

Wilson Christian Academy
ATHLETIC HANDBOOK
2009-2010

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WILSON CHRISTIAN ACADEMY

INTRODUCTION

Athletics can teach young people many lessons that can help them in their Christian lives. It is the goal of Wilson Christian Academy that its students exemplify Christ-likeness in everything they do. The purpose of this handbook is to provide a way to maintain consistency through our athletic program and to set forth the standards by which we expect our athletes to adhere.

We require that parents as well as athletes take time to read this handbook so you can properly support the school and help your young person. Thanks for your support and cooperation in this matter.

Malcolm Deans, Athletic Director
Dwight Vanderboegh, Administrator

PHILOSOPHY OF ATHLETICS

It is the goal of Wilson Christian Academy that the athletic program be an integral part of the lives of as many students as possible. While it is impossible to serve the needs of every person, every student is encouraged to explore the capabilities God has given him through the sports program here at Wilson Christian. The sports guidelines of WCA will be followed by all students. All parents are expected to support the standards and goals of WCA for the overall student body and Christian school ministry.

Winning is important to the continuance of a solid athletic program. It is undeniable that winning teams tend to bring larger crowds, higher enrollments and greater school spirit. Winning, however, must be tempered by the basic beliefs of our Christian faith. First and foremost, it is the responsibility of all Christians to honor the name of our Lord and Savior, Jesus Christ (Colossians 3:23). We can win regional, state or national titles, but with the loss of our Christian testimony all becomes vain or worthless. The prevailing attitude among all those connected with the sports program at WCA should be – **I want Christ to be seen in my life.** Such an attitude will mold and shape Christian character from the inside to the outside. The following guidelines are designed to make the sports program profitable for each participant:

1. **Obedience** – Each player is expected to comply with what the coaches and others whom God has placed in authority over him ask him to do. If a player has a question, he should not be afraid to ask for clarification.
2. **Diligence** – Players should use all their strength and ability to complete each part of their task, whether it be cleaning up, doing drills, conditioning, competing in a game, or any other activity.

3. **Responsibility** – Each player should do everything that is expected whether being directly supervised or not. A coach should not have to “baby-sit.”
4. **Determination** – A player should make up his mind to accomplish all of God’s goals in His time, regardless of the opposition.
5. **Confidence** – Remember, as you give totally all you have to Jesus, you become a winner in God’s sight.
6. **Intensity** – Each player should give a “total release” performance at all times, focusing his attention on the job at hand, putting forth every effort to complete it perfectly.
7. **Perseverance** – A player should always do his best and try to win, as this is the object of competition. Also, a player should continue faithfully throughout the entire season. If one has done his best, there is nothing to regret.

SPORTS PROGRAM OFFERINGS 2009-2010

BOYS

GIRLS

FALL SEASON

Middle School Soccer (Grades 6-8)
Varsity Soccer (Grades 9-12)
Cross Country (Grades 7-12)

Middle School Volleyball (Grades 6-8)
Junior Varsity Volleyball (Grades 9-10)
Varsity Volleyball (Grades 9-12)
Cross Country (Grades 7-12)

WINTER SEASON

Middle School Basketball (Grades 6-8)
Junior Varsity Basketball (Grades 9-10)
Varsity Basketball (Grades 9-12)

Middle School Basketball (Grades 6-8)
Junior Varsity Basketball (Grades 9-10)
Varsity Basketball (Grades 9-12)
Junior Varsity Cheerleading (Grades 6-9)
Varsity Cheerleading (Grades 9-12)

SPRING SEASON

Middle School Baseball (Grades 6-8)
Varsity Baseball (Grades 9-12)
Golf (Grades 6-12)

Middle School Soccer (Grades 6-8)
Varsity Soccer (Grades 9-12)
Varsity Softball (Grades 7-12)
Golf (Grades 6-12)

NOTE: Female athletes who play **varsity girls** basketball are eligible to try out for **varsity cheerleading**. Any female interested in participating in both sports will need to notify the athletic director and coaches **prior to tryouts**. Female athletes on the middle school basketball team will not be able to participate in both sports due to traveling conflicts.

A WORD TO OUR FANS AND SPECTATORS

WCA parents and students are aware of the standards set forth by the school, but oftentimes are unaware of what we expect from our spectators. Therefore, we have listed a few things to keep in mind when you attend a WCA athletic event.

