

WEST BAY CHRISTIAN ACADEMY

ATHLETIC HANDBOOK
FOR STUDENTS AND PARENTS
2010-2011



HOME OF THE “WINGS”

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Dear Parents and Student-Athletes,

Each new season brings fresh new challenges and exciting opportunities. The privilege of being on an athletic team at WBCA is a true extension of the student's work in the classroom. We hope students will benefit from their athletic experiences as much as they do from their academic endeavors.

Sports are highly valued in our culture. The potential exists in sports for our children, whether great athletes or not, to rise to the occasion, to give their best in a moment of symbolic meaning, and to take a greater sense of self into the rest of their lives. Some kids will be outstanding athletes, some won't. Some teams will have winning records, some will not. But each child that participates can develop a stronger sense of self through participation as a member of a team. Each can learn important life lessons by giving his or her best effort, enjoying the taste of victory, and returning to try again after a loss.

Interscholastic athletics is a privilege, not a right. That being said, the goals of the athletic program incorporate these few simple ideas:

- 1) Bring glory to God in all aspects of the athletic program.
- 2) Show mutual respect to teammates, opponents, coaches, officials and spectators.
- 3) Apply principles of hard work, dedication and perseverance in all aspects of the program.

Philosophy of Athletics

Christian athletics is a ministry. When athletics are seen from the Christian perspective, winning has a broader definition and our athletes have a greater purpose. We want our coaches and athletes to be follower of Christ in the lives of those they meet. The West Bay athletic program aims to be a light in a dark world and serve as a testimony of what God has done in our lives.

Christian athletics is an arena for teaching the principles of God's Word. Athletics is an opportunity to practice God's principles. Examples of these principles are controlling the feelings that arise in competition, working together as members of the body of Christ, winning from God's perspective rather than an individual's, being submissive to authority, and demonstrating the fruit of the Spirit during stressful situations. It is our hope that our athletes are controlled by the Holy Spirit (Ephesians 5:18) and produce Christ-like actions so that others may see Jesus through them.

Christian athletics is an arena used for teaching the importance of winning from God's perspective. Scripture encourages striving hard for the goal, to be successful and to win the prize. "Do you know that in a race all the runners run, but only one gets the prize? Run in such a way to win the prize" (1 Corinthians 9:24). Christ expects us to give a total effort in all that we do, and therefore, is not satisfied with anything less than our best in a practices session, a game, or in the

classroom. “They do it to get a crown that will not last; but we do it to get a crown that will last forever” (1 Corinthians 9:25). Through the guidance of the Holy Spirit, Christian athletes learn to cherish eternal rewards as a treasure of great price. They learn that the most treasured reward often does not show up on the scoreboard, but in the lives of those who have developed a deeper desire for the things of Christ and in those whose lives were touched by the Christian athlete. Ultimately, winning is defined as *pleasing the Lord with our attitudes and actions*. This only begins when the athlete develops a desire to please the Lord rather than people. “Whatever you do, work at it with all your heart, as working for the Lord, not for men” (Colossians 3:23). We want our athletes to catch the vision that our Lord attends every event and is our primary audience.

Philosophy of Christian Coaching

Coaches are stewards of the many families that have entrusted their children to WBCA and its representatives. Coaches are placed as an extension of the family to help meet the spiritual needs of our athletes. Our coaching philosophy is similar to our educational philosophy. We want our athletic program to be “*Distinctively Christian and Athletically Excellent*”. We are primarily interested in building eternal values in our athletes and, therefore, need to emphasize attitudes and actions in relation to God’s Word.

Our athletes are confronted with many life situations. These situations become perfect opportunities for teaching biblical principles. The coaches’ job is to biblically direct them in these situations to build Christ-like character qualities. Coaches are their leaders and are to disciple them in the hope that Romans 8:6 will be true for them . . . *the mind controlled by the Spirit is life and peace*.

