



Seeds of Faith Christian Academy Athletic Handbook

Revised 10.19.2020

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.

PIAA Coop

SFCA will compete in at least one Jr. High and High School sport with PIAA to allow SFCA to coop with other PIAA schools. Spring Track and Field is the current sport SFCA has decided to compete in to allow for the Coop.

Academic Standards

Academics are our main reason for being in school and should be a priority. As a student athlete, as much effort should be put into academics and studies as goes into practices and games. Players should inform coaches if they are having difficulty in any area of schoolwork before becoming ineligible.

Students are responsible for completing all homework assignments. It is important for students to realize with the privilege of playing sports comes the responsibility to keep up with their academics. Sporting events will not be an excuse for turning in late work. Students should use study hall, bus, and home time wisely in order to keep up with their assignments.

Eligibility

Student athletes must maintain a full academic course load. SFCA's full course load would be a minimum of 6 credits per year. PIAA required a minimum of four credits per year.

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. Grade checks will occur every Friday. 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 student athlete fails to maintain the requirements, they may practice with the team but may not play in any games. After the next grade check, if the student athlete is eligible, they may return to full participation privileges.
- The second time the student athlete fails to meet the requirements; they will be suspended from participation in **practice and games**. After the minimum of one week's suspension the coach will confer with the teacher to see if the student athlete has met the minimum requirements. If so, they may return to the team with full participation privileges.
- The third time the student athlete fails to meet the requirements; they will no longer be eligible to participate on the team for the remainder of that sport's season.

Uniforms, Equipment and Facilities

The school will provide uniforms as designated by the coach or Athletic Director.

- 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, student athletes will hand in their uniforms to the coach or Athletic Director. Handing in the uniforms to any other person assumes the risk of not getting credit for handing in the uniform. 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.
- The coach will determine what additional type of practice gear should be worn.
- 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
 - Shirts must have sleeves and be free from any inappropriate messages or wording
- All student athletes 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.
- Athletes are responsible for providing their own water bottle to games and practices.

Attendance

School

- To participate in a game or a practice, the student athlete must be in attendance at school by 10:45 AM when it is a full day of school, and by 9:00 AM 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. All homework must be turned in for any classes that will be missed that day.
- 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.

Practice and Games

At the start of each season, practice and game schedules will be provided. The team will practice no more than four (4) days per week prior to the beginning of league play. After league play begins, these teams will usually play two (2) games per week and practice two (2) days per week. These games and practices will be Monday to Friday with an occasional Saturday game.

- 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 student athlete is injured or ill, they need to report to the coach. The coach will excuse the student athlete 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 student athlete had previously notified the coach.
- Athletes are not permitted to leave practices or games early unless they have previous approval from the coach.

Code of Conduct

Athletes

- All school rules apply.
- All student athletes agree to follow and adhere to the rules and expectations established by the coach.
- All student athletes agree to abide by the league rules.
- All student athletes 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 School Administration will make this determination and their decision is 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 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.
- Student athletes are not to post anything on social media as it pertains to the team, its members, or any other team. Anyone found talking/posting negatively about student athletes or coaches from any team will be suspended. Student athletes may also be suspended for parent's negative postings. Please make decisions that are in the best interest of the team, the school, and the members of each.

Coaches

- Game Day Dress Code: Coaches are to wear khaki or dress pants with a polo. Coaches may also choose to wear business attire.
- 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.

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 the 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.

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.

Injuries

- 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 may stop for dinner. 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 in writing he is leaving.
- 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 should be reserved for quiet time to allow for homework and school related studies.
- After the game, if available, an athlete may choose to travel home in their team warm-ups. If an athlete does not have a team warm up, similar attire to travel home in is acceptable.
- Electronic use is at the discretion of the coach. Athletes will be given time, on the way home from away game, to notify parents on arrival time back to school.

Athletic Medical Release and Consent Forms

All athletes wishing to participate in athletics at SFCA and their parents must complete the "PIAA Comprehensive Pre-Participation Physical Evaluation (CIPPE)" and hand it in to the school secretary prior to participating in any sport. 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 sections of the PIAA 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.

PIAA CIPPE Physical

Varsity Letter Requirements

- The student athlete must complete the season and turn in all equipment. Any damaged or lost equipment must be paid.
- The student athlete must play in 75% of varsity games.
- The student athlete cannot be disciplined more than once for game misconduct.
- Coaches reserve the right to make any final decisions regarding varsity letters.

Please detach this form and return to the coaches verifying that you have read all of the above material.

We certify that we have read, understand and agree to adhere to the cautions, considerations, rules and responsibilities for participation in an SFCA sport's team.

-----/-----
Athlete Signature

Date

-----/-----
Parent/Guardian Signature

Date