

Cornerstone Christian Academy



Athletics Handbook

Cornerstone Christian Academy
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CORNERTSTONE CHRISTIAN ACADEMY

ATHLETIC PHILOSOPHY

MISSION STATEMENT

Cornerstone Christian Academy's athletics exists to provide a competitive, Christ-centered sports program that challenges student-athletes spiritually, physically, and mentally, by teaching life principles that will help the student-athletes to be productive and responsible young adults. For the 2017-2018 school year, our motto will be **No Regrets!** Whatever you do, work at it with all your heart, as working for the Lord.

PHILOSOPHY

The CCA sports program desires to engage the student athletes in a balanced environment of high-level competition and a positive athletic experience that is marked with discipline, camaraderie, tradition, and respect. Developing a student with integrity who loves God is the primary focus.

The athletic program at Cornerstone Christian Academy is an integral part of the total school program. While the academic program is the foundation of the school and is offered to all students on an equal basis, the athletic program is more selective and competitive in its focus and aims. Through these programs, students have the opportunity to develop physical skills and abilities, to work toward goals with other members of a group, and to express and promote Christian values and attitudes in a competitive atmosphere.

At Cornerstone Christian Academy our purpose for playing sports is three-fold:

First, and foremost, we believe that it is God who gave us the health, strength, and ability to play. Therefore, **we will seek to honor and glorify our Lord** by the way we practice, play, and present ourselves on and off the field during the entire season of sport. *And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him. (Colossians 3:17)*

Second, we want to use the athletic field to **develop character** in every player. Character is the inner qualities that manifest themselves in visible maturity. Character gives life quality and strength to endure its difficulties. Attitudes and character are closely related. We seek to develop loyalty, enthusiasm, self-control, cooperation, poise, integrity, and confidence as well as athletic skill. To build this character the coaching staff must require all players to do things they might not want to do until they learn the value of doing them on their own. *Be diligent in these matters; give yourself wholly to them, so that everyone can see your progress. (1 Timothy 4:15)*

Third, we seek to develop athletic excellence. Competitive excellence is not based on wins and losses. It is measured by how hard one works in order to reach one's God-given potential. Practice and games become more meaningful with this attitude.

BE A MULTIPLE SPORT ATHLETE! We recommend that student-athletes participate in two or more sports each year of high school.

NONDISCRIMINATORY CLAUSE

CCA admits students of any race, gender, and national origin to all of the rights and privileges, programs and activities generally accorded or made available to students at the school. It does not discriminate on the basis of race, gender, or national origin in administration of its educational policies, admissions policies, scholarship programs, athletic and other school programs.

CHAIN OF COMMAND

Matthew 18:15-17 “If another member of the church sins against you, go and point out the fault when the two of you are alone. If the member listens to you, you have regained that one. But if you are not listened to, take one or two others along with you so that the evidence of two or three witnesses may confirm every word. If the member refuses to listen to them, tell it to the church.”

When a Student-Athlete and/or their parent/s have an issue that they feel needs to be resolved, there is a proper way to conduct the process. The proper way is to follow the chain of command, meaning the order by which you handle the matter.

The Chain of Command is:

Asst. Coach – Head Coach – Athletic Director – Head Administrator - Board of Trustees

ADMINISTRATIVE ORGANIZATION

a) Board of Trustees

The Board of Trustees, responsible to the people, is the ruling agency for the School. It is responsible for interpreting the needs of the community and requirements to the professional organization. Additional responsibilities include: 1) developing policies in accordance with statutes and mandates in accordance with the educational needs and wishes of the people; 2) approving means by which professional staff may make these policies effective; and 3) evaluating the interscholastic athletic program in terms of its value to the community.

b) Head of School: Marci Martinez

The head of school is the official representative of the school and is directly responsible for the general attitude of the student body and the conduct of the athletic affairs by the athletic administrator and the coach. By delegation and by established precedent, the school administrator is the official school representative in matters dealing with the High School Athletic Association and league affiliations. The administrator is solely responsible for any official action taken by his/her school.