1. Do not criticize. Fans sometimes feel that they are able to do it better, but that is not their job. Support the players and coaches; **build them up – don't tear them down!**
2. **Comments to officials and opposing teams should all be positive.**
3. Realize that the word Christian means "Christ-like." We as Christians are always displaying a testimony whether good or bad. WCA wants to portray a good testimony, especially to the schools we compete against!
4. ***LONG AFTER THE SCORE IS FORGOTTEN, OUR BEHAVIOR AND REPUTATION IS REMEMBERED.***

SPECIAL REQUIREMENTS AND GUIDELINES

Each athlete must have a new or updated physical before each new school year. The WCA physical forms can be found on the WCA website. **The athlete cannot compete in tryouts, practice, or games without a new or updated physical.** One physical per school year takes care of all sports for that school year.

- A. **Any student interested in playing on an athletic team must be present within the first three practices of the season. The coach must be notified ahead of time if he is going to miss practices for an excusable reason (illness, death in family, etc.). New students will be given an opportunity to participate if positions are available.**
- B. All families with children participating in athletics are encouraged to join the WCA Booster Club. The booster club provides financial assistance to the athletic department in order to continually improve facilities and athletic equipment. The membership fee allows free admittance to all home games (except for tournaments) for the entire school year.
- C. **In order to balance the work load of the Booster Club, the parents of each athlete will be assigned a time to work concessions/gate or clock. Parents who are unable to work during their appointed time should make arrangements to have the position covered during their absence and then notify the athletic director via email with the changes.** A schedule will be posted at the concessions and on the WCA website. *Parents who do not show will be charged a \$25 fee payable to the Booster Club.*

- D. An Acknowledgment, Consent and Release form will need to be signed by a parent (or legal guardian) that includes an acknowledgment of risk involved in sports as well as travel consent and a liability release.
- E. **Athletes must return the form in the back of this handbook to their coach before they will be allowed to participate in their first scrimmage or game of the school year. This is only required once for each school year.**

I. ATHLETIC PARTICIPATION FEES

- A. Due to the rising cost of operating a sports program for a Christian school, an athletic participation fee will be charged to help cover the transportation expenses to games.
- B. **The athletic participation fee for the fall/winter sports is \$50 and for spring sports \$40. There is a \$100 maximum per season for families with multiple athletes. The fee is to be paid to the coach prior to the first game or scrimmage of the season.**

GAME AND PRACTICE ATTENDANCE REQUIREMENTS

- A. Once you have joined a team, you have committed yourself to that team until the last game is completed.
- B. Players must be at every practice or game unless excused for one of the following reasons:
- doctor/dental appointment (should try to work around practices)
 - personal sickness
 - death in the family
 - previously scheduled church commitment
 - “special” permission granted by head coach
- C. Wilson Christian Academy is supportive of many local churches whose members make up our student body. Games are not scheduled on Wednesdays. Games and practices are not scheduled on Sundays. We try to schedule as few Saturday events as possible. We encourage our families to be actively involved in the local church. However, any athlete who misses a practice or game may have to make up practice activities and face the team’s policy for reduction in playing time. This is not meant as punishment for an excusable absence, but a reward and incentive to those team members who were present. A team member who must miss a practice or game may return to their former status as soon as they have fulfilled the team’s policy for absences.

- D. Each coach will announce their discipline procedure for missed practices or games. **Multiple unexcused absences may result in dismissal from the team.**
- E. All athletes must be on time to practices and games. Each coach will announce his discipline procedures for tardiness. **Once teams have been chosen, no one else will be allowed to come to the coach and ask to try-out. Exceptions would be granted to a new student who enrolled after teams were chosen, provided there is a uniform available.**
- F. If practice attire is issued to a team, it should be worn to every practice; otherwise, **athletic/PE attire according to the WCA Student Handbook will apply.**

