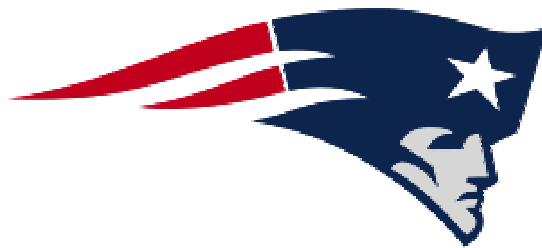




2011-12
Parent Athletic Handbook
&
Student Athletic Policy Manual



Being a Sport Parent
A Guide to a Successful Athletic Experience

San Jacinto Christian Academy
Athletic Program

“One Team, One School, One Body”

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San Jacinto Christian Academy

Parents Athletic Handbook

The primary purpose of this handbook is to assist the parents and guardians of the student athletes participating in a sport at San Jacinto Christian Academy (SJCA). This handbook also includes the athletic policies set in place by the Athletic Department at SJCA. This is provided so that the Student-Athlete, Parent/Guardian and the Athletic Department all have the same understanding of the rules to be followed by the Students participating in athletics at SJCA.

Participating in sports can be a fulfilling and positive life experience for all involved if everyone has a clear understanding of the issues surrounding a student's participation in sports. In order to ensure the experience in a sport is a positive, fulfilling experience for your child at SJCA, we have gathered the several resources listed below that we think we be insightful to you and your student.

Character Counts – www.charactercounts.org

Champions of Character – www.championsofcharacter.com

Positive Coaching Alliance – www.positivecoach.org

Center for Sports Parenting – www.sportsparenting.org/cspl

****Students planning on playing a sport in College****

Students who are planning to play at the next level must begin a NCAA clearing process at the beginning of their junior year. The Athletic Department at SJCA will recognize these athletes and with the guidance of the Academic Counselor begin working with them to ensure they will be eligible upon graduation. As a parent you can log onto <https://web1.ncaa.org/eligibilitycenter/common/> and begin the process at the end of your child's sophomore year. Keep in mind if your child is not cleared through NCAA Clearinghouse by their senior year they will not be eligible to play their freshmen year in college or receive scholarships.

Parent Goals

What are YOUR goals for your child in sports?
(Divide 100 points among the following choices)

_____ Become a good athlete

_____ Learn to play the sport

_____ Win

_____ Gain increased self-confidence

_____ Learn to deal with defeat

_____ Physical fitness

_____ Learn “Life Lessons” (character, teamwork & discipline)

_____ Have fun

_____ Make friends

_____ Earn a college scholarship

_____ Other (specify: _____)

100 Points Total

Why Kids Participate in Sports

1. Having fun
2. Improving skills
3. Develop fitness/exercise
4. Being with my friends
5. Experiencing thrills and excitement
6. Being on a team
7. Opportunities for personal accomplishment
8. Staying in shape
9. Doing something I'm good at
10. Winning

Top Reasons Why Kids Quit Sports

1. Not having fun
2. Too much pressure from parents and peers
3. Too much emphasis on winning
4. Concerns about coaching
5. Not getting enough playing time

Interscholastic Athletics vs. Professional Athletics

It is very important that everyone understand the purpose of interscholastic sports and not confuse them with collegiate or professional sports. Interscholastic sports are a classroom that teaches young people many values and characteristics that cannot be found in any other educational setting. It is about “Competing with Honor” and the efforts that are necessary to compete. Unfortunately, the examples we witness on the newscasts and on the televised sports are poor models, a “Professional” model that does not reflect the goals of Interscholastic Sports.

<i>Interscholastic - Educational Model</i>	<i>Professional Model - Business Model</i>
<p>Teaching Athletics is a tool that schools use to teach core values that will benefit students in their adult lives.</p>	<p>Entertainment Winning is most important because it sells tickets and fills stadiums. The financial aspects of business and profits are their motivation.</p>
<p>Teaching life lessons is most important, even at the expense of winning.</p>	<p>Winning is most important.</p>
<p>Behavior Expectations Athletics promotes character development in our students. Coaches include behavior, character and attitude as part of the evaluation process.</p>	<p>Performance Expectations Performance expectations, not behavioral expectations. Do your job during the contest. Win and be entertaining.</p>
<p>Teams, athletes and coaches are an important aspect of a comprehensive school program. A coach is a teacher; their classroom is on the fields and in the gyms.</p>	<p>Teams, athletes and coaches are commodities.</p>

What Parents Can Do

Before the Game:

- Tell your child you are proud of them regardless of how well they play.
- Make a commitment to honor the game no matter what others may do.

During the Game

- Cheer good plays by both teams.
- Mention good calls by the officials to others.
- Encourage others to honor the game.
- Remember to have fun! Enjoy the day.
- Honor God with your actions. (Remember in 5 years no one will remember the score, but you will have to answer for your actions one day.)

After the Game:

- Ask your child open-ended questions
 - i. “What was the most enjoyable part of the game to you? Least enjoyable?”
 - ii. “Do you feel you gave it your best effort?”
 - iii. “How did you respond to any mistakes you made?”
 - iv. “Did you bounce back?”
- Tell your child again that you are proud of them.
- Thank the officials for doing a difficult job.
- Thank the coaches for their efforts.

What if:

- The officials make a “bad” call against your team?
- Another spectator on your team begins to berate the officials?
- Your child does not get to play/participate in the game?

What We Believe About School Sports at SJCA

“Competing with Honor” - TAPPS motto

“One Team, One School, One Body” – SJCA motto

San Jacinto Christian Academy was established to provide an education that honors God and teaches every subject from a biblical perspective. The desire of the Athletic Department is to be an extension of the classroom in attitude as well as conduct. SJCA has adopted the following mission statement:

San Jacinto Christian Academy exists to assist parents in training young people to know and love Jesus Christ, to follow Him in life, and to become positive, productive members of the coming generation.

The SJCA Athletic Departments supports the mission of the school and has developed its purpose statement as follows:

The Athletic Department of San Jacinto Christian Academy exists to compliment the mission and vision of SJCA by practicing the principles in God's Word to help develop character, respect, self-discipline, teamwork, and work ethic within all student athletes through a lifestyle that honors Jesus Christ both on and off the field of play.

