

Northside Christian Academy

Athletic Handbook



NORTHSIDE CRUSADERS

Dear Athletes and Parents,

The purpose of this handbook is to provide parents and athletes with the philosophy and guidelines of the NCA Athletic Department. It's important to remember that in our desire to win, that we not forget the mission of NCA, which is "to lovingly lead and equip students to believe, defend and proclaim the Truth." Competition in athletics provides unique opportunities for us to accomplish this mission and purpose, as we are not only able to disciple those in our school but also have a positive influence outside our school campus.

This handbook is required reading for athletes and their parents. Once each of you has read the handbook, please sign the Athletic Contract, complete the SCISA Physical Exam Form, and submit them to the athletic director with the specified fee before participating in any practices and games.

The guidelines here are not exclusive of school policy and may be changed as necessary. NCA does not limit itself to the remedies outlined here and will work with each athlete and their parents to resolve all situations.

It takes a huge commitment by parents and players to create and maintain a highly successful, Christ-centered sports program. Reading this handbook will help you understand and support our school's expectations.

Once an athlete commits to playing a sport at NCA, our desire is that it will be a great experience and provide good memories, new friends and life lessons to assist in serving the Kingdom.

NCA Administration

LETTER FROM THE HEAD OF SCHOOLS

Dear Athletes and Parents,

Athletics at NCA is an important part of our broader mission to develop young men and women into champions of Jesus Christ. Good coaches and programs help students develop discipline, place others before self and handle both joy and disappointments with grace and a generous spirit. In a real way, then, athletics is best understood as “co-curricular” with our overall program at NCA.

We ask three fundamental things from our student athletes:

First, to be good students. Keeping one’s passion for athletics in balance with one’s commitment to academics is critical. For this reason, student-athletes are held to the same high standard in the classroom as every other student in our school.

Second, to be committed to the team and their teammates. Athletics demands a large commitment of time and energy. Athletes are expected to make all practices, work hard, take constructive criticism from their coaches and put the team before individual statistics or success.

Third, to represent their school, their team and themselves with dignity and class, befitting a school that professes to put the gospel of Jesus Christ before all else.

We ask parents to work with our coaching staff to help us create an environment where these three things truly come to fruition.

And let us not forget, in this ultra-competitive world in which we live, that athletics is also about having good fun! May we enjoy each other’s company as we cheer for our teams, our players and our school.

Go Crusaders!

Pastor Scott Crede
Head of Schools

We will strive to develop and demonstrate excellence in the following areas:

Competition (Matthew 25:14-30, 2 Thessalonians 1:11 *"... and that by His power He may fulfill every good purpose of yours and every act prompted by your faith."*)

- Focus on excellence and fulfillment of God-given potential, refusing to define success solely on the contest's final score.
- A genuine respect and concern for our opponents and the realization that a worthy foe elicits the best in us.

Academics (Proverbs 23:12 *"Apply your heart to instruction and your ears to words of knowledge"* 2 Timothy 4:14-17)

- Coaches and programs that promote a genuine desire for learning among our student-athletes.
- Coaches and teammates who provide accountability and motivation toward excellence in academics and overall progress toward graduation.

Personal Growth (Proverbs 2:9-11 *"9 Then you will understand what is right and just and fair—every good path. 10 For wisdom will enter your heart, and knowledge will be pleasant to your soul. 11 Discretion will protect you, and understanding will guard you."* 2 Timothy 2:20-21)

- Commitment to use the athletic experience as a vehicle to develop the whole person.
- The establishment of a true and lasting legacy within our programs based upon our student-athletes' future roles as leaders (husbands/wives, parents, employers/employees, friends, etc.)

Community and World Impact (Matthew 28:19-20 *"Therefore go and make disciples of all nations..."* Mark 12:29-31)

- A whole-hearted commitment to use the athletic experience as a platform for sharing the gospel of Christ.
- Student-athletes and coaches who will seek to model the life of Jesus Christ through acts of service toward their teams, the NCA campus, the Greater Columbia Area and the world.

To evaluate our athletic programs and all persons involved in them in the light of the Bible (2 Timothy 3:16; Psalm 119:105, 130; Psalm 139:23, 24; Hebrews 4:12 *"For the word of God is living and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart."*)

To use athletics to train boys and girls to walk in a manner consistent with the Scriptures (Deuteronomy 6:4-9; 1 John 2:6; John 15:10; Hebrews 12:11 *"No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it."*)

To cooperate with our parents as we labor together in the process of training the people entrusted to us (Ephesians 6:1-9; Romans 12:3-8; Galatians 5:13-15 *"You, my brothers, were called to be free. But do not use your freedom to indulge the sinful nature; rather, serve one another in love ..."*)

To teach each of our athletes to do all they can to strengthen the team, doing their part for the good of the whole (Philippians 2:1-11; Ephesians 4:1-6; Romans 12:3-5 *"...so in Christ we who are many form one body, and each member belongs to all the others ..."* Romans 15:1-7; 1 Corinthians 12:12-26)

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**Northside Christian Academy
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Mission Statement

**In our desire to win, help us not forget the mission of NCA, which is to
Believe, Defend and Proclaim the Truth.**

Athletics at Northside Christian Academy is an integral part of the school's educational program. We believe a strong athletic program is vital to the success of achieving our God given purpose. Athletics is one of the foundations for building school pride and school spirit. We encourage our student body to be involved in our athletic program through both active participation and supporting the endeavors of their classmates. Students in the 5th grade and above can participate in our athletic program.