- a) Is responsible for all activities affecting students in his/her school
- b) Is closely involved with the operation of the athletic program
- c) Coordinates the athletic program with other school activities

c) Assistant Head of School & Athletic Director: Shane Smith

The athletic director is directly responsible to the head of school. The primary responsibility of the athletic director is the administration and supervision of the interscholastic athletic program. The athletic director's duties will be those described in his/her job description and any others as designated by the head of school. He/she will provide the leadership necessary for the day-to-day operation of the athletic department.

- a) Directs the operation of the athletic program and is responsible for:
 - 1. Game schedules
 - 2. Transportation
 - 3. Obtaining officials for games
 - 4. All schedule changes
- b) Selects and supervises all coaches
- c) Evaluates the athletic program and the athletic staff
- d) Participates in budget preparation for the athletic program

d) Head Coaches

All head coaches shall be responsible to the athletic director for the total operation of their respective sports programs. Head coaches shall act as official representatives of the school as they carry out their interscholastic athletic responsibilities. Head coaches will be responsible for the normal duties required of interscholastic competition, those duties described in the coach's' job description, and/or any duties delegated by the athletic administrator.

- a) Represent the school in interscholastic activities.
- b) Work within the framework of the goals of the school system, the policies and procedures of the athletic department, and the regulations set forth by TCAF.
- c) Select teams.
- d) Consider athletics as part of the total educational program, encouraging athletes to work to their maximum ability in both academics and sports.
- e) Exhibit proper and exemplary behavior at all times.
- f) Are entirely responsible for the guidance of students in their charge.

Appropriate Concerns to Discuss with Coaches

It is very difficult to accept that your Student-Athlete may not play as much as you may have hoped. Our coaches are professional educators. They use their experience and expertise to coach young men and women and are required to make judgment decisions based upon evaluation of practice performance and what they believe to be in the best interest of all those involved in their program. As you read the items below, certain topics can and should be discussed with your student-athlete's coach.

1. Suggested ways to help your student-athlete improve.
2. Concerns about your student-athlete's behavior and/or academic progress.

Issues NOT Appropriate to Discuss with Coaches

1. Playing Time
2. Team Strategy
3. Play calling/game strategy
4. Other student-athletes

Things Our Coaches are NOT Expected to Discuss with Parents

1. PLAYING TIME: It is the philosophy of the Athletic Department that a coach does not have to defend or discuss issues of playing time with a parent. The coaches are the only ones who are at every practice and see every repetition along with every action and reaction. Playing time is a professional coaching evaluation of ability, attitude and behavior and is awarded according to the opinion of those who have the most experience with the athletes and what is in the best interest of the team and not the individual. At the Varsity level the best players displaying the correct behaviors play. We do not hold any obligation to make sure that every player gets a set amount of playing time. It is not a policy of the athletic department to discriminate against an athlete's grade level, but individual coaches do have the right to set their teams how they see fit.

2. STRATEGY or PREPARATION: It is the philosophy of the Athletic Department that a coach does not have to defend or discuss game strategy or practice and preparation philosophy with a parent. Again, this is subjective and based on the professional experiences and opinions of the coaching staff that are paid to research, scout, learn, and prepare for their seasons of sport.

What to Do If You Have a Concern:

1. Have your Student-Athlete meet with his/her coach to discuss the issue. On most occasions, this coach-to-athlete meeting can resolve issues or questions. As stated earlier, this is part of our young men and women learning to grow as adults.
2. Contact the coach directly to set up a meeting to discuss your concern. Some coaches may mandate that your child attend that meeting.

3. Please DO NOT attempt to talk to a coach before or after a contest or practice. Our coaches are responsible for supervision and safety of their athletes. In addition, these can be emotional times for both the parents and the coach. Meetings of this nature do not promote resolution.