One major co-curricular activity at SJCA is the athletic program. The challenge before coaches, athletes and fans is to understand how God's Word applies to this area of life and to learn how to apply biblical principles in a practical, life-changing manner. Athletics play a big role in much of today's society. Multiple hours of TV coverage makes sports viewing available at any time. The emphasis heard most often is the importance of winning. What does it mean to win or lose? The world's view of winning and losing is very simple: score more points than your opponent and you win – score fewer points and you lose. Simple and to the point – get it done any way you can. Wes Neal presents another perspective on winning and losing in his booklet, *Total*

Release Performance. He defines winning as the total release of all that you are toward becoming like Jesus Christ in each situation. Conversely, losing is not releasing your entire self toward becoming like Jesus Christ in each situation. He uses two Bible passages together in an athletic paraphrase to illustrate how God sees winning.

“Conduct yourself in word and action the same way as Jesus Christ would conduct Himself” (Col. 3:17).

“Do whatever you do with a TOTAL RELEASE of your mental and physical abilities and your emotional energies toward performing like Jesus. Have in mind that He is your only audience” (Col. 3:23).

Some might ask if this concept then makes winning on the scoreboard of little importance. The answer is no, it just puts it in proper perspective. If the objective of a contest was to defeat the other team, it would not be honoring to God as an athlete to enter the contest and not give one's best to try to win. The responsibility of coaches is to provide the proper balance at each level of competition. For example, one objective for coaches coaching below varsity level is to provide game experience for each participant and teach fundamentals. Another way to look at competition and the perspectives of winning and losing is to divide the objectives into two categories: Goals and Desires. A goal would be defined as something which one strives for and that which they also have control over whether or not the object can be accomplished. A desire is something to be striving for but over which one does not have control of the results.

At SJCA we will follow the five core principles of the NAIA "Character of Champions."

1. Integrity - Internal traits that guide behavior
2. Respect - Treating others the way you want to be treated
3. Responsibility - The social force that binds me to the good of team
4. Sportsmanship - Following the rules, spirit and etiquette of athletic competition
5. Servant Leadership - Serving the greater good while focusing on the team's mission and purpose

Middle School

At the Middle School level, our desire is to provide quality instruction to fully develop an athlete's talents. This includes teaching fundamental skills, and developing character traits such as desire, dedication, determination, discipline, and teamwork, while emphasizing participation of each athlete who **earns** the privilege of participation. This means all athletes (absent disciplinary or attitude issues) will have the opportunity to play in games, although playing time may not be equal for all athletes. Absent express approval by the SJCA Board, there will be no "cuts" in Middle School athletics. SJCA middle school athletics will consist of 7th and 8th grade students. **Sixth grade students will ONLY be able to participate when the SJCA Board determines sufficient numbers do not exist within the 7th or 8th grades to field a team.**

High School

We desire to continue developing these same traits and characteristics in High School, as the level of instruction increases commensurate with age and experience. At the High School level, we strive to field high quality, competitive teams in all sports. High school athletics will consist of 9th, 10th, 11th, and 12th graders. Within the discretion of the Athletic Director, "cuts" are allowed on High School varsity and junior varsity teams.

What Parents Can Expect From Their School

Communications you should expect from your child's coach:

1. Philosophy of the coach
2. Expectation the coach has for your child
3. Location and times of all practices and games
4. Team requirements, i.e., practices, special equipment, out of season training
5. Procedures to follow should your child be injured during participation
6. Discipline that may result in the denial of your child's participation

Communications that coaches expect from parents:

1. Concerns expressed directly to the coach
2. Specific concerns with regard to a coach's philosophy and / or expectations
3. Notification of any illness or injury or missed practices

Appropriate concerns to discuss with the coaches:

1. Treatment of your child, mentally and physically
2. Ways to help your child improve
3. Concerns about your child's behavior

Issues not appropriate to discuss with the coach:

1. Playing time
2. Team strategy
3. Play calling
4. Other student-athletes

If there is a problem:

1. Have your son/daughter talk to the coach, one on one (it's part of growing up).

If this does not resolve the problem, the parents should:

2. Call the school and request a returned call or a face-to-face meeting with the coach.
3. Coaches will make time available in their day to meet with students and parents.

Coaches are teachers. A parent would not walk into a classroom during class time and yell at the teacher about a poor grade, so please do not confront the coach in a public setting. Practices and games are highly emotional times for everyone involved, including players, coaches and parents. Meetings and concerns do are rarely resolved during emotional times.

San Jacinto Christian Academy

Athletic Policies

****Please remember that failure to comply with the following policies may put our kids or our programs at risk. Violations may cause game suspensions and /or removal from the team. ****

Communication

It is important to keep an open line of communication with the coach. We realize that there are some unavoidable circumstances that might result in an athlete missing a contest and / or a practice. We ask that you contact the coach as soon as possible when such events occur. We ask that you also recognize and understand the team's policy on such events.

If you have a question concerning the overall athletics of SJCA, verbalize it to the Athletic Director. Please call in advance and set up an appointment with the AD. If you have a question concerning a team, please direct your question to the appropriate person (most likely the coach). We ask that you choose an appropriate time (not immediately following a game) and do so in a positive manner. Remember the coach is the designated person in charge. You may not agree with some of his/her philosophies or decisions, but be willing to give the benefit of the doubt and show your support.

We ask you to follow these guidelines for handling parent/coach concerns. First the athlete should work with the coach. All coaches appreciate an open line of communication with their athletes regarding the team or individual status. A coach will not "hold it against" an athlete for wanting to talk about a situation. If a parent would like to speak to a coach about a situation it should be done via an appointment. If the problem continues to exist the parent should then contact the Athletic Director.

Our athletic department is committed to the following obligations and responsibilities toward all participants:

- To provide adequate equipment and facilities
- To provide capable and Christian coaches
- To provide equalized contests with certified officials

Evaluation

All families will be asked to evaluate our program following every season in which one of its members participates. All critical comments should be delivered in writing to the Athletic Director. We ask that you never voice a negative comment in front of a student. This will help us in building up a positive athletic program. Likewise, we feel that you have committed yourself to certain responsibilities and obligations. We would like to take this opportunity to acquaint you with specific policies that are necessary for a well-organized program of athletes.

