

SOUTHLAKE CHRISTIAN ACADEMY

2016-2017 ATHLETIC HANDBOOK



**SOUTHLAKE
CHRISTIAN**

ATHLETIC DEPARTMENT THEME VERSES

“Whatever you do, work heartily, as for the Lord and not for men.” Colossians 3:23 (ESV)

“I can do all things through Him who strengthens me.” Philippians 4:13 (ESV)

“Whatever happens, conduct yourselves in a manner worthy of the gospel of Christ.”
Philippians 1:27 (NIV)

PURPOSE OF ATHLETICS AT SOUTHLAKE CHRISTIAN ACADEMY

The primary purpose of the athletic program at SouthLake Christian Academy is to do our best for the Lord. This is accomplished in two parts: our action and our motivation. The end result will bring honor and glory to Jesus Christ through:

1. Providing instruction in the use of the body to reflect the glory of God through sports.
2. Applying the principle of the “well-rounded” person illustrated in Luke 2:52 (mental, physical, social, and spiritual) through the integration of academics, athletics, and social activities.
3. Promoting the biblical definition of winning.
 - a. Doing our best for God’s glory. (Col. 3:23)
 - b. Physically winning via the scoreboard. (I Cor. 9:24)
 - c. Acknowledging God in all areas, win or lose. (I Thess. 5:18)
 - d. Praying for His guidance in striving to be a true winner. (Phil. 4:13)
 - e. Defining athletic success as the confidence that comes from knowing that one did his very best to the glory of God. (Ivan Schuler)
4. Involving the student body, parents, faculty, and staff in developing school unity and spirit.
5. Maintaining a clear Christian testimony to opposing schools, officials, and others in the public with whom we make contact through words and actions.

EFFECTIVE PARENT/COACH/PLAYER RELATIONS AT SLCA

1. Love one another.
A new command I give you: Love one another. As I have loved you, so you must love one another. By this all men will know that you are my disciples, if you love one another. (John 13:34-35)
2. Respect each other.
Be devoted to one another in brotherly love. Honor one another above yourselves. (Romans 12:10)
3. Pray for each other.
On Him we have set our hope that he will continue to deliver us, as you help us by your prayers. Then many will give thanks on our behalf for the gracious favor granted us in answer to the prayers of many. (II Cor. 1:10b-11)

4. With full recognition of, and respect for parental responsibility under God, it must be kept in mind that for athletic participation, parents have delegated the responsibility and authority for the young person to the coach. “Hands-on” delegation is not acceptable. The following examples must be avoided:
 - a. Parental coaching “from the stands.” A coach needs the full attention and concentration of his players. During a practice or game, the player “belongs” to the coach. Uninvited parental intervention during these times is a serious distraction and is detrimental to the program.
 - b. Parents negatively approaching the coach or their young person on the bench during a game, at halftime, or immediately after a game prior to the post-game team meeting. A coach expects the full support from both the player and parent(s). If a parent wants to talk to the coach, he/she should call the next day.
5. How do parents get their questions answered or give input?
Parents wishing to give input should use the proper communication channels and procedures. If their concern/input is not heard or sufficiently responded to by the coach initially, they may proceed through proper channels by talking with the Director of Athletics, Principal, and Head of School, in that order, until the matter has been closed. Proper deference should be given to the coach by scheduling an appointment with him/her to discuss concerns in private.
6. Support is expected.
It is reasonable to expect that any parent, who has permitted his/her young person to try out for a team, be supportive of the coach. Well-laced criticism given privately to a coach is welcomed; simply airing negative opinions to others, including one’s own children, should be avoided.
7. Each coach will have the full responsibility and authority to determine which players are entered into games, when, and for how long. His/her determination in this area will be made on the basis of what will best benefit the team. This does not mean that there will be no consideration given to the individual needs of a player. However, the team will always be of primary significance.

OBJECTIVES OF THE SLCA ATHLETIC PROGRAM

1. Spiritual
 - a. To glorify God in all our athletic activities.
 - b. To teach dependence upon God, prayer, and Bible study.
 - c. To teach thankfulness to God for health, safety, and the opportunity to serve Him through the realm of athletics.
 - d. To teach how to win with the humble attitude of Christ.
 - e. To teach how to lose as Christians; praising God for the opportunities to learn lessons through athletics.
 - f. To teach how to control pride.
 - g. To teach how to love athletic opponents, as they are also created in the image of God.
 - h. To teach that God created our bodies and we are to care for them as the temple of the Holy Spirit.
 - i. To provide athletes with the opportunity to praise God for works He is accomplishing in their lives.
 - j. To teach submission to authority.

2. General
 - a. To teach the skills and techniques of various athletic activities.
 - b. To teach team play and unity.
 - c. To teach concentration.
 - d. To teach the importance of obeying rules.
 - e. To teach regard for the rights of others.
 - f. To teach the acceptance of majority decisions, yet respect the rights of the minority.
 - g. To develop effective methods of thinking.
 - h. To develop sound judgment.
 - i. To promote health and well-being.
 - j. To promote social growth.
 - k. To win games.

DESCRIPTION OF THE SLCA ATHLETIC PROGRAM

1. Affiliation
 - a. SLCA is a member of the North Carolina Independent School Athletic Association (NCISAA) for Varsity competition.
 - b. We are members of the Metrolina Athletic Conference (MAC) for Middle School, Junior Varsity, and Varsity competition.
 - c. We are members of the Metrolina Athletic Conference (MAC) and Western Piedmont Athletic Association (WPAA) for Middle School competition.
2. Teams sponsored by the Athletic Department (subject to student support)
 - a. **Men's Varsity**
 1. Baseball
 2. Basketball
 3. Cross Country
 4. Football
 5. Golf
 6. Lacrosse
 7. Soccer
 8. Swimming
 9. Tennis
 10. Track & Field
 11. Wrestling
 - b. **Women's Varsity**
 1. Basketball
 2. Cheerleading
 3. Cross Country
 4. Soccer
 5. Softball
 6. Swimming
 7. Tennis
 8. Track & Field
 9. Volleyball

b. Boy's Junior Varsity

1. Baseball
2. Basketball
3. Football

Girl's Junior Varsity

1. Volleyball

c. Boy's Middle School

1. Baseball
2. Basketball
3. Cross Country
4. Football
5. Golf
6. Lacrosse
7. Soccer
8. Swimming
9. Wrestling

Girl's Middle School

1. Basketball
2. Cheerleading
3. Cross Country
4. Soccer
5. Softball
6. Swimming
7. Volleyball

FACILITIES, FIELD, AND EQUIPMENT CARE

1. All damage to facilities or equipment should be reported to your coach or the Athletic Director as soon as possible.
2. Athletes are not permitted in the Athletic Office or in the equipment storage areas without the consent of your coach or the Athletic Director.
3. All facilities and equipment should be handled with respect. No one should hang on basketball rims, backboard braces, nets, or soccer goals.
4. No street shoes or black-soled shoes should be on the gym floor.
5. Use of equipment is limited to the sport for which it is intended.
6. All equipment should be returned to the proper storage area after use.
7. Uniforms are to be treated with care. Any damage to or loss of uniform pieces will be the responsibility of the athlete to whom it was issued.

LOCKER ROOM CONDUCT

1. Locker rooms are to be left clean after each practice or game session.
2. There should be no horseplay in the locker rooms at any time. This can lead to injury or damage to property.
3. All personal items are the responsibility of the individual athlete. Valuables should be kept locked in a locker. The school is not responsible for valuables left in the locker room.
4. No glass containers of any kind should be taken into the locker rooms.
5. Any athlete involved in damaging our locker room or the locker room at an opposing school will be responsible for paying for the repairs and will receive at least a one-game suspension.