Philosophy of the NCA Athletic Program

The purpose of the Crusader Athletic Program is to promote physical, mental, and spiritual growth for our student athletes. We believe that athletics is a significant tool in the educational process of spiritual character development and helps to encourage students to lead by example. Athletics provides an opportunity to honor God through excellence, maximum effort, self-discipline, sacrificial teamwork and outstanding sportsmanship. (*"Whatever you do, work at it with all your heart, as working for the Lord, not for men, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving."* **Colossians 3:23-24**)

The spiritual goals of the Northside Christian Academy athletic program are as follows:

- To conform each athlete to the positive character of Christ
- To teach winning and losing
- To teach submission to authority on and off the court/field
- To apply the lessons learned from athletics to the spiritual growth of the athlete
- To teach honesty, respect, dependability and self-control
- To learn the value of teamwork in relation to service

SCISA CLASS A-REGION I

Covenant Classical Christian School

Curtis Baptist School

Mead Hall

Northside Christian Academy

South Aiken Baptist Christian School

Wardlaw Academy

*Northside Christian Academy partners with McCain Orthopaedic Center to provide our athletes with
state of the art care for sports injuries.*

Our Responsibilities to God

Christians are ambassadors for Christ and the light of the world. *II Corinthians 5:20*, "We are therefore Christ's ambassadors, as though God were making his appeal through us. We implore you on Christ's behalf: Be reconciled to God." The NCA Athletic Department's top priority is to exemplify the character of Christ. Therefore, it is essential that every coach, every player, every parent, every student and every fan maintain a good Christian witness at all of our athletic events. Other teams and their fans, both Christian and non-Christian, are watching us, and we have a great opportunity to display God's honor so that they might be drawn closer to Jesus and His saving grace. How does the world know that we are authentic followers of Christ? By the love we demonstrate and by our unity. Jesus said, "By this all men will know that you are My disciples, if you love one another." (*John 13:35*). He also prayed for us: "May they be brought to complete unity to let the world know that You sent Me and have loved them." (*John 17:23*)

Approach to Competition

Tryouts are required for all team sports offered. At all levels we will strive to put the team on the court or field with the athletes that are best qualified. We are looking for qualities that include sport fundamental talents, attitude, work ethic and academic progress. Each team has a maximum number allowed on that roster, however a coach may carry less if he/she chooses. An athlete's playing time will be determined by athletic ability, coachability, attitude, attendance and academic eligibility. The coach will determine how much each player will play according to the strengths and weaknesses each player exhibits. Each player is competing for playing time and a starting position. Those making varsity teams will compete with teammates for playing time and starting positions. The coach will determine an athlete's playing time according to the athlete's overall performance in practice, games, in the classroom and dictates of the contest at hand. **Parents SHOULD NOT expect a coach to discuss playing time.**

Athlete Playing Time Policies and Guidelines

The Player Should:

- Practice so intensely that the coach feels pressure to reward him with playing time. Coaches notice intensity in practice; not occasional periods of intensity, but every day, every minute of intensity.
- To have any legitimate reason to talk to a coach about playing time concerns, a player must bring to that meeting a history of practicing with excellence.
- Understand everything the team does, both offensively and defensively. A player can't expect to play if his coach has doubts about his understanding of what to do in the game.
- Develop knowledge of as many positions as possible. You never know when the opportunity may come, due to another player's injury or illness or another reason. Be ready to go whenever and wherever needed.
- Want to play, whether for long or short periods of time. Be ready by staying in the game mentally, while on the bench. When the coach starts to think about whom to sub into a game, your chances of being chosen will be increased if he sees you focused, aware of the game situation, and encouraging your teammates from the bench.
- If a non-starter, genuinely cheer for those who start. There are two things that might increase the chances of a sub going into the game: the starter's mistakes or the starter's playing with

such great intensity and success. A true team player will cheer for the latter to occur.

- If a starter, be genuinely glad when the subs get to play, and cheer for them. A starter can easily become spoiled and selfish. That is however, an inappropriate team mentality.
- Respect the subs for the role they play in practice, pushing you to become a better player.

The Parent Should:

- Consider the “big picture” before becoming critical. Remember that you are not at practice and often game to game decisions are based on what happens in daily practice. Give the coach time to evaluate his players, to see who gets the job done. Realize that even the best players have an “off night” and that a less talented player can have a great game and deserve to be in the game more than usual.
- Avoid sowing seeds of dissention. Resist the urge to talk to other parents or fans about your dissatisfaction. Everyone loves to have company in their misery, but no good ever comes from it.
- Encourage your athlete to talk to the coach when playing time questions exist. Avoid robbing your child of a wonderful opportunity to mature and develop communication skills of his own. You may need to help him think through what to say to the coach.
- Support the coach even though you may not agree with his/her decisions. It will make your athlete’s experience a much better one overall.
- Understand that if athletes or parents step out of any expectations, that the NCA administration and athletic director may remove the athlete from the team.

Chain of Command

Many of us want to go straight to the top with a complaint; however, every successful organization follows an established chain of command. By doing so, Northside Christian Academy Athletic Department will maintain a high level of accountability.

