



PARENT/STUDENT ATHLETIC HANDBOOK

CCA

Athletic Policy and Guidelines

I. Philosophy

A. Biblical Basis

1. Colossians 3:23 *"Whatever you do, work heartily, as for the Lord, and not for men."*
2. Philippians 1:27 *"Only let your manner of life be worthy of the gospel of Christ."*
3. Philippians 4:13 *"I can do all things through Him who strengthens me."*

- B. The overall purpose of the athletic program at CCA is to do our best (Colossians 3:23a) for the Lord (Colossians 3:23b). Both our actions and our motivations must be honorable. The end result will ultimately be to bring honor and glory to the Lord Jesus Christ by:

Team Objectives:

1. Providing instruction in the use of the body, soul, and spirit to reflect the glory of God through sports.
2. Applying the principle of the "well-rounded" person illustrated in Luke 2:52 (mental, physical, social, and spiritual) through the integration of academics, athletics, student interaction, and biblical training.
3. Involving the student body, parents, faculty, and staff in developing school unity and spirit.
4. Developing a clear Christian testimony to the opposing schools, the officials, the community, and the spectators.
5. Promoting the biblical definition of "winning":
 - a. Doing our best (Colossians 3:23a) for God's glory (Colossians 3:23b).
 - b. Developing our testimony (Philippians 1:27a).
 - c. Acknowledging God at all times (I Thessalonians 5:18).
 - d. Depending upon the strength and wisdom of Christ (Philippians 4:13).
 - e. Trying to win the contest within the rules of the game and the spirit of good sportsmanship. (II Timothy 2:5)

Individual Objectives:

1. Physical strength
2. Good decision-making
3. Integrity (II Corinthians 8:21)
4. Self-control (Proverbs 25:28)
5. Obedience (Ephesians 6:5)
6. Humility (Luke 18:14)
7. Self-denial (Philippians 2:4)

II. Effective Parent / Player / Coach Relationships

A. Love each other

- John 13:34a *"A new commandment I give to you, That you love one another,"*

B. Respect each other.

- Romans 12:10 *“Love one another with brotherly affection; Outdo one another in showing honor.”*
- C. Pray for each other.
- II Corinthians 1:11 *“You must also help us by prayer, so that many will give thanks on our behalf for the blessing granted us through the prayers of many.”*
- D. With full recognition of and respect for parental responsibility under God, it must be kept in mind that, for athletic participation, parents have delegated the responsibility and authority for the young person to the coach. “Hands on” delegation is not acceptable. *There will be a direct/indirect impact on your young person if some of the following actions occur:*
1. Parents should not coach “from the stands” during any game. This can only be detrimental. A coach needs the full attention and concentration of his players. During a practice or game, the player “belongs” to the coach. Uninvited parental intervention during these times is a serious distraction and is detrimental to the player and team.
 2. Parents negatively approaching the coach or the young person “on the bench” during the game, half-time, or immediately after a game prior to the post-game meeting, will not be overlooked. The team, the player, and the coach should be able to expect full support from the parents during victories and defeats.
- E. Each coach has the full responsibility and authority to determine which players are entered into the games when and for how long. His determination in this area will be made on the basis of what will best benefit the team as a whole. This does not mean that there will be no consideration given to the individual needs of a player, but it does mean that instruction and guidance on making a total team effort is of primary significance.
- F. It is reasonable to expect that any parent that has permitted his child to come out for a team should be supportive of the team’s coach. Well-placed constructive criticism given privately to a coach is welcomed, but parents should not simply air negative opinions to others.
- G. If an issue cannot be resolved in a reasonable manner between a parent and a coach, then a meeting should be scheduled with the parent, coach, and athletic director.

III. Description of the Athletic Program

A. Affiliation

1. CCA is affiliated with the IHSA and ECIC for HS, and IESA for JH sports.
2. The National Federation of Athletics, and the Illinois League rules operate all athletic contests under the rules and regulations governing that sport.

B. Programs Offered

1. 6th – 8th Boys: Soccer, Basketball, Golf, Track
2. 6th – 8th Girls: Basketball, Volleyball, Golf, Track
3. 9th – 12th Boys: Soccer, Basketball, Baseball (CO-OP)
4. 9th – 12th Girls: Volleyball, Basketball, Soccer

IV. Selection of Teams

A. Ball Teams

1. Selections are made by the head coach based on ability, attitude, and work ethic.
2. All students are encouraged to participate to ensure full squads.

B. General Policy

Obviously, not every young person who tries to make a team will succeed. Just like attendance as a student at CCA, being chosen for a team is a privilege and a responsibility, not a right. Before an athlete is cut, the decision is thoroughly considered and discussed by the ones responsible for the decision.

V. Player Expectations

- A. If a coach determines that an athlete is not demonstrating a positive overall attitude, or if the coach receives input from teachers that a lack of effort is being demonstrated in the classroom, then the coach may use his discretion to place the student on probation or be dismissed from the team. A parental conference would be held to explain the action taken.
- B. All athletes must be in class *at least half the day* of a game or practice in order to play or practice that afternoon or evening. If athletes are too sick to come to school, they are too sick to practice or play. However, a medical appointment or a pre-arranged absence with the administration may be excusable. If athletes miss physical education class due to an illness or injury, they will not be allowed to play or practice that day.
- C. Any athlete receiving *more than* the equivalent of *two* 40-minute detentions during a season may be dismissed from the team.

