



Athletic Handbook

2023-2024

...Do all to the glory of God.

1 Corinthians 10:31

Athletic Policies and Procedures Handbook

GUIDELINES AND EXPECTATIONS OF PARENTS AND ATHLETES

The purpose of this handbook is to define and clarify the athletic policies and procedures of Awaken Christian Academy.

The success of the Athletic Program depends on the understanding and cooperation of the Administration and Faculty in carrying out the basic athletic policies of ACA.

With the exception of extra rules as defined in this handbook, ACA Athletes are governed by the rules and regulations presented in the handbook of the NIAA (Nevada Interscholastic Athletic Association), RRAC (Red Rock Athletic Conference), and VAC (Valley Athletic Conference).

Philippians 4:13 “I can do all things through Christ who strengthens me”.

Awaken Athletics

Based on the Word of God

“Everyone who competes in the games goes into strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever”. Corinthians 9:25

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I. Administration of Athletics

A. Statement Of Philosophy

1. Awaken Christian Academy believes individual students will benefit through opportunities to grow physically and intellectually through their experience in self-discipline and their contribution to team effort made possible through competitive inter-school sports activities.
2. The purpose of athletics is both educational and recreational. The athletics program should encourage participation by as many boys and girls as deemed necessary for the success of the program.
3. It is recognized that a well-organized and well-conducted athletic program is a potent factor in the morale of a school student body and an important phase of good community and school relations.

Objectives of Participation:

1. To glorify **God**.
2. To develop Character.
3. To develop Integrity.
4. To develop Accountability.
5. To develop Confidence.
6. To develop Team Concepts and Positive Attitudes.
7. To develop Leadership.
8. To develop Basic Skills unique to each sport
9. To learn to accept constructive criticism.
10. To encourage the development of younger athletes' skills in the elementary and junior high school levels.
11. To represent ACA in a way that honors **God**.

II. General Information

A. Athletic Code

1. **Definition of a Student-Athlete**— A person who is proficient in academics, athletics, and other forms of physical exercise. To complete the transition from student to student-athlete a student must:
 - a. Sign the Athletic Handbook.
 - b. Have their name listed on an ACA athletic team roster
 - c. Turn in the completed Athletic Registration Packet to the athletic department.

2. **Athletics**—Athletics help build a strong body, mind, spirit, and work ethic, and develop many desirable traits which will be a credit to a student throughout his/her life. Any student who competes as a member of an athletic squad must remember that he/she represents Jesus Christ and ACA. As a representative, students must exhibit behaviors that glorify God. No personal reward can be greater.

3. **Good Sportsmanship**— a school and community are frequently known by the action of their members at athletic contests. Everyone wants a winning team, but good sportsmanship and godly character are more important. We expect our teams to always give their best, and it's only fair to expect the same of all those who follow our teams. **“But the fruit of the spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. Against such things, there is no law.” Galatians 5:22-23.**

- a. Practice and play fairly, giving complete effort in all circumstances and credit in victory to teammates, and opponents in defeat.
- b. Accept favorable and unfavorable decisions, as well as victory and defeat with equal grace.
- c. Demonstrate respect for opponents and officials before, during, and after contests.
- d. We do not represent the “i” team, we represent the “Jesus” Team.

4. **Dress Code**— Athletes are reminded that they should exemplify Christian standards in their choice of practice attire. The dress code is not intended to measure spirituality, but to serve as a tool to accomplish these specific goals:

- a. Create an atmosphere free from distractions.
- b. Build character that exhibits self-discipline, modesty, cleanliness, and submission.
- c. Inspire the making of responsible choices.
- d. The cooperation of the coach, student, and parent is necessary for maintaining the standards of athletic dress.
- e. **A STUDENT’S APPEARANCE IS A FAMILY RESPONSIBILITY.** Please assume this important responsibility so the coaches can focus on preparing athletes to compete.
- f. **The following items are not acceptable:**
 1. **Tank/spaghetti strap tops.**
 2. **Spandex worn as an outer garment outside of practice/game.**
 3. **Shirts must be worn at all times.**
- g. Failure to adhere to the above dress code may result in suspension from a team.

5. **ACA Code for Athletics**— The Athlete’s responsibilities is to:

- a. Know and adhere to the athletic code of the school. Represent solid Christian Character and the Love of Jesus.

- b. Meet all attendance and academic requirements as practical evidence of loyalty to school and team and proper philosophy of school-sponsored athletics.
- c. Observe completely all policies regarding conduct, doing so as a duty to school, team, and self.
- d. Counsel with the athletic director over questions of eligibility.

