



2016-2017

ATHLETICS

HANDBOOK

Middle/High School



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PHILOSOPHY OF SCA ATHLETICS

SCA's athletic program is co-curricular in nature. This is to say that its primary purpose is to compliment the academic program. The athletic program works cooperatively with other activities programs to produce life-long learners who walk with Jesus. SCA athletics should provide the student-athlete with the opportunity to develop athletic talents, achieving the highest possible level of competitiveness, without sacrificing the time and energies necessary to excel academically and within a setting that allows for devotional experiences and spiritual growth. Understanding that our students, and even our coaches from time to time, will learn lessons through mistakes, we attempt to compete as Jesus would. This means doing our best, as if God was our audience (Col. 3:23) and bringing a sportsmanship and zeal to interscholastic athletics that would model the characteristics of Christ.

SCA competes in various interscholastic sports from grades 6 through 12. In Middle School, we are members of the Valley Christian Schools League and in some sports the Catholic Youth Athletic Association. At the High School level, we are members of the Arizona Interscholastic Association. It is our view that competing in a God honoring way (Gal. 5:22-23) includes abiding by all rules pertaining to these associations and sharing in the responsibilities required by these associations with member institutions.

The SCA athletic department views school athletics as a high priority and has the desire for students to involve themselves in school activities. It is strongly encouraged by all members of the coaching staff to promote multi-sport participation in SCA athletics in an effort to help the student be a well-rounded individual and to assist SCA in competing at the highest level possible.

SCA is a full participant in the AIA's *Victory With Honor* program. At the core of every athlete's involvement in SCA sports should be a commitment to uphold and exemplify the six pillars of character stressed by the *Victory With Honor* program: Trustworthiness, Respect, Responsibility, Fairness, Caring, and Citizenship. Please give careful attention to the "Do's" and "Don'ts" of *Victory With Honor* found on the following two pages.

Sportsmanship

Scottsdale Christian Academy believes good sportsmanship is an integral component of interscholastic competition, and is an opportunity to reflect Christ-like behavior in every part of our lives. In order for good sportsmanship to prevail, coaches, student-athletes, and fans must display respect, fairness, civility, honesty, and responsibility before, during and after all athletic contests. We encourage fans to enthusiastically support their team, recognize outstanding performance of opponents, and always exhibit good sportsmanship in their words and actions. Spectators should not interfere with the progress of the game, including exhibiting behavior intended to distract a player from the opposing team from playing the game to the best of their ability. Behavior, language, clothing, or displays that are not positive, respectful, and encouraging of the student-athletes, coaches, officials, and other spectators will not be tolerated, and are grounds for removal from the site of competition or further disciplinary actions.



A PERSON OF CHARACTER...

- Is a good person, someone to look up to and admire.
- Knows the difference between right and wrong and always tries to do what is right. Attempts to set a good example for everyone.
- Makes the world a better place.
- Lives according to the "Six Pillars of Character":
TRUSTWORTHINESS, RESPECT, RESPONSIBILITY,
FAIRNESS, CARING, and CITIZENSHIP

Underlined words are vocabulary words to be taught at the student's appropriate developmental levels.

TRUSTWORTHINESS

INTEGRITY **DO:** Stand up for your beliefs • Follow your conscience • Be honorable and upright
 • Live by your principles no matter what others say • Have the courage to do what is right
 and to try new things even when it is hard, costly • Build and guard your reputation
DON'T: Do anything wrong • Lose heart if you fail or don't get what you want

HONESTY **DO:** Tell the truth and nothing but the truth • Be sincere • Be forthright and candid
DON'T: Lie • Cheat • Steal • Be sneaky, tricky, or deceptive

RELIABILITY **DO:** Keep your promises • Honor your word and commitments • Be dependable • Do what
 you are supposed to do • Return what you borrow • Pay your debts • Be on time

LOYALTY **DO:** Stand by and protect your family, friends, school and country • Be a good friend
 • Look out for those who care about you • Keep secrets of those who trust you
DON'T: Betray a trust • Let your friends hurt themselves • Do anything just so others will
 like you • Ask a friend to do anything wrong or spread gossip that could hurt others

RESPECT

GOLDEN RULE **DO:** Treat others the way you want to be treated • Respect the dignity, privacy and
 freedom of all individuals • Value and honor all people, no matter what they can do for
 you or to you
 • Respect others' property - take good care of property you are allowed to use and don't
 take or use property without permission • Respect the autonomy of others - tell them
 what they should know to make good choices about their own lives
DON'T: Use or manipulate others • Abuse, demean, or mistreat anyone