It is the role of the athletic department in conjunction with the school administration to make rules and regulations that govern the spirit of competition at SJCA. These rules need a broad base of support, which is achieved only through communication to the parent. It is our hope to accomplish this task through this publication.

You can see how critical and important your role is to the success of your young person's athletic involvement. Please take the time to carefully consider and evaluate how your attitude and actions are presently influencing your child. Most parents desire to enhance the athletic experience of their children. This can only be done with a Christian attitude that is constantly positive.

The school administration, athletic department, and most of all, the athletes are the chief beneficiaries of parental involvement and appreciate your effort of support, communication, and sportsmanship.

Athletes

Being a member of SJCA athletics is a privilege and with it carries certain traditions and responsibilities that must be maintained. Athletic traditions are not built overnight. They require hard work put forth by many people over many years. As a member of SJCA athletics you have inherited the tradition built by this school and the past athletes that were a part of it. You are now challenged to uphold and build upon it.

The tradition SJCA has kept is to glorify God by winning with honor and losing with grace. Our desire is to win, but only if in doing so we glorify God. Such a tradition is worthy of the best effort and commitment of all that are concerned.

When you put on the red, white and blue of SJCA, we assume that you not only understand our tradition to glorify God, but are also willing to assume the responsibilities that go with it.

Your contribution to this tradition should be a satisfying accomplishment for you and your family.

RESPONSIBILITIES TO GOD: Christians are ambassadors for Christ and the light of the world. As a member of an athletic team in a Christian school, your most important responsibility is to be a good representative of God.

RESPONSIBILITIES TO YOURSELF: You have a responsibility to broaden yourself and develop strength of character. You owe it to yourself to get the best possible education you can and the greatest good from your high school experience. Sports, along with all other high school experiences help in preparing you for adulthood and molding your character into that which will make you a productive member of society.

RESPONSIBILITIES TO YOUR SCHOOL: Another responsibility you assume as a team member is to your school. SJCA cannot maintain its position of having an outstanding school unless you do your best in whatever activity you wish to engage. By participating in athletics to the maximum of your ability, you are contributing positively to the reputation of your school.

You assume a leadership role when you are on an athletic team. You are on stage with the spotlight in your direction. The student body, the community, and other communities judge our school by your conduct and attitudes, both on and off the field. Because of this leadership role, you can contribute greatly to school spirit and community pride. By your faithful exemplification of these ideals, you make both SJCA and the Christian community proud of your example.

RESPONSIBILITIES TO THE TEAM: You are not alone. Your teammates depend on you to fulfill your responsibility. Do everything in your power to not jeopardize your ability to remain a member of the team.

RESPONSIBILITIES TO OTHERS: As a team member you also bear a responsibility to your family and friends and others around you. As a high school athlete, younger students will watch you and they will copy you in many ways. Work hard to set a good example for them.

The Sports Program

All listed sports are participated at the varsity level. Where we have the number of students to form a junior varsity and /or middle school team, they will also be added.

<p>FALL – BOYS</p> <p>Varsity Football JV Football MS Football Cross Country</p>	<p>FALL – GIRLS</p> <p>Varsity Volleyball JV Volleyball 8th Volleyball 7th Volleyball Cross Country Cheerleading</p>
<p>WINTER – BOYS</p> <p>Varsity Basketball JV Basketball 8th Basketball 7th Basketball Swimming</p>	<p>WINTER – GIRLS</p> <p>Varsity Basketball JV Basketball 8th Basketball 7th Basketball Swimming Cheerleaders</p>
<p>SPRING – BOYS</p> <p>Varsity Baseball Varsity Track and Field Middle School Track and Field Varsity Golf Middle School Golf Varsity Tennis Middle School Tennis</p>	<p>SPRING – GIRLS</p> <p>Varsity Softball Varsity Track and Field Middle School Track and Field Varsity Golf Middle School Golf Varsity Tennis Middle School Tennis</p>

** As interest and coaches become available we will add activities for the students**

Governance

The Board of Trustees of SJCA is responsible for all school policies and delegates their fulfillment to the Superintendent who works with the school staff to effectively implement the policies.

The responsibility of the overall athletic program is to insure that the School Administration and the Athletic Director work together to make sure the athletic programs at SJCA operate in a smooth fashion. The day-to-day responsibility of the athletic program is assigned to the Athletic Director. Each participant is directly responsible to his/her coach who is responsible to the Athletic Director who in turn reports to the Superintendent.

TEXAS ASSOCIATION OF PRIVATE AND PAROCHIAL SCHOOLS (TAPPS)

San Jacinto Christian Academy High School maintains full membership in TAPPS - Texas Association of Private and Parochial Schools (www.tapps.net) and will function under the guidelines provided by TAPPS. San Jacinto Christian Academy Middle School maintains full membership in WTCSA – West Texas Christian School Association.

TAPPS rules govern all sports unless otherwise indicated. High school athletic seasons are determined by TAPPS and are coordinated with the SJCA school calendar. Middle school athletic seasons are determined by WTCSA and are coordinated with the TAPPS calendar and the SJCA school calendar. For student academic eligibility guidelines refer to the Parent & Student Handbook/Academic Eligibility section. The academic standards for SJCA are much more rigorous than those of TAPPS. See Section 2 Educational Policies and Procedures Manual – Section 2.3.3 Eligibility for extra-curricular activities.

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REQUIREMENTS FOR PARTICIPATION

Academics

Students must maintain a grade average of 70 or above in each of his/her classes to be eligible and to maintain eligibility for athletic participation. Any student receiving a “U” in conduct will forfeit eligibility in the same way. Eligibility for participation in extra-curricular activities will be determined every Monday morning at 8:30 am. Students who are failing any one class will be placed on probation for one week. During probation, students are eligible to fully participate in all extra-curricular activities. If the student’s grade remains below a 70 in any class on subsequent grade checks, the student will be permitted to practice with the team but will be ineligible to participate (suit out, ride in a school vehicle, etc.) in games, tournaments or other extra-curricular activities until the grade returns to 70 or above on subsequent grade checks. Habitual ineligibility will result in additional penalties including possible suspension from the team to be determined by the coach or the Athletic Department.

