



# ATHLETIC HANDBOOK

**KEEP YOUR EYES ON JESUS, THE AUTHOR AND PERFECTER OF FAITH!**

"Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us.

Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before him endured the cross, scorning its shame, and sat down at the right hand of the throne of God."

Hebrews 12:1-2(NIV)

## TABLE OF CONTENTS

|                           |     |
|---------------------------|-----|
| PLAYER EXPECTATIONS ..... | 1   |
| PARTICIPATION.....        | 1   |
| ATTENDANCE.....           | 1   |
| EXCUSED ABSENCE.....      | 1-2 |
| UNEXCUSED ABSENCE.....    | 2   |
| TRANSPORTATION .....      | 2   |
| VOLUNTEERING .....        | 2-3 |
| PLAYER COMMITMENT .....   | 3-4 |
| CARE OF UNIFORMS.....     | 4-5 |
| ELGIBILITY.....           | 5-6 |
| CONCUSSIONS .....         | 7   |
| ATHLETIC AGREEMENT .....  | 8   |

## WELCOME

Welcome to the Valley Christian Academy Middle School Athletic program! It is our desire to instruct student athletes in the fundamentals of sports as well as how to represent our Savior in an area that often puts winning above integrity. Jesus said in Matthew 28:19 "Therefore go and make disciples of all nations . . ." With this in mind, the mission of the Athletic Department is to "win souls" one game at a time".

By allowing your son/daughter to participate, you are agreeing to support and honor the Athletic Department's procedures.

Valley Christian Academy does not discriminate on the basis of race, color, gender, or national origin in the administration of its admissions policy, educational or other school-sponsored programs or financial obligations or aid.

Welcome to the team!

In HIM,  
Maren Morgan, Athletic Director



## PLAYER EXPECTATIONS

Commitment to a team is essential for the growth and development of the "team" as a whole. The decision to make this commitment needs to be evaluated by each player as well as the family. Prayer needs to go into this decision as you are making a commitment not only to yourself, but to the team as well as the school.

## PARTICIPATION

Participating on a sports team is making a commitment to attend every practice and game regardless of eligibility as learning can still take place during practice and games.

## ATTENDANCE

All scheduled games and practices are required. This is to maintain continuity on the team and to teach commitment and responsibility. Practices scheduled over vacation periods, although important, are not mandatory.

## EXCUSED ABSENCE

Athletes are required to be in attendance for 50% of the regularly scheduled class **that day**; to be eligible to participate at an athletic event. The following reasons will be accepted as a valid excused absence:

- A valid medical or dental appointment
- A school sponsored field trip
- A family related emergency

Even with an excused absence, playing time may be affected especially if you are absent on a day that new skills are taught. This is not to penalize you, but rather to prepare the team for competition. This will be determined by each coach. Disciplinary action for

violation of this rule will be determined by the coach, which could include missing game time.

### UNEXCUSED ABSENCE

Any other absences from practice that are not communicated with the coach **prior** to the occurrence will result in the loss of playing time, and possibly starting.

### TRANSPORTATION

Ultimately, transportation to and from games is the responsibility of the student's family. We will make every attempt to make arrangements to provide transportation to away games. It is parents' responsibility to make arrangements for your son/daughter to be picked up after the athletic event.

### VOLUNTEERING

In order for athletic events to run efficiently, we need **YOU!** Volunteers are needed at each home Volleyball and Basketball games in the following areas:

- ADMISSION**
- CONCESSION**
- SCOREBOARD**
- SCOREBOOK**
- LINE JUDGES** (Volleyball only)

Please keep in mind that your son/daughter is not permitted to be a substitute for your service. If, for some reason you are **not able to volunteer**, you acknowledge and are giving authorization to allow your account to be billed **\$50** for each sport.

### PARENT/STUDENT ATHLETIC AGREEMENT

- ✓ I am in agreement and will support the terms regarding the athletic department and programs at Valley Christian Academy (VCA).
- ✓ I understand this form gives my students' permission to participate in athletic programs at VCA.
- ✓ I understand I am responsible for all information on the School Athletics web page.
- ✓ I understand sports are competitive and injuries may occur. I acknowledge **I am responsible** for the **Parent/Athlete Concussion and Sudden Cardiac Arrest information** located on the Athletics page and will **turn in a copy**. I agree not to pursue legal action against VCA, or any of the coaches should my son/daughter become injured as a result of participation.
- ✓ I agree to pay the amount designated on the website for each sport. I further agree to pay for any damages made to uniforms and/or equipment.
- ✓ I recognize that students' are **required** to wait in Extended Student Supervision (ESS) to be picked up after practice. \*There is an additional charge for ESS.
- ✓ I understand the participation in athletic programs is a privilege. I further understand if my son/daughter chooses not to following instruction from the coaches, he/she will not be permitted to continue and the fee will not be refunded.
- ✓ I am aware that my son/daughter may be photographed and/or name published in the media. Media includes newspaper, newsletters, programs, brochures, VCA's website or any other type of format by any organization.
- ✓ Valley Christian Academy does not discriminate on the basis of race, color, gender, or national origin in the administration of its admissions policy, educational or other school-sponsored programs or financial obligations or aid.

