



# **CHESTERTOWN CHRISTIAN ACADEMY**

## **Athletic Handbook**

### **2023-2024**

Dear Students and Parents/Guardians:

Chestertown Christian Academy believes athletics are an integral part of the educational process. The mission of Chestertown Christian Academy athletics is to equip student athletes intellectually, physically, socially, and spiritually so that he/she may use their gifts and talents to impact our world for Christ. As a school that is committed to shaping hearts and sharpening minds, our athletic program works to continue our student's growth alongside their classroom education. We at Chestertown Christian Academy wholeheartedly believe that athletics provide an immense number of opportunities for individual, group based, and spiritual maturation. The challenges that students face on the field/court, and in the classroom, complement one another to develop each student more into the image of Christ and impactful members of the community. Our athletics program is yet another opportunity for the sanctification of our staff and students, as well as an opportunity to glorify God. Additionally, research indicates that students who are involved in extra-curricular experiences manage their time more effectively, excel academically, and have a more serious sense of their own growth and development. Athletic activities are also some of the events in which lasting positive high school memories are made. It is for these reasons I am pleased that you have chosen to participate in the athletic programs at Chestertown Christian Academy. This handbook is written for students and their parents in order to provide you with the information you need to understand the rules which govern athletic participation and procedures which must be followed by athletes and their parents. This handbook should be read by parents and students. The acknowledgement must be signed by both the athlete and a parent and submitted to the Athletic Director before the season, in order to be eligible to participate. Best wishes for a successful school and athletic year.

As spectators and participants, each of us --- students, parents, teachers and administrators --- have a responsibility to the school. We must extend to our guests --- the officials, players,

coaches and spectators of neighboring schools --- the courtesy and sportsmanship that we wish to have extended to us during our visits as guests in their schools. Our conduct at all athletic contests is a reflection of the CCA community, our educational and our Christian testimony. It is, therefore, most important that our attitude be friendly toward our guests during their visits to CCA.

The officials and coaches assigned to our athletic contests are well---trained and each of them performs a necessary and difficult task. We could not run an organized interscholastic athletic program without them. Even when we may disagree with an official's or coach's decision during a contest, we should remember that these individuals are human beings and deserve our respect. The athletes on each team practiced long and hard to prepare for their seasons. They are trained to perform to the best of their ability and to represent their school and community in a sportsmanlike manner. Booing or abusive language directed towards players, coaches or officials is a sign of poor sportsmanship. Let us rather direct our energies towards encouragement and cheering at all athletic contests. As Romans 13 states "Let everyone be subject to the governing authorities, for there is no authority except that which God has established. The authorities that exist have been established by God." Rom, 13:1. During athletics contests, officials are the governing authorities and should be treated accordingly.

It is our desire that all individuals (athletes, coaches, officials, spectators and supervisors) involved with interscholastic athletics will display behavior that reflects the ideals of sportsmanship, ethical conduct and a relationship with Christ. The benefits derived from playing the game fairly should be stressed and any actions which tend to destroy those values should be discouraged. Courtesy should be shown toward opponents, officials, supervisors, spectators and administrators. Efforts must be made to achieve a thorough understanding and acceptance of the rules of the game and standards of eligibility, as well as to respect the integrity and the judgment of sports officials. Most of all, it is the duty of all concerned with high school athletics to remember that each individual athletic contest, while important, is still only a contest and should be kept in that perspective. "Similarly, if anyone competes as an athlete, he does not receive the victor's crown unless he competes according to the rules." II Tim 2:5

### **ATHLETES ARE EXPECTED TO:**

- conduct themselves in a mature fashion at all times.
- not engage in the hazing, initiation or bullying of any students or staff members.
- demonstrate self-control and mutual respect at all times.
- avoid the use of profanity, abusive language or gestures in dealing with opponents, officials or spectators.
- accept victory with grace and defeat with dignity; poor winners or losers do a disservice to themselves.
- set an example in word and deed, both on and off the playing area; remember that athletes assume a leadership role and that younger students emulate their behavior.
- observe training regulations and requirements of physical fitness for better personal performance.
- contribution to the team effort.
- place athletic competition in its proper perspective; it represents only one part of the learning process and should not be pursued to the exclusion of everything else.

