 3:17

"And whatever you do in word or deed, do all in the name of the Lord Jesus, giving thanks to God the Father through Him."

IMPRESS...

Who was I seeking to impress?

Biblical Application from Colossians 3:23

"And whatever you do, do it heartily, as to the Lord and not to men."

POTENTIAL...

Did I reach my God-given potential?

Biblical Application from Matthew 25:14-30

"And to one he gave five talents, to another two, and to another one, to each according to his own ability..."

IMPORTANT ATHLETIC DATES

Aug 11	PARENT/PLAYER SPORTS ORIENTATION (6 pm)
Aug 13	FIRST DAY of school
Oct 6-10	FALL BREAK
Nov 26-28	THANKSGIVING BREAK
Dec 22-Jan 5	CHRISTMAS BREAK
Feb 2-6	SPIRIT WEEK
Feb 6	HOMECOMING
Apr 6-10	SPRING BREAK

Apr 14	SPORTS AWARDS NIGHT
May 16	GRADUATION
May 19	LAST DAY of school

SPORTS OFFERED and ATHLETIC STAFF

FALL SPORTS:

Girls Volleyball (Aug - Oct) Varsity, 9th–12th
JV 7th-10th
MS 6th-8th
Cross Country (Aug - Oct)
High School 9th-12th (Mrs. Jessica Blevins)
Middle School 5th-8th (Mrs. Jessica Blevins)
Elementary 1st-4th (Mrs. Jessica Blevins)

WINTER SPORTS:

Boys Basketball (Nov - Feb) Varsity, 9th–12th
JV 7th-10th
MS 5th-8th
(John Edwards, Head Coach)
(Greg Hunt, Assistant Head Coach)

Girls Basketball (Nov - Feb) Varsity, 9th–12th
JV 7th-10th
MS 6th-8th
(Ashley McCord, Varsity Coach)
(Andrea Berkshire, Assistant Coach)

Archery (Oct - March)
4th–12th grades

SPRING SPORTS:

Elementary Intramural Basketball/Cheerleading
(Mar - Apr) Coed Sunlight Division (1st-3rd)
Coed Moonlight Division (4th -5th)
Girls Cheerleading (1st-5th)

PARENTS & PLAYERS

ACADEMIC ELIGIBILITY

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

DISCIPLINARY ELIGIBILITY

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 ELIGIBILITY

Student athletes must attend 5 of the 8 periods to participate in that day's practice and/or game. The student athlete is expected to be in school the following day for homeroom regardless of travel from an away game the evening before.

AWARDS

At the conclusion of the school year, the athletic department will host an evening where the teams, athletes and coaches will be honored. Coaches will recognize the Most Outstanding Player, Most Improved Player, and Coach's Award. Additional individual player awards are to be determined by the coaching staff of each sport.

LETTERING QUALIFICATIONS

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

1. Participate in at least 50% of interscholastic competition.
2. Must have successfully completed the sports seasons.

CHEVRON

A student athlete in grades 9-12 will be given a letter for their first varsity sports letter.

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

BEHAVIOR, Player and Fan

It should be noted that everything we do "on and off the court or field" is a reflection of our family, CAC, and most importantly the Lord. Any behavior that would cast a

shadow on the student athlete's testimony and/or CAC will be disciplined appropriately in love. This would include fan behavior as well.

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

BOOSTER CLUB

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

CONCESSION STAND

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

COMMUNICATION

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

COMPETITION

CAC takes great pride in developing a competitive athletic program. We believe that purpose of athletics is to teach life lessons and develop good disciplines. We believe competition teaches life skills and much is to be learned by being in a competitive environment which benefits the student-athlete in years to come.

At the varsity level it is our goal, among other things, to field the most competitive teams possible. 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 competition. However, we do desire each student-athlete to participate in each game at the junior varsity and middle school level.