If a Next Step is Necessary - What can a parent do if the coach-athlete meeting,

(Step 1) AND the parent-coach meeting,

(Step 2) did not provide resolution:

****Contact the Athletic Director to set up a meeting between yourself, your Student-Athlete, Head Coach and Athletic Director.**

TCAF ATHLETES CODE OF ETHICS

Athletics is an integral part of the school's total educational program. All school activities, curricular and extracurricular, in the classroom and on the playing field, must be congruent with the school's stated goals and objectives established for the intellectual, physical, social and moral development of its students. It is within this context that the following Code of Ethics is presented.

As an athlete, I understand that it is my responsibility to:

1. Place academic achievement as the highest priority.
2. Show respect for teammates, opponents, officials and coaches.
3. Respect the integrity and judgment of game officials.
4. Exhibit fair play, sportsmanship and proper conduct on and off the playing field.
5. Maintain a high level of safety awareness.
6. Refrain from the use of profanity, vulgarity and other offensive language and gestures.
7. Adhere to the established rules and standards of the game to be played.
8. Respect all equipment and use it safely and appropriately.
9. Refrain from the use of alcohol, tobacco, illegal and non-prescriptive drugs, anabolic steroids or any substance to increase physical development or performance that is not approved by the United States Food and Drug Administration, Surgeon General of the U.S. or American Medical Association.
10. Know and follow all state, section and school athletic rules and regulations as they pertain to eligibility and sports participation.
11. Win with character and lose with dignity.

COMMITMENT EXPECTATIONS

I Corinthians 9:25-27 "Everyone who competes in the games goes into strict training. They do it to get a crown that will not last; but we do it to get a crown that will last forever. Therefore, I do not run aimlessly; I do not fight like a man beating the air. No, I beat my

body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize.”

When you decide to participate in athletics at CCA you make a commitment to the school, the coaches, and most importantly your teammates. You are expected to be at every single practice and every game. It is not acceptable to miss practice unless you have a valid excuse.

Examples of a valid excuse are:

1. Death of friends or family
2. Personal illness
3. Hospitalization of friends or family

Examples of excuses that are not always acceptable are:

1. Too much homework – you need to learn to manage time
2. Sniffles, stomachache
3. Injury (unless you are at the doctor for the injury)
4. Vacation
5. Birthday party
6. Field trip
7. Other commitments (clubs, groups, or organizations)
8. Group projects
9. Relatives or friends in town
10. Club practice for another sport that has nothing to do with our athletic department

ATTENDANCE

In order to participate in an athletic practice/contest on a school day, the athlete must be officially be included in school attendance records for four (4) entire class periods of his/her schedule. The Athletic Director may waive this requirement only under extenuating circumstances. If an athlete does not attend school, he/she may not attend practice and/or a game that day without permission from the Athletic Director.

Athletic Department policy in regard to excused or unexcused absences from practices:

Should an athlete miss practice due to an excused or an unexcused absence; he/she may not be allowed to start and/or play during a period of time to be determined by the coach. For example, the player may be sat out of game play for the first quarter or the first half of a contest. For athletes with repeat offenses, the coach may suspend or terminate the athlete’s participation from the team.

Athletic Department policy on excused and unexcused absences from games:

Should a player miss an athletic contest due to an excused absence; he/she may miss the following contest. Should a player miss a game due to an uncontrollable or unforeseen circumstance, the coach will determine the athlete’s status of participation in the following contest. Should a player miss a game because of an unexcused absence, he/she may be suspended for a period of time or from the whole season.

Please schedule family vacations before or after the season. Some of our school breaks occur during an athletic season, however, TCAF playoffs are often scheduled during these dates. In addition, the district schedule is set before the season and it is difficult to schedule around vacations, finals, etc. Your cooperation on this is greatly appreciated.

If an athlete cannot attend a practice or a game due to a doctor's appointment, dentist appointment, school related activity, (leadership activity), please notify or communicate with the coach or athletic director prior to the date of the scheduled activity. The athlete might not be allowed to start in the next contest or be allowed to play for a specified time as determined by the coach, i.e. first quarter of play.

