

GREENVILLE CHRISTIAN ACADEMY



**Athletic Handbook
2020-2021**

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RULES AND REGULATIONS GOVERNING ALL ATHLETIC TEAMS AND CHEERLEADING TEAMS

Believing that one of the basic values of participation in high school sports is for the player to be brought under a system to which he/she must conform to participate, each coach will be expected to enforce the following minimum rules in all sports at Greenville Christian Academy. Note, these are the minimum requirements and each coach may elect to add other requirements for his/her particular team.

Each athlete should access these expectations on the school website (greenvillechristian.com) after selection to the team. Immediately after the team is chosen, each coach will spend some amount of time with his/her team discussing and emphasizing these requirements.

All students participating in athletics at GCA are to be aware of their responsibilities to God and the school in regard to their sportsmanship and Christian testimony, and their teammates in regard to cooperation, preparation, dedication to practice and academic eligibility, etc.

MIDDLE SCHOOL AND VARSITY ATHLETIC PROGRAM

The areas of interscholastic athletic competition are as follows:

Boys

Fall - Soccer/Cross-Country
Winter - Basketball/Shooting Skill Team
Spring - Baseball, Shooting Skill Team

Girls

Fall - Volleyball/Cross-Country
Winter - Basketball, Cheerleading/Shooting Skill Team
Spring - Soccer, Shooting Skill Team

NCCSA DIVISIONS

All NCCSA participating schools have been classified into two divisions. These divisions are based on high school school size. We are in Division I. Each division has four districts that help constitute our conference opponets. District I & II make up the Western Conference and District III & IV make up the Eastern Conference. Conference games will consist of playing the school in our district twice. If a school in another district is scheduled more than once, the conference game will be designated at the beginning of the season.

Varsity Sports are members of the North Carolina Christian Association Division I Eastern Conference.

NCCSA Division I Member Schools Include

District I

New Manna
Southview
Tabernacle
Temple
Victory

District II

Fayetteville Street
Matthews
Mount Calvary
Sheets Memorial
Shining Light

District III

Calvary
Oak Level
Shining Light
White Plains
Woodland

District IV

Cornerstone
Fellowship
Greenville
New Life

PURPOSE OF ATHLETICS

The athletic program of Greenville Christian Academy is to serve in the educational training of our students. Christian character and leadership are taught through athletic competition. This is an extra-curricular activity.

GENERAL OBJECTIVES

1. To glorify God in all parts of our program (I Corinthians 10:31; Colossians 3:17, 23, 24)
2. To develop the Christian testimony of our school and student body (I Thessalonians 4:2) (to opponents, officials, and community)
3. To provide Christian coaches who will be spiritual guides, Christian examples, and athletic instructors.
4. To develop school spirit and unity among students, parents, and teachers of GCA.

INDIVIDUAL OBJECTIVES

1. To develop Christian character traits among our students such as: alertness, cooperation, enthusiasm, loyalty, friendship, industriousness, self-control, confidence, initiative, respect, and consideration. (I Timothy 4:12; Ephesians 4:1-3; Philippians 2:2-5; Romans 12:17-21).
2. To give students opportunities to develop their full potential by doing everything to the best of their ability.

THE PLAYER'S PURPOSE

Your purpose on this team is to get the most out of your athletic ability and to blend into a maximum team effort; that puts the LORD first, the TEAM second, and yourself third.

Athlete Expectations

1. Practice, at 100% capacity, the physical and mental drills used to develop your individual athletic abilities.
2. Practice, at 100% capacity, the drills that will help you work together with other athletes on this team.

NOTE: Success on this team is determined by your giving 100% of what you have. When you are tired, you are expected to give 100% of what you have to give at the moment. You will never be criticized for not giving what you do not have. The same is true in life.

Philosophy on Winning and Losing

At GCA, we will strive to do our best in every area of study and activity. In athletics we will strive to win. Our victories are to bring glory to God, and we believe through our competitiveness, our losses will also bring glory to God.

Team members are taught throughout the year that each person is a contributor to the team, whether a starter or a bench warmer. Not all team members are guaranteed participation in every contest, but are encouraged to work hard for improvement.

QUITTING

An athlete may not stop participating on a sports team until a parent has contacted the Athletic Director and the athlete has met with the athletic director. No fees will be refunded.