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

CUTS and MAKING THE TEAM

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

DRIVING POLICY

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

DRESS POLICY

We believe in modesty as taught in the Scripture. All practice attire should be loose fitting. Shorts must be no more than 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). For modesty reasons, student-athletes -- male and female -- are asked to wear compression shorts under practice and game attire.

PLAYING MULTIPLE SPORTS

DUAL SPORTS is permissible.

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

OVER LAPPING SPORTS is permissible.

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 practice and games. Once the season is over and their uniform is returned, they may participate fully in the new sports season.

FUNDRAISING

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

HOME SCHOOL

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

1. **Step One:** The home school applicant must fill out the “application” form which can be secured on the school website, in the athletic office, or school office.
2. **Step Two:** An interview will be arranged with the athletic director which includes the parents and home school student athlete.
3. **Step Three:** Upon acceptance and prior to the home school student-athletes first practice payment, will be made in the athletic office or school office of \$150.
4. If a student leaves CAC to be homeschooled, they may not be eligible to participate in CAC athletics for 12 months.
5. Home school student-athletes who have a Christian lifestyle and have no behavior issues may participate in athletics at CAC. Home school students and parents must adhere to the policies in both the CAC’s Student & Parent Handbook and Athletic Handbook.
6. Home school student-athletes should be at the appropriate grade level based on age. Student-athletes who are below their appropriate grade level will not be permitted to participate in the CAC sports program. EXCEPTION: Student athletes that are one year below their appropriate grade level could be allowed to participate at the discretion of the school administration. However, students that are two or

more years below their appropriate grade level will not be permitted to participate in CAC sports.

LIGHTNING POLICY

For outdoors sports, if lightning is within 8 miles of an outdoor venue all participants must seek shelter for 30 minutes with no new lightning strikes. Once there is 30 minutes of “no lightning” participants may continue practicing or play.

MUSIC

CAC believes that music is a gift from God. We believe as well that music should be appropriate to the moment and venue (Proverbs 25:11, Ecclesiastes 3:1-8) which could include all genres of music. We do not believe that music sung with profanity, sexual innuendos, etc. is permissible for Christians.

NO SCHOOL, HOLIDAYS, & PRACTICE?

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

OVERNIGHT TRIPS

Periodically a sports team will travel to be involved in a tournament that would require staying in a hotel. It is our policy that all expenditures (lodging & meals) be the student athletes' responsibility. Permission slips must

be secured and returned to the athletic office prior to traveling.

PHYSICALS

Per state requirement--no middle school or high school athlete may step onto or into a practice without a current "sports physical form" (which includes medical & consent, insurance, and prior health history). Physical forms are current for 365 days 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.

1. VARSITY LEVEL: strictly at coaches' discretion
2. JV: all players will play in each game but not equally
3. MS: all players will play in each game but not equally

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

PRACTICES

Practices are permissible Monday through Saturday. All scheduled practices are binding. Players are expected to be in attendance. A written policy of team rules, practice

times will be distributed by the coach the first week of practice. This written policy will include what are acceptable reasons for a student athlete to be absent from practice and what are not.

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

QUITTING

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

SPORTS FEE

The athletic sports fee is \$95 per sport per person for CAC students and \$155 for home school students. This fee 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.

SUSPENSION POLICY

It is a privilege to participate in CAC athletics, and any violation is taken seriously...Any student-athlete that is suspended from school for any reason for any amount of

time will not be allowed to participate in any games or practices during the time of their suspension from school. The suspended student-athlete will then upon arrival back to school serve a one-game suspension (they may attend this game and sit on the bench with their team, but they will not be able to dress in their game uniform).

TEAM VERSE & TEAM DEVOTIONS

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

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

TICKETS

All regular home games will be ticketed unless otherwise.

Adults: \$5

Students: \$3

Military: \$3

Children under 5: Free

Family Max: \$25

UNIFORMS & UNIFORM DEPOSIT

All uniforms that are retained by the school must be turned back into the head coach within two weeks of the final game played.

The head coach will designate a collection date & time.
No uniform is to be turned into the athletic office, school office, and class teacher.

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