1. Grades will be checked and eligibility determined in accordance with the policies contained in the Parent/Student Handbook **(§ 2.3.3)**.
2. Student shall not dress in team uniform, participate in any games, or travel in a school vehicle if ineligible.
3. Any incomplete grades must be made up before the athlete is eligible.
4. Student is strongly encouraged to attend tutoring sessions when a student is on probations and when the student is ineligibility.
5. Any student transferring to SJCA after the TAPPS deadlines may not participate in varsity sports until the next TAPPS season.

Athletic Period

High school athletes who choose to participate in a sport at SJCA must also participate in the school’s athletic period for the entire school year. The athletic period will be scheduled during the school day. Students will receive a grade and credit for their participation and this information will be listed on their high school transcript. **Grading criteria will be communicated at the beginning of each school year.** Athletes who do not participate in athletic period are not eligible to compete on a high school team. For example, a student who competed in a fall sport and then chose to not participate in spring athletic period is not eligible to compete in the fall sport the following year. Likewise, a student who competed in a spring sport and then chose to not participate in fall athletic period is not eligible to compete in the spring sport the following year. An exception is possible with approval from the Athletic Director and the Superintendent for a student who had not participated in athletics and later decided to try a sport. For example, a sophomore who didn’t compete in athletics in the freshman year and doesn’t take athletics in the fall decides to join the tennis team in the spring. This student may be given a one-time exemption provided the student immediately joins the athletic period. To remain eligible for the next year, the student would be required to participate in fall athletic period the following year. **A senior athlete may stop attending**

athletic period at the conclusion of their last high school sport. The class must be dropped through the high school office and will only be allowed if the class is not needed to fulfill graduation requirements. Once the athletic period has been dropped, the senior athlete may not participate in any school-sponsored sports.

All other students interested in dropping athletic period may only drop the class at the end of the semester. If a student drops athletic period, the athlete is excluded from participating in any school-sponsored sport for two semesters.

School Attendance

A student missing four or more class periods in a day due to an unexcused absence will be considered absent and may not participate in athletic events or practices scheduled for that day. Any student who leaves school due to illness will not be eligible for extra curricular participation that day. Students not attending the first class period the day after an interscholastic event **may** be denied participation in the next game. If an athletic team leaves school to attend an athletic event prior to the four class period rule, the athlete must arrive at school on time for their first scheduled class in order to be eligible to attend and participate in the athletic event. If the student athlete is not on time for the first regularly scheduled class or arrives after the four class period rule, the student athlete is not allowed to attend or participate in the athletic event.

Physical Examination

Prior to the first practice for participation in interscholastic athletics, a student shall undergo a thorough physical with the examining medical provider completing the form. The physical examination is good for twelve months. Students WILL NOT be allowed to try out for a team without first having a current sports physical.

No form = No practice OR games!

All students competing in a sport must have the physical exam form, a medical history form, a TAPPS agreement form and a field trip form on file with the Athletic Department **prior to participation**. Copies of the field trip form, along with a medical bag, will be carried by the coach to all games.

Athletic Injuries

1. Report any injuries immediately to your coach.
2. Injuries requiring medical attention need medical clearance for further participation.

Eligibility – Conduct

Violation of the Athletic Code of Conduct will result in disciplinary action at the coach's discretion, in addition to any consequences earned from the administration/faculty. The Athletic Office or coaching staff will contact the parent/guardian. Classroom discipline problems will result in disciplinary action in addition to any consequences earned from the

teacher/administration. The Athletic Department or coaching staff will contact the parent/guardian.

Parent Acknowledgement of Athletic Policies

A copy of this handbook will be distributed to each athlete and their parent/guardian at an annual meeting. Each athlete and parent/guardian shall read the material and certify that they understand the eligibility rules and policies of the Athletic Department and the school. A signed Parent Code of Conduct needs to be submitted to the Athletic Department.

Insurance

SJCA provides an accident insurance plan designed to cover all students enrolled in SJCA. The policy covers accidents that occur while students participate in school sponsored and supervised activities such as athletic practice and competition, with the exception of football. Prior to filing a claim, the claimants must file the claim with their own healthcare provider. This accident insurance plan only reimburses claimants for eligible expenses that are not payable by the claimants' healthcare plan or any other insurance plan policy. All accidents should be reported to the Athletic Director. The Athletic Department can provide direction related to reporting guidelines to the accident insurance provider.

Risk of Participation

All athletes and parents must realize the risk of serious injury, which may be a result of athletic participation.

Financial Obligation and Equipment

The Business Office will bill a sports fee for each sport in which a student participates. The amount of the fee will be determined annually. The expectation is that the sports fee and other income to the Athletic Department will cover the costs required to operate the program; however, a team may choose to raise funds for special items after consultation with the Athletic Director.

Athletes will be responsible for the proper care and security of equipment issued to them. School furnished equipment is to be worn only at approved times. In other words, game uniforms are not to be worn during practices. All equipment not returned in good condition at the time requested at the end of the season will be subject to a financial penalty no higher than replacement of the uniform. Report cards, transcripts and other official records will be held and no other uniform or equipment will be issued to the athlete until all previous accounts are cleared.

Coaches' Offices/Phones

Coaching offices are not student lounges during the school day, practice times or games. Students must have permission to be in any coach's office. As a rule, phone use is for emergencies only.

Music Selection

Music played at any school sponsored athletic events shall comply with SJCA Policy 4.4.9. Music play list for pre-game and in-game selections shall be submitted to the Athletic Department for approval by the Athletic Director in compliance with SJCA Policy 4.4.9.

Booster Club

The San Jacinto Christian Athletic Booster Club exists to support all sports. Members are made up of parents who have students at San Jacinto Christian and also supporters of Patriot athletics. The Booster Club provides financial and organizational support and is open to all parents interested in contributing to the success of Patriot athletics. The Booster Club raises funds through concessions, spirit wear, and various annual fund-raisers, and makes regular reports to the SJCA Board of Trustees concerning its finances. The club elects its own officers and operates under the SJCA Board of Trustees, in conjunction with the SJCA Administration, Athletic Director and coaches, to maximize opportunities for our athletes. The Booster Club sponsors the annual San Jacinto Athletic Sports Banquet. All parents are strongly encouraged to participate by joining the Booster Club and supporting the Patriots.

