



COVENANT CHRISTIAN *Academy*

ATHLETIC POLICY HANDBOOK



MISSION OF GOLDEN EAGLE ATHLETICS

CCA's Mission of Golden Eagle Athletics: "Train students to use their giftings to glorify to God."

Colossians 3:23-24, "Whatever you do, work at it with all your heart, as working for the Lord, not for human masters, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving."

1 Timothy 4:8-10, "For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come. This is a trustworthy saying that deserves full acceptance. That is why we labor and strive, because we have put our hope in the living God, who is the Savior of all people, and especially of those who believe."

Golden Eagle athletes will be open to training, work hard, and compete respectfully. Our goal is to be like Christ. Golden Eagles strive and soar.

2016 -17 CCA Available Sports- volleyball, basketball, cheerleading, cross country

*These policies apply to all present and future CCA-Sponsored sports.

Athletic Affiliations:

- NVIAC, Northern Virginia Independent Athletic Conference
- FCC, Fellowship of Christian Cheerleaders
- VHSL, Virginia High School League



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STUDENTS

CCA encourages all CCA secondary students to participate in the Golden Eagle Athletics. Being on an athletic team develops important life skills and Christian character in each participant. Athletes will grow and develop spiritually, physically, socially, intellectually, and emotionally. The UMS model fosters expedited growth in students with strong Christian coaches and immeasurable parental support.

The CCA Athletic Department strives to:

- focus on the spiritual growth of each student
- teach, model and nurture leadership skills in each athlete
- emphasize the importance of excellence in the classroom
- recruit and hire the best coaches possible
- field competitive teams in each sport
- encourage students participation in sports
- Treat all students, parents, coaches, CCA employees, opponents and community supporters with the dignity, respect and grace that they deserve
- encourage continual development and improvement of coaches
- exhibit outstanding sportsmanship in victory and defeat
- operate within the letter and spirit of all CCA rules and regulations

Specific Requirements for CCA Athletic Participation

- Student-athletes must have a VHSL physical examination form completed by a medical physician each year, complete the yearly online registration form with concussion training, sign and return the CCA permission and consent form.
- All prospective student athletes must be full time students of Covenant Christian Academy. Or, be a sibling of a full time CCA student. Students of staff are eligible to participate.
- All parents of athletes must join the TeamSnap App to keep up with the team roster and communications.
- All athletes must be in good academic standing for the previous and current quarter and follow CCA the academic policies on Academic Standing and Probation.
- All athletes must adhere to the Golden Eagle Code of Conduct
- All athletes must adhere to any applicable conference or league rules and regulations
- All athletes must pay the non-refundable athletic fee for each sport participated in.



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Golden Eagle Athlete Code of Conduct

I hereby pledge to honor and support Covenant Christian Academy by adhering to the team's Athlete Code of Conduct as stated below.

1. I will strive to honor God with my words, actions, and play.
2. I will seek to glorify God with the talents He has gifted me by my commitment to excellence, competing always with skill and passion.
3. I will make academics a priority and always go to class prepared, striving for excellence in the classroom.
4. I will be respectful to my coaches, teammates, opponents, officials, parents, and spectators.
5. I will use appropriate language in appropriate tones when interacting with other athletes, coaches, officials, parents, and spectators.
6. I will not taunt my opponent or be arrogant or boastful in my celebrations.
7. I will not condone or utilize tobacco products or alcoholic beverages.
8. I will arrive on time for all practices, meetings, and contests, with only emergencies, church activities, major family events, and illness being acceptable reasons for tardiness or absence.
9. I will communicate with my coaches regarding issues of injury, illness or expected absence before practice either by phone, email, or in person.
10. I realize that glorifying God with my play requires me to care for my body with proper practice, nutrition, and rest. I will do it.
11. I will play by the rules of the sport, demonstrating and encouraging good sportsmanship, both in victory and defeat.
12. I will not leave the game site without seeking to shake the hand of my opponent and thanking the officials.
13. I will be a good steward, being respectful of the property and facilities of our school and any other school I visit. I will be diligent in picking up after myself.
14. I will be honest. I will not lie, steal, or cheat.
15. I will strive to play safely so that I may avoid causing injury to myself or others.
16. When I have conflict with a teammate or my coach, I will follow the principles outlined in Matthew 18.
17. I will humble myself for the good of the team. I will pursue understanding my role on the team, do it with excellence and strive to do more.
18. I will seek to encourage and assist my teammates in becoming better athletes and followers of Christ.
19. I will be responsible for any uniform or equipment checked out to me and will return it in a timely manner at the conclusion of the season. Any item not returned will be charged to me at the current replacement cost.