- Character is not built by quitting. Trying times are not times to quit trying.
- A student may drop off the team any time before the first game without penalty. After that period of time, no student may quit the team without penalty. There should be a strong sense of belonging to the team, even when personal injuries would restrict the individual's participation in practices and games. An injured player is expected to be at all practices and games as if he/she were healthy.
- Any athlete who quits a team will sit out the following sports seasons. (Example: An athlete who quits a winter sport will have to sit out the spring sport.)
- Any athlete who leaves the team while on academic probation and does not return will be deemed to have quit.
- An athlete who quits will be removed from the team roster and will forfeit any postseason awards.
- Exceptions to this rule would be for family hardships, severe injury, or serious academic problems. The athletic director and the administrator will decide any exceptions.

CORE VALUES OF A KNIGHT

K – Knowledge: Proverbs 1:7

“The fear of the Lord is the beginning of knowledge: but fools despise wisdom and instruction.”

N – Nerve / No Fear: 2 Timothy 1:7

“For God hath not given us the spirit of fear; but of power, and love, and of a sound mind.”

I – Integrity: Titus 2:7-8

“In all things shewing thyself a pattern of good works: in doctrine shewing uncorruptness, gravity, sincerity, sound speech, that cannot be condemned; that he that is of the contrary part may be ashamed, having no evil thing to say of you.”

G – Grace: 2 Timothy 2:24

“And the servant of the Lord must not strive; but be gentle unto all men, apt to teach, patient.”

H – Honor: I Peter 2:12

“Having your conversation honest among the Gentiles: that, whereas they speak against you as evildoers, they may by your good works, which they shall behold, glorify God in the day of visitation.”

T - Teamwork: Ecclesiastes 4: 9-10, 12

“Two are better than one; because they have a good reward for their labour. For if they fall, the one will lift up his fellow: but woe to him that is alone when he falleth; for he hath not another to help him up. And if one prevail against him, two shall withstand him; and a threefold cord is not quickly broken.

A Knight must exemplify these core values. A person without **Knowledge** is weak-minded and unable to face the dangers that may await (James 1:8). Everything begins with a relationship with Jesus Christ and the scriptures clearly tells us that the beginning of knowledge is the fear of the Lord, without the fear of the Lord there is no Knowledge. A Knight must have **Nerve** to withstand the enemy which circles like a roaring lion seeking whom he may devour (I Peter 5:8). Nerve is having no fear, not in an arrogant sense, rather being fearless because one knows they possess the Holy Spirit within their heart and the Holy Spirit is also God and God has overcome the world. A Knight must have **Integrity** in the respect that regardless of who is around they will always choose to do right, rather than being overcome by the temptation to compromise. In this way they will show themselves a model for good works and will maintain the integrity of their teaching. A Knight must be **Gracious** because every battle is not won by force; rather, one may overcome their opponent by serving and showing the love of Christ, when selfishly, they desire to show the wrath of a man. A Knight must have **Honor**, and exhibit such honor in their everyday conduct. This will allow for a consistent testimony that points to and glorifies God, in order that nobody is able to speak out against that person because their reputation of honor will precede them. A Knight must have strong **Teamwork** because not every battle can be won by a single person; rather, God calls us to depend on others so that we may have someone to keep us accountable and encourage us through the trials of this world (I Thessalonians 5:11). It is only through implementing each of these core values that a Knight can truly be called such, and it is through these core values that the highest caliber student-athlete will be forged.

ELIGIBILITY

Academics

- ✓ Every athlete, grades 6-12, must meet the academic requirements as stated below: At the time of eligibility a student may not have a single "F" or more than two "D's". (The 3rd D will cause a student to become ineligible)
- ✓ Eligibility will be checked every three weeks. Eligibility will be determined using cumulative grades for all marking periods.
- ✓ When an athlete becomes ineligible, he/she will not be allowed to play in games until one week after they become ineligible. At the end of that week, student grades will be evaluated.

- ✓ If the athlete remains ineligible after that one week he/she will sit out until the next grade check (for a total of 3 weeks).
- ✓ If after the three weeks the student still has not pulled up his/her grade, they forfeit their position on the team.
- ✓ Students may not participate in any games while ineligible; however, **practicing with the team is required.**
- ✓ Ineligible students are still part of the team. **They are required to sit on the bench with the team during games.** (They will remain in dress clothes). However, they will not be allowed to miss class or travel with the team to away games.
- ✓ Students will be ineligible to attend any summer athletic camps that are held during Summer School **if they are required to attend Summer School.**

When Leaving School Early for Competition

- If a student leaves school early for an extracurricular event, ALL assignments due that day must be turned in that day. This means that the student will need to go out of his way to turn in his assignment to his teacher.
- All students must come in school dress when they are coming to a game or preparing to leave from the school for a game. (Ex. half days).