ATHLETIC CODE OF CONDUCT

Sportsmanship

Athletes: All athletes shall abide by a code of ethics which will give God the glory and respect all competitors in interscholastic sports and activities. Any conduct that results in dishonor to God, the athlete, the team or the school will not be tolerated. Intimidation or forms of “trash talk” will not be tolerated. An SJCA athlete should be diligent in preparation, relentless in effort, disciplined by nature, respectful in action, self-controlled with words, humble in spirit, and aggressive in pursuit of excellence, without regard to score, opponent, time, referees, etc. As Christian athletes display these characteristics, good things usually happen: teams are successful; players are motivated; fans are supportive and enthusiastic; parents are proud; prospective athletes want to participate; and a clear testimony for Christ is presented.

Parents and Spectators: It is important to make guests to our school activities feel welcome. All visitors should feel as though they have been treated fairly and dealt with in a sportsmanlike way. The skills of the visiting team should be recognized and appreciated. Everyone needs to work together to create a positive Christ-like atmosphere at SJCA. We ask that all people associated with SJCA refrain from the following behaviors during a contest: booing or jeering, mocking or taunting, yelling negative comments to referees and/or opposing teams. Never confront a referee or other participant during or following a contest. If there is a problem, inform the school administration and let them deal with the situation. A game official or school administrator (or their designee) has the authority to remove any person from an athletic contest for unsportsmanlike behavior.

Substance Abuse

The Athletic Department will not tolerate any form of substance abuse by a student athlete. All student athletes are subject to drug testing. Refusal to submit to such a test will result in immediate suspension from the team. “I promise to abstain from all use, possession, sale, purchasing or intended use of tobacco, drugs and/or alcohol both on and off campus.”

Hazing

Hazing is not to be a part of the SJCA athletic program. Hazing is defined as an initiation process conducted against a player or prospective player of a team. Any behavior directed toward another that endangers the mental or physical health or safety of the student for the purpose of initiation or admission into or continued membership on any team is not acceptable behavior.

Appearance

It should be understood that all SJCA athletes represent our school, and that modesty should guide all clothing decisions. Our athletes are representatives of our Lord, their families, SJCA and our Athletic Department. In order to promote team unity, each athlete should adhere to the following athletic dress code:

Athletes Practice Dress Code

Students are expected to be present at practice on time and with the correct attire and equipment for their sport. Athletic attire and personal presentation should comply with SJCA Policy 2.0.1. Athletic attire may not be modified to abbreviate coverage, for example, cut off shirts, rollup shorts, cut out armpits on shirts, etc. T-shirts may not be ripped down the armpit or the length in a revealing manner. Male athletes may not go “shirtless” during athletics when co-ed use of facilities takes place except for the swim team. Shoes with cleats are not to be worn inside the gym or dressing facilities unless the coach has given permission to do so because of a game situation.

Athletes Game Day Dress Code

Students are representing San Jacinto Christian Academy when traveling to away games or hosting opponents at our facilities. Therefore, student athletes shall wear a shirt and pant that is designated by the Athletic Director and in compliance with SJCA Policy 2.0.1.

Multi-Sport Participation in the Same Season

Generally, an athlete may participate in only one sport per season. If one desires to participate in more than one sport during the same season the athlete must have the support of the coaches of the other sports and work through the Athletic Director to coordinate these sports and to gain approval for dual participation.

The following guidelines will be used when an athlete is in multiple sports:

1. Games have priority over practice.
2. District contests have priority over non-district contests.
3. Playoff games have priority over district contests.

Missing Practices/Contest – Removal from a Team

When an athlete joins a team the commitment is made not only by the athlete but the parents as well. It is hard work scheduling around an athlete’s schedule for a season. There will also be occasional scheduling difficulties that may occur with make up games due to weather etc. An athlete is expected to attend all scheduled practices and games. If an athlete is going to miss practice or a contest, the coach should be consulted as far ahead as possible. If a family finds it necessary to be gone for an extended time during the season it is important to work with the coach so he/she can plan ahead. Missing a practice or a contest will generally result in some consequences. Please keep in mind when a scheduling conflict occurs that the athlete has chosen to be a part of the team, the team did not choose the athlete. If a parent deems it necessary to remove their student from an athletic team temporarily or permanently, they must realize that these actions penalize the entire team. It is suggested that this course of action be viewed only as a last resort and used only when other disciplinary methods have been exhausted. Regular consultation should be maintained with the coach if removal from a team is a consideration.

Travel

All athletes are expected to travel to away contests in transportation provided by the school (this includes parent driven cars if needed). Any exceptions must be prearranged with the AD by the athlete's parent or guardian. Athletes are also expected to return back to the school by the same transportation means. However, coaches will have a travel roster in their possession at all contests; a parent will be able to sign their student out once the contest is over. Any athlete wishing to ride home with another parent will be released if and only if the driver parent is an approved driver and the parent of the athlete has signed the travel roster prior to departure or has made personal contact with the AD or coach indicating which parent their child can ride with. Any other arrangement must be prearranged with the AD. No athlete will be permitted to ride with another student. Only athletes, team members, coaches and administrators are permitted to ride school vehicles when these vehicles are used to transport a school team to a school-sponsored athletic event. On extremely rare occasions, the Athletic Director in coordination with the Superintendent may grant a one-time hardship and allow a non-athlete to travel with the team.

All buses must be kept clean at all times. Noise level should be kept to a minimum. Boys and girls will not be permitted to sit with one another while traveling on the buses. Students are responsible to the coach, driver and all other adults on the bus. Food stops – when stops are scheduled before or after an event, appropriate behavior is expected. Every effort will be made to get the team home early from away games Monday-Thursday. When possible all departure and return times will be posted with the schedule. Upon return, a coach must wait with all students until all have been picked up. When a bus returns late at night, it is important to arrange transportation on time. Most coaches have their duties completed 10 minutes after the return and are ready to go home too. Please do not make them wait.

College Recruitment

It needs to be understood that a very small percentage of athletes in the entire state of Texas will gain "full ride" athletic scholarships. The sole purpose of athletics at SJCA is not to prepare athletes for college level. Preparation for college athletics is a byproduct of participation in high school athletics. It is important for an athlete to work with their coach who will aid in making contacts with college programs. Any athlete who anticipates competing at an NCAA Division I or II College must register with the NCAA Clearinghouse.

