



IN PURSUIT OF EXCELLENCE

The Cary Christian School Athletics Handbook

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THE PURPOSE AND GOAL OF CLASSICAL CHRISTIAN EDUCATION

The foundational vision of classical education is to develop a mastery of language to create a dialogue that orders the mind to reason and that attunes the heart toward love. Thoughtful dialogue and a kind heart require the guardrails of mutual respect and an acceptance of shared responsibility. These fundamentals allow us to pursue intentional and strategic objectives with a goal of transformational experiences. These experiences lead to sacramental moments which cause a student to find their purpose in the world as ordained by God.

THE PURPOSE AND GOAL OF CLASSICAL CHRISTIAN ATHLETICS

Key lessons taught by athletics include the competitive mindset, mental toughness, physical training, conflict management, goal setting, team building, accountability, and overcoming failure. These skills are essential to the growth of an individual seeking success in a fallen world and keep us focused in reaching our full potential. Equipping students to face and overcome issues creates transformational experiences and the need for God.

THE MISSION OF OUR PROGRAM

Athletics will introduce standards and assessments to match academics. Our mission statement is “to provide a **COMPETITIVE** athletic **PROGRAM** of **EXCELLENCE** and **SPORTSMANSHIP** modeled after classical education and founded upon a biblical worldview. Our intent is to learn to “play” a sport in the 3-5th grades and “compete” in a sport. We also intend to master a common language around athletics.



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.

- Show mutual respect and shared responsibility by not criticizing their coach or officials.
- Give positive encouragement to your child to find the sport that is right for them.
- Support your child by pushing them to do extra skills work at home or in the off season.
- Teach them that success comes at a cost of accomplishing hard tasks.
- Teach them that failing does not mean you are a failure but an opportunity for growth.
- Remind them that playing time is earned not entitled.
- Encourage them to talk to the coach when they are questioning or concerned about an issue.
- Do not perform an autopsy on his performance on the way home from a game. Let him open to you first. Do not talk about the coach or coach decisions to your student. This does not help a disappointing situation. It only breeds disrespect and division.

THE STANDARDS AND ASSESSMENTS OF OUR PROGRAM

- Team tryouts (formations) will begin in May for the next Fall, September for Winter, and October for Spring. This allows a team to plan their preseason work as well as more time for team bonding. New students will be given an opportunity to join the team in the Fall for the new school year or possibly during summer work. Teams will then hold 1-3 practices per week for the 6 weeks to 2 months prior to the official start date. Students are expected to attend unless they are in a sport or out of town. We will work to make sure at least one of these practices will be on a Saturday or Sunday afternoon so in season athletes can participate.
- Students will have all three eligibility forms loaded into Magnus by the start of the official sports season. Students not having this completed will be considered ineligible to participate and information regarding next steps will be sent to parents for compliance. Please see Parents Sports Information document for eligibility form details.
- Students will commit to attending practice every day. Coaches will take attendance. Unexcused absences could result in lost playing time. Students will proactively communicate with coaches when they expect to miss a team practice. Excessive misses during the year could result in dismissal from the team. If a student needs to miss a game, they must get approval from the athletic director.
- Except for official school breaks and holidays, teams will practice. During the Fall the first week of break is off for students UNLESS there is a potential middle school tournament game on the last Friday of the first week. The high school teams and middle school teams will be back in action the second week of Fall break. Winter break will have some optional and some mandatory practices (if they are competing). Spring break is a two week break in March with no competitions but may have optional practices for teams. Teams are expected to practice on teacher workdays.

- Student's school attendance will be monitored daily. Students that miss practices or games may lose playing time. If excessive the student may be dismissed from the team after proper communication and warning.
- Students will be responsible for school-issued uniforms and or equipment. Lost uniforms or equipment will result in students reimbursing school at a cost of \$100 per uniform piece. Students will not be allowed to play in a successive season until all uniform pieces are turned in or a fee is paid.
- Students will be tested on the first week of official practice to determine fitness. A requirement will be sent out to families at least two months prior to first day of official practice beginning. This is to ensure player safety and for accountability purposes. Students not passing this test may practice but may not play in a competition until the test is passed. Weekly retests will be given to those that need to pass the test.
- Additional assessments may be done during that testing period for speed, explosion, and strength for evaluation purposes. The athletic department is happy to share this information with parents. If a parent wants further information for improvement that too can be provided upon request.
- We will be looking at skill requirements for middle school. Middle school coaches will focus on these skills to prepare students for entry in rhetoric sports in 9th grade. Students will come prepared to each practice/game and give maximum effort.
- Students should not leave bags in the pavilion unless it is a rainy day. A sign on the pavilion will alert them each day. On most days they should put them behind the field house along the fence or if on the main field inside the netting but not up against it.
- Coaches will provide written evaluations about a student's skills, behavior, and role on the team. This will be given to the student and emailed to the parent. This will be done after the first two weeks of the official start of the season as well as after the season is over.
- Coaches will send out a weekly newsletter with schedules (game and practice), locations, information, and highlights. They may choose to do two weeks and then rotate in the new week each week. These will be sent out via email or posted in PARENT SQUARE.
- Coaches are responsible for introducing the "culture of words" which is a programmatic language presented through their encouragement and training. This is so our program will have a common language for student personal development. In addition, these words will be posted by signs in various places in the school.
- Teams will have a measurable team win goal stated in the preseason to track development.
- Teams will have a measurable team performance metric each year to track development.
- Coaches will have a zoom or in person parent meeting the week before the official season begins.

CARY CHRISTIAN SCHOOL TEAMS

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.

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 field hockey), and the Capital Area Middle School Conference (CAMSC).

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