TOLERANCE **DO:** Judge others on their character, abilities, and conduct without regard to race,
 religion, gender, where they live, how they dress, or the amount of money they have • Be
 tolerant, respectful, and accepting of those who are different from you • Listen to others
 and try to understand their points of view



NON-VIOLENCE **DO:** Resolve disagreements, respond to insults, and deal with anger peacefully and without violence
DON'T: Use threats or physical force to get what you want or to express anger

COURTESY **DO:** Use good manners • Be courteous, polite and civil to everyone
DON'T: Use put-downs, insults or ridicule to embarrass or hurt others

RESPONSIBILITY

DUTY **DO:** Know and do your duty • Acknowledge and meet your legal and moral obligations

ACCOUNTABILITY **DO:** Accept responsibility for the consequences of your choices, not only for what you do but what you don't do • Think about consequences on yourself and others before you act • Think long-term • Do what you can do to make things better • Set a good example
DON'T: Look the other way when you can make a difference • Make excuses or blame others

PURSUE EXCELLENCE **DO:** Your best • Persevere • Don't quit • Be prepared • Be diligent • Work hard • Make all you do worthy of pride

SELF-CONTROL **DO:** Take charge of your own life • Set realistic goals • Keep a positive outlook • Be prudent and self-disciplined with your health, emotions, time and money • Be rational - act out of reason not anger, revenge or fear • Know the difference between what you have a right to do and what is right to do • Be self-reliant - manage your life so you are not dependent on others; pay your own way whenever you can

FAIRNESS

JUSTICE **DO:** Be fair and just • Treat people equally • Make decisions without favoritism or prejudice • In imposing punishment be sure the consequences for wrongdoing are consistent, certain, and proportional (not too harsh or lenient)
DON'T: Take more than your fair share • Take advantage of or blame others unfairly

OPENNESS **DO:** Be open-minded and impartial - consider what people have to say before you decide • Be careful - get the facts, including opposing viewpoints, before making decisions (especially blaming or accusing another)

CARING

CONCERN FOR OTHERS **DO:** Be compassionate and empathetic • Be kind, loving, and considerate • Be thankful and express gratitude for what people do for you • Forgive others for their shortcomings
DON'T: Be mean, duel or insensitive



CHARITY DO: Be charitable and altruistic - give money, time, support, comfort without strings for the sake of making someone else's life better, not for praise or gratitude • Help people in need

CITIZENSHIP

DO YOUR SHARE DO: Be a good citizen and a good neighbor • Care about and pursue the common good Be a volunteer - help your school and community be better, cleaner, and safer • Protect the environment by conserving resources, reducing pollution, and cleaning up after yourself • Participate in making things better by voicing your opinion, voting, serving on committees, reporting wrongdoing and paying taxes

RESPECT AUTHORITY & THE LAW DO: Play by the rules • Obey parents, teachers, coaches, and others who have been given authority • Observe just laws • Honor and respect principles of democracy

HIGH SCHOOL SPORTS PROGRAMS OFFERED

<u>FALL</u>	<u>WINTER</u>	<u>SPRING</u>
Boys Cross Country	Boys Basketball	Baseball
Girls Cross Country	Girls Basketball	Boys Golf
Football	Boys Soccer	Softball
Girls Golf	Girls Soccer	Boys Tennis
Spiritline	Spiritline	Girls Tennis
Boys Swim		Boys Track
Girls Swim		Girls Track
Girls Volleyball		Boys Volleyball

MIDDLE SCHOOL SPORTS PROGRAMS OFFERED

<u>FALL</u>	<u>WINTER</u>	<u>SPRING</u>
Football	Boys Baseball	Boys Basketball
Co-Ed Soccer	Co-Ed Cross Country	Girls Basketball
Spiritline	Softball	Co-Ed Track
Girls Volleyball		Co-Ed Golf
Co-Ed Swim		

MIDDLE SCHOOL PARTICIPATION

All of the above mentioned sports are available to students in middle school grades 6th-8th, with the exception to softball and baseball. Currently sixth grade participation in softball and baseball is limited to situations in which there is inadequate participation in grade seven and eight to field a team.