Level 1 – Meet with the Coach

It is important that coaches listen to parents and their concerns. The coach has a responsibility to all parties to explain individual decisions that directly affect the student athlete. However, the coach does not have to arbitrarily or automatically change their decision. The coach must communicate with the parents; this is a component of coaching.

Level 2 – Meet with Coach and Athletic Director

This meeting will allow for the parent to now be heard by the athletic director if no resolution occurred at the first level.

Level 3 – Meet with the Athletic Director and Head of Schools

This meeting will allow for the parent to be heard by the head of schools if no resolution occurred at the second level.

The chain of command is not complicated, it is essential in avoiding problems. More importantly, we are commanded in Matthew 18:15-20 to confront in an orderly fashion.

Program Goals

All students are encouraged to participate in the athletic program and all efforts will be made to ensure that a student can participate. In cases where teams are limited in size, the athletic department is committed to selecting an appropriate team in a fair and impartial manner. In the case where a student is not chosen for the team of their choice, the athletic department will work with the student to help identify other areas of athletic interest and potential participation.

Eligibility Policies

Student athletes wishing to play two different sports during the same season may do so only with the approval of the athletic director and the respective head coaches and must make a firm commitment at the beginning to one of the teams in case of conflict. In many cases, it may not be possible for a student to participate on two teams during the same season.

The policy of the school is that students must be enrolled at NCA in order to be eligible to compete in the athletic program. School sanctioned activities include, but are not limited to: all try-outs for athletic teams, summer team camps, (or camps otherwise recommended by the school), formal practice sessions and games.

The athletic director and respective head coach will establish the maximum number of students allowed on a team and will develop criteria for team selection.

7th and 8th grade students may only participate in certain varsity sports and only with parent and school permission. A student must be in at least 8th grade to participate at the varsity level in basketball, baseball and soccer. Students must be in the 9th grade to play varsity football.

5th – 8th grade students are eligible to try out for non-contact sports. Middle school football is for 6th – 9th grade boys.

Please contact the Athletic Director for more information on grade level and age restrictions.

Transfer Rules

A student who transfers after having:

- a. Attended one class
- b. Filed the Agreement for Participation during the defined sports season
- c. Practices with team on or after the first official practice date

must wait sixty (60) days to become eligible. *This may be waived for a bono fide change in residence.*

The sixty (60) days may be waived following league/committee review if all of the following conditions are met to the satisfaction of the Committee at it's sole and absolute discretion for a non-member to member transfer:

- a. The student has completed a Transfer Form
- b. The parents provide a statement detailing the reason for the transfer
- c. The student enrolls in the SCISA member school on or before *September 15th for Fall sports and January 8th for Winter sports.*

- d. If approved, a transfer must participate in ten (10) days of practice before he/she is allowed to participate in a game. Second semester transfers are subjected to the sixty (60) day rule. (*transfers after January 8th/end of 1st semester*).

The following additional policies are also in effect:

- a. A transfer must have attended classes for thirty days prior to the start of the play-offs to be eligible to participate in the play-offs.
- b. An academically eligible transfer student (*school year transfer as defined above*) must have been eligible to represent his/her former school under any school, student or athletic policy that was in place when the student transferred or the student must wait for ninety (90) calendar days to become eligible. The Committee reserves the right to extend this period if conditions so warrant.
- c. A student who transfers before the start of the school year (*has not attended one class and has not practiced with the team on or after the first official practice date*) and has met all eligibility standards is eligible for athletic participation.

Academic Guidelines for Athletic Participation

The NCA student athlete is expected to be committed first and foremost to his or her academic responsibilities. In accordance with SCISA rules, a student participating in interscholastic athletics must take and receive credit for at least FOUR (4) One Credit Core Courses or Any FIVE (5) One Credit Courses each grading period/semester. A senior who has met or is meeting all requirements for graduation must pass four (4), one credit courses each marking period/semester.

- Students may become ineligible based upon their grades at the 4 ½ weeks Progress Report and the 9 week Report Card grade.
- If a student becomes ineligible at the mid-quarter Progress Report, he/she may be reinstated to the team after a 5 school day period if all grades meet the eligibility standard.
- If a student becomes ineligible at the end of the 9 weeks, he/she may be reinstated to the team again after a 15 school day period if all grades meet the eligibility standard.

NCA expects a high level of academic commitment and performance from our student athletes. In support of these expectations, the head coach of each sport will monitor the academic progress of student athletes throughout the season.

Eight Semester Rule: A student has Eight (8) Consecutive Semesters of eligibility from the time he/she first enters the ninth (9th) grade.

Student Athlete Behavior

Student athletes are expected to be responsible for their behavior both on and off campus and conduct themselves in a manner consistent with the high expectations for all NCA students. Student Athletes should demonstrate honesty, self-discipline and integrity and serve as role models for other students, particularly for younger students. Student athletes must be respectful of the judgment and decisions of coaches and officials. Student athletes must also respect teammates and opponents. The Athletic Director and/or head coach will handle any disagreements with coaches, officials, teammates, opponents or fans. Profanity will not be tolerated at any time during the season. Coaches are expected

to refrain from the use of profanity and should deal very firmly with any offense by the student athlete.