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Consequences

Students selected to a CCA athletic team must recognize this distinction as an honor and privilege. A student has no ordained right to participate in athletics. It is a privilege that has been granted. It is possible for that privilege to be taken away. Coaches will work directly with the Administration if a violation occurs. If a student is removed from an athletic team for disciplinary reasons, they will be ineligible for the following sport season as well.

Commitment

Dedication and hard work are required for competitive Golden Eagle athletics. In order to fully appreciate a family's commitment to Golden Eagle athletics and to avoid miscommunication and unrealistic expectations, parents and students must understand that:

- Practices/contests may be scheduled on Saturdays and during vacation periods. Athletes are expected to participate in all practices/contests unless excused by the coach. Unexcused absences will result in disciplinary action, which might include dismissal from the team.
- Squad selection is based on ability and "cuts" are made at the discretion of the coach.
- "Playing time" is based on ability and substitutions are made at the discretion of the coach.
- Athletes who fail to complete a season may not be awarded a letter/certificate or receive credit for the season.
- Any athlete, who leaves a team, in season, will not be allowed to participate in any sport the following semester. Example: A young man decides he no longer wants to play football (a fall semester sport) and quits the team mid-season. This student will not be allowed to play any sport during the spring semester. He could be reinstated for the fall season of the next school year.
- An athlete who is dismissed from a squad for disciplinary reasons (e.g. violation of the Code of Conduct, insubordination, excessive unexcused absences, etc.) would be subject to the same penalty.

Participation in Multiple Sports

CCA encourages students to participate in multiple sports. Students benefit both physically and spiritually from participation in multiple sports. CCA works hard to avoid scheduling conflicts. However, coaches are requested to work together if a scheduling conflict should arise.



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Attendance

- Student-athletes are expected to attend class and turn in all academic work due on time—an athletic event is not an excuse for academic sloth. In the event that a team must miss a portion of a school day to travel, teachers will be notified in advance, and it is the responsibility of each student to complete all assignments and tests prior to the trip unless other arrangements have been made with the teacher.
- If a student-athlete is going to be absent from or late to a practice or game, he/she should notify the coach as soon as possible on the day of the absence.
- Any practice missed by an athlete, at any time for any reason, will result in makeup work as assigned by the individual coach. A coach does not have time to make up the individual instruction that was missed but, the loss of conditioning will be made up.
- For the purposes of team unity, support, and instruction, an injured student-athlete is expected to be at all practices and games, whether or not they are able to participate. The only exception to this is if an arrangement has been made with the coach.
- Each game missed by a player may result in that player sitting out the following game. A player missing a tournament may sit out the next two games. Absences for the acceptable reasons listed above would be an exception to this rule.
- Continued attendance issues could be grounds for dismissal from the team. A player's level of commitment is part of our criteria for selecting a team.

Athletic Dress Code

Student-athletes are expected to follow CCA guidelines for proper attire and personal grooming at all practices and games, including overnight travel. Examples include, but not be limited to, bus trips, hotels, pre or post-game meals, down time before or after games.

Coaches may encourage athletes to wear full or partial uniforms during the school day to promote an upcoming game. Modesty is of utmost importance.



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COACHING STAFF AND ADMINISTRATION PROFESSIONALISM

The success of CCA's Athletic program will depend upon our ability to secure the services of highly qualified and motivated coaches. All coaching positions are yearly appointments. Each coach will be evaluated annually. A satisfactory evaluation will be essential for continuation in coaching at CCA.

All CCA athletics personnel, whether paid or volunteer, who work with CCA students in any capacity on or off the field/court must fill out an employment application and have a clear background check that is performed by the Administration.

All Golden Eagle coaches will be expected to:

- Set an example of sound Christian values and good sportsmanship.
- Be professional in all areas.
- Approach competition as a healthy and constructive exercise, not as a life and death struggle that requires victory at any price.
- Be modest in victory and gracious in defeat and instruct our athletes accordingly.
- Stress academic achievement with our athletes at every opportunity.
- Dress appropriately for practice and for games and be well groomed.
- Abstain from the use of profanity, crude or abusive language with players, opponents, officials or spectators and expect the same behavior from our athletes.
- Respect the judgment of the officials. Instruct the athletes to not argue. Any questions with officials concerning rules interpretation should be made by the captain or coach.
- Remove players from competition who demonstrate un-sportsman like behavior.
- Abstain from use alcohol, tobacco, or other drugs while representing CCA at any contest or practice, or in any other official capacity.
- Know and comply with all applicable league or conference policies and procedures.
- Use the TeamSnap App for all player and parent communication.
- Supervise his/her team members.
- Never leave an athlete alone.
- Embrace the core mission/vision of CCA.



