



# **IN PURSUIT OF EXCELLENCE**

**The Cary Christian School Athletics Handbook**

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Notes:

# THE PHILOSOPHY OF OUR ATHLETICS PROGRAM

## THE “WHY” OF OUR PROGRAM

Will your student be ready for a world that does not have their best interests at heart? What will our children look like at eighteen? What were they made for? How can we strengthen them, encourage them, challenge them, and focus them to answer these questions? How can athletics teach them not only lifelong physical lessons but also mental and spiritual lessons that will constantly renew their minds? How can we help them see that God is the author and finisher of this journey?

## THE MISSION OF OUR PROGRAM

We will provide a competitive athletic program of excellence and sportsmanship modeled after classical education founded upon a biblical worldview.

## THE BIBLICAL BASIS OF OUR PROGRAM

Matthew 6:33 (NKJV): “But seek first the kingdom of God and His righteousness, and all these things shall be added unto you.”

Romans 12:2a (NKJV): “And do not be conformed to this world, but be transformed by the renewing of your mind.”

Ephesians 2:10 (NKJV): “For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand that we should walk in them.”

2 Timothy 1:7 (NASB): “For God has not given us a spirit of timidity, but of power and love and discipline.”

1 Corinthians 9:24 (NASB): “Do you not know that those who run in a race all run, but only one receives the prize? Run in such a way that you may win.”

## THE GOALS OF OUR PROGRAM

- Our coaches and athletes to be ministers of reconciliation, salt, and light.
- Our teams to be cohesive, connected, and sacrificial.
- Our Grammar School’s efforts to succeed in training the fundamentals of a sport and to create a love for that sport.
- Our Logic School's efforts to succeed in training the applications of those fundamentals and to create a love for their teammates.
- Our Rhetoric School’s efforts to succeed in positioning ourselves for championships and to create a love of accomplishing hard tasks.

## THE VALUES OF OUR PROGRAM

- We believe that God has a vision and purpose for our lives.
- We believe in Growth.
- We believe in Grit.
- We believe in Gratitude.
- We believe in Giving.
- We believe in being respectful and responsible in our actions.
- We believe in being intentional and strategic in our efforts.
- We believe in being thoughtful and sacramental in our mindsets.
- We believe in the vision and values for Cary Christian School, and we LOVE IT!

## THE EXPECTATIONS OF OUR PARENTS

**Parents, our standard is for you to partner with us so that we (coaches, players, and spectators) may grow in excellence together. Remember, your children are watching and learning from you, too.**

As a Cary Christian School Parent, I will:

- Respect my child and the process by giving positive encouragement to him or her.
- Respect and adhere to the ideals, policies, and rules determined by Cary Christian School and my child's coach.
- Respect the facilities, either home or away, in which my child is privileged to play.
- Respect the decisions, judgment, and authority of the officials.
- Respect the feelings and accept the capabilities of my child, my child's teammates, and players on the other team.
- Respect our coaches by waiting 24 hours if you want to talk to about issues and or concerns I have with my son's/daughter's team coach, program director, or school staff member.
- Responsibly refrain from coaching from the stands during games.
- Responsibly refrain from expressing any disrespectful opinion of the coaches or players in front of my own child in private or public.
- Responsibly refrain from using foul language towards other parents, coaches, officials, or opponents.
- Responsibly not use social media to express disrespect toward anyone associated with the school.
- Thoughtfully refrain from demonstrating frustration or anger after a loss or poor performance.
- Intentionally pay team fees in accordance with required schedules or communicate with the school regarding a payment plan.

We believe that any issue that occurs can be settled by a reasonable and loving conversation. We look forward to partnering with you in the growth of your child!

# THE PROCESSES OF OUR ATHLETIC PROGRAM

An athletics department that competes in 15 sports with over 40 teams and over 300 students participating per season requires well-defined processes. Each of the processes listed below has its own set of tasks and procedures. The list of processes is long, and the tasks and procedures are longer. We have listed some basic information regarding each process below, but we will communicate regularly on the various processes, as needed. If you have specific questions, please contact our Athletics Department for that information and we are happy to share.

