

Hickory Christian Academy

Athletic Handbook



2010-2011

**Equipping children today to become God's
leaders tomorrow**

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Hickory Christian Academy

Purpose, Mission, and Athletic Philosophy

Statement of Purpose

Hickory Christian Academy exists to support Christian families in preparing their children to reach their maximum academic potential while equipping them to love the Lord, walk in His ways, and obey His commands according to Scripture. (Deuteronomy 30: 15-16)

Mission Statement

"Equipping children today to become God's leaders tomorrow"

Athletic Philosophy

... do you not know that your body is the temple of the Holy Spirit which is in you, whom you have from God, and you are not your own? For you are bought at a price; therefore glorify God in your body, and in your spirit, which are God's. 1 Corinthians 6:19, 20.

Since we are not our own and since our bodies belong to God, we must keep the body in subjection to the new nature that we have in Christ. Physical education and extracurricular sports have a place in the Christian School, just as mental education and spiritual instruction have their respective places.

Competitive athletics at HCA are an integral part of the school's total educational program. The purpose of the athletic program is to develop endurance, strength, coordination, self-confidence, self-discipline and team work as well as to develop recreational habits and skills that will be of value in later life.

Hickory Christian Academy believes a Christian's response to competitive play is "focused competition which encourages the athlete to be an expressive player in celebration to the Lord, to give God thanks for the gift of play, to play intensely, to pursue excellence and test the limits of abilities, and to develop and act with Christian commitments".

The prevailing attitude among all those connected with the sports program at HCA should be - **I want Christ to be seen in my life.** Such an attitude will mold and shape Christian character from the inside to the outside.

All students will follow the athletic guidelines of HCA. All parents are expected to support the standards and goals of HCA for the overall student body and Christian school ministry. Parents must keep the long-range goals foremost in mind when decisions and policies must be made that limit or eliminate student participation in sports.

* Physical Education 9 Through 12, Vol. 1, by Marvin A. Zuidema; CSI, p. 98

SPORTS PROGRAM OFFERINGS

FALL SEASON

Girls Volleyball (Grades 5-6, 7-8, 9-12)
Co-Ed Soccer (Grades 5-8)
Cross Country Boys and Girls (Grades 5-8, 9-12)
Boys Soccer (Grades 9-12)

WINTER SEASON

Boys Basketball (Grades 5-6, 7-8, 9-12)
Girls Basketball (Grades 5-6, 7-8, 9-12)
Cheerleading (Grades 5-8, 9-12)

SPRING SEASON

Baseball (Grades 5-8, 9-12)
Co-Ed Golf (Grades 5-8, 9-12)
Co-Ed Track (Grades 1-8)
Co-ed Tennis (Grades 5-8), possible 9-12
Girls Soccer (7-12)

I. A WORD TO OUR SPECTATORS, PARENTS, ATHLETES, AND COACHES

HCA students and parents are aware of the standards set forth by the school, but oftentimes are unaware of what we expect from everyone attending an HCA athletic event. Therefore, we have listed a few things to keep in mind:

1. Be loyal to teams representing HCA and encourage them in every way possible.
2. Do not criticize. Fans sometimes feel that they are able to do it better, but that is not their job. Support the players and coaches; **build them up -- don't tear them down!**
3. As difficult as it may be, do not boo, yell, or criticize officials for mistakes which you think they have made, even if you should be right and they are wrong.
4. Respect opponents and acknowledge evident exhibitions of skill or courage on their part.
5. Be gracious, but not patronizing, in your attitude toward the loser, and refrain from being boastful over victory.
6. Do not demean the achievement of opponents by making excuses for HCA's lower score.
7. Do not quit, whether playing or cheering.
8. Realize that the word Christian means "Christ-like." We as Christians are always testimonies, whether good or bad. HCA wants to portray a good testimony always, **but especially to the schools we compete against! Every visitor, opponent, or official is a partner in Christ or potential partner in Christ!**
9. LONG AFTER THE SCORE IS FORGOTTEN, OUR BEHAVIOR AND REPUTATION ARE REMEMBERED.