REQUIREMENTS FOR PARTICIPATION

DOCUMENTATION PRIOR TO PARTICIPATION

A student is not permitted to practice nor participate in competitions until the following items are on file in the Athletic Office:

1. Annually
 - a. Emergency Information Sheet (must be notarized)
 - b. Parent Permission Sheet
 - c. Pre-participation Physical Evaluation Sheets
 - d. Physical Examination Sheet (two which need to be signed by doctor)
 - e. Read and sign AIA Mild Traumatic Brain Injury (MTBI) / Concussion Statement (High School Only)
 - f. Copy of Insurance Card
2. One Time Only
 - a. "Brainbook" Concussion Training and test on the AIA website (High School Only)
 - b. Parents view the "Sports Risk" video on the SCA website.
 - c. Copy of Birth Certificate

HIGH SCHOOL & MIDDLE SCHOOL ACADEMIC ELIGIBILITY/INELIGIBILITY

Student-athletes, including spiritline members, must meet the rules and regulations set up by the Arizona Interscholastic Association (AIA), Valley Christian School League (VCSL) and the state of Arizona. These rules determine the eligibility in all AIA schools in Arizona. A student is eligible for interscholastic competition if:

HIGH SCHOOL ONLY- AIA Rules

1. A student has not reached his/her nineteenth (19th) birthday on or before September 1 of the school year of competition.
2. A student is enrolled in at least five (5) credit-bearing classes for the semester in which the event takes place. (Exception: a student who has been enrolled in five classes for six consecutive semesters does not necessarily need to be enrolled in five classes as a senior in order to participate).
3. A student's school attendance has not lapsed for a period of more than ten (10) consecutive days (disabling sickness of self or immediate family excepted).
4. A student is an amateur, having never accepted a monetary award in any form or amount.
5. A student has never competed under a false name.
6. A student does not participate on outside teams, in the same sport, during the sport season.
7. A student is enrolled in grades 9, 10, 11 or 12 for not more than eight consecutive semesters or has not competed or had the opportunity to compete for more than four seasons in any one sport.
8. A transfer student who has obtained the proper AIA waiver.



HIGH SCHOOL AND MIDDLE SCHOOL ACADEMIC ELIGIBILITY/INELIGIBILITY— SCA Rules

At Scottsdale Christian Academy, we believe a student-athlete is a student first and an athlete second. Participation in athletics is a privilege for students who are in good academic and behavioral standing. Good academic standing is defined as all class averages at 70% or higher. A student is required to tell the coach during tryouts if they are, or ever have been academically ineligible, or are in danger of becoming academically ineligible during the season.

Grades will be checked at each Mid-Quarter, the end of each Quarter, and the end of each Semester.

Mid-Quarter and End of Quarter Grade Checks

If a student earns two or more grades below 70% (two D's) or one grade below 60% (an F) at the Mid-Quarter or Quarter grade check, the student will be ineligible for athletic competition for two weeks. During that two week time period, the student:

1. cannot participate in games/competition for two weeks, and
2. will be required to attend help sessions or get tutoring in the class(es) in which they are below the 70% mark, and
3. may continue to practice (without competing) in order to stay physically fit and to know the team's plays and strategy.

The ineligible student's grades will be rechecked again at two weeks. At this time:

- If the student no longer has two or more grades below 70% or one grade below 60%, *and* documentation has been provided to the Principal that the student attended the required help sessions or received tutoring, the student will be deemed eligible and will be allowed again to participate in games/competition until the next grade check.
- If the student still has two or more grades below 70% or one grade below 60% (even if they are in different classes than the original low grades), the student will remain ineligible until the next grade check. The student may continue to practice while ineligible, unless determined otherwise by the Administration.

Semester Grade Checks

If a student earns two or more grades below 70% (two D's) or one grade below 60% (an F) at the Semester grade check the student will be deemed ineligible for athletic competition until the next grade check. The student may continue to practice while ineligible. For example:

- If a student earns two D's or one F at the end of Semester 1 in any class, the student will be ineligible to participate/compete in games, matches, etc. until the Mid-Q3 grade check.
- If a student earns two D's or one F at the end of Semester 2 in any class, the student will be deemed ineligible for school league athletic competition at the start of the following school year until the Prior Second Semester Re-check (including any official league games that might occur just before the school year begins).



