

Savannah Christian Academy

**ATHLETIC
HANDBOOK**

2007-2008

**ATHLETIC HANDBOOK
FOR ALL SPORTS**

PHILOSOPHY OF ATHLETICS:

**So whether you eat or drink, or whatever you do, do it all for the glory of God.
I Corinthians 10:31**

Christians are commanded to be different from the world around them, and this quality should be reflected in a school's athletes. Students should be taught to play sports and to live life from a Christian perspective rather than from man's perspective. Athletics from a Christian perspective should have several distinct characteristics that, when followed, allows coaches, athletes and spectators to bring glory to God. These distinctives are drawn from God's Word and, therefore, may be different from "the world's" viewpoint. It is vital that each Christian athlete, coach and spectator be willing to submit, make changes, grow, and mature so that God will be pleased. Christ is to be the center of attention, both on and off the athletic field. Athletes are to have His attitudes, His actions, and His mind set in every endeavor.

A team establishes many goals, none of which should be greater than bringing glory to our Lord and Savior. This is quite a distinctive and the opportunity for success and failure is very great. Students in a Christian school should be obviously different in their attitudes and actions. Unfortunately, many observers may be turned away from the Lord due to unchristian conduct that misrepresents Christ. Christians are called by God to be a light on a hill, even when in the athletic arena. Granted, setbacks will arise, yet athletes need to be continually encouraged to pursue the elevation of Christ's reputation. Realistically, some athletes may not be in a position to make this commitment. When this occurs, they should be coached in such a way that their attitude or behavior will not hinder this goal. Compromises must not be made that would sacrifice eternal gifts for earthly gains.

The following is a list of SCA's goals for the athletic program. This list is by no means exhaustive nor inspired. It is meant to give perspective and create a foundation for making each program an extension of Savannah Christian Academy's responsibility to assist Christian parents in training their children to be an influence in their world for Christ.

#1: Athletics is meant to improve, not excuse, one's character

Unfortunately, many have come to believe that there is a legitimate difference between morality in sports and morality in everyday life. This is not taught by Jesus Christ. When the "fruit of the Spirit" is discussed in Galatians 5:22-23 no mention is made to indicate these traits as part-time. We should accept actions on the field, in the stands, and on the bench as an indication of the true person, rather than excuse them as behaviors that are brought out by external factors. A practical application could be that language on the field or court should be the same as that used in the presence of the Lord.

#2: Personal worth is more important than personal performance

The Bible teaches that personal worth is not rooted in circumstances but in the position one has in Christ. One's self worth is not to be determined by a win-lose record or by the ability to put a ball through a hoop. An athlete may perform poorly, yet he needs to be confirmed that he is still

worthwhile, valuable, loved and accepted. This is God's example to His children, in that while they were still sinners He loved them enough to send His Son to die for them. Therefore, success needs to be evaluated on the type of people being reproduced, on the characteristics and qualities athletes are laying hold of, and not on a team's finish in district-state play or in its win-loss record.

#3: Umpires and Officials are to receive honor and respect

All authority comes from God (I Peter 2:13). Many times human authorities make human mistakes that have a negative impact upon society. A person's response to this "injustice" is of great importance to God. Which is more important, one's rights or God's reputation? I Peter 2:1a states, "for it is commendable if a man bears up under pain of unjust suffering because he is conscious of God." One might ask, "Am I willing to accept injustice, which is common to all men, in a way that would further the cause of Christ?" Coaches should teach their athletes NOT to blame referees or complain about field conditions, etc. (Philippians 2:14)? Conditions cannot be changed, so it is vital that Christians learn to live "above" them and let people see a difference. (Romans 5:8)