## ACADEMICS

The Athletics Department is ready to assist students falling behind with encouragement, reduced playing time, other means, or all the way to suspension from practice or games, if necessary, to help the student focus on their grades. Each situation will be assessed independently to determine what is best for that student.

## ELIGIBILITY

Certain forms are required to be completed before playing a sport. These forms include:

- Consent and Release Form (annual)
- Physical Form (annual but good for 13 months from last one)
- Gfeller-Waller Concussion Information Form (annual)

These forms are in the Magnus section of Veracross. Note that a student must complete all forms digitally to be eligible. Students also do baseline concussion testing through our department on an app called SWAY.

## TRYOUTS AND ROSTERING

Each team will have a two-to-five-day tryout at the beginning of each sports season. These dates will be communicated through the Knightly News and posted on student hallway bulletin boards. Final rosters are communicated by the end of the first week through Team Snap (our team communication tool). Teams are chosen based on ability. There are minimum and ideal roster sizes for each team. Coaches follow the processes and procedures established by the Athletic Department for selecting the athletes for the team roster. See conflicts with other activities for more information.

## PRACTICES

- High School Practices: High school students practice daily Monday through Friday (except game days and early release days if requested by the coach). Students are released at 3:25. Practices begin at 3:45. Each coach will let his or her players know their expectations. If practice is offsite, these students can leave campus as soon as they are released. In some cases, CCS provides transportation to offsite practice facilities.
- Offsite Practices: Some varsity sports practice offsite before school or at night depending on availability of resources. Parents and students will be advised of this in preseason.
- Late Practices: Some varsity sports teams choose to practice later due to coach work conflicts, space, heat, or other concerns. These practices usually start at 5 p.m. or later. In these cases, parents and students will be advised and a student must leave campus

and then return at the practice start time. A student may not remain on campus waiting for varsity practice.

- Middle School Practices: Middle school students practice daily Monday through Friday (except game days and early release days unless requested by the coach). Students get out of school at 2:25 and are expected to be at practice by 2:45. Practices last until 4:15. Practices are held on campus unless you are told otherwise. Due to space limitations and other opportunities, some practices are held offsite. Parents are told during the preseason quarterly video and/or parent meetings of these locations and expectations. Students being picked up after practice at 4:15 should be picked up at the awning next to the K-2 hallway.
- Middle School Basketball: Sometimes middle school basketball team practices are held at 6 a.m. daily, Monday through Friday (except game days). This is due to lack of space. We sometimes offer offsite practice space to alleviate this issue. We also offer afternoon space to teams when other teams are offsite for game days.
- Middle School Functional Fitness Class: During the last two weeks of October, middle school students going out for winter sports and during the first two weeks of February middle school students going out for spring sports must attend the functional fitness class from 2:45 until 3:15. Students can then be picked up at the awning next to the K-2 hallway.
- Summer Practices: Summer practices are sometimes held by coaches. Students are expected to attend these practices if they are in town and not working at a summer job. Information is sent out by each coach to inform athletes of opportunities.
- Weekend Practices: There are times when teams will practice on a weekend. Students are expected to attend these practices if in town and not working at a job.
- Middle School Students Playing on a JV or varsity Team: If a middle school team does not exist and a middle school student participates on a junior varsity or varsity team, the student must be picked up at 2:25 and return for varsity practice at 4:15. The student may not remain on campus waiting for varsity practice. There are times when a study hall may be created for a fee.

## **FINANCIAL**

For each sport, there is a fee per athlete. The varsity and junior varsity fees are the same and are slightly higher than middle school fees. Additional fees may be required for certain sports that have additional costs such as extra equipment. Some teams ask for additional one time amounts to cover things like pregame meals or social events. The school fee is due by the end of the first month of official practice for the season. In fall, that will be August. In winter, that will be November. In spring, that will be March.

## **UNIFORMS, TEAM GEAR, AND FAN WEAR**

Students are issued school sports uniforms bought by the school. They sign these out and then are required to turn them in at the end of the season. A senior may purchase his/her jersey for \$150. Students not turning in a uniform will face consequences including but not limited to not playing another sport until the uniform is turned in or paid for. Team members will also be given a team performance shirt with either the athletics logo or their sport specific logo on it for unity and identification. Parents will also be given an opportunity to purchase fan wear for themselves or additional pieces for their players during the first and second week of the sports season. Shop at: [CCS Fan Wear](#)

## **EQUIPMENT**

Much of the sports equipment is provided by the school. Some sports, however, have individual needs that are custom to the student or are too expensive for the school to purchase and keep in inventory. Parents will be informed of additional expenses during tryouts for the team. School equipment checked out must be returned to the school or the student may face the same consequences as those listed above under Uniforms and Team Gear.