II. ATHLETES' CODE OF CONDUCT

- A. Every athlete is expected to maintain a good Christian testimony. At any time, an athlete not maintaining a Christian testimony on or off the field or in the classroom may be suspended or dismissed from the team.
- B. An athlete who receives a detention that forces him to miss practice must serve that detention on the day it is assigned. Coaches will discipline players who are late or miss practice for detentions.
- C. An athlete who reaches the **3rd step** of the discipline ladder will serve a **one game suspension**. An athlete who reaches the **4th step** of the discipline ladder will be **removed from the athletic team** and is not eligible for post season awards.
- D. The use of profanity or other off-color remarks will not be tolerated. This type of language on or off the field will result in a suspension to be determined by the administration and athletic director.
- E. Fighting during athletic events will result in a suspension to be determined by the administration and athletic director. More severe discipline action may be enacted depending upon the circumstances.
- F. Athletes are to be good representatives of Christ and Wilson Christian Academy on road trips. Failure to do so may result in suspension or dismissal from the team.
- G. Wilson Christian Academy does not condone and will not tolerate "hazing" or "initiations" of athletes by other teammates. Any such actions will result in suspension and/or dismissal from the athletic team.
- H. **Any permanent removal of a player from the game by an official due to an attitude or language will result in a one game suspension. The athletic director and administration may review and make final decisions regarding game suspensions.**

ATHLETES' DRESS REQUIREMENTS

- A. All athletes must meet the athletic dress code as is stated in the student handbook for practices and games.
- B. When uniforms are worn to an away game, athletes are to wear attire approved by the athletic director, coach, and administration.
- C. Athletes are not to be in the academic buildings while wearing athletic shorts.
- D. Athletes are permitted to wear athletic slides for home games.
- E. Athletes are expected to wear warm-up clothing (T-shirts, warm-up pants, etc.) properly and modestly at all times. Clothing should not be worn inappropriately in an attempt to draw attention to the athlete.

The following chart summarizes dress code requirements for game days:

<u>SPORT</u>	<u>GAME DAY DRESS</u>	<u>TRAVEL TO & FROM</u>
Volleyball	School attire or team shirt	Uniforms
Soccer (Boys)	School attire or team shirt	Uniforms
Cross Country (Boys/Girls)	School attire or team shirt	Uniforms
Basketball (Boys)	School attire or team shirt (no jeans or tennis shoes)	School attire (to games) Warm-up pants and team shirt (from games)
Basketball (Girls)	School attire (no denim or tennis shoes)	School attire (to games) Warm-up pants and team shirt (from games)
Baseball	School attire or team shirt	Uniforms
Softball	School attire or team shirt	Uniforms
Golf	School attire w/team shirt	Uniforms
Soccer (Girls)	School attire or team shirt	Uniforms
Cheerleading	Uniform or team shirt	Uniforms or warm up pants

****NOTE: These guidelines apply to all players, managers, statisticians and scorekeepers associated with each team.**

III. GUIDELINES FOR ELIGIBILITY AND 3 PARTICIPATION IN PRACTICES AND GAMES

- A. All those involved in the athletic program must be in school for at least ½ day **(4 class periods)** in order to participate in a practice or game scheduled for that day. **The only exceptions would be previously scheduled doctor or dentist appointments that have been pre-approved by the administrator or athletic director.**
- B. **Students who leave school and return without an approved doctor's note will not be allowed to practice or play.**
- C. Athletic eligibility will be determined when the 9 weeks report card is issued. A player is considered not eligible when more than one F is received on the report card or when he does not maintain a "C" (76%) overall average. Students who become ineligible will be placed on academic probation. **The eligibility for the beginning of the fall sports season will be determined by the end of year grade issued the previous school year.**
- D. If an athlete does not meet the athletic eligibility requirements, he will not be allowed to play in games until two (2) week grade checks are done. **All ineligible students will be evaluated at two (2) week intervals following the nine weeks report card to determine continued eligibility.** If the athlete remains ineligible for **two consecutive grade checks (at the mid-term reports)** he will forfeit his position on the team.
- E. With the consent of the parents and coaches, an athlete on academic probation is to attend all practice sessions and all home games and sit on the bench with the team dressed in normal game day attire. **However, an athlete on academic probation may not travel to an away game with the team.**
- F. All the above guidelines also apply to managers, statisticians, and scorekeepers.
- G. **Any violation of the probation guidelines may result in dismissal or suspension from the athletic team.**

VII. QUITTING

- A. Character is not built by quitting. Trying times are not times to quit trying.
- B. A student may drop off the team anytime before the **third** practice without penalty. After that period of time **no student may quit the team without penalty.** There should be a strong sense of belonging to the team even when personal injuries would restrict the individual's participation in practices and games. An injured player is expected to be at all practices and games (provided he is physically able).
- C. **Any athlete who quits a team will forfeit his/her right to play athletics during the next two consecutive sport seasons.** (Example: An athlete who quits basketball must sit out all spring sports and any fall sport the following school year.)