#4: God will grant victory or defeat

The Bible has numerous accounts of God's people suffering, dying, losing, enduring hardships and persecutions. Christians must not equate victory in battle as proof of God's blessing or approval. Believers must be willing to endure any situation God chooses and to accept it as part of His omnipotence and loving kindness. God is more concerned with the process of attaining success than with success itself. This position, however, does not mean that Christian athletes do not have any responsibility. In fact, a lack of effort or "losing" for the sake of Christ does not bring glory to God. SCA's emphasis in this area is two-fold: prepare to win and give 100%; then allow God to exercise His will and accept that joyfully. (Hebrews 12:1)

#5: Athletics is a spiritual tool

God created many tools that are intended to teach His children about life. Drama, music, academics and athletics are but a few. Coaches need to provide an environment through which God's truths can be effectively communicated. In athletics, one experiences all human emotions from joy to sorrow, pride to humility, and camaraderie to loneliness. These experiences provide opportunities for godly Christian coaches and parents to come alongside and impart God's truths about how these emotions should be handled. The Christian coach and athlete should recognize their spiritual needs and should work on developing the whole person into submission to Christ.

To conclude, much more could be written about the role of athletics in a Christian's life and of the perspective that one should maintain. It is vital to clearly communicate these goals to athletes and parents alike. For if Savannah Christian Academy is to successfully influence young men and women for Christ, then the school must make this the foundation it seeks to build upon. In order to accomplish this, everyone must work together, looking to God for His direction, wisdom, and strength.

Standards of Eligibility

For the **privilege of participating** in extracurricular activities, students must maintain good grades and good conduct. Students who fall below the academic and conduct standards may not participate.

* Students must maintain a C average in the core subjects of math, reading, language, spelling, history, science, and Bible for each six weeks of the school year. If a student is failing a course (receiving a grade lower than a C), he/she will be ineligible to play for a minimum of two weeks and will only be allowed to return to the team/sport when the grade in question has been brought back to a 75% or higher.

* Students must maintain Christ-like behaviors both on and off campus. The Student Conduct section in the Parent-Student Handbook specifically outlines the expected behaviors of SCA students. Failure to uphold these standards will cause a student to be placed on probation or to be dismissed from a team/sport. The coach and the principal will determine the reprimand and the length of probation on a case-by-case basis.

* A student's eligibility will be determined at the end of each six weeks. Depending upon the grade received, eligibility will end on the day report cards are sent home.

* Eligibility will also be reviewed with a 3-week check. If a student is failing a core subject at a 3-week check, he/she will be ineligible to participate in practices and games for at least 1 week, or until the grade has been brought to a 75% or higher. The time away from athletics is to be devoted to academics. The principal must determine if eligibility has been restored.

* To be eligible to participate, a student must be enrolled, and must regularly attend, Savannah Christian Academy.

* Students whose grades or conduct drop significantly during the course of a season or activity may be removed from participation by the coach or principal. Grade checks and periodic reports from teachers will be used to determine if a student should be allowed to participate. A student may have a passing grade but his/her work habits, attitude, and conduct may not allow him/her the privilege of representing the school on the field of play.

* Academic Clause: Because it is the philosophy of Savannah Christian Academy that athletics is an important component of the educational program, certain exceptions may be made that might outwardly appear to be contradictory to stated policies, but are in actuality complementary to the school's mission statement. While academic standards are of utmost importance and should not become secondary to athletics, the purpose of athletics, in turn, must also be acknowledged for its role in education. Therefore, the school's administration reserves the right to allow a student to participate in sports if he/she is truly performing to the best of his/her academic ability, even if the level of performance is less than specified above. This decision will be made by the principal upon conferring with the student's teacher(s) to determine if the potential and the performance are truly reflected in the student's work.

REGULATIONS FOR EXTRACURRICULAR ACTIVITIES:

The following are general rules governing extracurricular activities that are applicable to all students, whether they are participants or spectators.