Sportsmanship

Athletes and coaches are expected to exhibit good sportsmanship at all times. It is also essential that the spectators exhibit good sportsmanship as well and adhere to the following guidelines during competition:

- Always cheer in a positive manner. Positive cheering leads to positive results.
- Do not talk to officials before, during or after the competition.
- Keep all comments about officiating to a minimum. We want athletes to concentrate on what is about to happen, not what has already happened. PLEASE TRY TO LEAVE CONCERN FOR OFFICIATING TO THE ATHLETIC STAFF.
- Please do not communicate with our athletes from the start of warm-up until the end of competition, other than to cheer their efforts. We want our athletes to remain focused.
- Fans should be seated in bleachers or remain in designated areas away from the team and playing area.
- Casual profanity by an athlete or coach, or taunting of teammate/opponents or any fans, displays poor sportsmanship and will not be tolerated.

Practice/Game Schedule and Student Pickup

A schedule for all games and practices will be given to all athletes. The practice schedule will be set monthly. It is the athlete's responsibility to provide this schedule to his or her parents. Coaches will stay after practices and games until all athletes have been picked up. Parents should pick their child up at requested time. A schedule of departure and return times for away games will be given to all athletes. Please note that return time is approximate because it is difficult to predict how long a game may last. Please be considerate of the coaches and pick your child up at the requested time.

Parent information meetings will be held at the beginning of each season. Each coach will communicate their goals, policies and expectations to the parents.

Training and Health Related Issues

The Athletic Program endorses fully the school's policies on substance and tobacco use. In addition to disciplinary action by the school for students who may violate these policies, the Athletic Department reserves the right to limit, suspend or dismiss a student from his or her involvement in athletics.

Physicals and Insurance

All students who participate in the athletic program are required to have a record of a current and successfully completed physical examination. A certified medical physician must give the exam. No student athlete will be allowed to participate in any school sponsored sport without an updated physical on file with the Athletic Department. Physicals are current for one (1) calendar year. Physical form packets are available at the front office and on the School's website under the Athletics link.

All student athletes must be covered by insurance before participating on a school sponsored athletic

team. All students must be covered by family insurance and all family insurance information must be on file with the head trainer.

NCA DOES NOT PROVIDE STUDENT INSURANCE FOR ANY ATHLETIC RELATED INJURY.

Practice and Game Attendance

Student athletes are expected to attend all practices and games unless an illness, death in the family or another significant event prevents their attendance. In order for a student athlete to be able to participate in a practice or game, the student must be in school for at least 60 percent of his/her regular class schedule on the day of the event. The appropriate principal and the athletic director must approve exceptions to this policy.

It is the responsibility of the student athlete to organize his or her time and priorities so that commitments to both academics and athletics are fulfilled. It is also the responsibility of the student athlete to notify classroom teachers of absences from class at least one day prior to the absence when the absence is caused by an athletic contest. The student athlete is responsible for make-up work resulting from such an absence. All student athletes are expected to be at school on time the day following an athletic event. A concerted effort is made to schedule games so that a minimum of class time is missed.

Any team member who is injured but able to attend school is expected to attend all practices and games unless personally excused by the head coach. Physical limitations do not preclude an athlete from being able to assist the team in some way. Coaches are required to keep practice attendance records throughout the season. If a student athlete must miss a practice session or a game, the coach must be notified at least a day in advance. If excessive absences occur, a student athlete may be dismissed from the team. Parents will be made fully aware of their child's absenteeism record before the child's position on the team is in jeopardy.

Athletic Fees

NCA offers a competitive interscholastic athletic program. Each team member will be assessed the athletic fee listed below for each sport they participate in. There will be a per student cap of \$250.00/year.

Football	\$150
Volleyball	\$95
Basketball	\$125
Cheerleading	\$150
Baseball	\$125
Softball	\$95
Golf	\$75

NCA Communication

All game schedules can be obtained on the school website.

In the case of inclement weather, the school will generally make a call by 1:00 p.m. Typically we are unable to provide information regarding field and weather conditions before this time.

Contact information for our coaching staff are listed on the school website.

Parent information meetings may be held at the beginning of each season. Each coach should take the opportunity to communicate to the parents their goals, policies and expectations for the upcoming season.

What to Expect from NCA Coaches

Men and women that are committed to Christ and demonstrate a life under the control of the Holy Spirit, love young people and are knowledgeable in their sport. Each head coach will be familiar with first aid, go through coach training and demonstrate an understanding of the rules and strategy of his/her given sport. Each coach is expected to be a Christian role model; regularly engaging the team in prayer, devotions and life lessons and is actively involved in a Christ-centered church which believes in the authority of the Bible. Coaches should strive not only to disciple NCA athletes but also lovingly desire to present truth to opposing teams as well.

Coaches are trained to hold meaningful, organized practices emphasizing the fundamentals of their sport. Each coach will hold a preseason meeting for prospective athletes, before tryouts, to provide information about the sport. Coaches will follow the NCA tryout policy for their sport (handed out at the preseason meeting) and will hold a parent information meeting.