- D. An athlete who leaves the team because of two consecutive academic probations will not be considered as quitting.
- E. An athlete who quits will be removed from the team roster and forfeit any post-season rewards such as team pictures, letters, athletic banquet awards, etc.
- F. An athlete who withdraws from school will not be eligible for post season awards and recognition.
- G. The only exceptions to the above rules would be for death in the family or serious injury. The athletic director and the administrator will decide any exceptions.

VIII. TRANSPORTATION

- A. This policy applies to all off-campus games and tournaments when transportation is provided by the school. It does not apply to activities for which the school does not provide transportation.
- B. For all activities for which one vehicle will accommodate all team members, the team will be transported in either a school-owned or school-rented vehicle or maybe a charter bus. The vehicle must be driven by a school staff person or by an approved adult at least 25 years old. In order for an adult other than a professional bus driver to be approved as a driver, he must provide the school with a copy of his motor vehicle record for the North Carolina Division of Motor Vehicles.
- C. When the school provides transportation to away games, all team members, cheerleaders, managers, statisticians, and scorekeepers must travel to the game on the school bus or van.
- D. A team member may ride home from an off-campus game with his parent(s) or legal guardian provided that the coach has been notified by written or verbal communication from the parent(s) or legal guardian (not the student) prior to leaving the game.
- E. An athlete may ride home from an off-campus game with a friend's parent(s) if the athlete's parents have provided the school or coach with a signed consent form authorizing their student to ride with that driver. **Last minute phone calls in order to obtain permission will not be accepted.**
- F. Only at the discretion of the school may a team member be allowed to ride to an away game with the student's parent(s) or legal guardian.
- G. No radios, CD players, MP3 players, tape players (or any music devices), head sets, magazines, or video games should be brought on the bus or vans.
- H. WCA music guidelines must be followed at all times while traveling to and from games.
- I. Students will be notified where to sit on the bus or vans.

IX. UNIFORMS AND EQUIPMENT

- A. Any uniform or equipment issued to an athlete is the athlete's responsibility to return in good condition.
- B. Lost or damaged equipment will be charged to the athlete.
- C. Athletic uniforms are only to be worn for games. Special permission may be granted for certain situations.
- D. **All uniforms and equipment must be returned to the coach or athletic director within one week after the last game of the season. Post season awards may be withheld if an athlete has not returned his uniform.**
- E. Any athlete who does not return uniforms and/or equipment will have his report card held and costs for replacement will be charged to his school bill. An athlete will not be allowed to participate in another sport until all overdue uniforms, equipment, and fees have been turned in.

X. LETTERMEN AWARDS

- A. The school will have an athletic banquet at the conclusion of all the athletic events. All teams (Middle School, Junior Varsity, and Varsity) that participated during the entire season will be recognized at that time. All team members should make every effort to attend the awards banquet.
- B. All Middle and Junior Varsity School athletes will receive a participation certificate. Also, managers, statisticians, and scorekeepers will be recognized.
- C. To earn a Varsity letter, an athlete must be at least a ninth grader. Only one letter will be given per person regardless of the number of sports played.
- D. First year Varsity lettermen will receive a letter and a pin for that sport.
- E. Second, third, and fourth year Varsity lettermen will receive a service bar for that sport.
- F. Varsity managers, statisticians, and scorekeepers will receive certificates.