## **SCHEDULING**

Games/Meets/Matches are scheduled by the Athletics Department. Consideration is taken regarding first the school calendar, second conference play, third competitive choices of nonconference opponents, and last distance traveled. Our goal is to not travel more than 2 ½ hours for varsity/JV and 1 hour for middle school events. Note that only conference games will be rescheduled if games are cancelled due to weather.

## **EARLY RELEASE**

Students are sometimes released early from school due to sports competitions where travel is required. For high school events, travel may be as far as two hours or more. Although we try to keep this to a minimum, there are days when students may leave school as early as lunch. In some cases, it may require an entire day of missed school. It is essential that the students communicate to their teacher(s) when this will occur and make plans with the teacher(s) to do make up work. Early release is not normal for middle school events but may occur.

## **COACHING STAFF**

Head coaches are hired and paid a stipend by the Athletics Department and are employees of the school. Assistant coaches are volunteers recruited by the head coach. All coaches receive team gear. All coaches (employees or volunteers) must apply, sign a statement of faith, complete an in-person interview, and submit to a background check. All coaches also participate in training by the Athletics Department on guidelines, policies, and best practices.

## **ESSENTIAL PERSONNEL**

Beyond the coaching staff there are many roles that need to be filled for the team to have success. Each team has an essential personnel list that includes needs such as game day assistance, travel, pregame food, and social events for the team. Each team coach recruits a Team Parent Manager to lead the volunteer effort. Most teams recruit volunteers by Team Snap or Sign-up Genius.

## **LEADERSHIP**

Captains are chosen for varsity teams. These captains are chosen for their ability to inspire, motivate, and lead. They are not chosen based on grade level or years of playing.

## **COMMUNICATION**

- The Athletics Department will send out preseason information by The Knightly News at least two weeks before the start of each season with important dates and facts.
- Each team may host a parent and student meeting in August for the fall sports teams, in October for winter sports, and in January for spring sports. Coaches may create a handout with more information for each sport, including the team schedule for the season.

- Coaches may offer a parent standup meeting during the second week of practice. The purpose of this meeting is for any additional questions you might have after seeing the information posted above. It is also a good time to meet the coach.
- Parents may see practice and game schedules on the Parent Portal.
- Coaches use the Team Snap program to communicate practice changes, social events, and volunteer needs.
- Each student hallway has a bulletin board where pertinent information is posted.
- The commons area has an A-frame whiteboard where weekly games and results are listed.
- The commons area has a video board where events and items of interest run on a rotating basis during class changes.
- Every Monday morning items of interest, big events of the week, and recognitions are announced school wide on our intercom system during announcements.
- School events are listed on the message board on the bell tower located in the parking lot.
- Rosters, team records, and stats are available on [www.maxpreps.com](http://www.maxpreps.com). Search for Cary Christian School and then team. Also, you can download their app and make Cary Christian a favorite for quicker access.
- Each week on Thursday afternoon, the school publishes a school newsletter, **The Knightly News**. This email has an athletics section that publishes items of interest and save-the-date information.
- The Athletic Department will also add a link to the Knightly News and Parent Portal that is called the Athletic Bulletin Board. This site has additional information on Athletic Department activities.
- The Athletic Department also utilizes the Lower School Monday Folders for information that is targeted toward Phonics and Grammar parents.
- The school also posts from time to time on its Facebook and Instagram sites.
- Live games are streamed for home events held in the gym or on the main field. Many away contests are also streamed. Watch announcements for specific games.
- Cancellations are communicated on the Parent Portal as soon as they are known. For game cancellations, our goal is to communicate no later than 2:00 p.m. Coaches are notified and will send out a Team Snap alert with changes. There will also be a post on the whiteboard and bulletin boards in the halls for students.