THANKS FOR YOUR HELP

II. RULES FOR ELIGIBILITY FOR PARTICIPATION IN PRACTICES AND GAMES

- A. Each athlete is recommended to have a new or updated physical before each school year. It is recommended that the athlete does not compete in tryouts, practice, or games without a new or updated physical. One physical per school year takes care of all sports for that school year. A parent/guardian medical release form must be on file at the HCA office in order for the athlete to practice or participate in any sport. There is inherent danger in athletic competition. The medical release form allows the admittance of any child for prompt medical attention in the absence of a parent/guardian.
- B. Anyone interested in trying out for a team must be at the first practice of the season. The coach must be notified ahead of time if he/she is going to miss the first practice for an excusable reason (illness, death in family, etc.). Home school students who meet HCA requirements for admission have the same athletic standing as full time HCA students.
- C. All those involved in the athletic program must be in school for the last half of classes each day in order to participate in a practice or game scheduled for that day. The only exceptions would be previously scheduled appointments, in which case, the coach should be notified in advance for this to be an excused absence. Home schooled students are exempt.
- D. Athletic eligibility for each sport will be determined by the previous grading period's report card grades. Interim progress reports will not be used to determine athletic eligibility, but will be used to monitor student's progress. (EXAMPLE: In order to play volleyball or soccer next fall, you must pass the athletic eligibility requirements on the previous quarter's report card. If the report card is issued during the season, eligibility must be reestablished using the same guidelines as preseason eligibility). If tryouts are necessary to limit the number on a team for a certain sport, the student must be eligible at the time of the tryouts in order to participate. A student may be added to a team after the season begins once he/she is academically eligible providing that the team did not have tryouts and a subsequent cut.
- E. Athletic eligibility requirements: To maintain athletic eligibility a student must not be on academic probation. The athletic program follows the rules concerning academic probation as stated in the HCA school policy manual. Each grading period the principal will report to the Athletic Director the students who are academically ineligible to participate in athletics. The Athletics Director will notify the coach, student, and parents, respectively.
- F. The headmaster will have the final determination on academic eligibility based on the school academic probation policy.
- G. Any student athlete that is on academic/school probation or suspension is automatically placed on athletic probation and must follow the guidelines outlined below.
- H. A student athlete must abide by the following guidelines if placed on an athletic or academic probationary or suspension period:
 - 1. A student athlete on probation or suspension can not **practice, travel, or dress out** for a game with the team while on probation.
 - 2. These guidelines also apply to managers, statisticians, and scorekeepers.
 - 3. **Any violation of the probation or suspension guidelines may result in dismissal or suspension from the team.**

IIA. RULES FOR PRACTICE AND GAME PARTICIPATION

- A. Student-athlete must be at every practice or game unless excused for one of the following reasons:
- doctor or dental appointment
 - personal sickness
 - death in the family
 - previously scheduled church commitment
- A student athlete must present to the coach a permission slip signed by the parent(s) for the absence to be excused (for the reasons outlined above) in advance of the absence.
- B. HCA is supportive of the more than 35 local churches whose members make up our student body. We would never schedule a practice or game on Sunday or that would interfere with a regularly scheduled worship service. We encourage our families to be actively involved in the local church. However, any athlete who misses a practice or game may have to make up practice activities and face the team's policy for reduction in playing time. This is not meant as punishment for an excusable absence, but a reward and incentive to those team members who were present. A team member who must miss a practice or game may return to their former status as soon as they have fulfilled the team's policy for absences.
- C. Each coach will announce their discipline procedure for missed practices or games. Multiple unexcused absences may result in dismissal from the team.
- D. All athletes must be on time to practices and games. Each coach will announce his or her discipline procedures for tardiness.
- E. Character is not built by quitting. Trying times are not times to quit trying.
- F. A student athlete may drop off the team anytime before the first WEEK of practice ends without penalty, except as noted in the policies for tryouts. After that period of time **no student athlete may quit the team without penalty**. There should be a strong sense of belonging to the team even when personal injuries would restrict the individual's participation in practices and games. An injured player is expected to be at all practices and games as if he were healthy, as long as it does not interfere with the student's rehabilitation.
- G. **Any student athlete who quits a team will sit out the next two consecutive sports seasons.** (Example: An athlete who quits basketball must sit out golf that spring and soccer the following fall.) A student athlete who leaves the team while on academic probation and does not return when academically eligible will be deemed to have quit. A student athlete who quits will be removed from the team roster and forfeit any post-season rewards such as team pictures letters, awards, etc. The only exceptions to this rule would be for death in the family or serious injury. The headmaster and the athletic director will decide any exceptions.
- H. **Athletic team sizes will be determined each season by the athletic director. Due to the length of the season and the number of games, we would ask that all students commit to their HCA team first over their other sports commitments. However, in the event of a conflict, the parent should notify their respective coach as soon as possible to resolve the issue. If the issue cannot be resolved, the parent can ask to meet with the athletic director for further clarification. When these conflicts occur, immediate open communication will always result in the best outcome for those involved. Ultimately, a missed game would be considered an unexcused absence and the appropriate policies**