ATHLETIC ELIGIBILITY

1. Athletic participation is open to all students in grades 7-12. Sixth grade participation is allowed in some, but not all sports. This determination is based on conference rules and regulations as well as the needs of the individual team. Students desiring to participate in extra-curricular activities are required to maintain a cumulative average of 75% in all coursework in which they are enrolled and have no failures in any course. Students not meeting these expectations throughout the semester at the 6, 12, and 18 week checkpoints will be placed on an extra-curricular probation. Students will remain on probation until the next checkpoint. Students on probation who have successfully earned the cumulative average of 75% and have no failures in a course will not be eligible to participate until the next checkpoint.
2. Students on probation can practice but not play, participate in outside events, or travel with the team or group. Extra-curricular probation for activities applies to all SLCA-sponsored sports events.
3. If an athlete is ineligible during a tryout period for any sport, it is the coach's decision as to whether that student will be allowed to tryout.
4. Any student using alcohol or tobacco will be suspended from the athletic program for a minimum of four weeks. The suspension begins on the first day of the school suspension. Any student using illegal drugs will forfeit their eligibility for the remainder of the school year.
5. If a coach determines that a student-athlete is not demonstrating a positive attitude, or if that coach receives input from a teacher/administrator that a lack of effort is being demonstrated in the classroom, that student may be suspended, placed on probation, or lose their eligibility. A parent conference would be conducted in order to facilitate due process.
6. If a parent has a higher expectation for his/her own child, he/she should inform the coach of that expectation. This also allows the coach to fully support that parent's efforts.

SCHOOL ATTENDANCE

1. All athletes are expected to have a good attendance record.
2. All athletes should be in class for at least half of the school day in order to participate in that day's practice or game. Anyone arriving after 10:30 a.m. will be considered to have not met the half day requirement.
3. If an athlete is too sick to go to school, then he/she is too sick to practice or play. An exception will be given for pre-arranged dentist or doctor appointments or other pre-arranged absences.
4. Any athlete who misses PE class due to an injury or illness will not be allowed to participate in a practice or a game that day.

HOMESCHOOL STUDENT ELIGIBILITY

Varsity Teams

The North Carolina Independent Schools Athletic Association (NCISAA) does not allow homeschool participation.

Junior Varsity and Middle School Teams

The Metrolina Athletic Conference (MAC) does not allow homeschool participation. 6th-8th grade homeschool students may participate on JV/MS teams that do not compete in the MAC under these conditions:

1. Their parents are regular attending members of SouthLake Presbyterian (PCA).
2. No SLCA student can be cut from a team due to a homeschool student's inclusion.

GUIDELINES FOR AWAY TRIPS

Assignments/Tests

1. Athletes returning late from a game will not be excused from any tardiness or from assignments or tests given the following day unless it is approved by the Director of Athletics and Principal.

Conduct

1. All athletes are representatives of Jesus Christ first, of their parents and family second, and of SouthLake Christian Academy and the Athletic Department third. This responsibility must not be taken lightly.
2. Athletes are expected to conduct themselves like ladies and gentlemen at all times, on and off the field or floor.
3. There is to be no screaming or yelling on the bus. Keep hands and feet inside the windows at all times. Standing and moving around on the bus should be avoided.
4. Male and female athletes are not permitted to sit together on the bus while traveling to or from an away game.
5. The drivers of vehicles have the responsibility to transport our athletes safely. It is imperative that their requests and instructions be followed.

Dress

1. School uniform or team athletic uniform, as determined by the coach, will be required for away games when traveling on school days.

Return Trips

1. Athletes may ride home with family members. Please notify the coach if you are not traveling home on the bus.
2. If an athlete needs to ride home with someone other than a family member, he/she must provide a written note from their parent/guardian to the coach indicating such a request.

Vehicles

1. The bus should be cleaned after every trip. This is the responsibility of every athlete who rides on the bus.
2. Always be courteous to the driver. Do not distract him/her.
3. Any damage done to vehicles from horseplay or carelessness will be the responsibility of the individual(s) who caused the damage.

PLAYING TIME POLICY

1. Middle School Teams
 - A. The emphasis is on participation and fundamental skill development at this level. The coach will choose a starting lineup for each game based on performance in practices and games.
 - B. The coach will make every effort to allow each participant to play in every game. Equal playing time for all participants is not guaranteed.
 - C. We want all members of the team to participate, but in tournament games, all may not play. Coaches will play the better and more experienced players to reward their hard work and commitment to the team.
2. Junior Varsity Teams
 - A. The coach will choose a starting lineup for each game and play the best players on the basis of ability and performance in practices and games.
 - B. Substitutions will be made as much as possible, while still fielding as competitive team as possible.
3. Varsity Teams
 - A. The coach will choose a starting lineup for each game based on ability, attitude, and performance in practices and games.
 - B. Substitutions are made at the discretion of the head coach.