- * All activities are under the supervision of the school, and students are expected to be as responsible and cooperative at an activity as they are in the classroom.
- * Students may not participate in any extracurricular activity as a participant or a spectator on the day in which they have been suspended or expelled.
- * Team members or participants are responsible for their own transportation to and from games/events. It is the responsibility of the student to make sure that he/she will have a means of transportation prior to each event; if transportation cannot be found, the student must inform the coach at least one day prior to the event so that assistance may be provided.

CONDUCT OF A CHRISTIAN ATHLETE

The conduct of a Christian athlete is closely observed in many areas of life. It is important that his/her behavior be Christ-like in all areas, especially the following:

On The Field

In the area of athletic competition a Christian athlete never uses profanity or illegal tactics, and he/she learns fast that losing is part of the game. A quality athlete should be gracious in defeat and modest in victory. It is always courteous to congratulate the opponent on a well-played game after the contest whether in defeat or victory. This will mean there will be no fits of temper, taunting, clowning, ridicule, or complaining in any form or fashion. A Christian athlete's goal is to have complete self-control at all times.

Officials in a game are there for the purpose of insuring that the game is played fairly and by the rules. Respect is to be shown to them at all times, regardless of the outcome. Any behavior contrary to that which has been stated is a direct reflection on the school, team, and coaches, and will not be tolerated. Violation of a minor nature will be handled at the discretion of the coach or an administrator. Those of a serious nature will result in suspension and possible expulsion from the team.

In the Classroom

A quality athlete always tries to be a good student and succeed academically. The athlete needs to plan his time carefully to provide sufficient energy for his studies to insure acceptable grades. At SCA, an athlete must maintain eligibility standards in both scholarship and citizenship. Failure to comply with these standards will result in suspension or expulsion from the team.

In addition to maintaining eligibility standards, an athlete should give respectful attention to classroom activities and show respect to all students and faculty members at all times. Interruptive play and unnecessary talking are not approved habits of behavior. If these standards present a problem to the athlete that he/she is unable to correct, the athlete may be suspended from the team.

Adults should be spoken to with honor and respect. Drivers of the vehicles will be shown respect and will be obeyed.

SCHOOL EQUIPMENT:

Students are personally and financially responsible for all equipment checked out to them, and will not be cleared from school until all their equipment is clear. Athletes will be deemed ineligible for the next season until all equipment is returned following the previous season. Report cards will be held on all students with outstanding equipment. Students will receive credit on items turned in only if they are items that were checked out to them. Students should treat all equipment respectfully and with great care.

ATHLETIC DISCIPLINE PROCEDURE

**"And also if anyone competes in athletics, he is not crowned unless he competes according to the rules."
II Timothy 2:5**

If a student-athlete has one unexcused absence from a practice or a game, he/she will not be allowed to play in the next athletic game/event. Any absence that is not reported prior to, or as soon as possible, will be unexcused. The athlete must, however, suit up as required by the coach. A second unexcused absence may result in missing an additional athletic game/event. A third unexcused absence may result in the student-athlete being dropped from the team.

Excused and Unexcused Absences:

* When a student-athlete is medically excused from school, he/she will also be excused from practice or a game. The athlete should call the coach/office to notify them that they will not be at practice or a game, so that the coach may adjust the line-up.

* If a student has an illness or medical appointment in the morning, he/she must come to school and attend as many periods of the day as possible and have a written note from either his doctor or parents about the illness/injury, in order to practice or play in a game that day.

* If a student misses school for illness, he cannot attend practice or a game scheduled on that day. If a student attends school, he should also attend practice, even if he does not suit up. If a student goes home sick during the school day, he must notify the coach.

*When a student-athlete is requested by his parents to go on a preplanned family vacation, this is to be accepted as a valid excused absence from practice or games. However, it is not a valid excuse from try-outs. The intent of this rule is to encourage commitment to the team but also to support true family activities.

*Student-athletes should make an effort to schedule non-emergency medical or dental appointments so as not to conflict with practices or games. If an appointment or other activity is scheduled which conflicts with a practice or game, the coach must be notified by the parent prior to the conflict. If this is not done, the miss will be considered unexcused.

