

Seeds of Faith Christian Academy Athletic Handbook

Revised Feb. 2011

Description of program

Each season, based on interest, various sports programs are offered to school students of the appropriate grade levels at Seeds of Faith Christian Academy. These sports teams will provide abundant and unique opportunities for application of the many Christian principles taught at the academy. Athletics serve as a critical place to instill these Biblical principles and integrate God's Word into our actions through this application.

The team will practice no more than 4 days per week prior to the beginning of league play. There will be no practices or games scheduled on Wednesdays. After league play begins, these teams will usually play 2 games per week and practice 2 days per week. These games and practices will be Monday to Friday with an occasional Saturday game. The school will provide uniforms as designated by the coach or Athletic Director. At the start of each season, practice and game schedules will be provided.

Uniforms, Equipment and Facilities

* Uniforms and equipment are provided on a loan basis and are to be worn only when authorized by the coach. Uniforms are not to be worn during practice.

*Only uniforms issued by the school will be permitted to be worn during games.

*Uniforms are not to be worn to school on "Falcon Fridays" to reduce wear and to help keep them in condition for games.

*All uniforms/equipment are the responsibility of the athletes during the season and must be returned at the conclusion of the season.

*At the end of the season, students will hand in their uniforms to the

coach or Athletic Director. Students handing in the uniforms to any other person take the risk of not getting credit for handing them in. Leaving it in an office or on a desk does not qualify as handing it in.

*Any uniform assigned to a student that is not returned to the coach or Athletic Director by the last day of school will result in replacement costs being billed to the student's family. This applies even if the uniform is lost or stolen.

*Students handing in the uniforms/equipment more than 2 weeks after the final game will be charged a late fee of \$5.00 per week until the uniform/equipment is returned.

*Check with the coach to determine what type of practice gear should be worn.

* There is a dress code at practices: In general, the school P.E. dress code of T-shirts and athletic style shorts will be followed with attention to modesty (no short shorts or spaghetti straps. Shirts with inappropriate messages or wording are not to be worn.)

*All players will agree to respect property of places where the teams play and practice and follow the rules of the building. Players should never misuse the facilities and should not tolerate the misuse by anyone else.

*For game day, a T-shirt must be worn under the uniform. For a dark green uniform, wear a dark green T-shirt. For white uniforms, wear a white T-shirt.

* Athletes are responsible for providing their own water bottle to games and practices.

Academic Standards

Student athletes must maintain an overall grade point average of 2.0 with no more than one D and no F's in ALL classes. This will be checked every 2 weeks. In the case of a rare/special circumstance, an exception to the rule may be made. The athlete's teacher will discuss the circumstance with the Athletic Director who will make the final decision.

Consequences:

The first time a player fails to maintain the requirements; the player **may** practice with the team but will be excluded from any games. After 1 week (minimum), the coach will confer with the teacher to see if the player has restored the minimum requirements. If so, the player may be re-established on the roster of the team with full participation privileges.

The second time the player fails to meet the requirements; the player will be suspended from participation in **practice and in games**. After the minimum of one week's suspension the coach will confer with the teacher to see if player has met the minimum requirements. If so, the player may be re-established on the roster of the team with full participation privileges.

The third time the player fails to meet the requirements; the player will no longer be eligible to participate on the team for the remainder of that sport's season.

Attendance: School and Class

* To participate in a game or a practice, the player must be in attendance at school by twelve noon when it is a full day of school, and by 10:00 a.m. when it is a half day of school. The Athletic director may make exceptions if notified in advance of an excused absence.

* In case of early dismissal for games, the teachers will be notified. When dismissed from class, students will be quiet and respectful of the

other classmates. The student should inform the teacher at the beginning of class if they will be leaving early. The **student** is responsible for all assignments and tests/quizzes missed.

* Players will attend all classes regularly and be on time. Tardiness will not be tolerated. Players may be disciplined by coach or Athletic Director if SFCA Student Handbook policy is not obeyed.

Code of Conduct for Athletes

* All players agree to follow and adhere to the rules and expectations established by the coach.

* All players agree to abide by the league rules.

* All players are expected to conduct themselves as ladies and gentlemen on and off the playing field or court. They are representing their team, coach, family, SFCA and ultimately God.