There are some teams at CCA that experience low turnouts in terms of the number of athletes coming out for the team. If an athlete is pulled from the team so that he/she can go on vacation or other reasons, the school could possibly have to forfeit a contest. This is not fair to our athletes, parents, and coaches, as well as our opponents and their parents and coaches. We have made a commitment to our district that we will field a team, and on a date that we have a contest with an opposing school, we must have all of our players to compete so that we can achieve our goal: to win!!

VERY IMPORTANT

- **A school holiday does not mean you do not have practice.** There are many dates throughout the school year when you have the day off for various reasons. You are expected to be at practice on these days if the coach schedules one.
- **If you are injured, you are expected to be at practice** listening, learning, and supporting your teammates. An injury does not make you a non-member of the team.
- **If you are deemed ineligible due to grade or discipline issues,** you must attend practices during the period of ineligibility except for arrangements made with your coach, parents and teachers to get academic assistance or to meet disciplinary measures.
- **If there is a field trip that conflicts with practice,** you need to make arrangements to be back on time.
- **If your participation in athletics conflicts with another one of your interests,** then you are free to choose which one you want to give 100% to. If that is athletics, great, and if it is the other, that's OK too. We just expect you to pursue your endeavors with 100% effort and commitment.

A few examples are, but not limited to, the following:

1. Football has summer lifting and passing league, practice on Labor Day and possibly on Thanksgiving morning if they make it that far in playoffs.
2. Volleyball might have summer leagues and practice on Labor Day.
3. Soccer may have tournaments that begin immediately after Christmas day (over break).
4. Soccer and Basketball practice and play over Thanksgiving and Christmas break.

5. Basketball has summer leagues and Christmas tournaments.
6. Baseball may play in a tournament over Spring Break.
7. Many sports practice or play on Saturdays.

You are expected to be at these events. The off-season schedules have a little leniency, but in-season events are not negotiable. Expect consequences for missing practices and games. Please remember while we desire and encourage your participation, we want those who are willing to make a commitment. You have a choice and we expect you to be responsible with all of your commitments.

COMPETING AS A CHRISTIAN

I Corinthians 9:24 “Do you not know that in a race all runners run, but only one gets the prize? Run in such a way as to get the prize.”

At CCA we believe in the spirit of competition within the rules. Sometimes as Christians we mistake our identity as Christ followers for meaning we must be passive, non-aggressive, and nonassertive. Some people tend to be satisfied with mediocrity and at times failure by allowing their self to believe it does not matter or, “It is just a game!” As Christians, God commands us to be at our best in everything we do. If athletics is what you are gifted in, you are expected to compete at a high level with everything you have. It is our desire for other institutions to admire how hard we play and how well we execute. We want to establish and maintain a reputation of being a Christian school with passion, discipline, desire, and an overwhelming will to excel.

How you win is important. We win with dignity and without shame if you play within the rules and conduct yourself in a sportsmanlike manner. Hit someone hard and help them up and do it again the next play; hammer a spike and celebrate with your team and not at your opponent. Make a great play and get back on defense; hit a home run and circle the bases with class.

How we behave at a game will directly affect the reputation of our school. Likewise, your actions when you lose will tell everyone who we are without words being spoken. **CCA student-athletes despise losing and desire to do whatever is within the rules to keep it from happening.** However, since losing is inevitable at times, there is a right and wrong way to handle it.

The wrong way involves the following:

- Making excuses
- Blaming the officials
- Whining and complaining
- Pointing fingers at teammates or coaches
- Allowing others to badmouth your teammates or coaches
- Feeling as if it does not matter

The right way involves the following:

- Acknowledging the other team for their preparation and accomplishment
- Ask questions to learn from your loss
- Stick together with your teammates and coaches
- Do not allow people to badmouth your teammates and coaches
- Do not badmouth your child's teammates and coaches
- Come to practice the next day ready to work harder

God commands our best in all that we do. Every time you step foot on the court or field you have a chance to worship and he wants your best. We want to be known as Christians who compete ferociously and do it with Christ-like class.