Mid-Quarter and End of Quarter Grade Checks

DATE	GRADE CHECK	INELIGIBILITY
Tue, May 26	16-17 Second Semester Check	
Wed, Aug 31	Prior Second Semester Re-check	Prior Second Semester Ineligibility
Wed, Sept 14	Mid-Q 1 Check	<i>Continued Ineligibility</i>
Wed, Sept 28		2-Week Ineligibility
Mon, Oct 17	Q 1 Check	<i>Continued Ineligibility</i>
Mon, Oct 31		2-Week Ineligibility
Wed, Nov 14	Mid-Q 2 Check	<i>Continued Ineligibility</i>
Wed, Nov 28		2-Week Ineligibility
Mon, Dec 19	First Semester Check	<i>Continued Ineligibility</i>
Tues, Jan 17	Prior First Semester Re-check	Prior First Semester Ineligibility
Wed, Feb 1	Mid-Q 3 Check	<i>Continued Ineligibility</i>
Wed, Feb 15		2-Week Ineligibility
Mon, Mar 13	Q 3 Check	<i>Continued Ineligibility</i>
Mon, Mar 27		2-Week Ineligibility
Wed, Apr 19	Mid-Q 4 Check	<i>Continued Ineligibility</i>
Wed, May 3		2-Week Ineligibility
Tue, May 26	17-18 Second Semester Check	<i>Continued Ineligibility</i>
TBD TBD	Prior Second Semester Re-check	Prior Second Semester Ineligibility



Recurring Ineligibility

The second time in the same school year that a student is deemed ineligible at a grade check, the student will *NOT* receive the 2-week probationary period to raise their grades. Instead, the student automatically will be ineligible to participate/compete in games, matches, etc. until the next grade check (i.e. approximately 4.5 weeks). The student may continue to practice. For example:

The third time a student is deemed ineligible at a grade check in the same school year, the Principal or Superintendent has the discretion to declare the student ineligible for competition and practices for the remainder of that sport season or even for the remainder of the school year.

Administrative Discretion in Academic Eligibility

The Principal or Superintendent has the discretion to declare a student who struggles with chronically low grades or misbehavior during their time at SCA to be partially or totally ineligible to participate at all in athletics at SCA.

HIGH SCHOOL AND MIDDLE SCHOOL DISCIPLINARY RULES

At Scottsdale Christian Academy, we believe a student-athlete is a student first and an athlete second. Participation in athletics is a privilege for students who are in good academic and behavioral standing. Good behavioral standing is defined as students with no disciplinary offenses. A student is required to tell the coach during tryouts if they have ever been placed on disciplinary probation for a Level 2 or Level 3 offense.

Disciplinary probation does not affect academic probation, but will be monitored at all times throughout the year.

Level 1 (as defined by SCA Student Handbook)

If a student receives multiple Level 1 offenses, teachers will inform the Athletic Director of the problem. This will be done through RenWeb. Likewise, student athletes should inform their respective coaches of the offenses. The Athletic office and coaches will implement appropriate behavioral management to deter the problematic behavior. After three Level 1 detentions, the student may be placed on disciplinary probation.

Level 2 (as defined by SCA Student Handbook)

If a student receives a Level 2 offense, they must notify their coach and the Athletic office immediately. Level 2 offenses are reviewed by grade level administrators and the Athletic Director to determine appropriate length of disciplinary probation. A Level 2 offense may restrict a student athlete from competing in sports during the probationary period. Student athletes who are suspended from school will not be reinstated for athletics immediately after their suspension ends. They may miss practice and competition for up to four weeks following the offense.

Level 3 (as defined by SCA Student Handbook)

If a student receives a Level 3 offense, they are immediately placed on disciplinary probation and restricted from practice or competitions until further notice. A Level 3 offense requires a minimum



probation period of a minimum of two to four weeks. It may result in expulsion from a team or all athletics programs. A Level 3 offense will require administrative approval to reinstate a student athlete.

Hardship

A hardship is defined as an unforeseeable, unavoidable, and uncorrectable act, condition or event that causes the imposition of a severe and non-athletic burden on the student or his/her family. Consideration of any hardship requires documentation. Such documents may include, but not limited to copies of current transcripts, financial documents, medical statements, and or supportive statements from the parties affected.