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Scheduling and Facilities

Practice sessions will be well planned and structured to make the most of the time we have with our athletes. Practices may be held on vacation days such as over Thanksgiving, Christmas and Spring Break, however, they should be scheduled with family commitments taken into consideration. All practices and games must be approved by the Administration.

Due to a lack of facilities, CCA will do their best to make arrangements at local gyms and fields for practices and games. We are thankful for your grace and understanding as we look to make improvements to our facilities. The coach shall be the last person to leave the facility. Upon leaving loose equipment should be picked up, lights turned off, and windows and doors secured. All team storage areas should be checked and locked.

Transportation

CCA will provide transportation to and from off-site practice locations on Monday, Wednesday and Friday. Athletes will be expected to ride to the event in the CCA approved vehicle, unless the student's parents prefer to transport them. Parents are responsible to provide transportation for off-site Tuesday, Thursday or weekend practices or games. CCA has travel insurance.

Overnight Trips

All overnight trips need to be approved by the CCA Administration. Advanced planning and preparation is encouraged to ensure success. Overnight trips should be planned so that the following guidelines are satisfied:

- A written itinerary will be discussed with the Administration to seek approval.
- A team meeting shall be held to explain the trip itinerary to athletes and parents. Coaches will need to discuss the rules of conduct that will guide student behavior while representing CCA. Disciplinary action, to be taken in the event that a rule of behavior is violated, will be at the discretion of the head coach.
- A signed Medical Release Form and Permission Slip must be on file with the coach. This information will be required in the event of accident or illness, which requires medical attention while away from home.
- There may be some financial obligations for the family of the athletes involved. This will be clearly explained prior to the trip.
- It is the responsibility of each student to complete all assignments and tests prior to the trip unless other arrangements have been made with the teacher.



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Lettering

Varsity - First-time varsity award winners will receive an eight-inch CCA letter. The responsibility to establish criteria for the awarding of a varsity letter rests with head coach of each sport. Subsequent varsity awards will also be at the discretion of the Head Coach.

Junior Varsity – Award winners will be recognized at their end of the season gathering by the coach.

Junior High – Participants will be recognized at their end of the season gathering by the coach.

Banquets

CCA will host a sports banquet in the Winter and Spring. The purpose of this event is to show appreciation to the student-athletes, parents, and coaches. The dates of the banquets must be approved with the Administration.

Care of School Equipment

Coaches will supervise the return of all issued equipment and uniforms. Lost or misused equipment or uniforms will need to be paid for by the athlete to CCA. Coaches and parents will encourage all athletes to be good stewards.



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PARENTS

There is no more important role than that of the parent. From spiritual life to social skills, from intellectual awareness to self-identity, the parent is the most influential person in a student's life; this reality is the cornerstone of our athletic philosophy. However, once our students are on the field/court of competition the role of the parent changes. The parent should become a supporter.

Parents of Golden Eagle Athletes must agree to the **Liability Release**:

I/We, the parents/guardians of the student named below, understand and are in accord with the purposes of and procedures governing this club/sport. We hereby grant permission for our son/daughter to participate. We understand that adequate and appropriate supervision will be provided. We recognize, however, that unanticipated situations and problems can arise on any club/team, school-sponsored or otherwise, which situations or problems are not reasonably within the control of the supervising coach, teacher(s) or staff (including volunteers). We further agree to release and hold harmless Covenant Christian Academy from any and all liability, claims, suits, demands, judgements, costs, interest and expense arising from such activities, including any accident or injury to the student and the costs of medical services.

CCA Booster Club

The Booster Club is a support extension for the athletic program. We encourage all parents to participate.

Examples of Booster Club Activities:

1. Plan banquets, post-season parties, etc.
2. Assist with fundraising.
 - a. All purchases and expenses to be paid by CCA must be cleared by the Administration, through the Head Coach. Purchases made without this approval will be the sole responsibility of the person ordering the item(s). Approved fundraising events must coordinate with school and athletic calendars.
3. Assist, with approval, in sport specific, spirit wear design and sale.
4. Provide parent volunteers, approved by coaches, for various duties.