HAZING

- **DEFINITION** – any method of initiating or reinitiating into a student organization, or any pastime or amusement engaged in with respect to such an organization, which causes or is likely to cause, bodily danger, bodily harm, or personal degradation or disgrace resulting in physical or mental harm. See **Texas Education Code 37.152 Personal Hazing Offense** for further information.
- CCA has a zero tolerance for hazing. Hazing will not be ignored and/or overlooked because of “tradition”. Hazing exists because parents, teachers, coaches and students allow it to exist. Types of hazing are subtle hazing, harassment hazing and violent hazing. Examples are; harassment, abuse, or humiliation and requirements to perform meaningless tasks.
- No student or other person in attendance at CCA shall conspire to participate in any form of hazing, or commit any act that causes or is likely to cause bodily danger, physical harm, or personal degradation or disgrace resulting in physical or mental harm to a fellow student or person attending the institution.
- Hazing is illegal in the state of Texas and the ramifications are serious. According to school policy, disciplinary action, suspension or expulsion will result for hazing to any student(s) involved.

ELIGIBILITY

All rules of Cornerstone Christian Academy are in addition to and not in place of any rules in this handbook. All school rules pertain to CCA athletes.

ACADEMICS

- Athletes must meet TCAF and CSAF academic requirements in order to participate in athletics.
- A student shall be permitted to participate in a TCAF contest if the student is in good and regular standing and is passing all courses. (minimum score of 70)

ACADEMIC ELIGIBILITY PERIODS

- The first eligibility period will begin approximately six weeks after school begins. Grades should be checked every six weeks thereafter.
- Any student failing the grading period will be ineligible for a period of three weeks.
- Ineligibility shall begin no later than the following Wednesday. At that time grades will be checked again.
- If the student is not passing all classes, the player will remain ineligible for another three weeks.
- If said student is passing all classes, they will once again be eligible for play.
- Any student or coach violating this rule will be subject to sanctions, forfeitures, or expulsion.

ATHLETIC PHYSICAL EDUCATION CREDIT FOR SPORTS

- Athletes will receive one semester credit for participation in two high school level team sports (can be counted from multiple years).
- Athletes will receive one-year credit for participation in four high school level team sports (can be counted from multiple years)
- An athlete's completion of a college level physical education course (only if class is needed for graduation requirements)

INELIGIBILITY

- An ineligible student is allowed to practice with the team at the discretion of the Head Administrator and the Athletic Director.
- An ineligible student may not participate in a game or accompany the team to out of town games.
- A student that falls ineligible during the season may be required to attend a study hall instead of participating in practice.
- If a student is ineligible for an entire season, it will be at the discretion of the Head Administrator and the Athletic Director whether or not he/she is allowed to participate in another sport.

QUITTING A SPORT

Whenever a student chooses to quit a team, he/she forfeits the right to participate in any sport the next season, below are the guidelines:

- If an athlete quits a fall sport, he/she is not eligible to participate in any sport during the winter season.
- If an athlete quits a winter sport, he/she is not eligible to participate in any sport during the spring season.
- If an athlete quits a spring sport, he/she is not eligible to participate in any sport during

- the fall season for the next school year. He/she may play that sport in subsequent years.
- If an athlete quits a sport, a written letter with details of the decision must be submitted to the Athletic Director with a parent signature within two (2) days.
 - The Athletic Director will determine any final decisions regarding participation in another sport.
 - The Athletic Director is always available to talk to an athlete about any concerns he/she may be having regarding a team.

DISMISSAL FROM A SPORT

Whenever a student is asked by the coach to leave a sport, the following will be in effect:

- The coach will give a report to the Athletic Director explaining the circumstances of the student being dismissed from the team.
- The student and/or parent may request a meeting to discuss the dismissal with the coach and the Athletic Director.
- The student will be eligible to play in that sport in the subsequent year.
- The dismissal will not affect the student's eligibility for any other sport at any time, although there is no guarantee given.