PRACTICES AND GAMES

1. Team practice is scheduled by the Athletic Department. Participants are expected to be punctual to practice. Coaches are allowed to begin their practices at 3:00 on school days, but they must never pressure, threaten, imply, or punish any athlete, suggesting that they are not completely free to go to Help Sessions, see a teacher, attend a Chorale rehearsal, etc. and thus arrive at practice at 3:30 PM.
2. Any athlete, including cheerleaders, serving a suspension will not be permitted to take part in his/her sport program that day, including practice.
3. Any athlete, including cheerleaders, serving a detention after school will complete the detention before reporting to practice or a game.
4. Whenever a schedule conflict arises involving a member of two teams, or a sports team and a required class activity, participation in "competition" will take priority over participation in practice. Dress rehearsals and performances for SCA concerts, art shows, plays, musicals, etc. are considered competitions.
5. The student is required to attend school for the entire school day, in order to practice or play on that day. The only exception to this policy is a documented medical visit, or approval granted by the Athletic Director or Principal. This exception may not be granted by the coach.
6. Quitting is contrary to the SCA athletic philosophy. We believe the athlete who has been selected to a team has made a commitment to the school, teammates, and coaches. It is important to remember that a person's place on the team often takes the place of a student who was cut or even chose not to try out due to the perceived competition level. Any athlete quitting a team after the five-day tryout period will be prohibited from participating in all co-curricular activities (e.g., weight room) or extra-curricular activities (e.g., play practice, open gym, etc.) until the sport is completed. Any exception to this rule should be based on the most extraordinary of circumstances and requested in writing to the Athletic Director, and is subject to the approval of the Athletic Director and Principal.
7. If a student needs to attend help sessions or be in a required Fine Arts rehearsal after school, this will take priority over participating in athletic practices until 3:30 PM.

TEAM CONTRACTS, TEAM CONSTITUTIONS, AND TEAM POLICIES

A school administrator or coach may suspend student-athletes from athletic participation for violations of team or school disciplinary codes. An athlete serving detention after school will complete that detention before reporting to practice or to a game.



If a high school athlete is ejected out of a game, they are required to sit the next game. Please see AIA rules and By-Laws at www.aiaonline.org.

LEVEL-BY-LEVEL COMPETITION PHILOSOPHY

MIDDLE SCHOOL: PHILOSOPHY OF COMPETITION AND FORMATION OF TEAM ROSTERS

1. Teams are formed by talent level unless minimal participation or extraordinary ability necessitates combining grade levels.
2. Cuts are made as needed following a tryout period.
3. An effort will be made to avoid cuts at the middle school level, but circumstances including practice space, coach availability, opponents, etc. will be the determining factor in the decision to make cuts at this level.
4. A tryout period of not less than five practices will be conducted.
 - a. Athletes moving from one sport to the next must report to practice of the new sport on the fourth calendar day following the completion of the previous season.
 - b. An athlete who misses any tryout days is not entitled to additional days.
 - c. Athletes being cut will be informed by direct conversation with the coach of the team for which they are trying out.

HIGH SCHOOL: PHILOSOPHY OF COMPETITION AND FORMATION OF TEAM ROSTERS

1. A tryout period of not less than five practices will be conducted.
 - a. Athletes moving from one sport to the next must report to practice of the new sport on the fourth calendar day following the completion of the previous season.
 - b. An athlete who misses any tryout days is not entitled to additional days.
2. The head varsity coach will determine which athletes will be evaluated at the freshman, junior varsity and varsity levels.
3. Scottsdale Christian Academy will attempt to give all athletes the opportunity to participate.
 - a. However, if the number of athletes or other pragmatic considerations necessitates cuts, such decisions will be the ultimate responsibility of the head varsity coach.
 - b. Cutting at the freshman and junior varsity levels will be discouraged and rare. If the number of athletes or unusual pragmatic considerations necessitates a cut at these developmental levels, the freshman or junior varsity coach will seek the approval of the head varsity coach before finalizing the roster and informing the athlete involved.
 - c. Cuts at the varsity level, while infrequent, do occur.
 - d. An athlete's class in school, or length of time attending Scottsdale Christian Academy, is not generally a consideration in determining team rosters. Underclass students, as well as students new to the school, may try out for varsity teams on a fully equal basis.
 - e. All cuts are the ultimate decision of the varsity head coach.
 - f. Athletes being cut will be informed by direct conversations with the coach of the team for which they are trying out. (Exceptions approved by the Athletic Director)
 - g. The school does not consider the placement of juniors, sophomores or freshmen onto freshman and junior varsity teams as constituting a cut, i.e., moving from one team to another is not a cut.