## TRANSPORTATION

Athletes will be provided with transportation by bus whenever possible. Priority is given to varsity teams. Drivers of CCS athletic vehicles must be pre-approved by the Cary Christian School insurance provider. Please contact the Athletic Department for a driver's application. Note that this process takes, at minimum, 72 hours. For games where school transportation is not available, coaches will work out a carpool plan with parents through Team Snap. Students may ride home from athletic events with their parents or with someone their parents have designated. As a department policy, students should not drive themselves or other students to games.

Overnight events are approved from time to time. In such cases, details such as hotel information, chaperones, and cost will be submitted to parents during the parent preseason meeting. There will be additional costs for these events.

## **SAFETY**

Cary Christian School provides certified athletic training coverage for on campus athletic competitions. Offsite teams are given a portable AED to provide an extra layer of protection. CCS provides annual training to our coaches on the use of AED devices and what to do in case of an emergency. CCS follows the NCISAA protocols concerning diagnoses, treatment, and the return to play policy mandated by the Gfeller-Waller Concussion Clearance Policy. Student athletes that have been diagnosed with concussion will not be allowed back into competition until we receive a written release from a health care provider. Coaches adhere to the authority of the Athletic Department staff or game officials when threatening weather is present. Students are moved to assigned spaces during these delays. We recommend that each family check with their insurance provider for adequate coverage in the event of injury, especially for collision sports. Supplemental coverage for athletics is available from many insurance companies.

## **SECOND SEASON DEVELOPMENT**

For students to advance their skills in a sport it is advisable to take at least a six-to-eight-week window out of season to focus on the sport. Our coaches may offer these opportunities either at night or Saturdays at no charge to middle and high school students. These sessions are normally an hour to an hour and fifteen minutes. For fall sports this occurs during the spring season. For winter sports this occurs during the summer. For spring sports this occurs during the fall season. If these are not offered, we highly suggest you consider club or outside entities for further training.

## **LOWER SCHOOL DEVELOPMENT**

- Students should learn the fundamental skills during the grammar school years. We will offer six week or longer clinics ranging from an hour to an hour and a half for students in lower school. We start these clinics in 3<sup>rd</sup> or 4<sup>th</sup> grade depending on the sport, but some programs include younger students. The clinics are held after school or on Saturdays and are run either by our coaching staff or outside vendors that have proven to have expertise in the sport and teach it in a way we approve of. There is a fee for these clinics and varies depending on the number of sessions.
- Each summer CCS will offer sport skills camps (3 to 5 days) for various age groups. These camps are led by our team coaches and are fee based. The goal of these camps is to teach our students the skills and drills they need to become proficient to play the sport at CCS. This information is published annually in February in the Knightly News.

## **RECOGNITION**

- All sports teams are recognized during the season by placing their team photo on our Team Wall.
- Varsity teams are recognized during a seasonal House meeting pep rally.
- Varsity teams have a season ending party where team awards are presented.
- Middle school teams have parties to celebrate their year.
- Varsity teams are given school letters and pins upon request. They may also purchase a letter jacket, if they choose.
- Varsity teams have a senior night celebration honoring seniors after one of the last home events of the season.
- The Athletic Department gives an annual award to seniors on the annual Senior Awards Day. It is the Knights Hall of Fame Award. The criteria for the Cary Christian Knights Hall of Fame Award are achieving NCISAA All-State recognition as an athlete, attaining a 3.75

unweighted GPA or higher, and exhibiting exceptional character as a student at CCS. The student will be given a plaque with the student's name and graduating year along with recognition on the Athletic Wall outside the school gym.

- Students that have committed to play collegiately will be honored at a signing ceremony conducted by the Athletic Department in November, December, and February. Any student that participates in at least one year of collegiate competition will have his or her name along with the name of the college and sport played added to the Athletic Wall located outside the school gym.
- Students may also be recognized through other communication channels, as appropriate.

## **COLLEGE RECRUITING**

Each year the Athletic Department partners with the College Guidance Department to set up a lunch meeting to inform students about college athletics. Coaches also have a large role in this process. The process itself is really based on relationships. Being seen at summer camps and the relationships coaches establish with college coaches is key.

