



Parent/Student Athletic Handbook

*"...let us run with endurance the race that is set before us,
fixing our eyes on Jesus, the author and finisher of our faith..."*

Hebrews 12:1-2



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PHILOSOPHY

Extra Curricular Activities

Cary Christian School seeks to provide an extra curricular activities program in order to supplement the academic program of Cary Christian School's middle and high school. Cary Christian School recognizes that God has gifted students in a variety of ways, including abilities in athletics, drama, music, academic study, as well as in other areas. We seek to provide an opportunity for these students to develop and use their God-given ability.

We believe that an extra-curricular activities program enhances the atmosphere of the Cary Christian School student body, providing students and parents with an opportunity to express positive school spirit.

We also recognize that extra-curricular activities provide an opportunity to make the programs established at Cary Christian School known to the broader Triangle community.

We believe that participation in extracurricular activities, especially athletics, provides a good opportunity to encourage Christian students in their relationship with and witness for Jesus Christ. We expect, and will insist upon, Christ-like character and behavior in **all** athletes, fans, and coaches. We expect all fans and athletes alike to limit words and actions at sporting events to those that are uplifting, encouraging, and always positive. (Ephesians 4:29-32) We expect this to be our behavior toward our children, our opponents, our opposing fans, and game officials, whether "home" or "away", "ahead" or "behind". We expect every CCS person in attendance to do what Jesus would, regardless of what the scoreboard says or how our opponents may conduct themselves.

Let's teach our children to think, speak and act in the way Jesus would at our athletic events. Thank you for your prayers and for leading our young ones by example!

Relationship to Academics

Extracurricular activities will not take priority over the academic program at Cary Christian School.

Missed Academic Time for Athletics

The CCS school policy for pre-arranged absence applies to athletics. Athletes and students attending athletic events as spectators are to discuss early dismissals and absences in advance with teachers and are to complete those assignments on time, as described in the CCS Student Handbook under "Planned Absences".

Athletic Objectives and Guidelines for Participation

The following are the objectives and guidelines for athletics in the secondary school: Cary Christian School participates in three levels in the sixth through twelfth grades: (1) Middle School, (2) Junior Varsity, and (3) Varsity. Each of these levels has specific objectives and purposes to maintain clear performance of the schools' primary goals and objectives.

Middle School

The objectives of the middle school program are improvement through participation and the development of basic skills. Coaches will also teach basic rules and principles of the game. Middle school athletics will allow each student the opportunity to participate and grow in sportsmanship and Christian character. Each athlete will be allowed to reasonably participate in every game/match contingent on his or her attitude and participation in practice. *Coaches will talk with players and parents to explain reasons for non-participation in a game (exception: each athlete will not be assured participation in post season tournament play).*

In an effort to give as many middle school children as possible a chance to participate, CCS will have two conference teams available in some Triangle Middle School Conference (TMSC) sports. (Multiple team availability is subject to availability of facilities and volunteer coaches.) The objectives for are the same for both conference teams: to develop sportsmanship, Christian character, and skills through participation by all team members. This does not imply equal playing time for all. Playing time will vary according to the level of competition and readiness for competition, and playing at all (in every game) remains contingent on attitude and participation in practice. Gold team members are selected with regard only to talent and/or potential. 6th or 7th grade students are just as eligible as 8th grade students as Gold team candidates.

Junior Varsity (JV)

The objectives of junior varsity athletics are to reinforce basic skills, to start to develop advanced athletic skill and Christian character, at an increased competitive level. Junior varsity athletics are more competitive and exist to prepare younger players for varsity play. At this level, each athlete will play and have the opportunity to experience a more intense, organized level of play. Each athlete will be allowed playing time (although not necessarily in every game). The amount will be determined by the players' skill, age, and attitude as viewed by the coach. Most of the playing time at the junior varsity level is reserved for younger players.

Varsity

The objective of the varsity level is to exhibit impeccable sportsmanship and excellence. Varsity athletics is highly competitive and advanced. At this level the athlete will be scrutinized more thoroughly in his character, ability, attitudes and skills. He will play before many witnesses, including the Lord. The most qualified athletes will be allowed on the varsity team. Playing time will be entirely at the discretion of the coach. Coaches will communicate with players about their roles, coaches' expectations, and general playing time expectations.

Seniors

Early in the season, coaches are encouraged to meet individually with seniors who will receive limited playing time. Coaches should tell these athletes how much playing time they can expect. Coaches should ask the athletes to consider whether they are willing to cheerfully accept their role on the team and if they are willing to make a positive contribution to the team.

ATHLETE PARTICIPATION POLICIES

Middle School Team Player Selections by Grade

Middle School A and B Teams: Note, any of these numbers are subject to revision by the athletic director at anytime.

Basketball & Volleyball: maximum of 24 Total players:
Maximum of 8 from 8th grade and a minimum of 7 from 6th grade

A Teams: Maximum of 12; minimum of 10 total players – practice at 2:30 p.m.
8th Grade – Maximum of 8 players
6th and 7th Grade – Complete the remaining 4 or more spots at the coach’s discretion.

B Teams: Maximum of 12 total players – practice at 6:30 a.m.
8th Grade – Maximum of 8 minus the number on the A team.
6th Grade – Minimum of 7 on A and B combined.

Soccer: 32 Total Players:
Maximum of 11 from the 8th grade and a minimum of 11 from the 6th grade

A Teams: 16 total players – practice generally at 2:30 p.m.
8th Grade – Maximum of 9 players.
6th and 7th Grade – Complete the remaining 7 or more spots at the coaches’ discretion.

B Teams: 16 total players – practice generally at 2:30pm
8th Grade – Maximum of 11 minus the number on the A team.
6th Grade – Minimum of 11 on the A and B combined.

7th and 8th Grade Students Playing High School Sports

By NCISAA rules, except for football, 7th – 12th grade students are eligible to play on varsity high school teams. Middle school students are not eligible for swimming or football until 7th grade.