ATHLETIC HOMEWORK POLICY

When an athlete misses class due to competition, he/she is responsible for:

- Communicating with the teacher.
- Turning in assignments due that day prior to departure.
- Any in-class assignment completed during the class missed must be turned in the following day.
- Being prepared to make up any missed test the following school day.

FINANCIAL POLICIES

SPORTS REGISTRATION FEES (ATHLETIC FEES)

All student athletes are required to pay a participation fee, which is now included in the tuition.

EQUIPMENT

All athletes will be required to replace lost or purposefully damaged equipment and/or facilities by payment to CCA. All grades and transcripts **WILL BE HELD** until payment for the equipment is received. ParentsWeb will be inactivated for the family. The Coach will issue all gear to the athletes and keep an accurate up-to-date file on each athlete. The equipment will be passed out to the athletes on dates to be announced before the first practice and will be expected to be returned at the end of the season. Uniforms must be returned clean and in good condition. All jerseys that athletes want to purchase **MUST** be turned in to the Athletic Department prior to

purchase. The Athletic Department will give the item to the athlete/parent when purchased.

INJURY COSTS

Cornerstone Christian Academy assumes no financial responsibility for injuries occurring to athletes, outside of normal school coverage, nor for ambulance or transportation costs. It is the parent's responsibility to have medical/insurance coverage. A medical form must be turned in prior to practice starting.

TRANSPORTATION

- The school generally provides transportation to and from contests.
- **Athletes may be released to their parents or guardians by the coach before or after the contest, provided previous arrangements have been made.** Parents must sign for their child with their coach prior to leaving the game site.
- Students may not drive other students to practices and/or games during school hours.
- Students who ride with other students before or after school hours or to or from practices is only allowable with parent permission.
- Any student wishing to go home with another parent may only do so on rare occasions when special circumstances exist, and with written permission from his/her parent a minimum of 24 hours prior to the event. **(The written note must be turned in to Athletic Director or Administration in his absence - not coaches.)**

ATHLETIC BANQUET AND AWARDS PRESENTATION

Each year, the CCA Athletic Booster Club organizes a banquet to celebrate the season. During this banquet, all high school athletes and teams are recognized, with high school coaches presenting a limited number of individual awards to selected varsity athletes.

ATHLETIC LETTERING POLICY

Students bearing a “letter” or letter jacket from CCA represent our Savior and our school at all times. In light of this, the awarding of a letter is considered both an honor and a privilege. Therefore, any student involved in serious disciplinary misbehaviors may be barred from receiving a letter at the discretion of the administration of Cornerstone Christian Academy, even if that student meets all other criteria given below.

GENERAL LETTERING REQUIREMENTS

- The athlete must be on the Varsity Roster of the athletic team throughout the entire season.

- If an athlete is added to the Varsity Roster during the course of the season, it will be up to the coach's discretion whether the athlete's contribution to the team was significant enough to justify lettering in the sport.
- The athlete must attend all games and practices, except when cleared by the coach.
- The athlete must begin and complete an entire season, including postseason tournaments and playoffs.
- Any student who does not finish a season by his/her own choice or by his/her parents' choice is ineligible to letter.
- If an athlete loses academic eligibility during the season, it will be up to the coach's discretion whether the athlete's contribution to the team was significant enough to justify lettering in the sport.
- Any athlete who is unable to finish a season, for disciplinary reasons, will be ineligible to letter.
- If an athlete is injured during the course of the season, it will be up to the coach's discretion whether the athlete's contribution to the team was significant enough to justify lettering in the sport.
- Managers are recognized as contributors of the team but are not eligible to letter.

JACKETS & PATCHES

When an athlete letters in a varsity sport, the Athletic Director will assist in the ordering of a school sanctioned letter jacket. The athlete's family is responsible for the cost of the jacket. The Athletic Director will also assist in the ordering of school sanctioned patches for Post District Team Honors (Ex. District Champs, Bi-District Champs, etc.) and individual recognition patches, (All-District, All-State, bars, stars for captains, etc.). The cost of all patches is the responsibility of the athlete's family.