## **CONFLICTS WITH OTHER ACTIVITIES**

Many students participate in dual activities during a sports season (Athletics, Fine Arts, House, or Clubs). Students are responsible for working out the details with all parties involved. Students must accept that they may lose playing time due to missed practice time. Students also must accept that they may lose playing time because of missed practice time for any outside activity (e.g., church, family, doctor visits, etc.). Students who play one sport when another season's sport begins must give priority to the first season's sport. A student must attend all practices for the first season sport before attending the practices for the next season's sport. The student may attend both with permission from the student's parents. A student finishing a first season sport will be given an opportunity to try out for the next season's sport even if official tryouts for that sport have concluded. A middle school or junior varsity athlete may be rostered for both their team and a varsity team. This process will be managed by the coaches involved and the parents. These players are primarily committed to their initial age group team but may also practice or compete at the higher-level, if all parties agree.

## **CONFLICTS WITH INDIVIDUALS**

Due to the nature of humanity, conflicts occur. Whether between students, students and coaches, or parents and coaches, we will approach each of these with the following process. We ask that individuals go directly to the individual with whom the conflict exists. To work it out, we ask that the individuals have a reasonable and loving conversation based on mutual respect and responsibility. At no time is it acceptable to triangulate with others. If a person has a question, that person should go directly to the person that has the answer needed. The only exception is playing time. We ask that if playing time is questioned this should first be asked by the student to the coach. If the coach explains the goals and roles to the students, then the student can communicate that to the parent. This should answer the question without further conversation unless the student did not understand the answer, in which case the student should go back to the coach. It is an unusual circumstance where a coach or Athletic Department staff member should discuss playing time with a parent. This is for the student to learn best practices and life lessons. It also answers the question being asked without it becoming a highly emotional issue. If a meeting with a coach is needed we ask that the parent contact the Athletic Director to set up that meeting.

## **ATHLETIC FOCUS GROUP**

The Athletics Department has a group called the Athletic Champions. Any parent is welcome to join this group. The only criteria to joining, other than having a student at CCS, is to commit to having at least one parent at each monthly meeting. The purpose of this group is to provide feedback and assist the department in the promotion of its efforts. If you are interested in being a part of a focus group, please contact the Athletic Department.

## **SPONSORSHIPS**

The school has many sponsorship opportunities. These include fence and wall banners, team t-shirt or bag logo opportunities, or in game promotions. If you own a company or know of someone interested in such sponsorship, please contact the Athletics Department.

## **DISCIPLINARY ACTIONS**

- The Cary Christian School Parent and Student Handbook (*A Community of Learners*) discipline policy for students applies in full to our athletes. Parents will be notified beforehand of all major disciplinary actions. Any participation fees charged will not be refunded in the event a player is suspended or dismissed from the team.
- Any ejection from a game or match by an official will result in game suspensions from athletic events following NCISAA guidelines. Additional penalties may be applied by CCS administration. This applies to coaches, students, and parents. Any ejection decision by an official will be adhered to by the coaches, parents, athletes, and the school administration without further discussion. The NCISAA mandates fines for various types of ejections. All fines given to coaches, parents, and students for ejection will be paid for by the person ejected. Failure to pay results in non-participation in the CCS athletics program.
- Students that quit a team midseason may not be allowed to try out for a sport in the same year or during their time at CCS. A meeting between the student and the Athletic Director may be necessary before trying out for the next sport.
- Students that do not finish the season with a team will be considered to have quit the team and will not be recognized by the school at post season events. Finishing the season means all games including and through state championships.

# SEASONS, TEAMS, and LEAGUES

## SPORTS SEASONS

Sports season games officially occur during the following months each year.

- Fall: August through October (Football goes into November). Official tryouts are the first week in August for both high school and middle school, however there are often summer practices for varsity teams.
- Winter: November through February. Official tryouts are first week of November however some teams begin preseason workouts in September and October.
- Spring: February through May. Official tryouts are mid-February however some teams begin preseason workouts in January.