### **SPECTATORS ARE EXPECTED TO:**

- conform to accepted standards of good sportsmanship and behavior.
- respect officials, coaches, and players and extend all courtesies to them.
- refrain disrespectful remarks and the use of noisemakers.
- remain silent when players require total concentration (i.e.: a free throw in basketball or a serve in volleyball).
- obey the regulations of the school; those who do not conform will be brought to the attention of the administration.
- understand that schools are responsible for the conduct of their respective spectators, whether home or away. Violators of this code are subject to eviction from the area (i.e.: HAZING, INITIATION, BULLYING).

The coach will review with the entire team the definitions of hazing, initiation and bullying. The student athletes will understand the seriousness of participation in any activity that is considered hazing, initiation or bullying and that CCA has zero tolerance. There are serious consequences should this occur. Violators of this code are subject to suspension/ dismissal from the team.

## **ATHLETE/ PARENT/ COACH COMMUNICATION PROCESS**

It is our expectation that communication will be encouraged and maintained between and among parents, athlete and coach. Parents are entitled to answers to legitimate questions regarding their child's performance and/ or status.

During the season, concerns may arise. The following communication process should be followed:

- The minutes following a game or practice can be a very emotionally charged atmosphere. Never approach, text or call an athlete, coach or administrator during or following a game or practice. Please allow 24 hours before discussing any issues with the coach or athletic director.
- Speak with your child prior to meeting with the coach, often issues are a matter of simple miscommunication. Your child may have more accurate information of the issue and be able to resolve the issue before it can escalate.  
\*Please Note: It is inappropriate to discuss with the coach: 1. Playing Time 2. Team Strategy or play calling 3. Other Student Athletes in person or on social media or through any form of communication.
- If you feel a meeting with the coach is warranted, give your child an opportunity to meet with the coach first. This is a wonderful opportunity to “coach” your child in conflict management/resolution. If your child and/or you still feel the situation is unresolved, the following process will be followed based on Matthew 18:15, “If your brother sins against you, go and tell him his fault, between you and him alone. If he listens to you, you have gained your brother.”:
  - Player & parent meet with coach for further discussion.
  - If unresolved, the player, parent & coach meet with Athletic Director for further discussion.
  - If unresolved, the player, parent, coach & Athletic Director meet with School Administration.
- At no time should you take your concern, frustration or anger to social media. Please use the steps above.

\*\*\*The Athletic Director or Administrator has the right to suspend an athlete from the team if problems are not handled according to guidelines.

## **Athletic Responsibility**

### **PREREQUISITES FOR PARTICIPATION**

In order to participate in interscholastic athletics, every student must pass a health examination. All students who are evaluated by their family physician must submit the appropriate, completed Physical form to the School Office. Each student must also have a current Athletic Agreement form, CCA Medical Form, and Travel Form completed, signed and filed with the Athletic office. All forms, with exception to the Physical form, must be completed and signed before each sports season begins. Lastly, each student must have a yearly athletic fee, paid to the athletic office before the start of their sport season.

### **RESPONSIBILITIES OF STUDENT ATHLETES**

In order to participate in our interscholastic athletic program, each student athlete must assume responsibility for the following:

1. Appropriate, considerate and responsible behavior at all practice and game situations.
2. Attendance at all practices
3. Attendance at all games.
4. ANY unexcused absences may result in dismissal from the team. You are committing to a season on the team.
5. The athlete is responsible for reimbursing CCA for missing equipment or uniforms. Until reimbursements are made or the article is returned, the athlete's eligibility for athletic participation is temporarily suspended. Also report cards/ diplomas may be withheld.
6. The athlete is responsible for bringing the proper equipment to games and practices. If your equipment is forgotten they need to call parents and see if equipment may be brought to school. Athletes MAY NOT borrow equipment that has not been designated to them.

### **SCHOOL ATTENDANCE**

Students must be present in school for half of the day in order to participate in an athletic practice or game that same day.

### **TRANSPORTATION**

We encourage all members of athletic teams to travel to athletic contests in transportation provided by CCA. We do understand that there are occurrences in which an emergency comes up necessitating the need to take a child home. Such occurrences would be: School functions, religious obligations and medical emergencies. Every attempt should be made to schedule any medical or dental appointments on non--game days. Parents are never permitted to take home any other child than their own. It is the coach's responsibility to ensure that athletes behave responsibly and in accordance with the school district's bus safety guidelines. Athletes should be reminded that as team members they are representing CCA and their behavior and decorum will reflect on their team, coach and school. Students are not permitted to drive their automobiles to away contests.