* Fighting or other forms of physical or verbal abuse to teammates, opponents, coaches, spectators or officials will result in disciplinary action and/or rejection from the activity at hand. This may also include expulsion from the next game or the rest of the season. The Athletic Director and Head of School will make this determination and their decisions are final.

* Negative or uncooperative attitudes expressed to anyone are unacceptable and will not be tolerated.

* It is inappropriate for team members to speak with game officials or express negative attitudes or body language toward officials.

* When at the YMCA or other away facilities, athletes are expected to keep personal items organized in a neat and orderly manner to be respectful to the facility, management and other athletes.

* Any athlete found vandalizing or stealing school equipment or uniforms will be expelled from athletic competition for the rest of the

school year. This includes any opponents' facility or equipment.

Code of Conduct for Coaches

*Dress Code: Men are expected to wear a shirt and tie or a team logo polo shirt. Women are expected to wear skirts or dress pants with a dress shirt or a team logo shirt.

*Coaches are expected to conduct all discussions with referees and others in a God honoring manner with attention to tone and body language.

*Coaches will adhere to league and school rules.

*Coaches are expected to conduct themselves in a Christ honoring manner on and off the playing field or court. They are representing their team, coach, family, SFCA and ultimately God.

Code of Conduct for Parents

*Parents are to respect the coach's rules and decisions. Parents are not to be involved in coaching decisions unless they are a part of the coaching team.

*Parents are expected to be involved in concession stand (providing baked goods, working concession stands, etc.) and fund raising activities.

* Parents are expected to conduct themselves in a Christ honoring manner on and off the playing field or court. It is inappropriate to argue with referees or coaches. Please keep in mind; parents are representing their team, coach, family, SFCA and ultimately God.

* Verbal abuse to teammates, opponents, coaches, spectators or officials will result in ejection from the activity at hand.

Attendance: Practice and Games

* Athletes are expected to be at every practice and game. Failure to be there will affect participation in games and if the problem is serious enough, may result in dismissal from the team. If a player is injured or ill, they need to report to the coach. The coach will excuse the player if appropriate.

* Players will be given practice and game schedules at the beginning of the season and are responsible to notify the coach in advance of days missed. Players may be disciplined for failing to notify a coach.

* Being late to practice will result in discipline by the coach unless the player had previously notified the coach.

* Athletes are not permitted to leave practices or games early unless they have previous approval from the coach.

Student Pick Up Times

We recognize the importance of family time for both our students and coaches. It is important that all athletes be picked up from practices and games in a timely manner. Due to safety issues, coaches must remain until the last student has been picked up. Therefore, please respect the coaches' time by picking up athletes on time.

* On practice days, all athletes must be picked up within 10 minutes of the end of practice. If there is a problem please make other arrangements.

* On game days, all athletes must be picked up within 10 minutes of the return time. Athletes and parents will be provided with a schedule indicating return times.

* We currently rent our gym time. Athletes may not stay after practice unless supervised by an adult and have the facility's permission to do so.

Injuries and return to play

* Athletes are to report all injuries to the coach immediately. Injuries that receive prompt medical attention will allow the athlete to return to competition quicker. Injuries requiring a visit to any medical personnel will require a release note from that medical personnel before the athlete will be allowed to participate with the team again.

Concussion Recognition and Management

[adapted from the PIAA website]

A concussion is a brain injury that results in a temporary disruption of normal brain function. A concussion occurs when the brain is violently rocked back and forth or twisted inside the skull as a result of a blow to the head or body. Athletes at your age are particularly vulnerable to the effects of concussions. Once considered little more than a minor "ding" on the head, it is now understood that a concussion has the potential to result in death or short- and/or long-term changes in brain function.

If a sports official removes you from a Contest because you have exhibited signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, and/or balance problems) you may not return to participating in Practices, Inter-School Practices, Scrimmages, and/or Contests until cleared by a licensed physician of medicine or osteopathic medicine who is sufficiently familiar with current concussion management.

Insurance

* All participation in any athletic event has the risk of injury. Therefore, the school strongly recommends that all students be covered by a medical insurance policy. The school does NOT provide accident insurance.

Travel

* All athletes must travel to athletic events in the transportation provided by the athletic department.

*Athletes will remain with their team and under the supervision of the coach at all times.