SUSPENSIONS

1. Any athlete receiving one or more days of suspension, for any reason, will not be allowed to participate for the duration of the suspension. Any athlete receiving two suspensions (separate infractions) in a season will be removed from that team for the remainder of the season. Any athlete receiving three suspensions (separate infractions) may lose their eligibility for the remainder of that semester.

TECHNICAL FOULS/CAUTIONS/EJECTIONS

1. Any athlete receiving a conduct technical foul in basketball, a caution (yellow card) in soccer, a caution (yellow card) in volleyball, or a verbal caution in baseball will be removed from that game/match and will remain out of that game for any time deemed necessary by the head coach. Any athlete receiving a caution or technical in two consecutive games will be removed from the remainder of that game and suspended from the following game.
2. Any athlete receiving two technical fouls in one game, an ejection (red card) in soccer or volleyball, or an ejection in baseball will be suspended from the following game.

3. Any athlete who is suspended from two games for cautions or ejections will be removed from the team for the remainder of the season.

SELECTION OF TEAMS/SQUADS

1. Cheerleading
 - A. Tryouts and selection for cheerleading teams will take place during the spring, prior to the upcoming school year.
 - B. Selections are made by a panel of judges who are selected by the varsity cheerleading coaching staff.
 - C. Cheerleaders are selected on the basis of their cheerleading ability, enthusiasm, and ability to work with a team after a clinic and a tryout session before the judges.
 - D. The cheerleading coaching staff will notify those individuals who were selected to be on the cheerleading teams.
 - E. Responsibilities of the captain may include: directing practice, changing the cheers during the game, encouraging other squad members spiritually, encouraging the other squad members to use the Matthew 18 principle in cases of disagreement, leading devotions, and keeping records of cheers used.
2. Teams (all levels)
 - A. The coach and his/her staff select teams at the beginning of each season, after a tryout period.
 - B. The coach will notify players of their selection or non-selection to the team.
 - C. The coach will select captains or determine what process will be used in selecting captains.

3. General Cut Policy

Cutting any young person from a team can be critical to that person's self-esteem. Before an athlete is cut, the decision is thoroughly discussed by the judges and/or coaching staff. They will strive to make the best choices they can with the wisdom God has granted them. Selection of teams and squads is not taken lightly and is one of the toughest jobs a coach has. Please understand that coaches want the best for every young person.

QUITTING A TEAM/SQUAD

1. No athlete is allowed to quit a team or squad once he/she has been selected without a parent conference with the coach. No athlete who quits will be allowed to rejoin the team.
2. A player is permitted to drop off of a team if a serious injury dictates or if it is in the best interest of his/her academic success.
3. If an athlete quits without the consent of the coach and Director of Athletics, he/she will not be eligible to play a sport in the following athletic season. The athlete also forfeits all awards and/or letters for that sport. (Academic ineligibility is not considered quitting.)

AWARDS

1. Purpose
 - A. Recognition of God-given ability and achievement
 - B. Motivation
2. Letters

A varsity athlete earns a letter when he/she meets one of the following requirements:

 - A. Serve as team or squad manager, statistician, or bookkeeper for one full varsity season.
 - B. Selected as a full-time member of a varsity team and participates on that team for the duration of the season. Coaches will determine letter winners.

WORKING ATHLETES

Because of the demanding schedules of our athletic teams and responsibility of each athlete to maintain high academic standing, athletes are encouraged to avoid an outside job during the season. Athletes will not be excused from practices or games due to outside work responsibilities.

REQUIRED FORMS

1. Each athlete is required to have a sports physical evaluation form, athletic emergency data sheet, and a concussion form filed in the Athletic Office before he/she will be allowed to practice, participate or travel with any athletic team. Parents can get this done at a primary care physician's office or at some major pharmacies.
2. Physical forms can be obtained through the school office, the athletic office or the athletic website at www.southlakechristian.org.
3. Any athlete, who has been restricted from participation due to an illness or injury before or during a season, must secure a doctor's release prior to being allowed to participate again.

ATHLETIC INSURANCE

Because the risk of injury increases for students involved in athletics, all student-athletes participating on SLCA athletic teams must be covered by health insurance. It is the responsibility of the athlete's parents to provide insurance in the event of an injury while participating in practice or in a game. SouthLake Christian Academy does not assume any financial responsibility for injuries received while participating on an athletic team.