would apply.

IIB. Guidelines for Athletic Tryouts

- A. The Athletic Director and Head Coach will hold a preseason meeting to explain expectations and the commitments required to participate on the team. The tryout dates will be announced at least one week prior to the actual tryouts. Summer tryout dates will be on the school website.
- B. The tryouts will consist of a skills test to judge and rank the skills of each player. When possible it is best to have people outside the school to help make assessments. (Athletes should be identified by a number, not their name) Additional factors that coaches will look at when choosing the team will be attitude, personality, and character displayed during the tryouts.
- C. Middle school players are encouraged to attend the entire tryout, even if it is multiple days, in order to make the team roster. The players increase their chances of making the team by attending all the tryout dates. Any middle school player who cannot attend tryouts should contact their coach well in advance of the tryouts to discuss the situation. Any player who missed a tryout without prior approval and the team has reached the maximum number of participants will not be eligible/considered for the team. Varsity players must attend all tryout dates in order to be considered for the team.
- D. The athletic director determines the team size. The number is usually decided by the number of uniforms available, transportation considerations, practice facilities, etc.
- E. The procedure of notifying players that they did not make the team should be as follows. After the final day of tryouts the coach will notify those who did not make the team. The players should be notified within 24 hours, or other specified time set by the coach. It is important that it is done in a discrete and sensitive way and in a spirit of encouragement, keeping in mind that this can be an emotional time for the players. The coach should be able to share with the player his/her strengths and weaknesses and give input into what they need to work on in the off-season to improve.
- F. If the coach has a son or daughter trying out for the team, their child must participate in the tryouts, but it is assumed that he/she is on the team. This does not apply for assistant coaches.
- G. On teams that have multiple grades trying out, when all factors are equal, coaches will give preference to upperclassmen to fill out the team.
- H. Tryouts are open to parent observation, but it is critical that they quietly observe and do not distract or coach their children in anyway. If the coach feels it is necessary, he/she may ask a parent or any other spectator to leave.
- I. Any athlete that is awarded a team position through a tryout and accepts that position either verbally or upon notification by the coach or by attending the next practice is considered a team member. It is assumed that if a player competes at the tryout, they will accept a team position. If the athlete subsequently chooses to leave/quit the team, he/she will be ineligible for the next 2 sports seasons. 1
- J. Varsity Tryouts for fall sports will be conducted on or between August 1st and August 10th each year. The specific dates for each year will be set at the end of the previous school

year. Remember that varsity players must attend in order to make the team. Any questions about this policy should be directed to the Athletics Director.

- K. Varsity teams that hold tryouts but do not cut any players can add players within the first 2 weeks of practice if the team does not have the maximum number of players set by the AD. Any additions must be approved by the Athletics Director.
- L. All prospective athletes and their parents should review the tryout guidelines before participating. Please address any specific questions about this policy to the Athletic Director.

IIC. Guidelines for Single Season Dual Sport Participation

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

The following conditions apply to single season dual sport participation.