6. **Participation** in extracurricular competitive interscholastic athletics is a student's **privilege**, not a right. It can be withdrawn at any time for failure to meet the standards and requirements of particular teams, schools or school districts, leagues or conferences, and regional, statewide, or nationwide organizations to which the student's school belongs.

7. **Stewardship** of facilities including all ACA facilities/gym/fields and any opponents' facilities must be respected and maintained by each player. Athletes are expected to use all facilities responsibly and with care, leaving them picked up and in better condition than they found them. Refusal to follow this guideline may result in dismissal from a team.

B. **Preseason Parent Meetings**— At least one parent or guardian **must attend** the parent meeting in order for his/her Student-Athlete to be allowed to participate on the team.

The Athletic Director and coaches will hold this meeting before the season begins each year to review the mission, philosophy, policies, and guidelines of Awaken Christian Academy's Athletic Program and of each particular sport. This is the time to ask questions related to playing time and coaching philosophy, to fill out the necessary forms, and to receive other pertinent information. Attendance at these meetings ensures the smooth operation of the program and maximizes the potential for a positive experience for all.

Parents must attend these meetings for each sport in which an athlete participates each year. Meetings will be held within two weeks prior to the season's start date.

C. **Policy for Team/Squad Selection**

1. **Philosophy**— In accordance with our overall athletic philosophy and our desire to see as many student-athletes as possible participate in the athletic program while at ACA, coaches are encouraged to keep as many student-athletes as they can "**without affecting**" or compromising the integrity of their sport. Obviously, time, space, facilities, personal attention, and individualized instruction, along with other factors, are necessary for team development and will affect squad size. However, when developing the individual sports policy in this area, coaches are encouraged to

maximize the opportunities for our student-athletes “**without diluting**” the quality of their program.

2. **Team Selection Policy**— the coaches of the respective sports in conjunction with the Athletic Director will determine the minimum and the maximum number of players and/or teams, taking into consideration the criteria listed above. In cases when the “Squad Selection Policy” is used, the coach will keep the Athletic Director informed concerning the method and time of tryouts.

3. **Squad Selection Policy**—

- a. The selection of any athletic team will be determined by the coach of that team. Membership may be reviewed by the Athletic Director or other Administrators as appropriate.
- b. The Athlete’s placement on any team is always subject to proper behavior as outlined in specified team guidelines.
- c. Assistant Coaches shall follow the policies as established by the Head Coach of their program when selecting team members.
- d. Prior **to tryouts**, the Coach shall provide the following information to all candidates for the team and their parents:
 1. The selection procedure, including timelines, the specified tryout period, and criteria used to select team members.
 2. The practice and game schedule commitment required of each athlete who makes the team.
- e. Tryout **Procedure**— When a Squad cut becomes necessary; the process should include these important elements. Each Athlete should:
 1. Have completed a minimum of two (2) practices specified for a tryout period.
 2. Be permitted, whenever possible, to compete in a scrimmage situation.
 3. Be at **all** tryouts or provide written permission to the coach in advance for missing the tryout period due to extenuating circumstances.
 4. If permission is granted for an alternative tryout, the Athlete must go through a similar criteria process as other team members. Athletes cannot be added after the 1st half of a season.

D. **High School Eligibility**— See www.niaa.org

E. **Student Activities**— there are times when students simultaneously participate in an organized sport and a performing group. Conflicts occasionally arise when practices and regularly scheduled events take place concurrently. Although every attempt will be made to keep such scheduling to a minimum, the following guidelines will be followed.

1. When an athletic *practice* or performance *rehearsal* and an **event** (such as Christmas Concert, Purity Banquet, Musical...) are scheduled simultaneously, the **event** takes precedent.
2. When two events are scheduled simultaneously, the student may select the event in which he/she will participate. He/she should make the decision, whenever possible, at **least seven days** in advance.
3. When two optional practices or rehearsals are scheduled simultaneously, the student may select the practice/rehearsal in which he/she will participate. It is required that **a 48-hour notice be given to the practice/rehearsal that will not be attended**.
4. Under no circumstances will a student be penalized for his/her decision. Class grades are not to be lowered or unreasonable make-up work required. The student will not be benched, nor will the student's ability to earn a letter be impaired because of the decision.
5. In case of a disagreement among the parties concerned, the matter should be referred to the Administrator(s) in charge for a solution. Under no circumstances should a Coach assume that the student is aware of the above rule. The rule is included in the Student Athletic Handbook and should be covered with all participants. When excusing a student from practice or an event, the Coach should make it very clear to the Athlete exactly what will be expected of the Athlete upon their return: such as meet participation, practice, etc.