CCS philosophy is that 8th graders will be allowed to try out for high school teams only when the **athletic director** decides that it is in the best interest to the CCS athletic program and to the individual student and their family.

Middle school athletes who play on varsity teams are not eligible for “letters” or letter jackets. They may receive a pin if they participate on a varsity team.

Try-outs

Try-outs and the team cutting process will be conducted during the first days of practice for 1-3 days (at the coaches' discretion). Generally, prospects will be expected to attend practices and/or try-outs from the very first day. Generally, any student allowed to try-out late must have emergency reasons for doing so, and must have the athletic director approval for a late try-out. Any student must participate in at least three (3) practices before participation in any games.

Dual sport prospects will be subject to the same cutting/try-out criteria as all other athletes.

Sunday Practice

Sunday practices are prohibited, including "optional" practices. Families may open the gym on Sundays for "free play", but no organized practices, even optional attendance, may be held.

Non-School Day Practice

Except as approved by the athletic director, all non-school day practices are optional: attendance is encouraged, and failure to attend may hamper the athletes' progress in skill and team play; but coaches may not actively penalize non-attendance.

Practice Length

Practices may be no longer than 2¼ hours in length for any one child except with approval of the athletic director.

Athletic Fees

There will be a fee (per sport) of \$50 per high school athlete and \$25 per middle school athlete. This fee must be paid before participation in any game/match.

Injury Related Unconsciousness in Athletics

Any CCS athlete who becomes unconscious ("blacks out") for any length of time during a game or practice is ineligible to continue practice or re-enter the game for the remainder of that practice or event.

Participation and School Attendance

A student, who is absent from school more than one-half day, may not participate in extra-curricular activities that day, either in practice or in games unless their principal gives permission to do so.

Rules and Regulations for Extra-Curricular Activities

All applicable policies and guidelines established by Cary Christian School administration apply to students participating in extracurricular programs at Cary Christian School.

In addition, NCISAA rules and regulations will also be followed. The secondary principal, activities director, and all coaches are expected to become familiar with these rules and regulations.

Each student must have parental permission in writing in order to participate in extra-curricular activities. This permission requirement is met by completing and returning (1) the CCS release and hold harmless form and (2) the authorization to treat a minor form.

The activities director shall be responsible for ensuring that all players meet both Cary Christian School and NCIHSAA requirements for participation. The activities director will notify coaches of any ineligible players. Coaches and directors shall submit to the activities director a list of participants at the beginning of the season in order to facilitate this review.

Policy on Single Season Dual Sport Participation

A student may participate in two sports during a single sports season (fall, winter, spring). For example, in the fall a female student may choose to play both tennis and volleyball or a male student might choose both soccer and running cross-country.

The following conditions apply to single season dual sport participation.

1. The student must designate one sport as a priority sport. Participation in that designated sport would take precedence in the event of a conflict preventing participation in contests in both on a single day.
2. Although coaches will be obliged to allow dual participation, coaches may consider the impact of a dual participant in “cutting” and playing time decisions. In other words, coaches will be allowed to choose and field the best possible team and may decide a dual participant athlete is less able to make a positive contribution than a comparably skilled single sport athlete.

Dual sport participants will attend as many practices, competitions, and games as possible in both sports. Thus, a volleyball player with a “day off” would attend tennis practice rather than going home to rest. Participation in both teams’ practices would be encouraged when possible. Where possible, practice time will be split equally between the two sports. Athletes are expected to maintain regular communication with coaches of both the primary and secondary sport teams.

CONFERENCE MEMBERSHIP AND TEAM OFFERINGS

Conference Membership

Cary Christian High School is a member of the North Carolina Independent High-School Athletic Association (NCISAA), the Eastern Plains Independent Conference (EPIC) and the Triangle Middle School Conference (TMSC).

EPIC- Eastern Plains Independent Conference

- 1) Arendell-Parrot Academy
- 2) Cary Christian School
- 3) Halifax Academy
- 4) Kerr Vance Academy
- 5) Rocky Mount Academy
- 6) St. David’s School

TMSC- Triangle Middle School Conference

Division I

- 1) Cary Academy ‘Blue’
- 2) Cary Christian School ‘Gold’
- 3) East Wake Academy
- 4) Franklin Academy
- 5) Grace Christian School of Raleigh
- 6) Kestrel Heights Charter School
- 7) Magellan Charter School

- 8) North Raleigh Christian Academy
- 9) St. David's School (Basketball and Volleyball Only)
- 10) St. Timothy's School

Division II

- 1) Bethesda Christian Academy
- 2) Cary Academy 'Gold'
- 3) Cary Christian School 'Blue'
- 4) Cresset Christian Academy
- 5) Crossroads Christian School
- 6) Grace Christian School of Sanford
- 7) Neuse Christian Academy
- 8) North Raleigh Christian School (Basketball Only)
- 9) St. David's School (Basketball Only)
- 10) Trinity Academy of Raleigh

To facilitate scheduling of activities and to encourage competition, Cary Christian School will strive to maintain membership in the NCISAA so long as it is deemed beneficial to the school administration.

Athletic Teams

Fall	Winter	Spring
<i>High School</i>	<i>High School</i>	<i>High School</i>
Varsity Cross-country: Coed Football: Men Soccer: Men Tennis: Women Volleyball: Women Junior Varsity Volleyball: Women	Varsity Basketball: Men & Women Swimming: Coed Junior Varsity Basketball: Men & Women	Varsity Baseball: Men Golf: Men Lacrosse: Men Soccer: Women Tennis: Men Track: Coed
<i>Middle School</i>	<i>Middle School</i>	<i>Middle School</i>
Gold Cross-country: Coed Football: Men Soccer: Men Tennis: Women Volleyball: Women Blue Soccer: Men Volleyball: Women	Swimming: Coed (7 th -12 th Grade) Gold Basketball: Men & Women Blue Basketball: Men & Women	Gold Baseball: Men Golf: Coed Lacrosse: Men Soccer: Women Tennis: Men Track: Coed Blue Soccer: Women

Classification

Classification of schools in the NCISAA is determined by student enrollment in grades nine through twelve. Based on NCIHSAA standards, Cary Christian School is classified as a 2A school.