Parent Support and Cooperation Guidelines

1. Our home game helpers are our athlete's parents. If your student is on a team, we are relying on you to help carry the work load. We attempt to schedule parent workers before or after their athlete's team is playing. Parents will be presented a sign up work chart to help in the concession stand, postgame clean up or collecting admission at the gate. If you cannot work your slot, it is your responsibility to find a substitute worker. Please help with clean up after home games whenever you can so that the job is easier for all.
2. Parents car pool players to away games. Directions are provided in the school office to all away games. Drivers will be arranged by Team Parents. We encourage parents to drive and require that current copies of valid driver's license and insurance be on file in the school office before transporting players. Parent drivers are under the head coach's direction and must travel together so that the team can be monitored. The head coach must be consulted about any decisions while the team is on the road.
3. Be a model, not a critic; model appropriate behavior, poise and confidence.
4. Attend the early season parent meeting.
5. View the game with team goals in mind.
6. Attempt to relieve pressure not increase it.
7. Encourage multi-sport participation.
8. Release your athlete to the coach and the team.
9. Look upon opponents as friends involved in the same experience.
10. Accept the judgment of the officials and coaches; remain in control.
11. Demonstrate winning and losing with integrity. Be an encourager- encourage athletes to keep their perspective in both victory and defeat.
12. Be a good listener.

13. Accept the goals, roles and achievements of your athlete.
14. Attend every contest that is feasible. Being at the game is important to your athlete. However, do not try to live through your child. Be positive and supportive without adding undue pressure and unrealistic expectations.
15. Belief in and support of the coach's judgment, character, actions, strategy, and overall philosophy will help your child do the same. In contrast, criticism and constantly questioning a coach's actions and overall program will likewise lead the student-athlete in that way. The attitudes and ideas communicated in the home will often be carried out in the heart and mind of the athlete.
16. Help your student athlete stay eligible academically by monitoring and encouraging progress.
17. Support our Booster Club anyway you can. It is the sole financial support for NCA Athletics.
18. Help your child's team by being a score keeper, team mom or dad, driver, scoreboard operator, stat keeper, etc.
19. Be flexible whenever possible. As carefully as planning is done, changes in times and schedules sometimes need to be made.
20. Pick up players on time after practices/games. Our coaches work to finish on time.
21. Build up, rather than put down other team members. It is important that each one sees the other team member as a vital part of the team, regardless of the role or skill level.
22. Each team might have a Team Mom or Team Dad, if the coach would like. (There can be more than one.) These parent helpers will assist in setting up car pools and arranging concession workers, while working closely with the team's head coach.

Parent Communication

1. If your athlete must miss a practice or game for family reasons that are unavoidable, the athlete must let the coach know directly as soon as possible.
2. If you have a valid question or comment, verbalize it to the appropriate person (most often the coach). Choose an appropriate time and do so in a positive way. Some issues are best handled during the off-season.
3. Remember that the coach is the designated person in charge. You may not understand or agree with some of his/her philosophies or decisions but be willing to give the benefit of the doubt and show your support.

Guidelines for handling parent/coach concerns

See **Matthew 18:15-19** (It is expected that this procedure is followed closely.) Generally, the first responsibility is for the athlete to talk to the coach. (It is a part of growing up) A coach appreciates communication from the athletes regarding team or individual situations. A coach will not "hold it against" an athlete for wanting to talk about a situation. If a parent wants to speak with a coach about a concern, it should be done at a suitable time via a face to face appointment.

Discussing problems with a coach before or after a game is not an appropriate time and a coach must never be confronted before or after a practice or game. Coaches are teachers. A parent would not walk into a classroom during class time and yell at the teacher about a poor grade, so please do not confront the coach in a public setting. Problems get solved in meetings, not the public arena. If the concern still exists after meeting with a coach, the concern should be taken to the Athletic Director.

Observe the following chain of command when you have a question or concern: Head Coach, Athletic Director, Head of Schools. The organization of the Department of Athletics calls for these procedures to be followed for efficiency and to insure a smooth running operation.

This chain of command should be viewed as a professional manner in which a coach/person can make his feelings known and as an effective way to have input into his program. The Booster Club does not set policy or address concerns and is not a part of the Athletic Department chain of command except as it relates to assistance in fundraising and support services.

Sportsmanship for Parents and Spectators

It is important to make guests to our school activities feel welcome. All visitors should feel as though they have been treated fairly and dealt with in a sportsmanlike way. The skills of the visiting team should be recognized and appreciated. Everyone needs to work to create a positive atmosphere at Northside Christian Academy. The following behavior is not acceptable at any contest: booing or jeering, mocking or taunting, yelling negative comments to officials, coaches, or athletes, or using improper language (swearing, boasting, or disrespectful talk). Never confront officials or other participants during or following a contest. If a problem occurs, inform the school administration and allow them to deal with the situation. A game official or school administrator (or their designee) has the authority to remove anyone from the confines of an athletic contest for unsportsmanlike behavior. The school may also deny the privilege of attending future games.

NCA Sportsmanship/Student Athlete Behavior

The tradition we are establishing is to glorify God by winning with honor and losing with grace. We desire to win, but only if in so doing we honor God. Such a tradition is worthy of the best efforts of all concerned. You must maintain a good attitude and athletic image in gaining respect of coaches and teammates. Cooperation, obedience and respect toward coaches is expected. Disrespectful behavior and dissension will not be tolerated. Some offenses require, because of their very nature, a zero tolerance position. That is, discipline with consequences (e.g. detention, in-school or out-of-school suspension, academic penalties, athletic or extracurricular ineligibility, probation or expulsion) will occur regardless of the circumstances. Zero tolerance items include but are not limited to the following: the possession, sale, or use of drugs (including illegal performance enhancing drugs), alcohol, tobacco and their related products or paraphernalia, sexual harassment, overt or obscene sexual behavior and language, any improper language (swearing, boasting or disrespectful talk), the illegal use of or possession of weapons, the use of or possession of explosives of any kind, hazing, acts of violence against another person and setting fires or false alarms.