PLAYER TIME UTILIZATION AND PLAYING TIME ISSUES

1. Player utilization and playing time issues are inherently the ultimate responsibility of the head coach of any particular team.
2. The athletic department considers player development and experience of equal importance to winning at the middle school, freshman and junior varsity levels. Because of this, all players on middle school, freshman and junior varsity teams can expect to play in most games (except in tackle football). Although this view of the importance of participation at the middle school, freshman and junior varsity levels will result in players seeing action in most games, it *does not* mean that playing time will be evenly distributed. The amount of playing time will vary from player to player and game to game at the coach's discretion or in accordance with league rules.
3. At the varsity level, a greater emphasis is placed on qualifying teams for regional and state playoffs.
4. Our coaches are encouraged to consider long-range player and program development, as well as the obvious need to encourage and reward players for their practice contribution to the game. Varsity players **should not** have the expectation that each player will play in nearly every game.
5. Once teams are formed, class in school or length of time attending SCA have nothing to do with playing time. Coaches may establish rules regarding how playing time may be influenced by injury, missed practices or missed school. *(With regard to missed school a student may not participate in any given day's athletic activity if the student has not attended the last four class periods of that day. Any request for variance to this policy should be made to the Athletic Director prior to the day for which the variance is requested, not the coach.)*
6. Parents and players should be sensitive and supportive of the value and role non-starting players have on a team.
7. Parents and players should remember that playing time issues are the responsibility of the coach. We encourage players and parents to avoid questioning of playing time related issues; however, if a player or parent has a persistent concern, such concerns are brought directly and exclusively to the team's coach (Matthew 18:15-19).

REASSIGNMENT OF PLAYERS DURING THE COURSE OF A SEASON

1. The varsity head coach of a sport may move players up or down within the program at his/her discretion.
2. Freshmen or junior varsity players may be reassigned to the varsity if such a move is seen by the head varsity coach to be in the athlete's best interest and to the varsity's competitive advantage.

LETTERING (HIGH SCHOOL)

1. The varsity head coach establishes the criterion for lettering for the sport under his/her direction.
2. The criterion established by the coach will be shared with parents and be made available to interested parties upon request.
3. In sports in which no freshman or junior varsity level competition is available, our coaches are encouraged to letter all players who have fulfilled their practice and game commitment to the team.
4. When varsity status is obtained by numerical qualifying – such as the case with golf, tennis or cross country, etc. – the coach may factor this data into his/her lettering formula.



SELECTION OF CAPTAINS

1. The head coach will determine the method of selecting captains for the team under his/her direction.
2. In selecting team captains, the coach is encouraged, but not mandated, to consider returning letter persons and/or upper-class students as the primary candidates.
3. Athletic ability is only one of many factors to be considered by the coach. Biblical servant-leadership, as well as testimony and academic status, will always be of primary consideration.
4. A coach may opt to not have captains on his/her team.

FINANCIAL STANDING

Student-athletes must be in good financial standing with our accounting department to try out for a sport.

PARENT, PLAYER, COACH AND FAN DECORUM

1. Parents and fans are discouraged from coaching (yelling things instructional in nature) from the stands, as well as second-guessing coaching decisions. Such things may contribute to confusion and tension for the athletes and ultimately detract from their performances.
2. Parents and fans should take care to remember the basics of good sportsmanship:
 - a. Show respect and appreciation to opponents.
 - b. Respect and honor the decisions of game coaches.
 - c. Respect and honor the decisions of game officials.
3. Parents and fans must remain in the stands at all times unless they have been issued a field or court pass by the Athletic Department.
4. SCA wishes to be known as a God-honoring, caring and loving athletic community. This means:
 - a. Encourage and edify all participants (players from both sides, coaches, officials and support personnel).
 - b. Be positive and avoid gossip (Philippians 2:14, 4:8). Take care to see that your comments regarding the players on either team, coaches of either team or officials are necessary, kind and truthful.
5. Respect home and away facilities by keeping them clean and following any posted or published rules.
6. The school reserves the right to restrict attendance for inappropriate behavior.
7. Coaches are required to present themselves in a professional manner through their attire, actions and behavior.