*If a student-athlete is late to practice twice in a week for an inexcusable reason, he/she will not participate in the next athletic event. Leaving early from a practice or an event without the coach's prior approval will have the same consequence.

*If a student-athlete has one unexcused absence from a practice or a game, he/she will not be allowed to play in the next athletic game/event. Any absence that is not reported prior to, or as soon as possible, will be unexcused. The athlete must, however, suit up as required by the coach. A second unexcused absence may result in missing an additional athletic game/event. A third unexcused absence may result in the student-athlete being dropped from the team.

*If a student-athlete is suspended from school, he/she will automatically be ineligible to practice or play for two weeks from the date of suspension and his status on the team will be in question. Eligibility will be determined by the coach and the principal.

*Side-line and bench conduct is to be consistent with school policy and will be enforced by the coach and/or administrator.

*A coach with, administrative approval, may establish additional requirements for his/her team.

DRESS AT COMPETITIONS

The coach will establish the dress attire for athletes attending events. Coaches are encouraged to specify a certain type of attire for their team. The dress code includes home and away contests, and is in effect before and after contests.

SCHOOL COLORS:

Main colors: Blue & Gold.

School Eagle Victory Program:

Statement of Intent:

The athletic program is a very important part of Savannah Christian Academy. Through athletics, students have the opportunity to learn vital life lessons and be conformed to the image of Christ in a way that is difficult to replicate in a classroom environment. They are ambassadors for Christ and representatives of our school to the larger community. These values call for commitment and a desire to represent the school in a God-honoring manner. The Eagle Victory program is intended to help restore and redeem an athlete who, through poor choices in behavior, attitude, or lack of commitment, has separated him/herself from the team or program.

Commitment is an extremely important ingredient for an athlete and team. The commitment to the team and to the standards in which SCA aspires to is very important whether the athlete is in or out of season. Commitment is especially important for a Christian athlete; without commitment he will stand for nothing. An athlete that quits a team or is removed from a team has broken the trust that is established between the coach and the team, between teammates, and between the school and the athlete. Quitting or behaving in such a way that causes a student to be removed from a team hurts not just the athlete, but the whole program.

An athlete that quits a sport or is removed from athletics due to disciplinary action must complete the following program to regain his eligibility in that sport or any other sport. **The Victory Program must be initiated by the athlete and cannot begin until the athlete has made a request to the coach.**

Quitting in reference to this program, is defined as:

1. An athlete that voluntarily decides to leave the team.
2. An athlete that voluntarily breaks team and/or school rules in or out of season for temporary selfish gratification resulting in removal from the team. (i.e. drinking, smoking, using profanity, showing blatant disrespect, improper drug use....etc)

The Victory Program will be divided up into two areas, physical and spiritual:

Physical:

Two weeks of a program similar to that listed below. The head coach has permission to “tweak” it to fit the athlete if agreed upon by the principal. This can be done as soon as the athlete requests to enter this part of the program.

Victory Program: 2-week program – (No weekends)

*Monday, Wednesday, and Friday: The athlete must run 10x400m, before or after school, within a time limit as established by the head coach and approved by the athletic director.

*Tuesday and Thursday: The athlete must run 3 miles, before or after school, within a time limit established by the head coach and approved by the athletic director.

*The coach, the coach's assistant, or a faculty member appointed by the head coach and approved by the principal must provide supervision.

Spiritual:

*The student must then come before the team that they are trying to be reinstated to and:

1. Admit his/her mistake.
2. Apologize and ask for forgiveness.
3. Explain why they want to again represent SCA.

*Should the athlete want to try out for a different sport, the athlete must:

1. Apologize and ask for forgiveness from the coach of the team that he quit.
2. Verbally commit to coach of the new team, stating that he will not again be a quitter.
3. Explain to the new teammates why he wants to again represent SCA.