Conflicts in Extracurricular Activities

Inevitably in a school situation, scheduling conflicts will arise between athletic events and other school activities. When the athletic schedule is produced, care will be taken by the AD to avoid conflicts if possible. In some instances, a student will have to choose prior to the season whether he/she will play on a team or take on some other extracurricular activity. Missing scheduled meetings, practices or games without prior arrangements will result in some sort of consequences.

For students participating in a number of activity programs both on and off campus, scheduling conflicts will occur. It is important that the student keeps a calendar of events for his/her activities and if a conflict is found, the student needs to immediately inform all

sponsors/coaches involved. In order to deal with each participant fairly, a consistent policy is necessary. If left unattended, unresolved and undisclosed, the student athlete is often placed in a difficult position between the athletic coach, activity sponsor and the parents. It is the policy of the Athletic Department to use the following priorities to handle any activity scheduling conflicts:

- Priority I - A classroom required activity where attendance is mandatory for grade
- Priority II - A regularly scheduled, planned activity
- Priority III - A rescheduled performance or contest
- Priority IV - A rescheduled practice

The Superintendent, Principal and Athletic Director will oversee any appeal for decision as a result of this policy. However, with proper communication between parties most conflicts should be easily managed.

Release from Class

If a student misses classes because of an athletic contest it is the responsibility of the student to turn in **ALL** work **UPON RETURNING** to school unless other arrangements have been made with the Principal and/or Athletic Director.

Squad Selection/Playing Time

In accordance with our philosophy of athletics and our desire to see as many students as possible participate in the athletic program at SJCA, we will keep as many students on each team as possible without unbalancing the integrity of the sport. Time, space, facilities, equipment, personal preference and other factors will place limitations on the most effective squad size for any particular sport. It is the decision of the athletic department in conjunction with the coach regarding the number of players to be named to a team in a given season.

It needs to be understood that students who make a team will not necessarily see equal playing time. No amount of playing time is guaranteed to an athlete. Playing time depends on the skill, experience, attitude, level of competition, and how those attributes blend with the rest of the team and the level of competition. At all levels below high school varsity it is generally expected that an athlete will participate in each competition but there may be occasions when this does not happen.

At the Middle School level, our desire is to provide quality instruction to fully develop the middle school athlete's talents. This includes teaching fundamentals skills, and developing character traits such as desire, dedication, determination, discipline, and teamwork. To help accomplish these goals, there will be no "cuts" in Middle School athletics, without express authorization by the SJCA Board.

In order to accommodate the number of participants this policy may generate, SJCA may create additional teams, either for a specific grade (7th and/or 8th) or for the Middle School as a whole. While it is SJCA's desire to see each athlete receive playing time in a game, substitution rules and roster numbers may prevent this. A coach should take all reasonable steps to see that all athletes receive some playing time in games. Where roster size or a

substitution rule precludes this, coaches should see that substitutions are rotated so that the same athletes do not sit out consecutive games. Substitutions in tournament play shall be made at the discretion of the coach.

SJCA middle school athletics will consist of 7th and 8th grade students. **Sixth grade students will participate ONLY when the SJCA Board determines sufficient numbers do not exist within the 7th or 8th grades to field a team.** Similarly, 7th grade students will not participate on an 8th grade team unless sufficient numbers do not exist to field an 8th grade team.

Coaches' Policy

Each coach may establish other rules or standards for the team or program in which they work which go beyond what is listed in this handbook. They may even be unique to that sport or program. The coaches' policies will be consistent with and not contradict other school practices and policies. The coach will file a copy of the rules with the Athletic Director. Following approval by the AD, the supplementary rules will be distributed to all team members.

Discipline Policy

The coach will have the freedom to discipline the athletes as long as it is consistent with the school policy. Some of the options that are available to the coach will be, but not limited to warnings, removal from game, practice, and even removal from the team. There are some offenses that will be handled by the school administration and the Athletic Director.

Procedure for Discipline/Correction – Athletic Code of Conduct/Grade & Conduct Checks

1. Phone call to parent/guardian when offense occurs
2. OTI issued (Opportunity to Improve)
 - a. Written apology to appropriate person(s)
 - b. Running session at a time defined by the Coach/Athletic Director. Coach/Athletic Director will inform student of day and time.
3. 2nd offense will result in further correction to the individual(s) by coaching staff.
4. 3rd and subsequent offenses will result in suspension or other measures deemed appropriate by the coach, Athletic Director, and/or administration. Any student removed from the athletic program for disciplinary reasons may not be eligible to participate in sports for the remainder of the year or until the sport in question is in-season the following year, at the discretion of the coach, Athletic Director and/or administration. Appeals will be made through the Athletic Department, following the conflict resolution process outlined above.

Depending on the nature and severity of the conduct, any or all of steps 1, 2, 3, and 4 may be implemented immediately, without the necessity of following a prior step.

Quitting

Quitting is not an option and is defined differently than being removed from a team. Quitting is a choice made by the athlete or parents to sever relationship with a team after the season has begun for reasons other than discipline, or need to better the student's current situation. If an athlete quits a team after the team has been formed then that athlete will be ineligible to play in another sport offered by SJCA during the present school year.

Priority of Teams

Playing on an athletic team is a commitment to yourself and to all your teammates. Therefore, the team, which an athlete presently plays on, takes priority over all other sports. If, by chance, seasons overlap due to extended play or playoffs and another sport begins, the sport the athlete presently plays takes priority over the new sport. If tryouts for the new sport begin before the other season ends they will not be held against the athlete. The athlete will be given the opportunity to make the new team as soon as the other season is officially over.

Facilities

The athletic facilities of San Jacinto Christian Academy are intended to meet the physical education and athletic needs of our students and school families. Use of the facilities (subject to approval) will be prioritized as follows:

1. SJCA physical education program
2. SJCA athletic program
3. SJCA summer clinics
4. SJCA extended family (i.e. faculty, staff)
5. General community use

In addition, the following rules apply:

1. No gum, drink or food is allowed. Office referrals will be given for each offense. Liquids will be allowed during practices and on the bench during games (Water, Gatorade, etc.) only with lids.
2. No student is allowed in any gym without supervision.
3. Court shoes only on gym floor. Please keep shoes off mats and walls.
4. During home contests, locker rooms and areas around the locker rooms will be locked and accessed exclusively by the teams participating.