Athletic Code of Conduct

- The athlete recognizes and abides by the coach’s particular rules and procedures as approved by the Athletic Director. Parents receive these rules and guidelines prior to the beginning of each sport season.
- The athlete abides by the authority of the coach at all times.
- The athlete obeys all rules set by the school and complies with the spirit and letter of the rules, year round, including during summer break.
- The athlete does not use foul or obscene language at any time.
- The athlete cares for uniforms issued and complies with all instructions that may accompany it. Uniforms are to be worn only on the athletic field, not to school or in the community unless the Athletic Director gives permission. Lost or misused uniforms are replaced at the player’s expense. At the end of the season the athlete turns in the complete uniform on the date requested. Additionally, no athlete will be allowed to try out for the next sports season until the uniform is turned in or paid for if lost.

- The athlete does not participate or practice in any athletic event on the day absent from school for more than half a day, unless the athlete has permission from administration.
- The athlete is aware of and maintains academic eligibility and is aware of the consequences of falling below the academic requirements of WBCA.
- The athlete adheres to the philosophy and standards for Christian athletes as described in the *West Bay Christian Academy Athletic Handbook* and strives to serve Christ through the use of athletics.
- The athlete adheres to the philosophy and standards for WBCA students as described in the WBCA Student-Parent Handbook.

Travel to Away Contests

WBCA utilizes coaches and parent-volunteer drivers to provide transportation to away contests as well as any off campus practices. All parent-volunteer drivers will provide a copy of their current insurance and driver's license. Athletes will need to sign a release form in order to be transported by the coach and/or parent-volunteer driver.

Athletes will be assigned to a parent-volunteer driver and must ride with that parent. Absolutely no switching of cars is to be done without prior approval from the Athletic Director.

All athletes must be picked up at the contest or practice location. The coach or parent-volunteer drivers are not expected to provide transportation back to the school.

Commitment of Athletes

If students choose to participate in athletics, they are expected to fulfill the commitment to the best of their abilities. Every athlete is responsible to attend all practices and games. Excused absences are those that are due to an emergency or the athlete has special permission of the coach. Examples of an emergency are the illness or death in the family. Unexcused absences will result in disciplinary action, which can include loss of playing time. If the coach has additional attendance requirements above and beyond this policy, defer to the coach's policy.

"No Quit" Policy

West Bay Christian Academy follows a "No Quit" Policy. Once an athlete has made the commitment to participate and has participated in one game, the athlete must complete the season. If an athlete chooses to disregard this policy, the athlete will forfeit the ability to compete in the next season or the remainder of the school year. Injured players are also expected to complete the season by attending practices and contests and serving the team in any capacity needed.

Bullying Policy

WBCA takes a strong stand against bullying in any capacity, whether on or off campus. Bullying can be physical, verbal or emotional and is usually repeated over a period of time. Athletes are to encourage one another, respecting differences in personality, age, and differing levels of athleticism. Athletes are also to encourage and support other athletic teams at WBCA. Any athlete suspected of being involved in bullying will be confronted immediately and given a warning. If the bullying continues, the athlete may be immediately suspended from the team at the discretion of the Head Coach, Athletic Director and Headmaster.

Disciplinary Philosophy and Procedures

The West Bay Christian Academy administration and athletic staff are very concerned with the attitudes displayed by our athletes. We believe that athletes are representatives of our school on and off the playing field or court. Many times the only contact that people have with our school is through their observations of our athletic teams. We believe that a student's behavior in the classroom is a clear indication of what their behavior can be on the field or court. We expect students to be good representative of our school in the medium of athletics.

When a negative attitude or behavior occurs, it is dealt with immediately. After consultation with the Athletic Director to decide upon the discipline, the coach meets with the athlete and explains the decision. Parents are contacted to inform them of the circumstances and resulting discipline. Each case is handled independently. The athletic department expects full cooperation from the parents/guardians.

Athletic Eligibility

Academics in the life of a middle school student-athlete are extremely important. Being able to balance school, extracurricular activities and athletics can be difficult, but can be done. For this reason, during the twelve-week grading period, grades will be checked weekly (every Friday) by the Athletic Director through all of the middle school teachers and specials teachers. If an athlete has a 60 or below in any course, the athlete will be given a written warning from the athletic department and a one week grace period to bring up the grade. The athlete will be notified by either the teacher or the Athletic Director by Friday afternoon. The grace period will begin the following Monday. The athlete may still attend practices and games during the grace period. If the grade is not brought above a 60 (passing) by the following Friday, the athlete will sit out the next week of practice and/or games or until the grade is brought above a 60.