NCISAA School and Conference Athletic Rules and Regulations

1. High School JV eligibility is generally grades 7th-10th. High School Varsity eligibility is grades 7th – 12th. At CCS, JV sports are generally for grades 9th-10th, except for JV football, which is for grades 7th-9th.
2. Students are required to maintain a 2.5 / 77 grade point average (GPA) for overall classes for 9 weeks. An ineligible student cannot participate or go into a sport until a prior 9 weeks at 2.5 / 77 average has been maintained. Fall eligibility is determined by the fourth quarter GPA for the preceding school year. Winter sport eligibility is determined by the first quarter GPA. Spring sport eligibility is determined by the second quarter GPA.
3. A student with a GPA of under 2.0 is placed on academic probation for the following quarter. Students who are on academic probation are ineligible to participate in extra-curricular activities.
4. No High School student is eligible if his 19th birthday comes before August 1 of the current school year.
5. A player cannot turn 17 before August 1 of that school year for JV eligibility. Middle school athletes may not turn 15 before October 15 to participate on a Triangle Middle School Conference team. Middle school athletes who miss the age deadline may participate on a non Triangle Middle School Conference team or a high school team.
6. New students or new team members must participate in practice three times before playing games.
7. Organized practice start dates:
 - a. Fall: First day of the month of August (for high school sports), (for middle school sports, the first day of school)
 - b. Winter: First weekday of the month of November
 - c. Spring: Third Monday of February
8. Summer practice and play
No restrictions exist on practice or play during the summer (between the last student day of a school year and the first student day of the next.)

NCISAA Handbook on Sportsmanship

The NCISAA recognizes that independent school interscholastic athletic events must be conducted in such a manner that good sportsmanship prevails at all times. It is necessary that administrators and coaches be individually and collectively responsible for taking every possible step to promote good sportsmanship at every interscholastic event. These steps must include the provision of such things as safe and adequate facilities for participants, spectators, and officials; the best possible officials for the events; and adequate control of spectators, players, and pre-game and post-game activities. Every effort must be made to promote a climate of wholesome competition.

Athletic competition in the NCISAA is guided by the following ideals:

The Players:

1. play within the rules of the game.
2. win with humility and lose without excuses.
3. respect officials and accept their decisions.
4. never play with intent to injure an opponent.
5. never forget that they represent their schools, their coaches, and their families as well as themselves.
6. respect the property and facilities of their opponents.

The Coaches:

1. inspire in their players a love for the game and the desire to win.
2. teach that it is better to lose fairly than to win unfairly.
3. show restraint and respect when dealing with officials.
4. serve as positive role models for their players.
5. hold their players accountable for unsportsmanlike behavior.

The NCISAA Schools:

1. have a responsibility to treat officials, opposing teams, and their spectators as guests.
2. have a responsibility to educate their supporters to cheer the strengths and victories of their own teams and never to denigrate the performance of opponents or officials.
3. will not tolerate any spectator, either adult or student, whose behavior is disrespectful toward players, officials, coaches, or other spectators.
4. will not permit any type of spectator behavior that detracts from the proper conduct of the game.

COACHES

Coaches Authority

The coach's authority to lead their team as they deem appropriate is in keeping with the philosophies and policies of Cary Christian School. The head coach is charged with conducting tryouts, determining the team roster, defining player expectations, implementing team rules, deciding student-athletes' playing time, and taking disciplinary actions whenever necessary. Student-athletes are expected to completely and respectfully abide by the leadership and authority of the head coach and their assistants. Disciplinary measures may include but are not limited to increased exercise, suspension from a game, or expulsion from the team. Grievances with disciplinary measures or similar issues should be taken directly to that coach first.

Wisdom is advised in choosing what issues a parent should take to the coach. Please keep in mind that most parents believe that their child should be getting a majority of the playing time and that expectation is not possible or realistic when dealing with a group of athletes. Therefore, while we want open communication between parents and coaches in all things, parent opinions about game strategy, substitutions, and playing time should remain private, and uninvited questions about such coaching discretion decisions should be considered off limits. CCS coaches will be asked to *not* engage in "defending" strategy and playing time decisions.

When approaching a coach, parents should do so in a respectful way and in a manner consistent with Galatians 6:1-3. If the matter is not resolved then the athletic director should be contacted and finally to the principal in writing.

Volunteer Assistant Coaches

When volunteers offer to assist, the head coach is required to attain approval first from the Athletic Director. With said approval, the head coach becomes responsible for proper training of the assistant, including (1) making certain the assistant reads this handbook and agrees to adhere to these policies, and (2) conducting appropriate interview procedures.

Parent Coaches/Assistants/Volunteers

Volunteer coaches or assistant coaches who are also parents of team members are expected to maintain a professional detachment from the parent/child relationship while “on duty”. In other words, they act as a “parent” only after leaving the game, practice field, or court for the confines of their home.

DISCIPLINE

Discipline Policies

All policies for student behavior adopted by the Cary Christian School Board apply to extra-curricular events. The following policies include: academic probation and discipline. The same consequences for disobeying the discipline standard of the school will apply toward misbehavior during extra curricular activities.

When discipline is necessary, the coach may administer any of the following options (not limited to these options):

1. Suspension from part or all of practice(s).
2. Suspension from one or more events.
3. Suspension from the team, with approval of the activities director.

Parents will be notified beforehand of all major disciplinary actions. The coach is responsible to notify the activities director of any discipline.

Any participation fees charged would not be refunded in the event a player is suspended from the team.