Requirements for Participation

Physical Examination

Prior to the tryouts and first practice, a student shall undergo a thorough medical examination and be approved for interscholastic athletic competition by a medical authority licensed to perform a physical exam. The passed exam is valid for twelve (12) months and should be completed in the fall or spring of the school year when possible. The exam form is available on the NCA website under the Athletic Tab.

Fee

NCA offers a competitive interscholastic athletic program. Each team member will be assessed an

athletic fee for each sport they participate in. There will be a per student cap of \$250.00/year. See Athletic Fees for a list of fees.

Athletic Contract and Acknowledgement of Risk Forms

Each athlete and parent must sign the Athletic Contract which outlines NCA discipline policies, athletic department policies and parent/athlete assumption of risk to participate. The forms are also an acknowledgement of the athlete and parent that they agree to uphold the school policies in the NCA Athletic Handbook for Parents and Students. These forms are to be handed in to the coach at the beginning of the season.

Financial Obligations and Equipment

- A sports fee is assessed each time an athlete makes a team. This fee is not refundable.
- School issued uniforms are to be worn only for games/competition.
- Equipment/Practice gear – Athletes are responsible for the proper care and security of equipment issued to them. School-furnished equipment is to be worn or used only for practice and games. All equipment not returned in good condition at the time requested at the end of the season will be subject to replacement value and your FACTS account will be charged.

Athlete Dress Code

Game day dress code is in effect for the entire time of the event. Athletes will come to school in dress code, travel to away games and return from their homes for home games in game day dress code. Male athletes must wear a collard chapel shirt and tie and khaki or black pants. The tie must be tied and worn properly. Shirts must be tucked in. Girls are to wear khaki or plaid skirt and chapel blouse. If the coach chooses, and the Athletic Director approves, teams may have the option of purchasing a game day shirt or jacket to wear in addition to or in lieu of the dress code described above. All athletes on a team must go with one dress code or the other. Shirts must be tucked in at all times and pants/skirts must be appropriate uniform. No jeans are allowed. Practice dress code will be addressed by individual coaches at the beginning of the season. However, all athletes are required to dress in a manner consistent with a Christian testimony. Extremes in fashions are discouraged for girls and guys alike because they tend to draw attention to the individual rather than the Lord they are called to serve. Athletes failing to comply will be subject to consequences from their coach and/or Administration.

Dress Code for Post Season Awards Ceremonies

No jeans or shorts are allowed. It is expected that our players dress nice for these events! All athletes must adhere to the NCA dress code policy.

Postgame Day Policy

Athletes need to be at the school the day after games. We have experienced problems with players coming to school late or not at all the day after games because they are sleeping in. Athletes that do this may not be allowed to play the next game or some portion as is deemed appropriate.

Events Held Off Campus/Transportation Policy

NCA depends on parent carpools to transport players to away games. Parents will be asked to sign a carpool waiver. All drivers must meet the requirements outlined on the NCA Driver's Form in the school office and must be cleared before they can transport any NCA athlete, besides their own. Students will be assigned to carpool and must ride to and from the game unless prearranged by parent and coach. Athletes are required to have a note from a parent to present to the coach before a game if he/she plans to ride back from away games with a different driver. Parents' approval must be confirmed in writing, in advance if a student is to ride with adults other than his or her parents after the event. Otherwise, all athletes are to ride to and from games with the driver assigned by the coach.

If a team uses school transportation to get to an athletic event, students must travel to and from the event on the school provided transportation, unless the coach allows students to return with their parents. Parents must sign the transportation roster after the game if their child is riding home with them. For athletic events held outside the Lexington area, students are **not** permitted to drive to or from the event.

General Athletic Team Policies

1. If an athlete misses an entire day from school for illness, he/she cannot participate in practice or a game.
2. When a student is medically excused from school, he/she will also be excused from practice. The athlete must call the coach and inform him of the situation.
3. If the athlete is in attendance at school by 11:30 a.m., he/she may participate in games and practices.
4. If the student-athlete attends school, he/she should also attend practice even if he/she does not suit up.
5. Athletes need to be at practice. Please schedule appointments and vacations around practice.
6. Players may be required to practice during weekends and school vacations. These practices are very important, and players/parents are asked to plan around them and attend.
7. NCA teams wear practice uniforms. Be in uniform for practice if applicable.
8. Athletes suspended for any reason are required to miss at least the next game and possibly more depending on the circumstances.
9. Athletes quitting a team are not allowed to receive any team awards or to try out for another athletic team that season unless the reason for quitting was approved by the Athletic Director beforehand.
10. If an athlete has an unexcused absence from school anytime during the school day, he/she will not be allowed to practice or play in the game that day.
11. If an athlete has unexcused absences from practice, he/she may not be allowed to play in a portion of the next athletic contest.
12. If an athlete's tuition bill falls in arrears by 45 days; the athlete will become ineligible to participate in all athletic contests until the account has become current or an acceptable financial arrangement has been made with the Finance Coordinator and/or Head of Schools.

End of the Season Awards

An awards night with athletes and families will be scheduled after the completion of the season. Athletes who are suspended from the team during the season may not have the opportunity to letter or earn special awards.