### **PARENT/GUARDIAN SUPPORT**

We encourage all parents/guardians to attend games and to model constructive support and guidance when students experience either success or failure in game situations. Most important, we ask parents to help us reinforce the inherent values of striving for individual and team progress, good sportsmanship and commitment to maintaining team morale. All practice sessions are closed to parents. Our athletic staff welcomes the opportunity to speak with parents about specific concerns and ideas. Discussions on the field tend to be fragmented, incomplete and are, unnecessarily, public. Consequently, the most productive conversations can and should take place at scheduled times, in more private settings.

### **ACCIDENTS AND INJURIES**

All student athletes are expected to report all injuries sustained, no matter how minor, to their coaches. Every time a student athlete requires treatment by a physician, that student must obtain a signed release from the physician before subsequent athletic participation can take place. The

physician's release must authorize our school to allow the student to participate in interscholastic competition. The release must be submitted to our School Office.

## **ELIBIGIBILITY**

To qualify for athletic eligibility each student must fulfill the following criteria:

- Earn Academic Eligibility – Earn and maintain a minimum a 70% avg. with no Failing grades in any core subject.
- Disciplinary Eligibility – Maintain a clean disciplinary record throughout the athletic season. Individuals who accumulate disciplinary actions during school hours are subject to athletic probation and even permanent removal. Disciplinary issues will be handled on a case-by-case basis with teachers, coaches, parents, and administrators.
- Athletic Fees must be paid before joining the team and will be invoiced through the school office via FACTS --- Varsity Sport: \$75 and JV Sport: \$65
- Parents/Guardians and students must read, review, complete and sign all required forms. Parents/guardians and students are also expected to read and agree to the Athletic Handbook. These forms must be signed and turned into the Athletic Director before the start of the season.
  - Athletic Registration and Agreement Form
  - Athletic Travel and Medical Consent Form
  - Athletic Physical Form
  - Athletic Concussion Form

## **ATHLETIC DRESS CODE**

Each coach and/ or sponsor is given the responsibility of overseeing the athletes dress before, during, and after each athletic event as long as the athlete is under their supervision. The philosophy we espouse at Chestertown Christian Academy regarding dress of our athletes includes the following:

- A. Modesty
- B. A Godly example
- C. A positive reflection on Chestertown Christian Academy
- D. Appropriateness of uniform for the sports activity:

1. All athletic attire must be approved by the Athletic Director, and Administration.
2. Only CCA approved clothing is to be worn for athletic practices (shorts to the knee or sweat pants/warm-ups, an appropriate t-shirt, and athletic shoes.)
3. Athletes need to stay in school dress code even on games dates (this means boys in a tie) unless there is a school approved spirit day or the Athletic Director approves a team uniform day for athletes. Coaches are responsible for enforcing dress standards to and from all athletic events.
4. A neat and professional appearance is to be the rule of thumb for all coaches. For athletic events and games, coaches are to dress in a manner that reflects positively on the cause of Christ and Chestertown Christian Academy.

## **TRANSPORTATION**

All home game transportation is the responsibility of the parents/ players. Chestertown Christian Academy provides transportation for teams to all away games. Players must travel with the team. There are two exceptions upon notification of the coach: (1) a player may ride home with his/ her parents after the game; or, (2) a player may return with another relative provided written permission has been granted by his/ her parents. Parents may not give permission for a player to ride with another student.

## **EXPECTATIONS DURING GAMES**

- Athletics are an extension of the classroom and students are responsible for conducting themselves with the same high standards that apply while in school.
- Students and Coaches are the only personnel allowed to enter locker rooms at home or away games. No guests are to be admitted or asked to enter the locker room at any time.
- During a game or match, while our other team is playing, the team not playing should sit as a team together and cheer for the team on the court or field (i.e.: Girls' team cheering for Boys' team and vice---versa.) Coaches should limit the number of team members getting up and going for drinks to one or two at a time.
- For the safety of players and officials, spectators must sit in approved spectator sections. (i.e.: spectators should not sit near or on the bench during athletic contests).