PROBLEM RESOLUTION: VOICING CONCERNS & MAKING SUGGESTIONS

If a parent, player or fan feels it necessary to voice concerns, they should do so through the Matthew 18 principle. This is published in the student application packet, as well as the Parent-Student Handbook. Please take time to read it. In dealing with athletic concerns, a parent, player or fan must remember that concerns are first voiced to the coach, then to the coach and school Athletic Director and if necessary, to the coach, athletic director and school administration.

1. Voicing problems, concerns and suggestions to assistant coaches (Assistant coaches are trained to politely direct persons with such comments to the head coach).
2. Voicing problems, concerns and suggestions to school administrators such as the Athletic Director, Principal or Superintendent (school administrators are trained to politely direct persons with such comments to the coach).



3. Voicing problems, concerns and suggestions to school board members (school board members are trained to politely direct persons with such comments to the coach).

If there is a concern the appropriate process would be approaching the person (usually the coach) whose decisions are in question. "For whoever would love life and see good days must keep their tongue from evil and lips from deceitful speech (I Peter 3:10)."

ATHLETIC TRAVEL

The school will make every effort to provide safe team transportation to all away games.

1. When team transportation is provided, the athlete is required to ride to and from the contest with the team. Any request to do otherwise must come directly from the parent to the coach. We ask parents to avoid doing this on a regular basis because we believe that team travel is a vital part of the overall sports experience and is conducive to team unity.
2. Student-athletes are to comply with all school travel – safety policies including wearing of seat belts. SCA and rented transportation should be treated with respect and kept clean.
3. When school or rental vehicles are not available, parents commonly are sought as drivers.
4. Student-athletes should conduct themselves with acceptable behavior while in the vehicles and in the restaurants. "Loud talking" and "horseplay" are not acceptable behavior. When appropriate, leave tips in restaurants. It is the student's responsibility to bring his/her own meal money.
5. Parents should arrive to pick up their student before the team vehicle arrives at the school. The coaches have been advised to remain on campus until all students are gone, or to leave students properly supervised by security officer on duty. It is not desirable for coaches to wait long periods of time for students to be picked up because of their own personal family responsibilities and long working days.

MISCELLANEOUS ITEMS

1. Athletic lockers must be cleaned out and locks returned to the athletic office.
2. Athletic bags and equipment should not be left out unoccupied around campus for safety and security reasons. All bags and equipment need to be safely secured in the athletic locker room or in a coach's classroom.
3. If uniforms and equipment are not returned, student-athletes will not be allowed to take finals. The equipment should be returned in a condition that highly resembles the condition at the time of issuance or simply reflects normal wear. A student will be charged for all damaged or lost athletic equipment.
4. Students must be in good financial standing with our accounting department or they will not be allowed to try out for a sport.
5. If parents are driving a vehicle they must fill out a driver form and a volunteer form.
6. No Sunday participation is allowed.
7. If you are transferring to SCA as a 10th, 11th or 12th grader please see athletic office for approval and proper forms to be filled out for the AIA.



THE ATHLETE'S COMMITMENT

The athlete is expected to fulfill his/her commitment!

1. Attendance at all practices, study sessions, meetings, games and awards ceremonies is required unless otherwise stated by the coach. Special circumstance "release time" should be truly special and communicated by the athlete and parent in writing as soon as possible **and no later than two weeks before** the event.
2. Quitting – this is contrary to the SCA athletic philosophy. We believe the athlete who has been selected to a team has made a commitment to the school, teammates and coaches. It is important to remember that a person's placed on the team often takes the place of a student who was cut or even chose not to try out due to the perceived competition level. **Any athlete quitting a team he or she has made after the five-day tryout period will be prohibited from all co-curricular activity for the duration of that season pending review by the Athletic Director and school principal.** All coaches are expected to enforce these guidelines. Any exceptions should be based on the most extraordinary of circumstances and requested in writing to the Athletic Director, subject to the approval of the Athletic Director and Principal.
3. School attendance – An athlete is required to attend class for the entire day in order to practice or play on that day. The only exception to this policy is a documented medical visit, or approval granted by the Athletic Director or Principal. This exception may not be granted by the coach.
4. Behavior and Conduct of SCA athletes:
 - a. At all times SCA athletes must remember that the primary purpose of SCA athletics is to glorify God. This should be reflected in our attitude and conduct.
 - b. Sportsmanship Rule – All AIA schools compete under the **Sportsmanship Rule**. Athletes ejected from contests must sit out the next regularly scheduled contest of that sport with the potential for further discipline at the discretion of the Athletic Director and head coach of the team. SCA coaches are encouraged to develop a team policy regarding personal fouls, technical fouls, red cards and other sport-specific sportsmanship violations. Copies of the AIA **Sportsmanship Rule** are available upon request from the Athletic Director's office.
 - c. Middle school sports are not subject to the AIA **Sportsmanship Rule**; however, we will impose the rule upon the middle school. A middle school athlete ejected from the final spring contest will submit to appropriate Athletic Director imposed discipline. Failure to comply will result in that athlete becoming ineligible for post-season recognition, awards and possibly future participation on SCA athletic teams.