*Athletes that miss the transportation will not be allowed to participate in the game unless they have previous approval from the coach.

*Parents will not transport athletes unless they have previous approval of the coach.

* After away games the teams will stop for dinner and the athletes will need to provide money for their meals.

* If an athlete's parents are taking the athlete home, the athlete may not leave the practice field or court after a game until he gets permission from the coach to leave and notifies the coach he is leaving.

*Boys will wear a dress shirt and tie on game days. Girls will wear dress pants or skirts on game days. They will travel to and from games in game attire. On the way back home, team warm-ups are acceptable.

*While on the bus, girls and boys will be separated from each other as directed by the coach or bus driver.

* Once the bus is moving, the driver is ultimately in charge and his or her word is final. Athletes are to remain in their seats, quiet and civil. The first hour of travel to an away game is reserved for silence to facilitate attention to homework and school related studies.

* Return trip on the Bus: If an athlete chooses to travel home in "team warm-ups they must be clean, in good repair with shirts tucked-in and the zipper of the shirt half way up. Only "team warm-ups" are permitted. If an athlete does not have a team warm up, the athlete is expected to change back into school attire to travel home.

* No electronic devices (I-pods, game boys, videos, etc.) are permitted on the bus or at games. Cell phones must be turned off and stored in book bag unless directed otherwise by coach or bus driver. Athletes will be given time, on way home from away game, to notify parents on arrival time back to school.

Detentions

* Athletes who are given detentions must personally notify the coach and serve the detention at the scheduled time. The athlete will miss that part of the practice or game. The athlete should expect discipline from the coach for time missed from the team.

Athletic Medical Release and Consent Forms

*All athletes wishing to participate in athletics at SFCA and their parents must complete the “SFCA Comprehensive Pre-Participation Physical Evaluation (CIPPE)” and hand it in to the school secretary prior to participating in any sport. Section 1 and 2 are to be filled out by the parents and athletes. Section 3 is to be filled out by and authorized Medical Examiner. The CIPPE shall be filled out no earlier than June 1st and shall be effective, regardless of when filled out during a school year, until the next May 31st. These three sections of the “SFCA Comprehensive Pre-Participation Physical Evaluation” must be completed entirely and turned in prior to participation in any practices. Any student who turns in an incomplete form will not be permitted to participate in practices or games.

Homework and School Assignments:

Students are responsible for completing all homework assignments. It is important for students to realize that with the privilege of playing sports comes the responsibility to keep up with their academics. Students should use study hall, bus and home time wisely in order to accurately complete their assignments. Some suggestions for responsible use of these times are listed below.

Study Hall Time

Students should use their assignment books to prioritize, focus and work ahead. After class and during study halls teachers are available for questions. Maximizing study hall time is a good study habit and preparation for the independence of college life.

Bus Time

Boys and girls are sitting in separate seats and are learning to respect the needs of each other. One of those needs is to manage school work which requires that Bus Time be a quiet time. Many students are able to do homework on the bus which helps to minimize the amount of time needed at home to complete these tasks.

Home Time

Here is where parents can help. Helping your child find a quiet place and a structured time to do assignments when they are home will do much to lay the foundation for lifelong study habits.

Teachers

The Jr/Sr High teachers have several helpful measures as well.

Awareness of the game schedule helps. They will try to be aware when there are "away" games, and take that into account when assigning the homework for the day. Advance Notice is another helpful step. Teachers will be giving students an overview of the homework for the entire week on Mondays, in addition to reminding them of the daily assignments. That way when a student has an "away" game, when they have extra time in Study Hall or Home Time, they can work ahead. This helps students learn to plan ahead and pace themselves.

Allowing Alternate Work helps some students. For example, if for the last 20 minutes of Social Studies there is "seatwork time," a student may be allowed to work productively on a different subject; i.e. Science, if it helps them balance their homework load.

The reality is that some students may have to forego sports if academics are a struggle or they will not organize their time and priorities to succeed in academics. This is not our desire. If your student is having trouble balancing their studies with sports, come to the teacher for advice and guidance. We do have tutoring available

and we want to work together as a team for your child.

We do love and care for each student, and by the grace of God, we want to be your partner in seeing them grow in Christ like character, a heart of service and an excellent education.