1. The student must designate one sport as a priority sport. Participation in that designated sport would take precedence in the event of a conflict preventing participation in contests in both on a single day.
2. Although coaches will be obliged to allow dual participation, coaches may consider the impact of a dual participant in “cutting” and playing time decisions. In other words, coaches will be allowed to choose and field the best possible team and may decide a dual participant athlete is less able to make a positive contribution than a comparably skilled single sport athlete.
3. Dual sport participants will attend as many practices, competitions, and games as possible in both sports. Thus, a basketball player with a “day off” would attend cheerleading practice rather than going home to rest. Participation in both teams’ practices would be encouraged when possible. Where possible, practice time will be split equally between the two sports. Athletes are expected to maintain regular communication with coaches of both the primary and secondary sport teams. Currently we offer these activities by season:

Fall: Boys: soccer, cross-country
 Girls: volleyball, cross country

Winter: Basketball (boys and girls)
 Girls: Pep Squad, Spirit Squad

Spring: Boys: baseball, golf, track & field
 Girls: soccer, golf, track & field

III. ATHLETES' CODE OF CONDUCT

- A. Every athlete is expected to maintain a good Christian testimony. At any time, an athlete not maintaining a Christian testimony on or off the field or in the classroom may be suspended or dismissed from the team at the discretion of the headmaster/principal or the athletic director/coach.
- B. All student athletes should be ready to accept numerous other challenges in their pursuit of Christ-likeness, a few of which are: humility, selflessness, leadership, diligence, faithfulness, commitment to integrity, and joy in playing with excellence. These are certainly worthy commitments in order for participants in HCA athletics to pursue that high goal of "taking every thought captive to the obedience of Christ" (2 Cor 10:5).
- C. All student athletes are expected to be punctual and prepared for all games and practices, to have a dedication to their team and teammates, to maintain their ongoing responsibility to academic excellence, to have respect for and responsiveness to their coaches, and to maintain Christ-like sportsmanship in all circumstances.
- D. A student athlete who receives a detention that forces him to miss practice must serve that detention. Coaches will discipline players who are late or miss practice for detentions.
- E. Student athletes are expected to be examples of good conduct to other students. In that regard, after a student athlete receives a suspension from school, the student will be suspended from his team for a minimum of **ten school days**. Further action will be at the discretion of the headmaster and athletic director.
- F. A suspended student athlete may participate in tryouts for a team, but may not actively participate in practice or games until he has served a probationary period.
- G. The use of profanity, taunting, or verbal abuse towards officials will not be tolerated. The use of profanity on or off the field may result in at least a **five school day** suspension from the team and at least one game missed. Repeated actions will result in athletic probation.
- H. Fighting during athletic events will result in at least a **five school day** suspension from game play. More severe discipline action may be enacted depending upon the circumstances. A second occurrence will automatically suspend the player for the remaining season and will be placed on athletic probation for the next sports season.
- I. Athletes are to be good representatives of Christ and Hickory Christian Academy on road trips. Failure to do so may result in suspension or dismissal from the team.
- J. Hickory Christian Academy does not condone and will not tolerate "hazing" or "initiations" of athletes. Any such actions will result in suspension and/or dismissal from the athletic team.

IV. ATHLETES' DRESS REQUIREMENTS

- A. If shorts are worn to practice, all athletes are to wear shorts consistent with the uniform policy. Otherwise, the athlete must wear sweat pants or warm-up pants. The athlete will not be allowed to practice if they are not abiding by the uniform policy.
- B. The following chart summarizes dress code requirements for game days at school:

<u>SPORT</u>	<u>HOME GAMES</u>	<u>AWAY GAMES</u>	<u>TRAVEL TO & FROM</u>
Basketball & Cheerleading	School uniform	School uniform	School uniform
Cross Country	School uniform	School uniform	School uniform
Golf	School uniform	School uniform	School uniform
Soccer	School uniform	School uniform	School uniform
Track	School uniform	School uniform	School uniform
Baseball or Softball	School uniform	School uniform	School uniform
Volleyball	School uniform	School uniform	School uniform

- o On game day, each student athlete may wear their game jersey, (if clean and presentable) after lunch over a collared HCA uniform shirt for the remainder of the school day.
- o The school uniform standards will be standard travel dress code unless the coach requires all players to dress in game uniforms or HCA issue warm-ups/sweat suits.

****NOTE: THESE GUIDELINES APPLY TO ALL PLAYERS, MANAGERS, STATISTICIANS AND SCOREKEEPERS ASSOCIATED WITH EACH TEAM.****

V. UNIFORMS AND EQUIPMENT

- A. Any uniforms or equipment issued to an athlete are the athlete's responsibility to return in good shape, normal wear and tear accepted.
- B. All student athletes should protect and take care of the facilities used for practices and games. Equipment and trash should not be left on the field or in gyms after practices and games.
- C. Lost or damaged equipment will be charged to the athlete.
- D. School athletic uniforms are to be worn for games, not practice or other functions.
- E. All uniforms and equipment must be returned, clean, to the coach or athletic director within one week after the last game of the season.
- F. Any athlete who does not return uniforms and /or equipment will have the costs for the replacement charged to his school bill. An athlete will not be allowed to participate in another sport, banquet, or receive awards until all overdue uniforms, equipment, and fees have been turned in or paid.