DISTRICT RECOGNITION

Athletes are nominated by the coach and approved by the Athletic Director and voted on to a first or second all-district team by coaches in the league. One athlete in the district may be selected as most valuable player, boy/girl. All district patches and certificates are issued to these athletes at the Athletic Awards Banquet at the end of the year.

<h2>COLLEGES AND SCHOLARSHIPS</h2>

Recent studies have shown that the percentage of young men or women being offered an NCAA Division I full scholarship is 0.08%! In other words, it's easier to become a National Merit Scholar Finalist than to receive an athletic "full ride" scholarship. CCA Coaches work very hard to make sure that the high school Student-Athlete maximizes his/her potential in both the athletic and academic arenas in order to make them attractive to colleges/universities.

All athletes who intend to participate in collegiate sports must go through the eligibility process. Go to www.ncaa.org for Division I, II, III Colleges and got to www.playnaia.com for

NAIA Colleges. Follow the checklists to get registered. There is typically a small fee involved. If you need further assistance or information, please contact the Athletic Director.

Parents can help improve the odds of their student participating in sports at the collegiate level by:

1. Learning about the different divisions and the types of scholarships and grant opportunities available.
2. Determine if your student really wants to play at the collegiate level.
3. Have a realistic evaluation of what level your student can participate in at the collegiate level. (Remember, there are over 25,000 high schools in the nation.)

Develop Your Recruiting Game Plan

(taken from RECRUITING REALITIES by Jack Renkens)

1. Evaluate your talent/skill level honestly
2. Respond to Questionnaires
3. Introduce yourself to college coaches
4. Develop a list of questions for coaches
5. Call College Coaches
6. Create a Game/Skill DVD (send on request ONLY!)
7. Arrange unofficial college visits
8. Take the SAT or ACT (multiple times)
9. Register with the NCAA Eligibility Center – www.ncaa.org - Get a copy of the NCAA Guide for the College Bound Student-Athlete. This booklet can be down loaded from the NCAA website or call 800-638-3731 to receive a free copy.

Ten Things Students Can Do to Help Themselves

(taken from Winning an Athletic Scholarship by Dennis K. Reischl)

1. Take care of academics first.
2. Coordinate with your high school coach.
3. Attend camps and clinics.
4. Build your strength and endurance.
5. Conduct yourself well on and off the field.
6. Consider using a recruiting service.
7. Develop DVDs to showcase your abilities (requested only).
8. Show interest (in prospective schools).
9. Make time to visit.
10. Actively evaluate prospective schools.

VARIOUS IDEAS ABOUT PARENTING STUDENT-ATHLETES

Being a Supportive Parent

By Coach Herb Meyer, El Camino High School, Oceanside, CA

1. Be positive with your child.
2. Don't offer excuses for your child if they are not playing.
3. Don't "put down" the coaches – be supportive in front of your children.
4. Encourage your child to follow the team rules.
5. Insist on good grades!
6. Don't develop envy toward other players because you don't like their parents.
7. Don't be a know-it-all.
8. Insist on your child's respect for team rules, game officials, and sportsmanship.
9. Encourage your children to improve their self-image by believing in themselves.
10. Encourage your child to play "for the love of the game."

Work to Develop Positive Sports Parenting

by George Selleck, Sports Psychologist

1. Use sports to reinforce family values.
2. Teach children to cope with frustration.
3. Teach children to make good choices about tobacco, drugs and alcohol.
4. Build character.
4. Teach children to respect themselves and others.
5. Communicate effectively with the coach.

A "Code of Conduct" For Parents

by Dr. Laura Finch, Western Illinois University

1. Remain in the spectator area during competition.
2. Do NOT yell instructions or criticisms to the players.
3. Make no derogatory comments to players, other parents or fans, officials, or administrators.
4. Do NOT interfere with your child's coach.
5. Be willing to let the coach be responsible for your child during the duration of the contest.
6. Provide unconditional love, acceptance and emotional support regardless of the game's' outcome.