Lettering Guidelines

Letters shall be presented to an athlete who satisfied the participation requirements established for that particular sport, completes all team obligations, and receives the recommendation of the coach.. The athlete must maintain a good attitude and athletic image in gaining respect of coaches and teammates. It may be possible for a coach to letter an athlete in a special situation such as an injury or illness where had this not happened, he/she probably would have lettered. All equipment must be handed in before a letter will be awarded. Coaches, along with the athletic director may determine to award a letter to any student who has consistently attended practice sessions and who has shown true dedication to the sport during the student's school career.

Cross Country	-	Must have run in 80% of all meets
Volleyball	-	Must have played in 50% of all games in a season
Golf	-	Must have played in 50% of all matches in a season
Soccer	-	Must have played in 50% of all halves in a season
Football	-	Must have played in 50% of all quarters in a season
Basketball	-	Must have played in 50% of all quarters in a season
Baseball	-	Must have played in 50% of innings in a season
Softball	-	Must have played in 50% of innings in a season
Track	-	Must have participated in 80% of all meets

NOTE: Coaches may use their discretion to award letters where special circumstances exist such as an injury to a player who without the injury likely would have earned a letter.

NCA Lightning Protocol

As inclement weather conditions arise, please follow this protocol.

- Check the weather report before any practice or event. Consider monitoring The Weather Channel.
- Beware of the signs of nearby thunderstorm development. Know and identify available shelters and the time required to move your team there.
- If the faculty/school has an on-site lightning detection system, those warnings must be heeded.
- In the absence of an on-site detection/warning system, use the following criteria for suspension of play.
- When thunder is heard or a cloud-to-ground lightning bolt is seen, the thunderstorm is close

enough to strike your location with lightning. Cease all outdoor activity immediately and move to distant cover immediately.

- Be sure to move away from tall buildings, metal objects, light towers and open fields.
- If you feel your hair stand on end or your skin tingle – crouch immediately.
- Once the storm has cleared, allow 30 minutes after the last sound of thunder before resuming activity.
- Pay attention to lightning threats, not the magnitude of the rain.

NO GAME OR PRACTICE CAN EVER BE WORTH THE POSSIBILITY OF INJURY OR DEATH BECAUSE SOMEONE DID NOT FOLLOW THE ABOVE PROTOCOL.

The South Carolina Independent School Association Heat Stress and Athletic Participation

Early fall football, cross country, soccer and field hockey practices are conducted in very hot and humid weather in many parts of the United States. Due to equipment and uniforms needed in football, most of the heat problems have been associated with football. From 1995 through the 2004 football season there have been at least 15 high school heat stroke related deaths. This is not acceptable. There are no excuses for heatstroke deaths, if the proper precautions are taken. During hot weather conditions the athlete is subject to the following:

HEAT CRAMPS – Painful cramps involving abnormal muscles and extremities caused by intense, prolonged exercise in the heat and depletion of salt and water due to profuse sweating.

HEAT SYNCOPE – Weakness, fatigue and fainting due to loss of salt and water in sweat and exercise in the heat. Predisposition to heat stroke

HEAT EXHAUSTION (WATER DEPLETION) – Excessive weight loss, reduced sweating, elevated skin and core body temperature, excessive thirst, weakness, headache and sometimes unconsciousness.

HEAT STROKE – An acute medical emergency related to the thermoregulatory failure. Associated with nausea, seizures, disorientation and possible unconsciousness or coma. It may occur suddenly without being preceded by any other clinical signs. The individual is usually unconscious with a high body temperature and a hot dry skin (heat stroke victims, contrary to popular belief, may sweat profusely).

It is believed that the above mentioned heat stress problems can be controlled provided certain precautions are taken. According to the American Academy of Pediatrics committee on Sports Medicine, heat related illnesses are all preventable. (Sports Medicine: Health Care for Young Athletes, American Academy of Pediatrics, July 2000).

The following practices and precautions are recommended:

1. Each athlete should have a physical examination with a medical history when first entering a program and an annual health history update. History of previous heat illness and type of training activities before organized practice begins should be included. State High School Associations recommendations should be followed.
2. It is clear that top physical performance can only be achieved by an athlete who is in top

physical condition. Lack of physical fitness impairs the performance of an athlete who participates in high temperatures. Coaches should know the PHYSICAL CONDITION of their athletes and set practice schedules accordingly.

3. Along with physical conditioning the factor of acclimatization to heat is important. Acclimatization is the process of becoming adjusted to heat and it is essential to provide for GRADUAL ACCLIMATIZATION TO HOT WEATHER, It is necessary for an athlete to exercise in the heat if he/she is to become acclimated to it. It is suggested that a graduated physical conditioning program be used and that 80% acclimation can be expected to occur after the first 7-10 days. Final stages of acclimatization to heat are marked by increased sweating and reduced salt concentration in the sweat.
4. The old idea that water should be withheld from athletes during workouts has NO SCIENTIFIC FOUNDATION. The most important safeguard to the health of the athlete is the replacement of water. Water must be on the field and readily available to the athlete at all times. It is recommended that a minimum 10 minute water break be scheduled for every twenty minutes of heavy exercise in the heat. Athletes should rest in a shaded area during the break. WATER SHOULD BE AVAILABLE IN UNLIMITED QUANTITIES
5. Check and be sure athletes are drinking the water. Replacement by thirst alone is inadequate. Test the air prior to practice or game using a wet bulb, globe, temperature index (WBGT index) which is based on the combined effects of air temperature, relative humidity, radiant heat and air movement. The following precautions are recommended when using the WBGT Index: (ACSM's Guidelines for the Team Physician, 1991)

Below 65: Unlimited Activity

65-73: Moderate Risk; Allow Fluids as needed

73-82: High Risk; Frequent Hydration; Schedule 5 minute breaks every 25-30 minutes

82 plus: Very High Risk; assess practice activities, modify practice as necessary. Extend cool down breaks.