For those students who have an IEP (Individualized Educational Plan) or learning difficulties, exceptions will be made on a case-by-case basis.

Athletic Participation Requirements

All athletes are required to have an Athletic Release form signed before tryouts or practice begins.

Athletes are required to sign any contract given to them by the coach.

Athletes must be in good academic standing and maintain their eligibility.

Athletes must be in grades 6-8 for all competitive sports. Fifth graders may join the cheerleading squad if necessary.

Snow/Rain Day Policy

If a "snow day" or "emergency day" is called on the day of an athletic contest or practice, the following policy is in effect:

- The athletic contest or practice is considered cancelled unless the Athletic Director and Headmaster determine it is safe to continue with the contest.
- Athletes and coaches will be notified between 11:30am-12:30pm.

- If athletes are notified of a cancelled practice or contest, it is their responsibility to come to the front office and call their parents and make arrangements for transportation home after school. Students may not use their cell phones unless the office gives permission.

Athletic Awards Policy

In order to be eligible for an award, each athlete must complete the entire season, excluding injuries or sickness. Each coach will give out the four standard awards and each coach will vote for the Wing Award.

Improvement Award – A valid goal of an athlete is to become the best that he/she is capable of becoming. This demands maximizing strengths, recognizing weaknesses and striving to improve them. The Improvement Award goes to the athlete who has evidenced outstanding personal improvement in skill or attitude over the season due to intense drive and determination.

Mighty In Spirit – Presented to the athlete who best shows spiritual leadership, Christ-like character, and spiritual insight.

Total Release – This award is given to the athlete who shows the best intensity in his/her performance. This athlete is to be the best at what is spoken of in Colossians 3:17 & 3:23. He/she must give all he/she has at all times and do it unselfishly unto the Lord.

Coach's Award – This award is presented to the athlete who is fully committed to the coach and, therefore, to the coach's philosophy. Total commitment draws out an athlete's maximum response. This player is dedicated to actively listening and giving 100% during practices and competitions.

WING AWARD – This award is given to the outstanding male and female athletes who show the best all-around character, ability, accomplishments, etc. This award is presented at the end of the year and is determined by the vote of all coaches.

There is a sports banquet at the end of the year. Each athlete who satisfactorily completes a season at WBCA will receive a certificate. In addition, the coach's awards are engraved trophies/plaques. Attendance is strongly encouraged by athletes and their parents.

Scholar Athletes

All athletes in grades 6-8 are eligible to obtain the honor of becoming a Scholar Athlete. Scholar Athletes who pursue excellence in academics while participating in a school sport demonstrate dedication and commitment. A certificate will be presented to the participating athlete who achieves Honors or High Honors during each season and the corresponding trimester's report card.

Home School Athletes

Due to the size of our school, we currently accept home schoolers as they are sometimes needed to fill our athletic teams. If chosen to be a part of the team; home schoolers are assessed a \$35.00

athletic fee per season. When necessary, first priority will be given to WBCA students. Home schoolers are NOT guaranteed a spot on the team year after year.

Spectator Code of Conduct

... “live a life worthy of the calling you have received. Be completely humble and gentle; be patient, bearing with one another in love. Make every effort to keep the unity of the Spirit through the bond of peace” (Ephesians 4:1-3).

- * Spectators are to treat our coaches and players, opposing coaches and players and the referees/officials in a respectful, Christ-like manner.
- * The actions of fans are a witness to our community. They should remember that they represent not only our school, but also our Lord.
- * Spectators are to encourage our players and teams in a positive manner.

Parent and Coach Meetings

We understand that disagreements can arise between coaches and parents. If this happens, the Athletic Department asks that parents follow the Biblical principles outlined in Matthew 18 and the Parent Handbook and talk with the coach in person. Parents should schedule an appointment with that coach on a day other than the day of a game. At no time is it ever acceptable to approach a coach before, during or after a game. Emotions tend to run high and confrontations should not be made in public. Coaches have many responsibilities on game days. Please respect your athlete’s coach by allowing them to focus on preparing for the game.