



sugar hill
**CHRISTIAN
ACADEMY**

ATHLETIC HANDBOOK



EXTRA CURRICULAR ACTIVITIES

Sugar Hill Christian Academy offers students several opportunities to participate in extracurricular activities. Students in the 5th-12th grades, have the opportunity to participate in the athletic program. Sugar Hill Christian Academy will offer the following athletic teams:

FALL: Women's Volleyball, Women's Cross Country, Men's Cross Country

WINTER: Women's Basketball, Men's Basketball, Cheerleading, Co-ed Archery

SPRING: Men's Soccer, Women's Soccer, Co-ed Golf, Men's Tennis, Women's Tennis

For the privilege of participating in the athletic program, students must maintain good grades and good conduct. Students who fall below the academic and conduct standards may not participate. Parents can suspend their "Extended Day" classes fee to play sports for the Academy and then resume their classes or after school programs after the sports season. This is only for parents that have a student that participates in extended day programs and aftercare that wants to stop those programs for a season to participate in a sport and then continue the afterschool programming later.

Sugar Hill Christian Academy participates in the Georgia Association of Private and Parochial Schools (GAPPS). Our athletic department and athletes must meet all requirements set forth by the league. In accordance with GAPPS we will be having a Middle School team and a Varsity team where appropriate. Students may play up in grade level; however, they may not play down. Due to team availability and resources, tryouts may be held and cuts may be made. It is at the coaches' discretion to decide who should play on either team.

PHILOSOPHY OF ATHLETICS:

In all things we do, including athletics, we hope to bring glory to God. As Christians, we are commanded to be different from the world around us, and this should be reflected on the field or court as we play. Our athletes, coaches, and spectators should be distinct from others around us in several ways. Christian athletes, coaches, and spectators must be willing to change, grow, and mature in a manner that is pleasing to our Lord God. Christ is to be the center of all their attention, both on and off of the athletic field. Athletes, coaches, and spectators are to display His attitudes, His actions, and His mind set in all endeavors. As our teams and coaches establish goals, they should have no goal greater than glorifying God. We, as representatives of Christ, should have obviously different attitudes and actions. We should strive to be a witness in all we do and not to turn others away from Christ due to our ungodly actions. In order to obtain our main objective, to be a representative of Christ and glorify in Him in all we do, we strive to demonstrate:

1) Athletics are part of the whole person and is not a separate part. When we are called by God to live in a certain manner, this includes when we are participating in athletic events. In ALL we do, we should strive to glorify him, even on the athletic field. Although athletics provides the opportunity for competition, our duties to God still comes above all else.

“So whether you eat or drink, or whatever you do, do it all for the glory of God.” 1 Corinthians 10:31

2) A person’s worth and performance should not be linked together. The Bible instructs Christians to place our worth in the value that is given to us by Christ. We are fearfully and wonderfully made and our worth should not be

based on our athletic ability but rather by our value in Christ's eyes.

3) As authorities established by God, game Officials and coaches receive honor and respect. All authority comes from God and is appointed by Him. Humans will make mistakes, even those who have been to a position of authority. If certain "injustices" are made it is the responsibility to trust in the authority of our God and learn from the appointed coaches on how to handle such injustices in a Godly manner.

"Submit yourselves for the Lord's sake to every authority..."
I Peter 2:13

4) Allow God to grant victory and defeat. Throughout the Bible, there are ample examples of people facing struggles, losses, hardships and more. God blesses His people through hardships and teaches His people lessons through how these hardships are handled. This can be applied to how we handle defeats as an athlete. Athletes can learn humility, and how to improve. Coaches and parents should serve as role models to students in how to handle defeat in a Godly way. However, when the Lord blesses us with overcoming defeat, the glory should be to Him and not to our own ability. We should strive to our very best at all times and then allow God's perfect will to take over.

"So then, those who suffer according to God's will should commit themselves to their faithful Creator and continue to do good." I Peter 4:19

5) Athletics is a tool to help educate the whole person. God has provided us with many opportunities and means of learning His truths as we grow in Him. Athletics is just one of the many outlets. Through physical fitness and learning coordination, we keep our bodies, His temple, healthy and more able to glorify Him. We also learn humility, trust, love, and are able to form a bond with other Christians. As coaches, it is our duty to provide an environment where

athletes can not only learn the skill of the game but all of God's lessons that can be learned through playing, working together, and strengthening our bodies.