SELECTION OF TEAM AWARDS

Middle school and high school coaches will nominate players for the team awards. Each team coach will determine the method of voting. Coaches may involve players in the voting or restrict voting to the coaching staff.

SIMULTANEOUS PARTICIPATION IN TWO OR MORE SPORTS

1. Student-athletes may participate in up to two sports or one sport and a co-curricular fine arts program per season.
2. Athletes participating in two sports must maintain grades of 70% or better in all classes.
3. Athletes participating in two sports must declare a priority sport or performing art.
4. Games, meets or matches have priority over practice. This includes AcaDeca practices outside of normal school hours.
5. Either of the two coaches can request limitation to one sport if in his/her opinion two-sport participation is proving detrimental to the team and/or the athlete. Such requests are to be brought to the Athletic



Director who will, in turn, meet with the two head coaches to determine if two-sport participation should be continued. If the conflict is between a sport team and a fine arts activity, the Athletic Director will work with the fine arts department chair and the principal to find a resolution.

6. Three-sport combinations are not allowable. Nor are two sports and a fine arts activity.
7. Combination of a sport and other co-curricular activity such as the play, etc. are acceptable.
8. Games and performances have priority over practice.
9. Athlete/performer must choose a priority in case of direct conflict of practice or competitions.

PERFORMANCE ENHANCEMENT: DRUG AND/OR DIETARY SUPPLEMENTS

With the increased emphasis on winning in society, and the desire of athletes to excel, many abuses are taking place today in the area of athletics. It is the position of Scottsdale Christian Academy that performance enhancing drugs (whether legal or not) and other dietary supplements are not necessary for peak athletic performance. On the contrary, the risk of permanent side effects, including possible death, does not warrant the Christian's use of these supplements. It is the belief of the coaching staff that proper conditioning, supervised weight training and strength development, teaching of proper fundamentals and techniques, and good nutrition and sleep habits will allow the student to perform at his/her peak. Athletes should not seek the easy way out. There is no substitute for discipline and hard work.

GAME DAY ATTIRE

Standard school attire should be worn on game day and on road trips unless some type of team dress (uniform, warm-up, dress-up clothes, etc.) has been previously approved by the Principal. Athletes may be asked to dress up, possibly including dresses for girls and ties for boys. The school is not required to provide travel clothes. In all cases, student-athletes are expected to be well groomed and within school day dress code standards.

WEIGHT ROOM POLICY

Strength development and weight training are an essential part of athletics at SCA. The SCA weight room is available for use by students. When using the weight room, student-athletes must have adult supervision. It is strongly suggested that the student-athlete works with their coach(es) in devising a weight training program. Users of the weight room must put all used equipment back and generally keep the weight room neat and orderly.

All of our coaches encourage weight training in and out of season; however, the athlete should be responsible to stay on a weight training program without disregarding other aspects of training. Being a small school, it is important that athletes do not weight train at the expense of participation in school sports.

SPECIAL EVENTS & COACH REQUIREMENTS

PRESEASON MEETING

Each team/program is encouraged to host preseason meetings which are designed to create enthusiasm, review policy, inform parents and players about injury risk and prevention, solicit volunteer help, meet coaches and answer any questions that players or parents might have.

**AWARDS ASSEMBLIES**

Athletic teams will conduct an awards assembly at the conclusion of each season. Athletes will be honored. Parents and families are encouraged to attend. Published dress guidelines must be followed. This is a part of the athlete's season and all team members are expected to attend.

CERTIFICATION

All high school coaches, paid and volunteer, are required to complete the AIA's Fundamentals of Coaching Education Course and NFHS Concussion Awareness Course.

CLOSING COMMENTS

It is desired that the careful reading of this Handbook will establish purpose for SCA athletics as well as make athletics an increasingly positive experience for student-athletes, their coaches, parents and fans. To God be the glory!