90+: Changing practice time and moving to indoor facility recommended; Modify practice schedule; Extend cool down period breaks to 7-10 minutes every 10-15 minutes; Frequent hydration.

6. An alternative method for assessing heat and humidity is the weather guide or heat index. Refer to the Sports Medicine Handbook section on heat related illness published by the NFHS. Figure 1 is an example of a heat-humidity index table that defines low, moderate, high, and extreme risk zones.
7. Cooling by evaporation is proportional to the area of the skin exposed. In extremely hot and humid weather reduce the amount of clothing covering the body as much as possible. NEVER USE RUBBERIZED CLOTHING.
8. Athletes should weigh each day before and after practice and WEIGHT CHARTS CHECKED. Generally a 3 percent weight loss through sweating is safe and over a 3 percent weight loss is in the danger zone. Over a 3 percent weight loss the athlete should not be allowed to practice in hot and humid conditions. Observe the athletes closely under all conditions. Do not allow athletes to practice until they have adequately replace their weight.

9. Observe athletes carefully for signs of trouble, particularly athletes who lose significant weight and the eager athlete who constantly competes at his/her capacity. Some trouble signs are nausea, incoherence, fatigue, weakness, vomiting, cramps, weak rapid pulse, visual disturbance and unsteadiness.
10. Teams that encounter hot weather during the season through travel or following an unseasonably cool period, should be physically fit but will not be environmentally fit. Coaches in this situation should follow the above recommendations and substitute more frequently during games.
11. Know what to do in case of an emergency and have your emergency plans written with copies to all your staff. Be familiar with immediate first aid practice and prearranged procedures for obtaining medical care, including ambulance service.

Summary

Northside Christian Academy is seeking to represent Jesus Christ in each and every aspect of our campus activities. Our athletic teams are a major aspect of that activity and integral to the education we provide our students. On the fields or courts of competition is where who you really are comes out and shows. We want our student-athletes, as well as our coaches, parents, boosters, and administration all striving and pulling together for the same goals. Our number one priority is always to glorify our Lord and Savior Jesus Christ. If this is constantly taking place in all of the lives of the people involved at NCA, we will be seeking to serve our Lord Jesus Christ to the best of our abilities in each and everything we do.

We look at each student-athlete as a unique and valuable individual with God-given gifts and characteristics that are to be nurtured in order to become the best servant of Christ.

Our prayer at Northside Christian Academy will continue to be to allow God to show through all of our activities in order that He may be glorified. And that by showing His love to others through our Athletic Program, that many more can come to the saving knowledge of our Lord and Savior Jesus Christ. Our actions do speak louder than our words to the world around us. Let us constantly be aware of our responsibility to serve Jesus Christ in everything we say and do.

ATHLETIC CONTRACT

1. The athlete needs to understand that he/she is a representative of our Lord Jesus Christ as well as NCA, and as such is expected to behave in a manner becoming of a Christian and a NCA student.
2. The athlete shall respect their coaches at all times.
3. The athlete shall insure that he or she meets the academic requirements of NCA.
4. The athlete shall care for all equipment and uniforms issued to him or her. They shall report any lost or stolen equipment or uniforms to the coach immediately. The athlete may be held financially responsible for items that are misused or lost.
5. The athlete shall show proper respect towards officials, opposing teams and coaches. The athlete shall attend all practices or make arrangements if it is necessary to miss a practice. During holidays a practice may be excused for travel or other obligations if requested in writing prior to the missed practice.
6. The athlete will not receive his/her uniform or play until they have turned in the signed Athletic Contract, physical/medical forms and athletic fee.

PARENT RESPONSIBILITY

1. Parents should encourage their children to give 100% of themselves to represent Christ.
2. Parents should support their children by attending as many games or matches as possible.
3. Parents should always conduct themselves in a Christ like manner during athletic events. Parents should realize that they are as responsible for representing NCA as are the coaches and players. Parents attending athletic contests are asked not to criticize officials, coaches and/or players.
4. Parents need to realize that due to the varied talents of athletes on each team, playing time is not guaranteed. Encourage your child to improve his or her skills so that they can help the team.
5. Parents are asked to schedule vacations, doctor, dental and other appointments so as not to conflict with practices and games. Illness and death in the immediate family are excused absences. All other absences need the coaches' approval and must be requested in writing prior to the missed practice.
6. Parents are responsible for the pickup arrangements of their student from practices and games. **It is imperative that your son or daughter be picked up and dropped off for practices and games on time. Please be aware that athletes may be disciplined for being late to practice.**
7. Parents should direct any questions regarding their student athlete or manner of coaching to the coach directly in a mature and responsible manner in private and if needed by prior arrangements or appointments. Coaches should respond in a like manner.
8. **Each student must have a physical on file with NCA prior to the start of their sport season.**

My signature below indicates that I have read and have had an opportunity to ask questions regarding any of the policies or statements contained in the NCA Athletic Handbook.

Parent/Guardian Signature

Date

Student Signature

Date