Suspension:

Should a student be suspended from school, he/she will also be suspended from 10% of the games/events for that season. Suspensions are to take place at the first opportunity. When an athlete is suspended he/she is expected to dress in street clothes and attend the game and support the team.

If an athlete violates rules of conduct during the summer months (between the last and first day of school as posted on the school calendar), he/she will need to go through the **Victory Program FOR EACH** sport in which participation is desired for that school year. The rationale for this penalty is that SCA desires to instill in its athletes the importance of upholding the school's code of ethics twenty-four hours a day, 365 days a year, whether or not school is in session. It is also hoped that this will provide enough incentive to encourage students to remain accountable even when out of the school's immediate supervision. The practice will also prevent the fall sports from taking the entire brunt of punishment.

Victory Plan for second offenses:

- *The physical portion will increase to three weeks
- *The emotional requirements will remain the same
- *The suspensions would go from 10% of games to 20%

There will be no consideration for a third time plan without the approval of the coach and the principal.

NOTE: Final decisions will be made by the coaches involved and approved by the principal and the school board. **Full completion of this program does not guarantee the athlete will regain his/her eligibility. The coach and the principal reserve the right to collectively modify the plan when warranted by the circumstances.**

Savannah Christian Academy Medical History and Emergency Procedure Form

Students Name: _____ Sex: M F Date of Birth: _____

Father/Guardian Name: _____ (cell) _____ Mother/Guardian Name:
_____ (cell) _____

Address: _____ City: _____ Zip: _____

Telephone (Home): _____ (Work): _____

Insurance Company's Name: _____

Insurance ID/Group # _____

In case of emergency, illness or accident to the student above, the school is authorized to proceed as indicated.
Number below in order of desired action:

() Contact Father/Guardian at: _____

() Contact Mother/Guardian at: _____

() Take child to emergency hospital: _____

() Other desired procedures: _____

MEDICAL HISTORY: To be completed by Parent or Guardian. Does the student have previous history of:

A. Bleeding tendencies	yes	no	F. Asthma	yes	no
B. Head injuries, seizures	yes	no	G. Hernia	yes	no
C. High Blood pressure	yes	no	H. Allergy	yes	no
D. Heart Disease/Condition	yes	no	I. Neck Injury	yes	no
E. Contact lens/glasses	yes	no	J. Diabetes	yes	no

Has anyone in the athlete's family died suddenly before the age of 50? Yes No

Has the athlete ever passed out during exercise or stopped exercising due to dizziness? Yes No

Does the athlete have asthma, hay fever or coughing spells after exercise? Yes No

Has the athlete ever broken a bone, had to wear a cast, or had an injury to any joint? Yes No

Has the athlete had a concussion or a history of concussions? Yes No

Has the athlete ever suffered heart related illness? Yes No

Does the athlete have any chronic illness? Yes No

Does the athlete see a physician regularly for any particular reason? Yes No

Does the athlete take any medication regularly? Yes No

Is the athlete taking any medication? Yes No

Is the athlete allergic to any medication or have any type of strong allergy? Yes No

Please explain any yes answers and give any other information that may be helpful in taking care of your child. (Please use the back of this form if needed).

I understand that even though protective equipment is worn by my child when necessary, the possibility of an accident resulting in injury to my child still remains. I understand that Savannah Christian Academy does not assume any responsibility for injuries sustained in the ordinary course of participating in the athletic activities. I agree to look to my own health insurance for treatment of any injuries to my child in the ordinary course of participating in the athletic activities. If, in the judgment of any representative of the school, the above student should need immediate care and treatment as a result of any injury or sickness, I do hereby request, authorize, and consent to such care and treatment as may be given to said student by any physician, trainer, nurse, or school representative, and I do hereby agree to indemnify and save harmless the school and any school representative from any claim by any person whomsoever on account of such care and treatment of said student.

Parent/Guardian signature _____ Date: _____