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Fundraisers

Fundraising is an important part of an athletic program. Please follow these guidelines for all athletic fundraisers:

1. Must be approved in advance by the Coach (who will seek Administrative approval).
2. One “blanket” fundraiser per year confined to the sport season. It should not exceed two weeks from beginning to end without prior approval.
3. It will not include athletes that are involved in another sport.
4. Supplemental fundraisers will be allowed (i.e. restaurant spirit nights). Summer fundraisers may also be approved with prior approval.
5. It will be organized and conducted under the supervision of the Head Coach.

Volunteerism

CCA relies on the involvement of parents. We are so thankful for the selflessness of so many CCA parents. Here are some examples of ways to get involved:

- Game Greeters
- Clock and scorebook keepers
- Set up and clean up at rented facilities
- Banquets
- Donations of meals, snacks
- Selling spirit wear
- Making Signs for the game
- Leading Prayer
- Organize the equipment storage
- Help during fundraising camps

What Athletes Need From Parents

A successful experience for the athlete requires a communication triangle between the parent, athlete, and coach with each of the playing a defined role in the success of the athlete. The athletic experience can be extremely positive. Parents must be aware that there is a delicate line between support/encouragement and interference. Everyone in the process must always remember that the needs of the athlete come first. The most important contribution a parent can make during a game is to model appropriate behavior.



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During the Game:

1. Avoid the bench area, the dugout, the scorer's table or any other location typically dedicated to coaches or players. The only personnel allowed on the sidelines or courtside are CCA approved coaches and student-athletes, or volunteers appointed by the Head Coach for the purpose of keeping team stats, play-by-play announcing, etc. Our liability insurance precludes parents, visitors, or students not on the team roster to be in these areas.
2. Athletes need only one instructional voice during a contest. That voice should be that of the coach. Shout encouragement but do not shout advice to your athlete during a contest.
3. Please don't harass the officials. Parents that loudly harass the referee are embarrassing to the athlete, the team and our school.
4. There are only four roles during a game: spectator, competitor, official, and coach. The role of the parent is to be a spectator.
5. Please do not yell at your athlete's teammates or the opponent. Other people's children should be off limits.

After the Game:

1. Understand that playing time is earned, not granted and is based on attendance, attitude and aptitude. Our coaches will help athletes understand their roles as they relate to playing time. It is imperative that athletes approach the coach when that understanding is not occurring to the athlete's expectations. An athlete has every right to ask a coach what needs to be done to earn more playing time. A parent, however, should not talk to a coach about playing time.
2. Be a loving, supportive parent. Do not make them feel as if their value as a person was somehow tied to playing time or winning or losing athletic contests. Always bring them back to the bigger perspective.
3. Give them time and space at the end of the game. The more competitive the athlete and the more competitive the sport, the more time and space the players need. What they need most at these times is not another coach, but a parent.
4. Avoid criticizing coaches in the presence of your athlete. This is the worst thing the parent of an athlete can do. A coach can tell how a parent feels about them by the way the athlete treats him/her in practice. The coach does not suffer. The parent does not suffer. The athlete, however, is caught in the middle.



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Parent/Coach Conferences

Do not approach a coach immediately after a contest. Please schedule an appointment to meet with the coach.

Appropriate Concerns to Discuss with a Coach

- mental and physical treatment of your child
- ways to help your child improve
- your child's academic performance as it relates to athletics
- injury or illness
- your child is behaving in a way during a sport that you would not allow at home

Inappropriate Concerns to Discuss with a Coach

- playing time
- team strategy or play calling
- other team members

Red Flags for Parents of Athletes:

From Bruce Brown's video, "The Role of Parents in Athletics" and book, "Teaching Character Through Sports"

- You say "we" all the time.
- You continue to coach your child past the time they know more about the game than you do.
- You are more nervous than your child for competition.
- It takes you longer to bounce back after a loss than it does your child.
- You are taking mental or physical notes about what your child did wrong.
- You are paying them based on performance
- You are critical of coaches, other players or umpires.
- You are taking credit when the child has done well
- You are trying to solve all your child's athletic related problems
- Your athlete avoids you after the game or is embarrassed about your involvement.
- Your athlete's focus is on you in the stands, not on the game, for approval or out of fear.