F. Attendance

1. Participating Student-Athletes **must** be in attendance on the day of a game or practice for at least half a day (3 hours). Absences of half the school day or less must be excused absences recorded through the school office in order for an Athlete to participate that day.
2. If a Student-Athlete must be absent after 3rd period, arrangements must be made in advance with the office or Athletic Director.
3. Participating Student-Athletes that are absent the day before a Saturday contest, and that absence has not been excused, will not be allowed to participate in the Saturday contest.

G. Training Rules

1. Training rules are established with the thought that Athletes not only represent themselves and their team, but that they represent God, Parents, School, and Community. Training rules are also established for the physical well-being of the Athletes themselves in their ability to do the best they can.
2. Athletes are to refrain from the following in or out of their athletic seasons:
 - a. The use, possession, or distribution of tobacco & vaping paraphernalia.
 - b. The use, possession, or distribution of alcoholic beverages.
 - c. The use, possession, or distribution of illegal drugs.
 - d. The use, possession, or distribution of anabolic steroids.

3. Athletes are encouraged to voluntarily report any personal infraction of the “Training Rules” to the Athletic Director, Principal, or Superintendent as soon as possible. Self-disclosure can be made before an investigation of a possible infraction has begun by any of the individuals listed above.

4. An Athlete who is proven guilty by admission or compelling evidence, as determined by the Athletic Director and/or Superintendent, or who is observed in any of the above violations by a staff member of the ACA will be subject to **removal** from their team and suspension/expulsion from school.

H. Uniforms/Equipment

1. Each athlete will sign a Uniform/Equipment Checkout form at the beginning of each season. Athletes are responsible for turning in the uniforms and equipment to their Coach within 7 days after the last contest of the season. The uniform must be properly laundered or a cleaning fee will be assessed. If any uniform/equipment item is damaged, lost or stolen, it is the **responsibility** of the Athlete to pay for the missing/damaged item(s).

2. The Athlete will not be allowed to participate in the next sports season if the missing equipment is not turned in and/or paid for. It is the responsibility of the Coaches to keep accurate records of their uniform/equipment through the use of a Uniform/Equipment Checkout form. Coaches will report those Athletes that fail to return uniforms/equipment to the Assistant Athletic Director or the Athletic Director.

I. Gross Misconduct— Gross misconduct by an Athlete and, or the Athlete’s Parent(s) will result in immediate suspension. The Athletic Director and Administration will use good judgment and will consider issues such as surrounding circumstances, former conduct infractions, training rules infractions, and past behavioral issues.

J. Hazing or Bullying— all forms of hazing are prohibited by Awaken Christian Academy both on and off campus.

Hazing is described as forcing another person, regardless of that person’s consent, to *“perform an act that creates a substantial risk of harm, substantially or seriously demeans or degrades any person; or interferes with any person’s scholastic, physical, mental, emotional or spiritual well being.”*

Bullying is defined as “any overt act or combination of acts directed against a student by another student or group of students and which occurs during the school day on school property, on a school bus, at a school-sponsored activity, is repeated over time and is intended to ridicule, humiliate, or intimidate the student.”

Any Student-Athlete found guilty of committing any of the above acts will be removed from their team and suspended from school.

K. Parent/Coach Communication— Coaches make judgment decisions based on what they believe to be best for each individual student as well as the team as a

whole. While there are certain things that can and should be discussed with your child's Coach, there are other things that must be left to the discretion of the Coach.

1. **Appropriate** concerns to discuss with Coaches:
 - a. The treatment of your child mentally, physically, and spiritually.
 - b. Ways to help your child improve.
 - c. Concerns about your child's behavior or safety.
 - d. Clarification about the expectations of your athlete
2. **Inappropriate** issues to discuss with Coaches:
 - a. Playing time
 - b. Strategy
 - c. Play calling
 - d. Matters concerning other Student-Athletes
3. **Meeting procedure**— if you have concerns to discuss with your Athlete's Coach:
 - a. Your son/daughter should first talk with the Coach about his/her questions or concerns.
 - b. Please do not attempt to confront a Coach before or after a contest or practice. This can be an emotional time for Parent, Athlete, and Coach. Meetings of this nature are often not fruitful.
 - c. Set up an appointment with the Coach.
4. **Meeting progression for concern resolution:**
 - a. Meet with Coach.
 - b. Meet with Head Coach
 - c. Meet with Athletic Director
 - d. Meet with Principal

L. Dual Sports Participation Policy (Same Season) — Students **may not** participate in two ACA sponsored sports in the same season. A student may elect to participate in a nonschool league sport as long as it does not interfere with the practice and game time commitment to the school. Regarding cheerleading, an approved Athlete may try out for both cheerleading and volleyball and if selected for both teams, may play volleyball in the fall season and cheer for the winter season.