Probation means the student will not be permitted to play in any games or scrimmages, but is expected to participate in practices and attend any functions related to their sport to support and encourage their teammates.

Students may also be put on sports probation in a similar manner as above for reasons of behavioral issues deemed serious in nature by the Principal.

All appropriate forms and permissions must be on file at school in order for a student to participate in any sport.

If for some reason during that season the student is unable to regain the privilege of playing for that season, sports fees will not be refunded.

## CONCUSSIONS

A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by bump, blow, or jolt to the head or body that causes the head and brain to move rapidly back and forth. Even a "ding," "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious.

If an athlete has a concussion, his/her brain needs time to heal. While an athlete's brain is still healing, he/she is much more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to their brain. They can even be fatal.

If at any point a student hits his/her head, the **coach should be told immediately!**

## PLAYER COMMITMENT

Each student athlete is expected to:

☐ **accept your role** - Be willing to sacrifice personal goals for the good of the team; give your best to the role your coach assigns to you; trust that the coaches have your best interest in mind, as well as the team's. Please be coachable!

☐ **have a positive attitude** - Strive to improve; seek excellence in all facets of life.

☐ **be honest** - Speak the truth in love; avoid gossip or listening to gossip.

☐ **be loyal** - Believe the best about your teammates and coaches; keep team issues within the team.

☐ **work hard** - Be diligent to take advantage of every opportunity to improve; push and encourage your teammates.

☐ **be respectful** - Speak to teammates, coaches, parents, and officials with kind words and respect.

☐ **be responsible** - Be at practice; try to limit appointments, vacations or other family events that may cause you to miss valuable time; be on time; keep your grades up; turn in your homework; be an example in the classroom, hallways, and outside VCA.

☐ **be smart** - Know your plays and role on the team; take care of your body by eating right, staying hydrated and getting plenty of rest.

☐ **care for equipment and uniforms** - All that belongs to VCA is from God. **Only wear uniforms for VCA games!** Appropriate care of equipment and uniforms is important. Athletes will be held financially responsible for any damages to equipment or facilities and for

damaged or lost uniforms. Athletes who do not return uniforms in a timely manner at the conclusion of a season may be subject to a late fee charge.

**handle success and failure** - Keep your head up; be humble in your accomplishments, and be strong and gracious in your defeats.

**put the team before yourself** - Consider others more important than yourself; encourage your teammates faithfully.

### CARE OF UNIFORMS

Please use the following guidelines to care for your student athletes issued uniform:

- Please wash inside-out (volleyball uniforms)
- Please wash in **cold water**
- Please **DO NOT** bleach!
- Please do not use anything that would alter the color of the uniform
- Please let **hang dry only!**

Please be advised that each uniform is inspected before being issued to your student athlete. Uniforms will be inspected upon the completion of the season. Your account will be billed for any damaged uniforms.

This would include and not limited to:

- LOSS
- STAINS
- RIPS
- MARKINGS
- DISCOLORATION
- MISSING LETTERING
- MISSING NUMBERS
- ETC.

If, for some reason the uniform is not returned in the condition it was issued, your account will be billed the cost to replace the uniform.

### ELIGIBILITY REQUIREMENTS

To maintain full practice and playing privileges in any sport, students must maintain an appropriate grade point average (GPA). Eligibility will be based on the following requirements.

To be eligible, a student-athlete must maintain a grade point average (GPA) of 2.0 in the subjects enrolled in the preceding grading period.

#### **GPA POINT SCALE**

|                  |                  |
|------------------|------------------|
| <b>A + = 4.3</b> | <b>C + = 2.3</b> |
| <b>A = 4.0</b>   | <b>C = 2.0</b>   |
| <b>A - = 3.7</b> | <b>C - = 1.7</b> |
| <b>B + = 3.3</b> | <b>D + = 1.3</b> |
| <b>B = 3.0</b>   | <b>D = 1.0</b>   |
| <b>B - = 2.7</b> | <b>D - = .07</b> |

Bible, English, History, Math, Science are the core courses based on above point scale. All of the Special grades will be averaged together (based on one point) to create one grade that will then be averaged into the student's overall GPA.

If, at the midterm or quarter grades, the student does not maintain the necessary GPA, the student will be on probation for a minimum of two weeks. The student will regain eligibility when he/she reaches the appropriate GPA after two weeks have passed, or at the next midterm grades, or at quarter grades.