VI. TRANSPORTATION

- A. This policy applies to all off-campus games and tournaments when the parents or school staff provides transportation. All athletes will travel in designated vehicles to and from games. Exceptions will be considered by the athletic director when permission is requested.
- B. Any vehicle transporting team members must have enough seat belts to accommodate all passengers. A school staff person must drive the vehicle or an adult approved by the coach/athletic director.
- C. Everyone will remain seated while the vehicle is moving; On Co-ed travel, boys and girls should be seated with common gender on the same rows.
- D. Boarding vehicles while at visiting schools and restaurants will be done together and with a coach or appointed adult supervision.
- E. While at a game but not participating, all student athletes will stay with the coach or an adult who is appointed to supervise.
- F. Screaming, loud yelling, throwing, and "horseplay" are not allowed.
- G. Passengers/drivers being transported on school vehicles shall use the seat belts provided.
- H. All team members will arrive and depart all athletic events together unless directed otherwise by the coach. Athletes may not drive to away games.
- I. Music, Ipods, cd players, etc. WILL NOT be allowed on the bus unless played with headphones. All music must be age appropriate for the group on the bus. At the discretion of the driver, chaperone or supervisor, any or all music may be prohibited from being played on the bus and/or during any particular athletic event or travel.

VII. SPECIAL AWARDS

- A. Varsity Athletic Awards Banquets purposes are to give special recognition to the athletes that have demonstrated the greatest desire to accomplish the purposes and reach the goals of the HCA athletic programs. An evening will be set aside annually to recognize the accomplishments of HCA's athletes. It is a very special time when coaches summarize the spiritual and athletic growth of their teams and parents are able to witness the victories God has performed through competition at HCA. Friends, relatives, and anyone with an interest in HCA athletics are encouraged to attend.
- B. The Middle school will have an annual award ceremony at the end of the school year to recognize the achievements of their teams. Each team will award a Knights Trophy to represent the characteristics of diligence, teamwork, enthusiasm, excellence.
- C. An athlete must attend the post season awards banquet or ceremony to receive any award or letter. The athletic director, prior to the banquet, must approve all exceptions.
- D. Only athletes who finish the season on the team roster will be recognized at the awards banquet or ceremony.
- E. An athlete who is placed on academic or behavioral probation at any point during that season will not be eligible for an individual award in that sport.
- F. Every athlete will be awarded a certificate or letter verifying his team membership and contribution for the entire season. Withdrawal from the team for an unacceptable reason (quitting, discipline, etc.) will result in the athlete forfeiting the opportunity to receive a certificate, letter, or award. A letter is earned by meeting the requirements as determined by each team's coach:
 - o Attendance at games and practices
 - o Proper attitude
 - o # of quarters or halves played
 - o Other requirements approved by the athletic director
- G. Letter Jackets:

An athlete is eligible to purchase a letter jacket after earning 3 varsity letters. Letter jackets will be ordered at the end of each sports season and will be presented as soon as they arrive. Any athlete who does not purchase a letter jacket will be awarded the "HCA" letters and the appropriate sport and bar designations. However, these cannot be used on any other apparel. Any athlete who does not order a letter jacket after earning 3 varsity letters can do so at any time during their athletic career at HCA. An athlete's name can be added for an additional fee. No additional markings, alterations, or decorations maybe added to the letter jacket. A student must be in good standing (no suspension or probation) to be eligible to order a letter jacket. The athletic director will determine the eligibility for letter jackets for home school students who participate in varsity athletics on an individual basis.
- H. Each team will elect a captain and co-captain for the upcoming season before the first game. Each team's head coach will determine the specific policy and procedure for their captains. They may solicit input from the team before naming captains. A "Captain" will earn a "C" or "*" to be added to their letter jacket for the appropriate sport.
- I. Each coach can recommend to the athletic director and administration, prior to practice beginning, for approval on appropriate team awards such as MVP, etc...