M. In-season Leadership/Servanthood— during the season of participation, Student-Athletes will be required to serve 3 hours of voluntary servanthood in the lunchroom keeping it clean during their lunch period and/or selling lunch items. The hours will be logged with the Athletic Director.

N. Miscellaneous

1. It is mandatory that all Athletes have medical insurance. The school is not responsible for the payment of medical services.

Information on voluntary short-term accident insurance is available from the athletic office.

III. **Activity Fee & Athletic Packet**

A. **Activity Fee** - the activity fee has been implemented by ACA to help maintain budgetary requirements in our athletic programs. Although our programs have been impacted by our growth, the fee will help maintain our level of competition.

B. **Athletic Packet** - Parent/Player Agreement, Physical, Permission to Treat, Off Campus Activity Waiver, Signed Athletic Handbook, Sportsmanship Training, Concussion Training, Proof of Eligibility from Register My Athlete - **must be completed before Athletes may compete.**

IV. **Academic Eligibility**

- A. All Student-Athletes must maintain a 2.5 GPA or greater.
- B. Student-Athletes' grades will be checked weekly throughout the season.
- C. If a student has lower than 70% in any class at the time of a grade check, he/she has 1 week to bring up the grade before being placed on Academic Probation. During the week the athlete is working to bring up grades, the athlete may, at the Coach's discretion, continue to participate in team practices.
- D. If a student does not raise his/her grade to at least 70% in one week, the student will be academically ineligible, which means they cannot participate in any games and will have a weekly grade check until the grade is brought up.
- E. Continued poor performance in the classroom may result in removal from the team.
- F. ACA is bound by the academic eligibility guidelines for JV/Varsity Athletes as governed by the NIAA. Go to www.niaa.com for more information.

V. **School Suspensions & In-house Suspensions**

Any Athlete in grades 5-12 that is suspended during the week of their sport will miss at least 1 game during the week of their suspension. This does not preclude the Student-Athlete from attending practices. They may be present at practices with the exception of their suspension date. Additionally, they will not be allowed to travel with the team to any away games on the week of their suspension. **This includes in-house suspensions.** An athlete with 12 or more combined demerits may be considered to be ineligible for sports.

VI. **Transportation**

1. The Athletic Department will provide transportation to and from the games for Athletes *as deemed necessary* by the Athletic Department. In most cases, bus/van transportation will not be provided on Saturdays, and for local Las Vegas games that begin after school hours.
2. Off-Campus Activity Waivers must be on file for all athletes.
3. Students are to be picked up from local games and practices no more than 15 minutes after the conclusion. A \$1 per minute fee will be due to the coach after that time and must be paid before the athlete will be allowed to resume participation.
4. Students returning to school on the bus/van will notify parents of the estimated arrival time so that parents can pick students up upon arrival.

BUS PROCEDURES

- Enter the bus in a line. Hold the handrail while going up and down the stairs.
- When entering the bus, go directly to a seat. Remain seated and face forward during the entire ride.
- Always speak quietly on the bus so the driver will not be distracted. Always be silent when a bus comes to a railroad crossing so the driver can hear if a train is coming.
- Never throw things on the bus or out the windows.
- Keep the aisles clear at all times; feet should be directly in front of you on the floor.
- Never play with the emergency exits. Large instruments or sports equipment should not block the aisle or emergency exits. If there is an emergency, listen to the driver and follow instructions.
- Hands should be kept to yourself at all times while riding on the bus. Fighting and picking on others creates a dangerous bus ride.
- If you leave something on the bus, notify a coach or chaperone to retrieve it.

Respect the "[Danger Zone](#)" which surrounds all sides of the bus. The "Danger Zone" is ten feet wide on all sides of the bus. Always remain 10 steps away from the bus to be out of the "Danger Zone" and where the driver can see you.

*It is the responsibility of the Coaches, Teachers, Advisors, and Students to see that all garbage, personal belongings, and equipment are removed from the bus/van. If the bus/van is not cleaned after use, the team will be assessed a fine by the ACA Athletic Department.

Document of Compliance

This page must be completed and returned to the Athletic Department

I have read and agree to abide by the guidelines set forth in the Awaken Christian Academy Athletic Policies and Procedures Handbook.

Student's Name _____ **Grade** _____

Sport _____

Student's Signature _____ **Date** _____

Parent's Name _____

Parent's Signature _____ **Date** _____