VI. Practice

- A. Practices are important to each team's success, and *attendance is mandatory*. Players should arrive at practice punctually, in proper attire, and in an attitude of work, not play.
- B. A player should not be absent from a practice (except in the case of illness) *without prior permission from the coach*.
- C. Players will not be excused from scheduled practices or games for outside jobs or activities unless arranged through the AD.
- D. Unexcused absences from a practice will be handled by the individual coach. *Two unexcused absences could result in removal from the team*.

VII. Guidelines for Players

Expectations

1. Work with others. This is one of the key elements of team athletics. Team before the individual, which is the proper order. It is important to the success of CCA's athletic program.

2. Display sportsmanship. The desire of the athletic program is to be known as a school that shows proper sportsmanship in winning, losing, adversity, and success.
3. Develop dedication. A chain is only as strong as it's weakest link. All members of a team will be required to be at all team functions. Any exceptions will need to be approved by the coach.

Requirements

1. Physical Examination. Before any participation in athletics the student must have a physical examination. This examination is valid for one year. A copy will be kept in the school office.
2. Medical Release Form. Each student must have on file a medical release form giving permission for the student to receive medical attention if it is needed. This form is in the office, and a copy will be kept in the possession of the coach during the season.
3. Academic Eligibility. Each student will need to remain eligible according to CCA's guidelines. These checks will occur every week. If a student is ineligible the student will not be able to participate with the team in games, or traveling on the team vehicle to away games. The student will be able to practice during the ineligibility period. Eligibility will be checked and monitored by the Principal and Athletic Director.
4. Scholastic Eligibility. A student must be enrolled in order to participate in CCA athletics.
5. Age: A student must be under the age of 20 in order to participate in athletics. If a student turns 20 during a season, he is not eligible to participate in any part of the season.
6. Dress: Student's dress for practices and games should be consistent with the school dress code. T-shirts and clothing should be modest and appropriate. Shirts that are used for practices should not be torn and tattered. Girl's shorts should come close to the knee.

Code of Conduct

1. A high standard of conduct and citizenship will be required. No conduct that dishonors an athlete, team, or school will be tolerated.
2. Fighting in practice or games will be treated very harshly, and may result in the student losing his privilege to represent CCA in athletics.
3. Team participation is a privilege; those students whose conduct cannot be supported by the Athletic Program will have their privilege removed.
4. *Uniforms*
 - *Uniforms are provided to the Athletes by CCA.*
 - *It is the Athletes responsibility to maintain the uniform to the best of their ability.*
 - *The uniforms must be returned to the coach or Athletic Director promptly at the end of the season.(Uniforms will be collected immediately after the last game)*
 - *If there is a delay in returning the uniform the parents will be notified.*
 - *If a uniform is not returned a replacement fee will be assessed to the Athlete. The fee will be based on the cost of the uniform.*

Absences

- A. A coach will not penalize excused absences.
- B. If possible a coach should be notified in advance.
- C. The following situations could fall under the category of excused absence.
 - Sickness

- Youth retreat
 - Required Academic conflict
- D. One aspect of participating on the team is making a commitment to participation, for that reason unexcused absences may result in discipline by the coach.

Quitting a team

- A. The Athletic Program at CCA places a high priority on being dedicated to the team. Coaches will go to great lengths to discourage any student from quitting a team.
- B. Quitting a team is very disruptive to the unity and spirit of the team members.
- C. A student that quits a team after tryouts or the first game has been played will forfeit the right to participate in the Athletic program in anyway until the completion of the season in which he quit.

Disciplinary Procedures

- A. Infractions of a school rule will be handled by school administration. This would include infractions that occur during athletic events or while traveling for athletic events.
- B. The Coaches responsibility will be to inform the administration.
- C. If a student is under a school suspension that student will not be allowed to participate in athletics.

The following are some areas where discipline maybe used by a coach.

- 1. Unexcused absence from practice or games.
- 2. Failure to attend a team function.
- 3. Tardy to practice or games.
- 4. Lack of proper sportsmanship
- 5. Lack of effort
- 6. Breaking the code of conduct

The following are approved disciplinary procedures:

- 7. Extra physical activity
 - a. Running
 - b. Jump ropes
 - c. Push ups
 - d. Sprints
- 8. Reduced playing time
- 9. Removal as team captain
- 10. Game suspension (AD must approve)
- 11. Expulsion from team (Principal and AD approval)

Fees

- 1. An athletic fee will be charged for each athlete for each sport of participation.
- 2. The fee will be charged to the athlete's school bill.
- 3. Fees will be waived for those that sell a banner ad.

VIII. Guidelines for Spectators

- A. Please cheer in a *positive manner* for the Knights rather than in a negative manner against the opposing team or the officials.

- B. Do not “boo” or make degrading remarks at any time.
- C. Remain off the field and gym floor (especially children) before, during half-time, and after games as much as possible.
- D. Please keep all children supervised at all times.
- E. Please pick up and dispose of your own trash after games especially at away games.
- F. Treat the opposing teams and the officials as you would guests *in your own home* rather than as enemies.

IX. Awards

- A. Awards are used by the Calvary Athletic Department for two general purposes:
 - 1. Recognition of God-given ability and achievement.
 - 2. Motivation.
- B. Two awards chapels are held each year. Please check the school calendar for scheduled dates.

X. Banner Program

- 1. See athletic director for details and information packet
- 2. A family will receive a credit for 2 athletic fees per year for every yearly banner that is purchased or renewed. This is not transferable and will only be credited for that current school year’s athletic fees.