J. **HCA Annual Varsity Athletic Program Awards:**
The following awards will be presented each spring at the annual HCA Athletic Banquet. These awards represent the highest honor an athlete can receive. These awards are determined by a committee of coaches, administrators, teachers, and athletic director members. All aspects of an athlete's conduct, attitude, and ability are used to determine which athlete should receive these awards. An athlete must be present to accept their award unless prior approval from the athletic director has been given. These awards will be presented to the Middle School and High School that exemplifies the characteristics of award.

Christian Leadership Award: given to the athlete male and female who best exemplifies Christ-likeness both on and off the field.

High Scholarship Award: given to the athlete male and female with the highest academic grade point average. In the event of a tie, the award will be given to the athlete who has played the most seasons.

Athlete of the Year: is given to a male and female athlete who display leadership, athletic accomplishments, team unity, and who show a total commitment to HCA's athletic program. A panel of coaches and administrators will select the winners each year to be announced at the Spring Athletic Awards Banquet. A trophy will be awarded to each winner and a plaque with the winner's name and year will be displayed at the school.

Varsity Team awards will be determined by and presented by the head coach for each team.

Team Awards: each coach will present 3 awards per season (MVP, Sportsmanship, Most Improved).

VIII. MISCELLANEOUS

- A. When HCA is closed due to weather, there will be no practices or games unless there is special clearance from the Headmaster or Athletic Director. The Headmaster or Athletic Director has the final decision on whether a contest should be cancelled or postponed due to inclement weather. Coaches have the final decision on whether practices will be cancelled because of weather when school is attended and should make the decision as early as possible so that communication to parents can be made on a timely basis. At no time should HCA allow practice or games to be held if weather or field conditions create a danger to students.
- B. Proper shoes must be worn on all gym floors. No street shoes, cleats, or other non-athletic shoes are allowed.
- C. All 7th-12th grade athletes who participate on high school varsity or junior varsity teams and their parents will be required to sign a North Carolina Christian School Association waiver to be eligible to play.
- D. **Team Parent**: In order to have a successful team and experience for each athlete, it is imperative that a parent volunteer to take care of the administrative duties of the team. Our coaches give their time to help the team achieve their goals on the field, a team parents make sure the team has what it needs to compete at their highest level. A team parents duties are as follows:
1. To create a team list of all the players names, home phone #'s, Cell phone numbers and email addresses for team communication.
 2. To arrange for water/drinks for each game by assigning a parent for each game. This is not an option for players' parents. Your child has the privilege of participating on an HCA athletic team and your responsibility is to provide the water or drinks for each game as assigned by the team parent. The team parent will work with the coach to determine the needs for the season.
 3. To assign transportation to and from games. The team parent will arrange transportation by reserving the bus and finding a qualified bus driver or arranging for parent transportation to and from each game. The athletic director will provide a list of approved bus drivers.
 4. To arrange for someone to take up money, run concession stand and scoreboard. Again this is not an option for parents; each parent must accept responsibility to staff these positions. A parent may ask someone else to fulfill these responsibilities but ultimately they a responsible for making sure their assigned task is completed. Once a parent has been assigned the task, it is their responsibility to make sure it has been staffed. Currently these duties are required only on basketball and volleyball games. Coaches and their families are excused from these requirements.
 5. To send a weekly email reminder for the events of the week and assigned duties as a reminder to each parent.
 6. To work with the coach on all the arrangements for any end of the season tournaments. (i.e. travel, water, etc...)
 - 7.
- The purpose for the team parent is to evenly distribute the tasks among the player's parents. Each parent agrees to the above outlined duties in order to have their child participate in HCA athletics. If parents wish to trade and work games/sports that fit their schedules better, the team parent will try to accommodate those requests by switching with other team parents.

IX. A FINAL WORD TO OUR PARENTS

How to Best Help Your Athlete

1. Be a source of encouragement for your child.
2. Never be negative when discussing any child's performance.
3. Realize that all players cannot be on the "starting Team", but each player is important to the team's success.
4. Never criticize another child's performance.
5. Contact a coach in private if there is a question concerning a coach's policy or decision.
6. Shout encouragement from the sidelines, but never coach or condemn a child during the game.
7. Show proper Christian sportsmanship at all times to officials, opponents, and HCA staff, players, parents and guests.