Ejections

Any ejection from a game or match by an official will result in a minimum of a two (2) game suspension from athletic events. This applies to coaches, students, and parents. CCS parents may not approach an official to discuss any issues before, during, or after a game or match, or for any other reason. Any ejection decision by an official will be adhered to by the coaches, parents, athletes, and the school administration without further discussion. (There will be no appeal.)

School Discipline Policy

The Cary Christian School Student Handbook discipline policy for students applies in full to our coaches and athletes. All consequences of discipline problems described here may be applied to athletes, including but not limited to office visits. The kind and amount of discipline (punishment) will be determined by the coaches and, if necessary, the superintendent/principal. The discipline will be administered in the light of the individual student's problem and attitude. All discipline will be based on biblical principles, e.g. restitution, apologies (public and private), punishment restoration of fellowship, no lingering attitudes, etc. In order to maintain consistency, coaches will regularly meet with the athletic director to discuss biblical standards and school guidelines concerning discipline.

It is vital for parents and students to realize that maintaining an orderly atmosphere in the school and athletics is critical to the learning process. As in all other areas of the education at CCS, *love and forgiveness* will be an integral part of the discipline of a student. “Whoever hides his sin shall not prosper, but those who confess and repent shall receive mercy.” Proverbs 28:13

Office Visits

There are five basic behaviors that will *automatically* necessitate discipline from the superintendent/principal (versus the coach). Those behaviors are the following:

- 1) **Disrespect** shown to *any* staff member, including all coaches, paid or volunteer. The staff member will be the judge of whether or not disrespect has been shown.
- 2) **Dishonesty** in any situation while at school, including lying, cheating, and stealing.
- 3) **Rebellion**, i.e. outright disobedience in response to instructions.
- 4) **Fighting**, i.e. striking in anger with the intention to harm another student.
- 5) **Obscene language**, including taking the name of the Lord in vain.

ELIGIBILITY AND ATTENDANCE

Academic Eligibility

All Cary Christian School students participating in extra curricular activities must maintain an overall grade point average (GPA) of 2.5 or above at the end of the quarter (grading period) preceding the start of a sport season. This eligibility is maintained throughout the entire season. (An athlete who begins the season fully eligible may not “lose” eligibility during that sport season.) Students who begin a season on academic *probation* may lose eligibility during the season.

Practice Attendance Policy

Consistent practice or attendance at scheduled practices will be required for participation in Cary Christian School extra curricular activities. In general, students will be considered “excused” from practice only for sickness/injury, doctor/dental appointments, and family emergencies. Students should make a vigorous effort to notify coaches of their need to be absent for any of these circumstances, and planned appointments should be scheduled as much as possible for times not conflicting with practices.

Any athlete who does not attend practice, fails to make scheduled team or individual meeting, or fails to attend school on game day or practice days may not be allowed to suit up for any game or games for a period of time to be determined by the coach and athletic director. Repeated absence from team practices or meetings may be cause for removal from the team.

It is expected that CCS athletes commit to their CCS team above and before “outside” activities. For example, if a CCS practice or game conflicts with a city league game, it will not be an excused absence to miss your CCS practice or game.

Coaches may use their discretion in allowing practice to be missed for other situations when the student asks for permission in advance. These students will have to make up missed conditioning prior to participation in the following game (in these special pre-arranged absences). Otherwise, absences will be treated as unexcused and the absent student will not be allowed to play for no less than one-half of the next game/match (at least one half game benching per absence). Exceptions to the policy will require approval of the activities director and/or school superintendent.

Game Attendance Policy

Except for illness, injury, or genuine family emergency, unexcused absence from a game will result in a long-term suspension or dismissal from a team.

AWARDS

High School Athletic Awards Eligibility

High school athletes may receive cloth letters for meeting the requirements outlined below.

1. An athlete receives a letter for participation in his or her first varsity sport, along with the pin for that sport. All future varsity participation results in a pin only.
2. Athletes not eligible for letters (i.e. junior-varsity athletes and those not meeting the specified requirements) will receive a certificate of participation.
3. Students enrolling late in the season must participate in at least 50% of the season in order to be eligible for a letter.
4. To be eligible for a letter, a student may not have been suspended or subject to any serious school or team disciplinary action.

Coaches may, at their discretion, recommend for lettering students who have not met the specific requirements but have shown dependability, determination and effort in all practices and games. The activities director must give final approval for any exceptions. Athletes must attend practices and matches faithfully and work hard with a good attitude in games and practices in order to achieve a letter or a pin. A coach may recommend to the activities director that a student who has not met these criteria receive only a certificate of participation. Such students will be notified well in advance of the end of the season if they have fallen short of these criteria. Parents must be notified of this problem in a timely manner.

High School Awards

These awards will be given as follows:

First year.....	Letter and pin
Second year	Pin
Third year	Pin
Fourth year	Pin

A letter and pin will be awarded to a student manager who fulfills their responsibilities for two entire seasons of game only service or one season of game and practice service. All-Conference and All-State athletes will receive special pins.

Team captains will be recognized in each sport. Team captains will receive a pin.

Coaches may award up to three (3) medallions and a “Knight’s Award” Plaque for each varsity sport. Example: Leadership Award, Most Improved Player, Best Defensive Player and a Knight’s Award.

Middle School End of Season Programs

All participants will receive a certificate of participation. These certificates may list special attributes that the coach wishes to acknowledge. This is the only individual recognition given to middle school students. Coaches may not purchase trophies or awards on their own to recognize individual middle school athletes.

Coaches will be asked to present the certificates to the students at a lunchtime or elective time assembly. These may list special attributes that the coach wishes to acknowledge. The coach/director should provide a brief overview of the season.

High School End of Season Programs

Special awards programs will be scheduled at the end of each sport season. If during school hours, these programs will occur during a lunch assembly, at elective times, or after school hours.

Each participant will receive a certificate of participation. Special awards will also be presented (See the list of approved awards in the extra-curricular activities handbook). These are the only awards that may be presented. If coaches desire to present other awards they must receive approval from the activities director. "All-Conference" performances are generally recognized at this time as well.