## CARY CHRISTIAN SCHOOL TEAMS

FALL	WINTER	SPRING
HIGH SCHOOL	HIGH SCHOOL	HIGH SCHOOL
VARSITY Cross Country: Coed Field Hockey: Women Football: Men Soccer: Men Tennis: Women Volleyball: Women JUNIOR VARSITY (as available) Soccer: Men Volleyball: Women Football: Men	VARSITY Basketball: Men & Women Swimming: Coed Wrestling: Men  Junior Varsity (as available) Basketball: Men & Women	VARSITY Baseball: Men Golf: Men Lacrosse: Men Soccer: Women Tennis: Men Track: Coed
FALL	WINTER	SPRING
MIDDLE SCHOOL	MIDDLE SCHOOL	MIDDLE SCHOOL
Cross Country: Coed Field Hockey: Women Football: Men in middle school play on junior varsity team Soccer: Men Tennis: Women Volleyball: Women	Basketball: Men & Women Wrestling: Men in middle school compete with varsity team and sometime middle school matches.	Baseball: Men Golf: Men Soccer: Women Tennis: Men Track: Coed

## STATE AND CONFERENCE MEMBERSHIP

Cary Christian School is a member of the North Carolina Independent Schools Athletic Association (NCISAA)(Classification 3A, Region 5), the Capital City Conference (CCC), the Big 8 Conference (football), TISAC (wrestling), and the Capital Area Middle School Conference (CAMSC). Currently Field Hockey does not compete in a conference but does compete statewide.

For additional information or questions, please contact  
the Cary Christian School Athletic Department.



# ADDENDUM – ARTICLES OF INTEREST

## **Athletics Modeled After Classical Education**

Jeff Poore, Athletic Director

### **The Grammar of Athletics: Introducing Games and Skills (Lower School Grades)**

In grammar the key is teaching basic skills. Now, how can that concept apply to athletics? I believe one of the regular mistakes made in coaching sports with youth is the lack of intentionality regarding fundamental skills. I am reminded of the great pro football hall of fame coach, Vince Lombardi, who started each year—with professional athletes, by the way—with the phrase, “Gentlemen, *this* is a football.” Why, if on the professional level a coach would be so basic, do coaches of young players not do the same?

To do this, our goal will be to teach sports skills with an introduction into a sport in elementary school. This may be done in physical education classes, by making parents aware of sports programs available to them in the community led by outside organizations, or ideally, these programs being organized and run by our own staff. The primary goal will be skill development but there will be both competitive and recreational aspects to these programs. This is a great opportunity to “try” a sport to see if the sport is something a child feels they naturally like doing. They will begin building fundamental understanding and progressive skills of their specific sport.

### **The Logic of Athletics: Tactics (Grade 6-8)**

Around the sixth grade, we move on to the second phase of the trivium: logic. This does not mean we no longer practice fundamentals or introduce new skills. We will continue to work these and will now add another layer, tactics. The goal of the logic phase of athletics is the application of skills into competitive tactics. We will show students *how* to apply these skills in the most advantageous way to have success. And yes, success means not only playing well but winning the game. Our middle school program, in most sports, competes in a conference where a championship can be won. Playing well, increasing skills, learning tactics and strategies, and developing a winning mindset are crucial steps in the process of athletic education and personal development.

### **The Rhetoric of Athletics: Strategies (Grades 9-12)**

Once students enter high school, they are ready to advance to the next level of a sport and of the trivium. This is when they enter the rhetoric phase. We define this phase with the word “strategy.” In the classroom, the goal of rhetoric is eloquence in speech. It is learning how to take fundamentals and applications and apply them strategically so that effective communication results. A similar goal applies to what happens on the field, court, track, trail, course, or pool. This occurs in multiple ways. It could be verbal communication between players and coaches. It could be nonverbal with a look. Or lastly it simply could be understanding the nuances of the game or situation after taking in communication in the arena allowing the player to be the most effective in his/her environment.

## Conclusion

You would never ask a beginning piano player who cannot play scales to play a song at a recital in front of a crowd. If we follow the classical education model, we will teach students our own version of music theory, then scales, then songs, and then prepare them for their recital. But the goal is not just the recital. If we do our job well, our students will not only develop skills, tactics, and strategies in the arena, but they will apply these principles once they leave our hallways and embark on their own personal great adventure that God has planned for them. They can face those challenges with confidence, knowing that they have learned to love learning and stretch themselves to take on the joy and challenges of the journey.