- Student athletes are to travel to and from games with the team unless arrangements were already made through athletic director and coaches. If anyone is to pick up a student athlete for any purpose by anyone other than by the student's parent or guardian, a verbal message and a note from a parent/guardian must be given to the coach stating permission.
- Student athletes are responsible for their own meals while traveling to and from games. Coaches usually arrange a dinner stop on the way home from away games so students must have money if they want to buy something.

### **EQUIPMENT AND FACILITIES**

- Extreme care and caution should be taken in the use of facilities. Coaches should enlist the help of athletes to ensure that every field, court and bus is left in better condition in which it was found. All cups, bottles, and other trash should be picked up. Any student defacing or destroying property will be disciplined according to school policy. Activities by teams should be limited to the area specifically designated for the team's use. All other areas are off limits.
- Uniforms are the property of Chestertown Christian Academy. The coach has the responsibility for distributing and collecting uniforms. Athletes are responsible for the care of the uniform and should follow the manufacturer's instructions for cleaning after each use. An athlete who loses a uniform must pay the replacement fee of \$30 per piece. Uniforms which show more than normal wear may also have to be replaced and must be paid for by the student. Uniforms are not to be altered or tailored by the athlete. All uniforms are to be cleaned and returned to the coach and accounted for within one week of the final game of the season.
- All equipment used by athletic teams at Chestertown Christian Academy is the property of the school. At the beginning of each season, the coach will be given an inventory of the equipment checked out to him/ her. The care of the equipment is the responsibility of the coach. After each practice and game, a careful check should be made to make sure that all equipment is accounted for. No equipment should be checked out to students for personal or home use. At the end of the season, all equipment should be returned within one week of the final game.

## **COACHES**

- Each coach and/ or sponsor is given the responsibility to develop this philosophy in the sport which he/ she leads. He/ she are to impart these principles to each student and endeavor to make them a part of the athlete's life.
- Coaches are responsible for maintaining discipline, order, and unity of the team for which they are privileged to train. Any rule violations that relate to Chestertown Christian Academy must be reported through the Athletic Director to the administration for review.
- Attitude plays a vital role in providing a quality athletic program. The athlete and coaches alike must maintain a positive and working relationship with each other as well as the administration. If a working relationship is unable to be maintained, it will become necessary to make changes or corrections. For that reason, an open line of communication is necessary between all parties concerned. A griping spirit or a complaining tongue will not be tolerated. \*The administration reserves the right to make changes to any coaching staff as they see fit.
- Coaches are responsible for the student athletes placed in their care. After all games and practices, the coach is responsible for the student athlete until he leaves the school premises or is placed in the care of his parents or guardian. Coaches are not to leave until all student athletes in their care are off the grounds. Coaches are not to take students home or to other destinations without written approval of parents or guardian.
- Coaches are to take responsibility of their players during downtime between or after matches. Often time's teams will stay to watch another match or contest and it is imperative that coaches monitor and work together with the team captains to maintain the appropriate behavior and school standards.

## **CCA GUIDELINES FOR PLAYING TIME**

### **JV Teams\***

JV Teams are for grades 6-8. Playing time will consist of everyone getting to play at some point in the game. Amount of playing time is up to the coach.

## **Varsity Teams\***

Varsity Teams are for grades 6-12, depending on enrollment. Playing time on varsity is up to each coach. Athletes should not expect to play every game. Coaches will determine playing time on a talent and hard work basis.

\*Depending on the number of student athletes available and their abilities, coaches have the discretion to move athletes to the appropriate team.

\*\*There will be exceptions to grades allowed to play JV level if the Athletic Director sees fit.

\*\*\*All athletes are required to sit on the bench with their team and cheer for them unless they are off the team for grades.

\*\*\*\*Coaches will not force athletes to play.

## **CCA ATHLETIC OFFERINGS**

### **Fall Athletics**

- Boys Soccer (Varsity)
- Girls Volleyball (Varsity & Junior Varsity)
- Co-Ed Cross Country (Varsity)

### **Winter Athletics**

- Boys Basketball (Varsity & Junior Varsity)
- Girls Basketball (Varsity & Junior Varsity)
- Cheerleading (JV and Varsity)

### **Spring Athletics**

- Girls Soccer (Varsity)
- Boys Baseball (Varsity)

## **ATHLETIC CONFERENCES**

Chestertown Christian Academy is a proud member of the Delaware Valley Christian Athletic Conference (DVCAC) and the Mid-Atlantic Independent League (MIL). CCA regularly competes against these schools throughout the athletic year.