"For while bodily training is of some value, godliness is of value in every way as it holds promise for the present life and also for the life to come." I Timothy 4:8

STANDARDS OF ELIGIBILITY

Student Athletes (SA) must meet all requirements set forth in GAPPS, as well as, the items listed below in order to be considered eligible to participate in any athletics events. Please be aware that due to some limiting constraints such as transportation space, coaching availability and/or finances; some sports may have a minimum number of students allowed to participate. In this case tryouts will be held and reductions may be made.

Attendance: SA must be present in school to practice or participate in a game on that day . Any unexcused absence on practice or game day will cause the student athlete to be ineligible for the daily event. Checkins before 11:45am and checkouts after 11:45 are considered present for the entire day.

Grades: SA remain in good academic standing throughout their season. In order to participate in practice and/or games. Grades of core academic classes will be checked by admin periodically throughout the season. If at any point during a season a SA falls below the Good academic standard they will be put on probation, given a SA PROBATION NOTIFICATION FORM by the AD and required to turn it into their coach in order to participate. They will be given 2 weeks to fulfill the requirements or they will be suspended from all team activity.

Good academic standing defined as:

- Student has no failing grades (Below 70)
- Students has no more than 2 D's (70-74)
- HS LAB 350, is not considered, if student is moderately caught up and approval granted by instructor
- Student is no more than 20 assignment behind in Liberty classes

* If a SA receives a failing grade on a progress report (Quarterly) or report card (Bi annually) they are considered ineligible to participate in athletics until the next progress report or report card.

Forms: SA must have all required forms signed and turned in before the first practice in order to participate. This includes, but is not limited to, annual physical, permission to travel, athletic agreement form, emergency information card, and the athletic hand book.

Athletic Fees: All Athletic fees will be paid at the beginning of the athletic season. These fees will vary by sport and are based on expenses needed to cover that particular activity. This includes, facilities, travel expenses, equipment, and fees associated with play. Fee does not include the SA uniform which will be purchased for each sport.

Discipline: SA must be in good conduct standings in order to participate in practice and/ or games. Any suspensions from school will result in immediate suspension from all extracurricular activity until approved for return by school administration.

Fundraisers: Students may be asked to participate in a fundraiser for the athletic budget. If asked, this will be a requirement for the athlete

Parent Volunteers: Parents will be asked to volunteer for home game and events throughout the year by the Athletic Director. Commitment will vary based upon participation and yearly schedule. Any refusal or lack of participation may result in an additional athletic fee to the parent of the SA in order to cover cost for program.

CONDUCT OF A CHRISTIAN ATHLETE

As stated, we are representatives of Christ in all we do. All should especially strive to be Christ-like in the following areas, as an athlete:

On the field: A Christian athlete should never use profanity or words that are discouraging. Our opponents are God's children as well and should be treated as such. We should always follow the rules and guidelines to our sport as put in place by a person of authority, who is appointed by God. A God-like athlete will be gracious in defeat and humble in victory. We should congratulate our opponents and show the same respect we want in return, whether in victory or defeat. A Christian athlete should have complete control at all times, especially when dealing with officials, other players, opponents, coaches, and equipment.

In the Classroom: A quality athlete will manage his or her time accordingly, in order to allow for academic and athletic success. SA are representatives of their teams and of Christ when in the classroom. Each SA should strive to do his or her best in the classroom and be grateful for the opportunity God has provided outside of the classroom. Academics come before extracurricular activities and grades will be a direct indication of academic successes.

On trips: When traveling to other schools or venues, each athlete, coach and spectator directly represents Christ, our

school, and our team. Each person should act in a Godly manner with everyone they come in contact with. We will leave every school, locker room, park, vehicle, restaurant, and any other place we go, cleaner than how we found it. We should respect other people's property and equipment and treat it the way we want our property to be treated.

Transportation:

SA and coaches are required to meet before departing for away contests to ensure that every student has safe and reliable transportation arrangements. Parents are responsible for notifying the coach if their student-athlete will not be returning to the school with the team following an event. In the absence of parent communication, it will be assumed that the student-athlete is to return to the school on team transportation.

Students may not ride to or from athletic events or practices with another parent or student unless prior authorization has been provided by the parent/guardian. The Academy vans will be operated by a licensed driver, and all students must have a signed transportation permission form on file before being allowed to ride the bus.