Inclement Weather

Anytime school is canceled, athletic practices and games will be canceled as well. For daily information, you may call the Athletic Department or the school.

Locker Rooms

1. Coaches and athletes will be responsible for maintaining a clean and orderly appearance in our locker rooms and gym. Assignments will be given by coaching staff. Office referrals as well as pre-practice sprints will be given to appropriate person(s) for failure to maintain clean locker rooms and Patriot Pride.
2. Locker rooms will generally be locked during and after classes in the gym.
3. Any clothes left in Locker Room will be taken up each Friday and placed in lost and found.
4. During all home contests, locker rooms will be locked and accessed exclusively by the teams participating.
5. The SJCA locker rooms are small; therefore, every effort needs to be made to get in and out in a timely manner. Since many athletes use the locker room facilities at the same time, there is absolutely no tolerance for horseplay, hazing, bullying, or hiding other's clothes or possessions.

Player-Coach Relations

A constant effort should be made by student athletes to address coaches respectfully and acknowledge requests with terms such as, "Yes, sir/ma'am," or "Yes, Coach ____." Calling coaches by their first name is inappropriate, and calling coaches by simply saying their last name is equally improper. There will be times of fun, fellowship, and mentoring, but the student-athlete needs to know the boundaries, as do the coaches. A student should never 'talk-back' to any authority, and as stated in the code of conduct, it will be grounds for correction or dismissal. Likewise, coaches should make every effort to correct athletes in a respectful manner and deal with inappropriate conduct one on one, if at all possible.

Pre-Season Meetings

A meeting between parents, participants, and coaches of each sport is mandatory. At least one parent/guardian must be present in order for their athlete to be eligible to practice or play beyond the meeting date. Each meeting will take place before that season begins. If a parent/guardian cannot make a meeting, it is THEIR responsibility (Parent/Guardian & participant) to make arrangements with that coach to plan a meeting time. Such meetings will cover the following:

1. Inform parents of practice and game schedules, locations of practices and games, transportation during season, philosophy of coaching staff, supplemental team rules and consequences, explain conflict resolution, discuss eligibility, give overview of program and upcoming season, go over athletic and parent codes of conduct.
2. Discuss team ministry opportunities.

3. Sign up volunteers for food and drink organization (home and away games), special happenings during season, etc.

Multi-Sport Participation (SJCA athletic teams and non-school teams)

Athletes are strongly encouraged to experience a wide range of athletic opportunities. Therefore, athletes may participate in as many school sports as they can practically manage. No coach should influence an athlete to give up a sport or imply, either directly or indirectly, that participation in another sport will adversely affect the athlete's status. However, SJCA sport teams will have priority over club teams and any other non-school team. Exceptions will be dealt with on an individual basis. If a student is involved in the same sport with school and club teams, the coaching staff should and will expect student-athletes to put the school team first.

Weight Rooms

No one is to be in the weight room without permission and no one is to be using the weight equipment unsupervised. Lifters who do not follow all posted rules and verbal instructions may lose the privilege of working out in weight rooms until proper behavior is demonstrated. Failure to heed verbal and written instructions will result in expulsion from weight room and any additional correction deemed necessary by the coaching staff, Athletic Director and/or administration.

Letter Jackets

Students receive a San Jacinto Christian Academy athletic letter for participation on the varsity level of a sanctioned sport. In order to get a varsity letter, an athlete must participate in any varsity level contest. A varsity letter is given to a student athlete upon completion of their first season at the varsity level. Students may purchase a varsity letter jacket at Buck's Sporting Goods.

Athletic Awards

There will not be a major emphasis on individual awards at SJCA. This is based on the commitment to emphasizing the concept of the team as opposed to the individual. The following awards will be given each season:

Middle School Team Awards

Each middle school athlete will receive a certificate of participation at the Middle School Athletic Cookout at the end of the year.

JV Team Awards

For each JV team, there will be a Fighting Heart award and an MVP award.

Varsity Team Awards

Each varsity athlete will receive a varsity letter certificate upon completion his/her first year of varsity participation. Each varsity coach will select and present plaques for Fighting Heart and MVP as well as additional honor awards. All JV and Varsity awards will be presented at an end-of-the-year Sports Banquet. Varsity all-district and all-state awards as well as All-State Academic awards will be presented at the banquet.

Male and Female Scholar Athlete Award

Each year one male and one female senior varsity athlete will be selected for this award. This award will be presented at the Sports Banquet. The athletic director, in conjunction with the high school administrator, will select the highest-ranking athlete from the senior class.

Male and Female Patriot Award

Each year one male and one female varsity athlete will be selected for this award. This award will be presented at the Sports Banquet. The athletic director will survey all varsity coaches for candidates for this award and make the final selection from among those nominated. The award is based on athletic accomplishment, leadership, academic excellence and character.

Pursuing Victory With Honor

Code of Conduct for Parents/Guardians

Athletic competition of interscholastic age children should be fun and should also be a significant part of a sound educational program. Everyone involved in sports programs has a duty to assure that their programs impart important life skills and promote the development of good character. Essential elements of character building are embodied in the concept of sportsmanship and six core ethical values: trustworthiness, respect, responsibility, fairness, caring, and good citizenship. The highest potential of sports is achieved when all involved consciously Teach, Enforce, Advocate and Model (T.E.A.M.) these values and are committed to the ideal of pursuing victory with honor. Parents/guardians of student-athletes can and should play an important role and their good-faith efforts to honor the words and spirit of this Code can dramatically improve the quality of a child's sports experience.