High school teams are allowed the following awards (fewer awards may be given at the coach's discretion):

1. The Knights Award Plaque, to the athlete who best exemplifies all a CCS athlete should be, all a Christ-like athlete should be, NOT necessarily the best player on the team at all, although it may be.
2. Three smaller medals, awarded at the coaches discretion. These may be statistically based ("best average", most of this or that) or more subjective (coaches award, effort/hustle award, most improved, etc.), or something else if desired.

Championship Banners

Championship banners will be purchased and hung in the gym for (1) Conference Championship teams (defined as conference tournament champion in all "tournament sports"), and/or (2) State Championship teams. Banners are not purchased for regular season first place UNLESS that qualifies the team for state play-off competition.

"Senior Night"

There will be no "senior night" celebrations before or during CCS home game/match events. Any special recognition of seniors for their last game will have to occur on a non-game night or off of the court or field before or after the game (not immediately before a game: a game start time may not be delayed for individual player recognition). No special recognition will be allowed before, between, or at half-time of actual games/matches.

UNIFORMS AND EQUIPMENT

Practice Apparel

CCS Athletes must purchase athletic practice uniforms from the school uniform supplier. This will consist of our current PE uniform T-shirt and shorts, or sport T-shirts purchased from the CCS Boosters organization. Track and Cross Country athletes will purchase compression shorts for underneath their running shorts and CCS Booster tank tops for practices.

Appropriate footwear is required. Students may not practice barefoot, in socks or in dress shoes.

Mouth guards: CCS strongly recommends mouth guards for all athletes involved in practices or games in collision sports: soccer and basketball. Mouth guards are required for football and lacrosse.

Female athletes may wear uniform color T-shirts underneath their athletic tank top.

Gray T-shirts and Navy Shorts available at Educational Outfitters or Booster Club approved practice shirts are suitable for both P.E. and athletics.

CCS game uniforms may NOT be worn for P.E., practices, or any other non game occasion.

The P.E. uniform required for practice is also required for any on campus informal athletic activities, for “open gym”, or formal out of season workouts.

Game Apparel

Dispersal: Coaches may not distribute game uniforms until all fees and forms have been collected and approval has been given from the athletic department. Uniforms will be dispersed to the students at school before their first game. CCS athletic uniforms should be worn for games only; NOT FOR PRACTICES OR P.E.!

The goal of the uniform is unity. With that in mind, we expect our athletes to dress in such a way as to promote unity over individuality.

Game shoes for all sports must be in color combinations of navy, old gold, white, and black, or combinations of those colors only.

Game socks for each team must be:

1. Uniform in color, style, and length.
2. If anything other than white socks, or socks that are issued with the uniform are used, the socks must be approved by the athletic director.

Return: Uniforms will normally be returned by the students on the day that team pictures are made at the conclusion of the season, or after the last game of the season.

Care: In washing uniforms at home please adhere to the instructions printed on the uniform. Please repair tears and holes and disconnected stitching as they occur.

Jewelry is not permitted in any form in game events. Females need to be careful about when you get your ears pierced: you do not want to do this during your sports season because the earrings will have to come out for games!

Jock straps and cups: CCS strongly recommends that male athletes purchase groin protection in sports for which such protection is appropriate.

Uniforms should be worn in the most modest fashion possible. A “Rolled up” waistband to make shorts “short” is not permitted.

Game Day Apparel

CCS tradition is for all athletes to wear full “Dress Uniforms” to school on game days. High school athletes have the option to wear the CCS varsity team polo shirt with the remainder of the dress uniform. Polo shirttails must be tucked inside.

Football & Lacrosse Equipment Safety

Since CCS families in football and lacrosse purchase their own safety equipment (helmet & pads), each CCS family is responsible for keeping that equipment reconditioned and certified. Consult Johnson Lambe Sporting Goods about the process of getting your safety equipment annually or semi-annually reconditioned so that it remains liability certified for safety. This includes equipment that you may purchase from another CCS family.

TRANSPORTATION

Drivers

Competent adult drivers in safe vehicles with proper restraint provisions will transport all students. For all games where school transportation is available, the athletic director will inform coaches of dates when they are responsible for recruiting qualified parent drivers.

The activities director, not coaches, will establish the time that students will be released from class for participation in games held on school days.

Cell phone policy: Cary Christian School has opted to follow a “Drive Now, Talk Later” policy. No one driving any school owned or school maintained vehicle should use a cell phone or other telecommunication device while driving, regardless of the nature of the call.

Parent volunteer drivers of CCS athletic vehicles must be pre-approved by the CCS insurance provider through the CCS athletic department.

All parents will be required to sign a permission form allowing their child to be transported by the school. (“Travel Release Wavier”)

Male and female students should not sit together in the same bench seat while riding in school or parent owned vehicle.

Children may ride home from athletic events with parents. They must have written permission to ride home with someone other than their parent. It is permissible to write a single note granting permission to cover an entire season for riding home with another parent.

Students will not be allowed to drive themselves or other students to away games. Students may drive themselves in a case where the game is off campus but considered our home field, course, or court.

Eating on Trips

During the week (Monday-Thursday), **teams are to travel directly home from away games.** They may NOT stop to eat. Coaches may have their teams stop to eat on Fridays or Saturdays provided the stop has been pre-approved by the activities director. If the game is a long distance or an extended period of time, please contact the athletic director for permission to stop.

Coaches should encourage athletes to pack a “bag” meal for long road trips; or, parents may leave early from road games to bring burgers or pizza to deliver to the athletes to eat during the ride home, as long as the food is returned in such time that no delay

Student Conduct While Traveling For Athletes

As indicated in the CCS student handbook, traveling CCS students are expected to behave in the same manner as required on school grounds, with appropriate respect and courtesy. Movies, videos, DVD's, I-pods, MP3 or CD players, and video games are not permitted while traveling for athletics. Cell phones may not be used for music or games.

GENERAL INFORMATION

Physicals

Though not required, an annual physical before playing sports is strongly recommended.

Insurance

CCS recommends that each family check with their insurance provider for adequate coverage in the event of injury, especially for collision sports. Most insurance companies provide supplemental coverage for athletics.

Letter Jackets

Students are eligible to order letter jackets if they are in the 9th, 10th, 11th, or 12th grade and have completed a season on a varsity team. Letter jacket order forms may be obtained from the athletic department. Please allow at least eight weeks for delivery from the date ordered. Jackets ordered for Christmas gifts must be placed by mid-October.

Athletic Department Communication

In general, all questions pertaining to practice and game scheduling (times, locations, departures, returns, etc.) should be directed to the TEAM COACH and not to the athletic director or assistant athletic director. Daily games and last minute changes are posted on the athletic hotline after 2:00p.m. at extension 300.

All athletic schedules are available on the CCS website. All coaches and parents will need to access the website for scheduling information. Every coach and parent will need to sign up from the website to receive e-mail notification of schedule changes.

Schedules are available in calendar or individual team format. Use the pull down options to select the sport, level, gender, and year. The schedule can be printed from this page.

Directions are available from the team schedule by selecting the school name. *MapQuest* will show directions.

Missed Academic Time for Athletics

The CCS school policy for pre-arranged absence applies to athletics. Athletes and students attending athletic events as spectators are to discuss early dismissals and absences in ADVANCE with teachers and are to complete those assignments on time, as described in the CCS Student Handbook under "Planned Absences". As per that policy, school work completed late due to participating in athletic events or attending athletic events as a spectator will be counted ten percent (10%) off for each late day.

Mangers

Players who have been "cut" are a good resource for team managers and scorekeepers, statisticians, ball boys, and so on. Coaches may offer the opportunity for students to

continue to practice with the team as an added incentive for participating as a manager. Additionally, managers may attend away games with the team and enter at no charge.

Team Parents

In past years, we have enjoyed the initiative taken by parents to fulfill the role of “team mom/dad”. A team parent supports the team by encouraging players, organizing carpools, disseminating directions to events, providing refreshments, and promoting team camaraderie by overseeing post game outings. If you are able to support one of our teams in this manner, please contact either the head coach or the athletic director.

Policy on Games and Practices during Two Week Breaks and Early Release Days

1. Teams may practice on early release days. This is at the coaches’ discretion.
2. Coaches may not have mandatory practice over any 2 week break; however, they may have optional practices, if desired, during these two weeks. Attendance to “optional” practices may be strongly encouraged, but non-attendance may not be penalized.

Parents will be informed well in advance of the occasions when our high school and middle school conference teams must compete over our spring and fall breaks. For the long-term success of our athletic program, all athletes are expected to take part in team competitions occurring over fall and spring school breaks. Failure to participate in a game over the break will require a consequence of missing another “regular” season game (one regular game missed for each break game missed). This policy allows us to be consistently competitive and remain in good standing with our conference affiliates.

Please plan your vacations accordingly, as we alert you to the dates of our competitions.

Supervision at Athletic Events

Children are to be supervised at all times at athletic events. Parents are responsible for the supervision of their children.

CODE OF CONDUCT

Biblical Basis for Conduct

We believe that it is in keeping with God’s word to compete with the desire to excel, including winning: “Whatever you do, do it with all of your might, as if done for the Lord...it is Jesus Christ you are serving in everything.” (Colossians 3:23-24)

We also believe that competing with this desire is only a part of a greater purpose, defined in Romans 8:29, “For from the beginning God decided that those who come to Him should become like His son.” Our greater purpose in our athletic program is moving our athletes toward Christ-likeness, and shining the light of Jesus to all who witness this process. We do this by demonstrating the fruit of those who have His spirit within ourselves. “When the Spirit controls our lives he will produce this kind of fruit in us: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.” (Galatians 5:22)

Here are some behaviors we will expect from all CCS families at our athletic events:

1. Be mindful of our witness to our children. Our behavior gives our children an implied permission to behave the same way. It is clear how we should behave toward one another. “Let no unwholesome word proceed from your mouth, but

only such a word as is good for edification...that it may give grace to those who hear. And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. And be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you.” (Ephesians 4:29-32)

2. Be mindful of our witness to unbelievers. Colossians 4:5-6 reminds us to “conduct yourselves wisely toward outsiders, making the most of your time. Let your speech always be gracious, as if seasoned by salt.” Our words should witness to the world that we are His, as a star lights the darkness. “Do everything without complaining or arguing, so that no one can speak a word of blame against you. You are to live clean, innocent lives as children of God in a dark world, shining like stars in the darkness as you hold out the Word of Life.” (Philippians 2:14-16)
3. Think about how we should treat one another in the light of this warning: “Things that cause people to sin are bound to come, but woe to that person through whom they come. It would be better for him to be thrown into the sea with a millstone tied around his neck than for him to cause one of these little ones to sin. So watch yourselves.” (Luke 17:1-3)
4. Scripture speaks several times about the importance of not causing someone else to sin or to stumble (I Corinthians 10:28-32; Romans 14:13). But the words of Jesus in Luke 17 give pause to those of us who work with children. Those of us who are parents, teachers, or coaches are daily influencing minds, bodies, and souls. Our attitudes and the way we choose to treat people are contagious. Let us take seriously the words of Jesus, and let us take seriously our duty to “watch ourselves”; our attitudes, words, and actions at sporting events either demonstrate the spirit of Christ or they do not.

Parents and Fans

Our fans are a vital part of the success of CCS athletics and we encourage vigorous positive participation by our fans. We do believe cheering should be cheerful, never negative or demeaning.

CCS fans are also ambassadors of Christ and of our school and should cheer our teams in an appropriate manner. Our cheering should build up and encourage All who hear (Ephesians 4:29).

Our emphasis on sportsmanship and character amongst our student athletes and student body begins with the example set by our parents.

Derogatory “cheers” (“air ball”, “miss it”, etc.), comments, “booing”, taunting (or any kind of derisive singling out of opponents), arguing, or disputing directed at any participant (players, coaches, officials, and fellow fans) will not be tolerated and will be considered grounds for removal from CCS sport events.

Spectators should NEVER approach an official before, during, or after a sporting event. Never ridicule or shout criticism toward officials and referees.

During a game, the team bench is for coaches, players, and officials only. Do not approach the bench area during a game (including halftime).

A parent's/fan's inability to conduct themselves in an appropriate manner while at a CCS athletic event could jeopardize their future attendance at CCS events.

Conducting ourselves in this manner should be done for one reason above all; we are not our own. Our old self has been crucified with Christ (Galatians 2:20), and we now have our minds set on higher things (Colossians 3:2). "Don't copy the behavior and customs of this world, but be new and different people with a fresh newness to your thinking. Then, you will learn from your own experience how His ways will really satisfy." (Romans 12:2)

Athlete Etiquette Expectations

During Pre-Game Warm-ups

Be sure you are appropriately dressed and outfitted: shirttails tucked in, (note: undershirts that "show" must be a solid color without printing and match the color of the jersey top) jewelry and metal hairpins out, and so on.

Pre-Game warm-up time is no time for horseplay. Do your drills with a serious attitude to prepare your mind and body for competition.

There should be no socializing with fans or family during warm-up time, half time, or any time until the game is over and post game activities are complete.

Before the Game

1. Player Introductions

Some schools will introduce players through a loudspeaker. Often this will be "starters" only. Coaches will instruct athletes in the protocol for each specific sport, but in general, you will line up on the sideline "at attention" and run to the middle of the court or field when called, then line up there until everyone arrives. Your team will usually huddle at midfield for a team chant, and then return to the bench. We ask coaches to not allow self-promoting actions such as chest thumping or any action that may lack the appearance of genuine humility. This is a great opportunity to shake hands with players from the other team and/or with officials.

2. Pre-game Prayer

If a prayer is offered, line up at attention with head bowed on the sideline or at mid-court and be in prayer along with the one who leads.

3. National Anthem

Some schools may play or sing our national anthem. We will line up on the sideline at attention with our eyes toward the flag and respectfully listen or sing along.

4. Just before the game begins

In some sports or at some schools, you may have had opportunity to shake hands with players from the other team before or during pre-game warm-ups. If not, this is the time for that. Run around the court or field from player to player, coaches to coach and officials and with a firm handshake offer a sincere "Good Game".

5. During the game

Players do not talk to friends or family in the stands or if they come from the stands to talk to you. Keep your mind and attention on the game. Stand and greet teammates (who are exiting the game) with applause and encouragement. Stand and cheer good effort and good plays by your

teammates. Bench enthusiasm is required. Sulking or pouting on the bench is forbidden. During timeouts, all players must gather around the coach giving full attention to the coach. No players speak during time-outs unless asked to do so by the coach or raising the hand to be recognized by the coach.

Players never argue with or complain to or about game officials, and never demonstrate body language that could be interpreted as disrespectful by an official. Players may never speak unkind or derogatory comments toward opposing players. Christ-like demeanor and conversation is always our standard.

If an injury occurs to a teammate or opponent, CCS athletes will be expected to respectfully “take a knee” on the field or court and bow in prayer for the injured athlete while they are treated.

Players shall not respond to questionable referee decisions with any kind of verbal or body language indicating displeasure, shock, anger or negative emotion. CCS players instead will quietly accept referee decisions by politely handing the ball to the referee and moving on with a heartfelt smile and respectful countenance.

CCS athletes who “knock someone down” or collide with someone in competition are expected to extend a hand to “pick them up” and demonstrate a spirit of loving competitiveness.

6. After the game

As quickly as possible, players should line up single file to greet the opposing team with a handshake and congratulations or other encouraging words. Gracious whether we win or lose! Never Complaining!

Where appropriate for your sport and the time available, many coaches will gather both teams together for a short post-game prayer. Players should then report to the locker room or the designated area for a meeting with their coach before dismissal.

In some varsity sports, our athletes will take post-game time to reflect glory back to God by singing Psalm 115:1, *Non Nobis Domine*.

Parent/Coach Communication

Per the CCS board policy and the CCS Secondary Student Parent Handbook, it is expected that Biblical guidelines be followed for the resolution of all disputes and grievances concerning any aspect of Cary Christian School.

Specifically to athletics:

1. All concerns must be first presented by the parent or student to the coach. In all cases, a respectful demeanor is required at all times.
2. If the problem is not resolved, the parent or student may bring the concerns to the athletic director. If the student brings the concern, permission from their parents is required.
3. If the problem is still not resolved, the parents may appeal to the superintendent.
4. If there is still no resolution, a request in writing for a resolution must be presented to the Cary Christian School Board.

Please be assured that our coaches want parental feedback and are expected to be grateful and graceful when you bring your concerns to them in a humble respectful manner, seeking as much to understand as to be understood.

Sportsmanship

Coaches, directors, and players are representing the name of Christ during all public events. Therefore, compliance with the following guidelines will be expected from all participants.

1. Comments by coaches, directors, participants, and spectators should be only uplifting, positive, encouraging statements. See Ephesians 4:29-32 for specific guidelines for speech.
2. Verbal abuse and/or unChrist-like language or tones of speech toward athletes, spectators, or referees is forbidden. The activities director will determine whether or not such abuse has occurred. Generally, Ephesians 4:29-32 and Galatians 5:22-24 shall be the standard.
3. Actions of coaches, directors, and athletes should set a positive, encouraging example of Christian conversation and behavior for spectators.
4. Coaches should demonstrate Christ-like decision making when coaching a game where there is large lead by considering how the margin of victory will reflect on himself and Cary Christian School, and how a large margin of defeat might impact the players, fans, and coaches of the opposing team. Coaches will be expected to take all measures available to avoid the humiliation of lop-sided scores, including but not limited to removing starters, playing players out of position, limiting who can score, even playing with fewer than the number of allowed competitors (if done discreetly). (Basketball teams should not play full-court defense with a lead of 20 or more points and 6 minutes or less left to play)
5. Conduct judged to be improper by the coach, administrator, or activities director might result in immediate withdrawal from the activity, as well as further disciplinary action. Sportsmanship-related technical fouls, yellow cards, penalties, ejections, etc. will result in a game suspension for a first offense. Additional offenses will continue to result in game suspensions and possible removal from participation. Coaches must report to the athletic director ALL occasions where they or a team member receive an official rebuke for sportsmanship violations (technicals, yellow cards, ejections, etc.). Coaches and team members will also be subject to suspension or removal for inappropriate behavior even if an “official” rebuke is not given.
6. Coaches, fans, and athletes should be mindful of Phil. 2:14-16: “Do everything without complaining or arguing, so that you may be blameless and pure children of God, without fault in a crooked and depraved generation, in which you shine like stars in the universe as you hold out the word of life.” Be careful of the example we set for our athletes and fans. Coaches must limit verbal disagreements with officials to matters of rule interpretation and rarely (if ever) argue judgment calls. Arguing with and/or complaining to officials/referees will be considered improper conduct subject to disciplinary action.
7. In summary, we expect all CCS participants (coaches, fans, and athletes) to ask themselves: “Who is this about? Is this game about me-my needs, desires, or passions- or about serving the Lord? Who am I playing for? Who am I cheering for? Who am I living for? What am I demonstrating by my words and actions?”

The preeminent goal of the athletics program at Cary Christian School is to train young ladies and gentlemen to put their talents to work skillfully and graciously in order to extol and enjoy the excellencies of the Creator. In light of that fact, gracious and respectful behavior will be expected at all times toward coaches, players, officials and fans.

CARY CHRISTIAN SCHOOL

AUTHORIZATION TO TREAT A MINOR FORM

I (We), the undersigned parent, parents or legal guardian of _____
Minor's Name

authorize any hospital or clinic or licensed physician to treat my/our child, charge with any x-ray examination, anesthetic, medical or surgical diagnosis rendered under the general or special supervision of any member of the medical staff of the hospital/clinic or office of a physician who are licensed to practice in the State of North Carolina. It is understood that this authorization is given in advance of any specific diagnosis, treatment or hospital care being required but is given to provide authority and power to render care when effort shall be made to contact the undersigned prior to rendering treatment to the patient, but that treatment will not be withheld if the undersigned cannot be reached.

Signature of Coach/Witness

Signature of Parent/Legal Guardian

Date Phone

Date Phone

List any restrictions to your authorization to treat: _____

Date minor received last tetanus/diphtheria booster _____

List any allergies to drug(s) or food(s) minor may have: _____

Any special medication(s) or other pertinent information on minor: _____

This consent shall remain effective until the end of the minor's participation in:
_____ or until: _____

Expiration date

I give my consent for my child's coach to administer the following over-the-counter medications: _____

Name _____ Date of Birth _____ Grade _____

ATHLETIC MEDICAL AND TRAVEL WAIVER

WARNING, AGREEMENT TO OBEY INSTRUCTIONS, RELEASE,
ASSUMPTION OF RISK, AND AGREEMENT TO HOLD HARMLESS

Both the applicant student and a parent or guardian must read carefully and sign below.

SPORT: (Student must circle all sports he or she will participate in.)

Baseball	Cross Country	Soccer	Track and Field
Basketball	Football	Tennis	Volleyball
Softball	Golf	Lacrosse	Swimming

STUDENT

I am aware that playing or practicing to play/participate in any sport can be dangerous in nature involving **MANY RISKS OF INJURY**. I understand that the dangers and risks of death, serious neck and spinal injuries which may result in complete or partial paralysis, brain damage, serious injury to virtually all bones, joints, ligaments, muscles, tendons, and other aspects of the muscular skeletal system, serious injury to virtually all internal organs, and serious injury or impairment to other aspects of my body, general health and well being. I understand that the dangers and risks of playing or practicing to play/participate in the above sport may result not only in serious injury, but in a serious impairment of my future abilities to earn a living, to engage in other business, social and recreational activities, and generally to enjoy life. Because of the dangers of participating in the above sports, I recognize the importance of following the coaches' instructions regarding playing techniques, training and other team rules, etc. and to agree to obey such instructions. In consideration of Cary Christian School permitting me to try out for the teams circled and to engage in all activities related to the team, including, but not limited to, trying out, practicing or playing/participating in that sport. I hereby assume all the risks associated with participation and agree to hold Cary Christian School, it's employees, and volunteers harmless from any and all liability, actions, causes of action, debts, claims or demands of any kind and nature whatsoever which may arise by or in connection with my participation in any activities related to Cary Christian School (indicate sport/sports) _____ team/teams. The terms hereof shall serve as a release and assumption of risk for my heirs, estate, executor, administrator, assignees, and for all members of my family.

Date _____, 20_____

Signature of Student

PARENT

In consideration of Cary Christian School permitting my son/daughter to try out for the _____ team, and to engage in all activities related to the team, including, but not limited to, (Indicate Sports Team) trying out, practicing or playing/participating in that sport, I hereby assume all the risks of my son/daughter associated with participation and agree to hold Cary Christian School, it's employees, agents, representatives, coaches, and volunteers harmless from any and all liability, actions, causes of action, debts, claims, or demands of any kind and nature whatsoever which may arise by; or in connection with his/her participation in any activities related to Cary Christian School _____ team.

(Indicate Sport/Sports)

The terms hereof shall serve as a release and assumption of risk for my son's/daughter's heirs, estate, executor, administrator, assignees, and for all members of his/her family.

Date _____, 20_____

SIGNATURE OF PARENT OR GUARDIAN