As part of the registration process, each family must complete a Transportation Authorization Form. If a student-athlete wishes to leave an event with someone other than their parent/guardian or the team, that individual must be listed as an approved contact on the Transportation Authorization Form. Coaches will only release student-athletes to individuals authorized on the form unless written or verbal permission is received directly from the parent/guardian prior to departure. These procedures are in place to ensure the safety and accountability of all students during school-sponsored travel.

ATHLETIC DISCIPLINE PROCEDURE:

Grades: Academics are a priority at Sugar Hill Christian Academy, so grades come before athletics and other extracurricular activities. If a student makes in any core subject at least two “D’s” on a single 3-week progress report or at least one “F” on a single 3-week progress report, the student will be considered in bad academic standings. The student will have to sit out of all athletic related events, games, and practices until the next progress report. If the student has pulled his or her grades up, he or she will be considered in good academic standings again and will be allowed to participate. If the grades are not pulled up, then he or she must wait until the next progress report, before he or she will be considered eligible. If practices are missed due to poor grades, it is at the coach’s discretion to decide if playing time is affected.

Detention: If a student is required to serve a detention, he or she may be forced to miss practice or a game in order to do so. If a player misses practice for such a reason, it is at the coach’s discretion to decide if playing time should be affected.

Suspension: If a student is suspended, for any reason, he or she will not be allowed to participate or dress in uniform for the next game(s) per day he or she is required to miss class.

Coach’s discretion: Coaches are the authority at practice and at games and have been put in place for a reason. It is at the coach’s discretion to decide consequences for players who break rules put in place by the coach, Academy, or Athletic Director. School related instances should be handled at school by the students’ teachers and should not affect athletics unless previously stated. If there is a question about a coach’s policies and/or decision, please follow the Matthew 18 principle and discuss this

matter with the coach, and only the coach with which you have question. If something further is needed, or an issue was not addressed, please contact the Athletic Director with your concerns.

DRESS AT COMPETITION:

A uniform must be purchased by each student athlete. Each athlete should have proper shoes and socks for the sport in which they are participating. Ladies are required to wear an undershirt and sports bra in the colors of white, black, gray or maroon. Other items that are part of the uniform and are purchased by the student will remain the property of the student at the end of the season. The athlete must coincide with style and color regulations that are decided by the coach for other parts of the uniform, for example shorts and certain socks. If the uniform does not match the regulations set forth in advance, the athlete may not be able to participate in competition. Students must wear “Athletic Warm-up” to and from all games.

There will be no jewelry or metal hair accessories of any kind on any athlete at the time of competition or practice. This is to protect the athlete and his or her teammates and competition.

ATHLETIC AWARDS:

At the end of the year, awards will be presented at our annual awards night. Coaches of each team will gather together and vote for the following award recipients:

Most Improved: This award is presented to the athlete that made the most overall improvement in the sport being played. He or she has shown great effort throughout the season and is always willing to learn more and ask questions. This award is for the player that earned their position by making every effort to improve themselves daily.

Most Valuable Player: This award is given to the athlete that contributed most to overall team performance and advancement. This person is a good leader on and off the court and competes at a high level. This individual put up the most stats and shows a natural athletic ability.

Philippians 2 Award: This award is for the athlete who best represents Christ and the Academy on and off the court. This person is an example to others around them of Christ-like humility and service. He or she is willing to help others, show patience, encourage other team mates and always has a good attitude and work ethic. This athlete is continually respectful, dependable and trustworthy.

Administration, teachers and coaches will meet to select one Female Athlete and one Male Athlete of the year. These people should demonstrate the following characteristics:

Athlete of the Year: This is awarded to one boy and one girl for the entire year. These athletes are chosen by their coaches and teachers. The athlete awarded this honor will have his and her name placed on a plaque, which will hang in the Sugar Hill Christian Academy Middle School halls. When selecting candidates, the team of teachers and coaches looks for athletes who excel in the classroom, as well as in the sports they play. An Athlete of the Year is dependable, a good role model, and shows good leadership. This person is a Christ like example to everyone; showing patience, perseverance, love, and compassion to those around them.



Sugar Hill Athletics

I have read the *Athletic Hand Book* in its entirety and agree to comply with all
aforementioned policies.

Student Athlete Signature

Date

Student Athlete Name (Print Please)

Date

Parent Signature

Date

Please sign and return this sheet to the Head Coach. This must be completed before the
student athlete will be allowed to participate in any athletic events or practices.

START HERE - STAY HERE - PLAY HERE
STALLION PRIDE!