<p>Trustworthiness <i>Trustworthiness</i> – Be worthy of trust in all you do.</p> <p><i>Integrity</i> – Live up to high ideals of ethics and sportsmanship and encourage players to pursue victory with honor. Do what's right even when it's unpopular or personally costly.</p> <p><i>Honesty</i> – Live honorably. Don't lie, cheat, steal or engage in any other dishonest conduct.</p> <p><i>Reliability</i> – Fulfill commitments. Do what you say you will do.</p> <p><i>Loyalty</i> – Be loyal to the school and team; Put the interests of the team above your child's personal glory.</p> <p>Respect <i>Respect</i> – Treat all people with respect at all times and require the same of your student-athletes.</p> <p><i>Class</i> – Teach your child to live and play with class and be a good sport. He/she should be gracious in victory and accept defeat with dignity, complement extraordinary performance, and show sincere respect in pre-and-post game rituals.</p> <p><i>Disrespectful Conduct</i> – Don't engage in disrespectful conduct of and sort including profanity, obscene gestures, offensive remarks of sexual nature, trash-talking, boastful celebrations, or other actions that demean individuals of the sport.</p> <p><i>Respect for Officials</i> – Treat game officials with respect. Don't complain or argue about calls or decisions during or after an athletic event.</p> <p>Responsibility <i>Importance of Education</i> – Support the concept of "being a student first." Commit your child to earning a diploma and getting the best possible education. Be honest with your child about the likelihood of getting an athletic scholarship or playing on a professional level. Reinforce the notion that many universities will not recruit student-athletes who do not have a serious commitment to their education</p> <p><i>Role Modeling</i> – Remember, participation in sports is a privilege, not a right. Parents too should represent the school, coach and teammates with honor, on and off the court/field. Consistently exhibit good character and conduct yourself as a positive role model.</p>	<p><i>Self-Control</i> – Exercise self-control. Don't fight or show excessive displays of anger or frustration.</p> <p><i>Healthy Lifestyle</i> – Promote to your child the avoidance of all illegal or unhealthy substances including alcohol, tobacco, drugs and some over-the counter nutritional supplements, as well as of unhealthy techniques to gain, lose or maintain weight.</p> <p><i>Integrity of the Game</i> – Protect the integrity of the game.</p> <p><i>Sexual Conduct</i> – Sexual or romantic contact of any sort between students and adults involved with interscholastic athletics is improper and strictly forbidden.</p> <p>Fairness <i>Fairness and Openness</i> – Live up to high standards of fair play. Be open-minded will to listen and learn.</p> <p>Caring <i>Caring Environment</i> – Consistently demonstrate concern for student-athletes as individuals and encourage them to look out for one another and think and act as a team.</p> <p>Citizenship <i>Spirit of the Rules</i> – Honor the spirit and the letter of rules. Teach your children to avoid temptations to gain competitive advantage through improper gamesmanship techniques that violate the highest traditions of sportsmanship.</p> <p><i>I have read and understand the requirements of this Code of Conduct and acknowledge that I may be disciplined if I violate any of its provisions.</i></p> <hr/> <p>Parent/Guardian Signature _____ Date _____</p>
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"Pursuing Victory with Honor" is a result of a conference convened May 12-14 1999 in Scottsdale Arizona by Josephson Institute of Ethics



Athlete Code of Conduct

Participation in athletics at San Jacinto Christian is a privilege. If you choose to participate in athletics, you willingly accept the responsibility of being a leader, both in and out of the classroom and in the arena of competition. You also understand you are representatives of our Lord. Those who choose to participate must make sacrifices and establish priorities. With these things in mind, the following guidelines have been established for those students who elect to participate in the athletic program here at San Jacinto Christian.

I agree, as an athlete at San Jacinto Christian Academy, to:

1. Model Christ in speech and behavior.
2. Demonstrate good sportsmanship throughout the contest year by treating officials, opposing players, coaches and all representatives with respect.
3. Be prompt to all scheduled practices, off-season workouts, games and team meetings.
4. Give maximum effort in practices and workouts to reach the full potential of the athletic ability God has given me.
5. Accept correction and instruction from any and all authority, understanding correction makes me wise and has eternal benefits as well as short and long-term benefits for my teammates and myself.
6. Represent my family, school, team and God in such a way that brings honor to each, whether competing at home or away games.
7. Respect and relate in a Christ-like manner to teammates and classmates throughout the school day.
8. Participate in team ministry opportunities.

I have read SJCA's Athletic Philosophy and agree to conduct myself in accordance with it and the Student Code of Conduct for SJCA. I understand that failure to uphold the expectations outlined above will endanger my athletic eligibility. I also understand that these expectations are in place to help me grow spiritually and mature emotionally and physically.

Printed name of student athlete: _____

Signature of athlete: _____

Date: ____/____/____

The Code of Conduct is in effect year-round and not limited to the sport or school year. This agreement includes any behaviors outlined in the Student Handbook which are detrimental to spiritual and physical growth.

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Athletic Parent Code of Conduct

1. I will support San Jacinto Christian Athletics through prayer and my presence at SJCA events.
2. I will encourage my student-athlete to uphold the ideals stated in the San Jacinto Christian mission statement as well as the Athletic Code of Conduct.
3. I will encourage my student-athlete to submit to authority and resolve conflicts if necessary (See Conflict Resolution outlined in SJCA Athletic Philosophy).
4. I will conduct myself at all sporting events I attend in a manner that honors God. I understand that failure to act in said manner may result in expulsion from the event by school administrator/representative, and possibly, future events.
5. I will not publicly disparage the coach at sporting events, nor will I disparage him/her in my home. I will go to the coach directly and avoid gossip, which could impugn my own integrity.
6. I will be realistic about my student-athlete's capabilities and emphasize improvement and commitment.

I understand the purpose of the Parent Code of Conduct. I agree with the principles set forth, and I am committed to the growth of my student while at San Jacinto Christian Academy. I support the enforcement of the policies by persons responsible.

Please sign and return this page to the athletic office. This form will be for the current school year and kept in the office. Thank you for your cooperation and support.

Date: _____

Printed name of athlete: _____

Printed name of parent/guardian: _____

Signature of parent/guardian: _____

Received in the athletic office on: _____

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Coach's Code of Conduct

1. I will set a Christ-like example for athletes and fans to follow, exemplifying the highest moral and ethical behavior.
2. I commit to coach in a manner which embraces SJCA's Athletic Philosophy, and which demonstrates to young athletes that athletics is a tool by which God can be glorified.
3. I will show respect for game officials and abide by the rules applicable to the sport.
4. I will treat opposing coaches, athletes and fans with respect.
5. I will model for athletes' good sportsmanship, and demand that they demonstrate good sportsmanship.
6. I will dedicate myself to learning all I can about my chosen field, and improving my ability to teach, instruct and mentor young athletes in those areas.

Coach's Name (Printed): _____

Coach's Signature: _____

Date: ____/____/____