XI. SPECIAL AWARDS

- A. Only athletes who finish the season still on the team roster will be recognized at the athletic banquet.
- B. Middle School and Junior Varsity teams will award up to three individual recognitions for each sport. Varsity teams will award up to four individual recognitions for each sport. The categories and numbers of awards will be determined by the coach and athletic director. **(NOTE: Any varsity level team that finishes 1st or 2nd in the State may give one additional award. Middle School teams that finish first may give one additional award.)**
- C. A coach may choose from the following types of awards:
 - 1) MVP
 - 2) Offense Award
 - 3) Defense Award
 - 4) Charger Award
 - 5) Coach's Award
 - 6) Outstanding Player
 - 7) Hustle Award
 - 8) Most Improved Player
 - 9) Leadership Award
- D. An athlete who participates in three sports during the school year will be given special recognition as a Tri-Athlete.
- D. The highest honor to be given at the Varsity Athletic Banquet will be the **Sportsmanship Athlete of the Year Award**. This award is given to any 9th-12th grade athlete who demonstrates leadership, a positive attitude, team spirit and sportsmanship both in athletics and around the school while maintaining a high standard of Christ-likeness.

XII. MISCELLANEOUS

- A. Cleats are **not** to be worn in the gym area at any time. Any athlete having practice in the gym **will not** be allowed to wear the shoes that they wore as they entered the gym. They must have another **clean** pair for practices and games.
- B. The athletic director and administration will decide any questions or issues not discussed in this handbook.
- C. When it is necessary to miss class time due to travel to an athletic event, the following regulations will apply:
 - 1. All due assignments should be turned in to the teacher **prior** to leaving.
 - 2. All new assignments should be obtained **before** leaving. Late penalties may be assessed by the teacher for work not completed upon the student's return.

A WORD TO OUR PARENTS

How to Best Help Your Athlete

The best way to help your athlete is to provide encouragement and to be positive, both at home and in the stands. If there's a problem, have your athlete talk to his coach. If the problem is not resolved or if it is of a serious nature, then call the coach yourself. If no solution can be reached at that point, then call the athletic director to set up a meeting with all parties involved.

Please know that you are the most important person in your athlete's life, and that he wants you to be proud of him. Be supportive of your athlete!!!

All student athletes are required to treat visitors, employees, parents and opposing players with respect. By the same token, all parents and visitors who attend WCA athletic events are required to be courteous and respectful to all employees, coaches, opposing players, referees, etc. The administration, athletic director and coaches will maintain order at athletic events and have the authority to remove any spectator who acts inappropriately.

Students are asked not to sing or "chant" anything that is a "put-down" or in any way derogatory to the opposing school.

NCCSA POSITION ON SPORTSMANSHIP

*"Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God."
I Corinthians 10:31*

SOME EVIDENCES OF BASKETBALL SPORTSMANSHIP FOR CHRISTIANS:

- I. Applause or cheering is appropriate when:
 - A. Your team is getting a rebound.
 - B. Your team is stealing the ball from the opposition.
 - C. Your team is picking up a loose ball.
 - D. Your team is intercepting a pass.
 - E. Your team gains the tip on a jump ball.
 - F. Your team receives the ball after being lost out of bounds by the opponent.
 - G. Your team receives the ball as a result of a rules violation by the opponent.
 - H. Your team scores.
 - I. Your team blocks an opponent's shot.
 - J. A player makes an outstanding pass to set a teammate up for a score.
 - K. By an outstanding pass, dribbling or some other means, a player averts the loss of the ball to the other team.

- II. At certain times, noise is inappropriate when:
 - A. An official makes a call with which you disagree.
 - B. An opposing player is on the free-throw line.
 - C. The opponent's coach stands to his feet to instruct his team.

III. The failure of any player should never be ridiculed.

“Let no man despise thy youth; but be thou an example of the believers in word, in conversation, in charity, in spirit, in faith, in purity.” I Timothy 4:12

“Set a watch, O Lord, before my mouth; keep the door of my lips.” Psalms 141:3

These general principles can be adapted to other sports simply by understanding the spirit in which Christians are to do things. (I Corinthians 10:31-33)

ATHLETIC HANDBOOK COMPLIANCE FORM 2009-2010

This form is to be completed and returned to the Athletic Director before an athlete participates in his first sport (prior to the first game) of the school year.

I have read and understand the rules, regulations and guidelines set forth in this handbook. I do agree to abide by these rules, regulations and guidelines and will faithfully support the coaches, athletic director and administration of Wilson Christian Academy.

ATHLETE'S SIGNATURE: _____

DATE: _____

PARENT'S SIGNATURE: _____

DATE: _____

HOME PHONE: () _____

CELL PHONE(S): () _____

() _____

SPORT(S): _____

NOTES:
