



# Parent/Student Athletic and Extracurricular Activities Handbook

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Revised: June 2017

*"...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*



# TABLE OF CONTENTS

<b>PHILOSOPHY .....</b>	<b>3</b>
Extracurricular Activities.....	3
Guiding Principles & Relationship to Academics.....	3
Missed Academic Time for Athletics.....	4
Objectives and Guidelines for Participation.....	4
Middle School .....	4
Junior Varsity .....	4
Varsity .....	4
Seniors.....	5
<b>ATHLETE PARTICIPATION POLICIES.....</b>	<b>5</b>
7 <sup>th</sup> & 8 <sup>th</sup> Grade Students Playing High School Sports .....	5
Try-outs .....	5
Parental Attendance to Try-outs/Practices .....	5
Mandatory After School Center .....	5
Sunday & Non-School Day Practice .....	5
Practice Length.....	6
Activity Fees.....	6
Injury and Concussion Protocol .....	6
Participation and School Attendance.....	6
Rules and Regulations for Extracurricular Activities.....	6
Policy on Single Season Dual Activity Participation .....	6
Overlapping Seasons .....	7
<b>CONFERENCE MEMBERSHIP AND TEAM OFFERINGS.....</b>	<b>7</b>
Conference Membership.....	7
Athletic Teams .....	8
Classification .....	8
Coaches .....	8
Volunteer Assistant Coaches .....	9
Parent Coaches/Assistants/Volunteers .....	9
<b>DISCIPLINE .....</b>	<b>9</b>
Discipline Policies.....	9
Ejections .....	9
School Discipline Policy .....	10
Office Visits .....	10
<b>ELIGIBILITY AND ATTENDANCE .....</b>	<b>10</b>
Academic Eligibility .....	10
Practice Attendance Policy.....	10
Game Attendance Policy .....	11
State Tournament Participation Required .....	11
Commitment to Participation: Finishing What You Start .....	11
<b>AWARDS.....</b>	<b>11</b>
High School Athletic Awards Eligibility .....	11
High School Awards .....	12
Middle School End of Season Programs .....	12
High School End of Season Programs.....	12

"Senior Night" .....	13
<b>UNIFORMS AND EQUIPMENT .....</b>	<b>13</b>
Practice & Game Apparel.....	13
Football & Lacrosse Equipment Safety.....	14
<b>TRANSPORTATION.....</b>	<b>14</b>
Drivers.....	14
Eating on Trips .....	15
Student Conduct While Traveling for Athletics.....	15
<b>GENERAL INFORMATION .....</b>	<b>15</b>
Physicals.....	15
Insurance .....	15
Letter Jackets.....	15
Athletic Department Communication.....	15
Missed Academic Time for Athletics.....	16
Managers .....	16
Team Parents .....	16
Policy on Games and Practices During Two Week Breaks and Early Release Days.....	16
Supervision at Athletic Events .....	16
<b>CODE OF CONDUCT .....</b>	<b>17</b>
Biblical Basis for Conduct.....	17
Parents and Fans.....	17
Athlete Etiquette Expectations .....	18
Parent/Coach Communication.....	19
Sportsmanship .....	19
Holding Accountable.....	20
<b>FORMS .....</b>	<b>21</b>
Overlapping Seasons Participation Form .....	21
Dual Activity Participation Form .....	22

## **PHILOSOPHY**

The extracurricular activity program at Cary Christian School serves to augment and support the school's educational goals. These activities can play a vital role in a student's education by teaching them the value of self-discipline, commitment, teamwork, self-control, setting and achieving goals, perseverance, fellowship, loyalty, and cooperation. Consistent with the Cary Christian School Vision Statement, it is the objective of the program to teach these lessons as a part of the entire integrated curriculum for those students that choose to participate.

### **Extracurricular 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 extracurricular 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 extracurricular 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 and athletics, provides a good opportunity to encourage Christian students in their relationship with and witness for Jesus Christ. We expect Christ-like character and behavior in all athletes, fans, and coaches. We expect all fans and athletes to limit words and actions at sporting events to those that are uplifting, encouraging, and 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.

### **Guiding Principles**

The athletic program is guided by the following scriptural principles:

- "And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus giving thanks to God the Father through Him." Colossians 3:17
- "For physical training is of some value, but godliness has value in all things holding promise for both the present life and the life to come." I Timothy 4:8
- "Whatever your hand finds to do, do it with all your might." Ecclesiastes 9:10a
- "Each one should use whatever gift he has received to serve others...so that in all things God may be praised through Jesus Christ." I Peter 4:10-11

### **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 extracurricular activities. Participants 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”.

### **Objectives and Guidelines for Participation**

The following are the objectives and guidelines for extracurricular activities 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 school’s primary goals and objectives. Students in the elementary school, grades Kindergarten through fifth grade, are not eligible to participate in athletics or extracurricular activities.

### **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 will allow each student the opportunity to participate and grow in sportsmanship and Christian character. Gold team athletes will be expected to participate some in most games, but not all, throughout the season. Each Blue team participant 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. 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 one conference team available in some Capital Area Middle School Conference (CAMSC) sports and one developmental team. 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, and may or may not play in every game. Sixth, seventh, and eighth grade students are eligible 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.

### **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 will meet individually with seniors who will be expected to 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**

### **7<sup>th</sup> and 8<sup>th</sup> Grade Students Playing High School Sports**

By NCISAA rules, 7<sup>th</sup> – 12<sup>th</sup> grade students are eligible to play on varsity high school teams.

CCS philosophy is that 7<sup>th</sup> or 8<sup>th</sup> grade students will be allowed to try out for high school teams 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. The athletic director must be consulted (by coaches and/or parents) for permission to try-out for a varsity/high school team. 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. Sixth grade students may participate in JV Football, all middle school sports, and as non-scoring/non-official team members in varsity swimming.

### **Try-outs**

Try-outs and the team cutting process will be conducted during the first days of practice for one to three 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.

### **Parental Attendance to Try-outs/Practices**

It is in keeping with school policy for parents to be allowed to attend and observe try-outs or practices upon request. Coaches may establish reasonable criteria to insure parental attendance is not a distraction (quiet/silence, etc.).

### **Mandatory After-School Center**

If coaches are unable to begin practices immediately after school (for any reason), athletes must either go home and return later for practice, go to the After School Center, or attend a mandatory pre-practice study hall, supervised and organized by team parents. Athletes may not wander around campus unsupervised from dismissal to start of late practices.

### **Sunday Athletic Activities**

There are no athletic activities of any kind allowed on Sundays

### **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 on school days may be no longer than 2 1/4 hours in length for high school and 1 3/4 hours in length for middle school for any one child except with approval of the athletic director

### **Activity Fees**

There will be a fee per sport of \$150.00 per high school JV or varsity athlete and \$125.00 per middle school athlete. All fees are paid online and must be paid before participation in any game/match. Payment must be made by the following season dates: Fall Season – August 15<sup>th</sup>, Winter Season – November 15<sup>th</sup>, Spring Season – March 15<sup>th</sup>. Student athletes will be removed from the team for failure to pay by these required dates.

### **Injury and Treatment**

CCS has contracted with Select Physical Therapy to provide on campus athletic training coverage and rehab for most athletic events

### **Concussion Protocol**

Cary Christian School follows the High School Federation protocol concerning diagnoses, treatment and the return to play policy mandated by the Gfeller-Waller Concussion Clearance Policy. Student athletes that have been diagnosed with a concussion will not be allowed back into competition until we receive a written release from a doctor. Student athletes are encouraged to take the Baseline Concussion Test which is offered free to Cary Christian School Students. See the athletic director to set up a testing time.

### **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 (1) the CCS release and hold harmless form and (2) the authorization to treat a minor form on line.

### **Policy on Single Season Dual Activity Participation**

See form on page 26.

## **Overlapping Seasons**

In cases where seasons overlap for different activities (fall to winter or winter to spring) the current (already in season) activity will take precedence over the new (just beginning season) sport.

Coaches of new activities may not require try-out or practice attendance until the current season ends. Separate try-outs must be held when necessary, after the current season, by the new coach, but only on completion of the current season. This may necessitate "late cuts" (final cuts held long after try-outs began), and new coaches must thoroughly over-communicate this to athletes and parents.

Parents may allow their child to attend practices of both current and new activities, even on the same day, but this is (1) optional, not required, and (2) may not involve participation, only observation. Current sport coaches may not forbid attendance (as an observer) to new sports practices where parents have approved such attendance.

It is expected that new coaches neither pressure nor require attendance to practices (or try-outs) prior to current sport season ending. Such dual attendance is entirely the prerogative of parents.

## **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 Capital Area Middle School Conference (CAMSC).

### **EPIC- Eastern Plains Independent Conference**

- 1) Carolina Friends School
- 2) Cary Christian School
- 3) Grace Christian School of Raleigh
- 4) St. David's School
- 5) The O'Neal School
- 6) Trinity Academy of Raleigh
- 7) Trinity School of Durham & Chapel Hill

### **CAMSC- Capital Area Middle School Conference**

- 1) Cary Academy 'Blue'
- 2) Cary Christian School 'Gold'
- 3) East Wake Academy
- 4) Franklin Academy
- 5) Grace Christian School of Raleigh
- 6) Magellan Charter School
- 7) North Raleigh Christian Academy
- 8) St. David's School (Basketball and Volleyball Only)
- 9) Trinity Academy of Raleigh
- 10) Wake Christian Academy



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>
<b>Varsity</b> Cross-country: Coed Field Hockey: Women Football: Men Soccer: Men Tennis: Women Volleyball: Women  <b>Junior Varsity</b> Soccer: Men Volleyball: Women Football: Men	<b>Varsity</b> Basketball: Men & Women Swimming: Coed (7 <sup>th</sup> – 12 <sup>th</sup> ) Wrestling: Men  <b>Junior Varsity</b> Basketball: Men & Women	<b>Varsity</b> Baseball: Men Golf: Men Lacrosse: Men Soccer: Women Tennis: Men Track: Coed
<i>Middle School</i>	<i>Middle School</i>	<i>Middle School</i>
Cross-country: Coed Field Hockey: Women Football: Men Soccer: Men Tennis: Women Volleyball: Women	Basketball: Men & Women Swimming: Coed (7 <sup>th</sup> -12 <sup>th</sup> ) Wrestling	Baseball: Men Golf: Men Lacrosse: Men Soccer: Women Tennis: Men Track: Coed

### Classification

Classification of schools in the NCISAA is determined by student enrollment in grades nine through twelve.

## 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/participants playing time, and taking disciplinary actions whenever necessary. Student-athletes/participants 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 the coaches handbook and agrees to adhere to the policies, and (2) conducting appropriate interview procedures. No volunteer assistant coach may be utilized until they complete all required paperwork with a background check.

### **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 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 Headmaster (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 for high school and 2.0 for middle school 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. It is expected that injured players attend practices and games including travel with the team, exceptions require approval of the coach and athletic director.

Any participant 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/participants commit to their CCS team above and before "outside" (non-CCS) 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/Match Attendance Policy**

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

### **State Tournament Participation Required**

In keeping with our game attendance policy, attendance (and participation) is required of all eligible team members to state tournament/play-off contests. This includes "individual" sports such as tennis, golf, track, cross-country, and swimming: if the team is attending and participating in the state tournament or play-offs, all eligible team members must attend and participate. Failure of an individual to participate in state tournaments/play-offs will amount to quitting the team: no awards, letters, or pins will be earned.

### **Commitment to Participation: Finishing What You Start**

We believe it is an important Biblical principle (see, for example, Luke 14:28-32) to consider in advance the commitments we make, and make only those commitments we fully intend to keep. "Let our yes be yes, and our no be no (for anything else comes from the evil one" Matthew 5:37. With that in mind, we ask parents to guide your children in counting the cost (in advance) of participating on a CCS sports team, and make full commitments when you decide to participate: commit to finish what you start, commit to not quitting when the going gets tough. Quitting a team (injuries and long-term illness do not apply here, nor do parental decisions removing a child from participation for serious academic deficiencies) may be considered ground for CCS coaches deciding to "cut" a student athlete from future teams (even in sports other than the one they quit).

## **AWARDS**

### **High School Awards Eligibility**

High school students 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.
5. High school sport student managers are eligible for a letter after one full season of practice and game service (two seasons are required for “game only” service).
6. Students in grades 9-12 who participate in performance oriented clubs will be eligible to receive a letter. Participation must be for a “full season”, as defined by the director of the club.

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. 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 or after school hours.

Each participant will receive a certificate of participation. Special awards will also be presented. 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, 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.).

### **Senior Night**

There will be no "Senior Night" celebrations before CCS home games/match events. Any special recognition of seniors for their last game will have to occur on a non-game night or at half time or after the game. A game start time or half time may not be delayed for individual player recognition.

## **UNIFORMS AND EQUIPMENT**

### **Practice & Game Apparel**

**These guidelines apply to all practices weather on campus or off campus.**

CCS athletes/participants must wear modest practice apparel that is appropriate for their sport or activity. Practice attire should be in school colors (navy or gold) or neutral colors (white, black or gray). Practice attire should bear no writing except CCS or team approved logos. PE uniforms, T-shirts and shorts or sport T-shirts may be purchased for practice on the Cary Christian School Booster Club website or through Educational Outfitters. Coaches or parents may not order team or individual practice apparel from other sources without the approval of the athletic director.

Male athletes must wear a shirt at all times. Female athletes must wear a t-shirt under all athletic tank tops. No Racer back or spaghetti strap shirts should be worn. All undergarments must be navy, black, white or gray. All shorts should come to the top of the athlete's finger tips. Volleyball must wear spandex with shorter practice shorts and are not allowed to leave the gym in shorter practice shorts. Tennis players must wear a CCS uniform skirt over their practice attire when on campus.

Students are required to follow the same requirement for any on campus informal activity (open gym) or formal out of season workout. All clothing should fit modestly and appropriately to the athlete's body type.

Game shoes should be in school or neutral colors when possible and students should avoid wild or extreme colored socks. 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.

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

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

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.

### **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/events 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. This approval is valid for three years, after which a driver must reapply.

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 may 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 without parent written approval. 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), middle school 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. If the game is a long distance or an extended period of time, please contact the athletic director for permission to stop.

Varsity teams may stop and eat during the week but coaches should use their discretion while choosing a place that has fast service and teams can get in out of the restaurant as soon as possible, so the athletes can get home quickly. 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 occurs.

### **Student Conduct While Traveling for Athletics**

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. Further, we want athletic travel time to be a time for either student study or fellowship and conversation, not internet activity. Cell phones should only be used for parental contact. Coaches may collect cell phones at the beginning of travel to be redistributed to owners after travel is concluded.

## **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 9<sup>th</sup>, 10<sup>th</sup>, 11<sup>th</sup>, or 12<sup>th</sup> grade, have completed a season on a varsity team, and received their varsity letter. Letter jacket order forms may be obtained from the athletic department. Please allow at least eight weeks for delivery from the date ordered.

### **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. Daily games and last minute changes are posted on the athletic hotline after 2:00p.m. at extension 300.

All athletic schedules are available through 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 season, sport, and level. Directions are available from the team schedule by clicking on information and the address of the location.

### **Missed Academic Time for Athletics/Extracurricular Activities**

The CCS school policy for pre-arranged absence applies to participants. Athletes and students attending 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 events or attending 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, scorekeepers, and statisticians. 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**

CCS has enjoyed the initiative taken by parents to fulfill the role of “team mom/dad”. A team parent supports the team by volunteering to keep stats, run the clock and 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, tenderhearted, 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, 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**

#### **Pre-Game/Half-Time Music Policy**

1. All music must be instrumental only. No lyrics of any kind are permitted.
2. Instrumental music must be upbeat, cheerful, and uplifting. No music that is “dark” or violent in its beat, tone, or origins is permitted (by origins, we mean this excludes music by “artists” from the drug or gang culture of rap music, or the rebellious anti-authority culture of much heavy metal or heavy rock).
3. Although upbeat secular instrumental music is allowed, it may not be music of songs with inappropriate lyrics. In other words, we will not approve “instrumental only” versions of songs that have unbiblical themes or language in their normally played lyrics (sexual references or innuendo, drugs, drunkenness, taking the Lord's name in vain, anti-authority, etc.).
4. Music should not be selected from “artists” who are recognized by the general public for being “outrageous”, and certainly those having a known sinful lifestyle should be excluded.
5. All music must be submitted (in advance of play) for review by the athletic department.
6. Students and parents will be held accountable if they submit music that is found "after the fact" to have been known to be in violation of these standards.
7. Music may not be played prior to 3:00 p.m. on school days and must be played at appropriately considerate and safe volumes.

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.

### **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 athletic 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. Basketball teams should not play full-court defense with a lead of 20 or more points and six 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 Excellences of the Creator. In light of that fact, gracious and respectful behavior will be expected at all times toward coaches, players, officials and fans.

### **Holding our Brothers and Sisters Accountable**

Biblical love is tender and tough. Biblical love requires that believers willingly confront sin when they see sin. (See Matthew 5:23; Matthew 18:15-17; Galatians 1:11, 14) As awkward as we may feel in the moment, we are obligated to not let un-Christ-like behavior go unaddressed at athletic events.

With more than 35 sports teams at multiple venues, CCS administrators can not alone uphold the standard of Christ-like behavior. Parents must join in the effort. We encourage you to not be afraid to say, "I know that was a tough call to take, but you need to stop and set a Christ-like example for our team". If honoring Christ is foremost in our school culture, we need parents who are bold enough to say, "Remember, we are a school that honors Christ first. We've got to live up to that right now." Or, "We are a school that honors Christ by respecting the officials, even when they make a mistake. Let's love our neighbor here and honor Christ."

## OVERLAPPING SEASONS PARTICIPATION FORM

In cases where seasons overlap for different sports (fall to winter or winter to spring) the current (already in season) sport will take precedence over the new (just beginning season) sport.

Coaches of new sports may not require (or pressure for) try-out or practice attendance until the current season ends, not even as observers.

Separate try-outs must be held when necessary, after the current sport season, by the new sport coaches, but only on completion of the current sport season. This may necessitate "late cuts" (final cuts held long after try-outs began), and new sport coaches must thoroughly over-communicate this to athletes and parents.

Parents may allow their child to attend practices of both current and new sports, even on the same day, but this is (1) optional, not required, and (2) may not involve participation, only observation. Current sport coaches may not forbid attendance (as an observer) to new sports practices where parents have approved such attendance.

It is expected that new coaches neither pressure nor require attendance to practices (or try-outs) prior to current sport season ending. Such dual attendance is entirely the prerogative of parents.

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(Please detach and return to the athletic department.)

**My signature below gives my child, \_\_\_\_\_ permission to  
(Student Name)  
attend both practices for \_\_\_\_\_ and \_\_\_\_\_. It is  
(Current Sport) (New Sport)  
my understanding that the current sport takes priority in any time conflict, and that  
attendance of the new sport practices or games by my child is strictly as an  
observer, not a participant, until the current sport season has been completed.**

**Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_**

## DUAL ACTIVITY POLICY

The administration has modified the policy on students participating in dual activities. Students will be considered for dual participation only when carefully meeting the below criteria.

To be very clear: students may not participate in dual activities in a single season until they have successfully met all of these criteria.

1. Prior to “try-outs”, students must have a face to face meeting with the athletic director and the teacher/drama director or coach of each activity and must obtain written permission with their signature on this form. Example: students participating in drama must meet and obtain approval signatures from the drama director and athletic director.
2. This form must be filled out and signed by all parties including parents.
3. This form must be copied in triplicate and a copy given to each director and/or coach.
4. The student must designate one activity as a priority. Participation in that designated activity would take precedence in the event of a conflict preventing full participation in practices/contests/events in both on a single day.
5. Coaches, directors, and teachers may consider the impact of a dual participant in “cutting” and playing time decisions. Directors and coaches will be allowed to choose and field the best possible team and may decide a dual participant student is less able to make a positive contribution than a comparably skilled single activity student.
6. Dual activity participants will attend as many practices, competitions, and games as possible in both activities. Thus, a volleyball player with a “day off” would attend tennis practice rather than going home to rest. Participation in both practices would be expected when possible. Participants are expected to maintain regular communication with directors, coaches, and teachers of both the primary and secondary activities.
7. The most essential requirement of a dual activity participant is to compare the two activities schedules from the beginning of each activity and communicate probable conflicts to both coaches at the very beginning of the season or activity.
8. Games/matches will take priority over practices, with this one exception: in the case of drama, dress rehearsals (for one week only) and the public performance will take precedence over practices, games or matches in sports regardless of which activity has priority. Otherwise, all participants must miss "regular secondary activity practices" for priority performances, practices, games, and matches. Coaches and athletes will be expected to obtain schedules for drama dress rehearsals at the beginning of the season and must plan accordingly.

I have read and understand the above policy on dual activity participation. By signing this form, I commit to abide by this policy and communicate with my coaches and teachers in such a way to eliminate confusion concerning practices, games, performances, and matches. I understand that failure to continue to meet these criteria will result in termination of my dual activity permission (I will be removed from my “second” non-priority activity).

Please list activity of your choice.

**1<sup>st</sup> Priority** \_\_\_\_\_

**2<sup>nd</sup> Priority** \_\_\_\_\_

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Athletic Director Signature

\_\_\_\_\_  
Secondary Activity Director/Coach

\_\_\_\_\_  
Primary Activity Director/Coach

\_\_\_\_\_  
Date