The best way to help your athlete is to provide encouragement and to be positive, both at home and in the stands. If there's a problem, have your child talk to his/her coach. If the problem is not resolved or if it is of a serious nature, then call the coach yourself. If no solution can be reached at that point, then call the athletic director to set up a meeting with all parties involved.

Know that you are the most important person in your child's life, and that he/she wants you to be proud of him/her. Be in the stands, rain or shine, and cheer.

All families with children participating in athletics are encouraged to join the HCA Athletic Booster Club. The HCA Athletic Booster Club is the athletic booster's organization that provides your time, support, and financial assistance to the athletic department to continually improve the athletic program including, but not limited to, facilities, athletic equipment, and programs. All parents of athletes (whether members of the booster club or not) will be required to assist the team with 2 responsibilities: supplying cups and water for home/away games and travel to home/away games (by car or bus). A team parent will be appointed to coordinate these activities and to assist the coaches with additional administrative task.

X. SPORTSMANLIKE CONDUCT

***Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God.
1 Corinthians 10:31***

Promoting and encouraging good sportsmanship by coaches, athletes, fans, and parents is very important to Hickory Christian Academy. We believe that, as a Christ-centered school, we must hold ourselves to the highest level of sportsmanship and behavior on and off the playing field. The school's administration, athletic director, and coaching staff are committed to fostering an environment of enthusiasm and school spirit consistent with the high standards of sportsmanship and respect for opposing teams and game officials.

Hickory Christian Academy Athletes:

- Play hard within the rules of the game.
- Win with humility, lose graciously, and congratulate opposing coaches and players.
- Respect officials and respect their decisions.
- Remember that you represent your school, coaches, family, as well as your heavenly father.
- Remain positive towards coaches and teammates.
- Respect the property and facilities used by HCA and their opponents.

Hickory Christian Academy Coaches:

- Serve as a positive role model for players.
- Inspire in players a love for the game and a desire to win.
- Show restraint and respect when dealing with officials and opposing coaches.
- Reinforce respect and good sportsmanship in practice and game situations and hold their players accountable for unsportsmanlike behavior.

EXAMPLE:

SOME EVIDENCES OF BASKETBALL SPORTSMANSHIP BEFITTING CHRISTIANS:

- I. Applause or cheering is appropriate when:
 - A. Your team is getting a rebound.
 - B. Your team is stealing the ball from the opposition.
 - C. Your team is intercepting a pass.
 - D. Your team is picking up a loose ball.
 - E. Your team gains the tip on a jump ball.
 - F. Your team receives the ball after being lost out of bounds by the other team.
 - G. Your team receives the ball as a result of a rules violation by the other team.
 - H. Your team scores.
 - I. A player makes an outstanding pass to set a teammate up for a score.
 - J. By an outstanding pass, dribbling or some other means, a player averts the loss of the ball to the other team.
 - K. Your team blocks an opponent's shot.
- II. The failure of any player should not be ridiculed.
- III. At certain times, noise is inappropriate when:
 - A. An official makes a call with which you disagree.
 - B. An opposing player is on the free-throw line.
 - C. The opponent's coach stands to his feet to instruct his team.

Let no man despise thy youth; but be thou an example of the believers in word, in conversation, in charity, in spirit, in faith, in purity. -- 1 Timothy 4:12

Set a watch, O Lord, before my mouth; keep the door of my lips. -- Psalms 141:3

These general principles can be adapted to other sports simply by understanding the spirit in which Christians are to do things (1 Corinthians 10:31-33).

XI. ATHLETIC HANDBOOK COMPLIANCE FORM

This form is to be completed and turned in to the coach before an athlete participates in their first sport of the school year. Each athlete must return this form signed to his/her coach before he/she will be allowed to participate in his or her first scrimmage or game of the school year.

I have read and agree to abide by the rules, regulations, and guidelines set forth in the HCA Athletic Handbook. I acknowledge the inherent risks associated with participation in athletic competition.

PARENT'S SIGNATURE -- _____

DATE -- _____

ATHLETE'S SIGNATURE -- _____

DATE -- _____