THE BIBLICAL ATHLETIC PARENT MODEL

PRAY for your student-athlete, their teammates and coaches that God's glory would be evident in all aspects of CCA athletics. *Philippians 4:6 Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.*

AVOID putting pressure on your child to start, score, and star – they might have different expectations of their athletic experience than you do. *COLOSSIANS 3:21 Fathers, do not exasperate your children, so that they will not lose heart.*

REALIZE that the goals of your student-athlete, the team and athletics as an educational tool are more important than the goals you might have for your child. *PHILLIPIANS 2:4 Do not merely look out for your own interests, but also for the interests of others.*

EDUCATE YOURSELF about the policies, practices and paperwork of the Athletic Department by using the CCA Athletic Handbook as your guide.

NO COMPLAINING about your student-athlete's teammates, their parents, coaches, athletic program, or school administration.

TOTAL SUPPORT of the coaching staff and student-athletes in front of your child, their teammates, parents and fans.

SHOW RESPECT to everyone involved in high school athletics by demonstrating sportsmanship in your actions toward the coaching staff, athletes, fans, officials, and administrators.

PHILIPPIANS 2:3 Do nothing out of selfish ambition or empty conceit, but with humility of mind regard one another as more important than yourself.

ASSOCIATIONS OF CCA ATHLETIC DEPARTMENT

NATIONAL FEDERATION OF HIGH SCHOOLS (NFHS)

The NFHS consists of the fifty-one individual state high school athletic and/or activities associations. The purposes of the NFHS are to serve, protect and enhance the interstate activity interests of the high schools belonging to state associations; to assist in those activities of the state associations which can best be operated on a nationwide scale; to sponsor meetings, publications and activities which will permit each state association to profit by the experience of all other member associations; and to coordinate the work to minimize duplication.

The NFHS is both a service and regulatory agency. The growth and influence of state associations and the NFHS ensures some degree of team work on the part of more than 20,000 schools and enables them to formulate policies for the improvement of interscholastic activities.

TEXAS CHRISTIAN ATHLETIC FELLOWSHIP (TCAF)

In 1980, a small group of Dallas and Fort Worth area schools came together seeking competition in a Christian environment. In Fall of 1984, the first organized schedules were developed, and the Christian Schools Athletic Fellowship was founded. From the beginning, CSAF has been unique in the fact that it offers district and post season competition at the Elementary, Junior High and High School levels.

In the summer of 2004, CSAF became incorporated in anticipation of expanding the High School division into a statewide league. That statewide organization was introduced in the spring of 2005 as Texas Christian Athletic Fellowship.

TCAF now oversees the High School Division in 20 Varsity State Championships and 3 JV Championships.

CSAF continues to oversee the Elementary and Jr. High Divisions in 15 Junior High Regional Tournaments and 17 Elementary District Tournaments.

NOTICE OF REMOVAL FROM CCA ATHLETICS

- **PARTICIPATING IN ATHLETICS AT CCA IS A PRIVILEGE AND IS NOT A RIGHT.**
- **THE ATHLETIC DIRECTOR AND/OR ADMINISTRATOR ON DUTY HOLDS THE RIGHT TO REMOVE ANY PARENT/FAMILY MEMBER/INDIVIDUAL FROM SPORTING EVENTS IF THEIR BEHAVIOR DOES NOT PROPERLY REPRESENT CCA.**
- **THE ATHLETIC DIRECTOR AND/OR ADMINISTRATOR ON DUTY HOLDS THE RIGHT TO REMOVE ANY STUDENT-ATHLETE FROM A TEAM IF THEY DEEM THE STUDENT-ATHLETE'S BEHAVIOR AND/OR ATTITUDE DO NOT REPRESENT CCA.**

Direct questions regarding CCA athletics to the Assistant Head of School and Athletic Director, Shane Smith, at ssmith@ccagranbury.com.