Discipline

Any student who receives 35 demerits will become ineligible for the rest of the season.

Attitude

Misconduct by an athlete will be reviewed by the Athletic Director and school administrator and may result in a loss of playing time or eligibility.

Parental Support

We are asking that parents do not use the missing of practices or games as punishment for "bad" grades or behavior. We understand that the guidelines you have established for your children might be higher than the school guidelines. However, this type of punishment has a negative impact on the team as well. Some of our teams have just enough players to fill a roster and cannot afford to have players missing. We ask that you use another means to discipline your child in these areas of concern. Failure to comply could result in more time missed or possible dismissal from the team. Thank you for your cooperation. Please contact the athletic director with any concerns regarding this matter.

School Attendance

All athletes must be in class by **9:00 A.M.** in order to participate that day. Any time students miss class (past 9:00 A.M.) due to illness, he/she will be deemed too sick to play. The only exception is a doctor or dental appointment. Individual situations may be reviewed by the Athletic Director.

Arriving home late from a game will not be an excuse for being tardy the next day.

Being involved in extracurricular activities requires more discipline than the average student. In a sense, they are held to a higher standard because they have the same requirements as other students, but with less time. Therefore:

- If school is missed, extracurricular activities that day are to be missed as well. The student must be in class by second period to participate that day.
- Student athletes must attend school the day after an event, or he jeopardizes playing in the next game. The student must be in class by second period the following day.

Practice

A practice schedule will be made available by the Athletic Director. The AD will ensure it also gets placed on the school website.

Injuries

- All injuries need to be reported to the coach so proper treatment may be given. Inform your coach of any condition that requires special attention.
- Parents will be notified in the case of any serious injury.

FACILITIES

God has blessed us with our athletic facilities. Realizing our responsibilities to God and the authority over us, the following standards need to be enforced:

1. Facilities should be left cleaner than you found them. If you make a mess, please clean it up. Clothing, shoes, etc., left in locker rooms will be put in the athletic lost and found in the gym. (The same care should be taken when at other school's facilities.)
2. Damage or misuse of property will not be tolerated. Any damage to facilities or equipment must be reported immediately to your coach and/or athletic director, and some financial responsibility may follow.
3. Athletes are not to play in the gym without proper adult supervision because of insurance requirements.
4. No horseplay of any kind - improper use of equipment can lead to serious injury.

5. No student is to enter the equipment rooms unless given permission from the Athletic Director or coach.
6. No street shoes (shoes worn outside) will be allowed on the gymnasium floor.

TRIP GUIDELINES/TRAVEL

Conduct

- Athletes are expected to be testimonies for Jesus Christ in words and actions.
- Athletes are expected to present themselves as ladies and gentlemen at all times--on and off the field or floor.
- The responsibility given to represent GCA is an honor and should not be taken lightly. Be polite and courteous at all times.
- The Athletic Director will deal with any problems of conduct.

Dress

- During basketball season boys and girls are to change back to dress clothes or school travel wear after the game.
- Cheerleaders will remain in uniform while traveling to the games but will be allowed to wear travel wear on the way home.
- Students should take pride in looking like Christian athletes as they represent Jesus Christ and GCA.
- If students are traveling in uniform, they must wear windsuit pants over their shorts. If students are not traveling in the uniform top, they must wear a GCA shirt as dictated by the coach. Team shirts are often ordered.

Vehicles

- Treat all vehicles as if they were yours.
- Be courteous and respectful to the driver.
- The school will arrange transportation to away games. All athletes must travel with the team. Transportation from away games will also be with the team, unless the athlete's parent is present at the away game and/or the coach **receives notification from the parent prior to departure from GCA.**

DRESS CODE FOR ATHLETES AND CHEERLEADERS

The Athletic Department will follow the academy's standards of dress. Arrival at an event improperly dressed will mean the player will not participate in that particular event.

Practices

- All athletes must wear the “practice attire” to practice or warm-ups.

- Girl's shorts must be knee length. Girls ought not to pull/roll up their shorts to make them shorter.

PENALTIES

Any athlete who, during a game, receives the following penalties will be dealt with as follows:

Soccer/Volleyball

- Red card: student forfeits eligibility for the next game
- Yellow card (attitude): (unsportsmanlike conduct) if a player receives a yellow card in first half, he/she sits out rest of game. If it happens in second half, he/she sits out rest of game and first half of next game.

Basketball

Technical: (attitude) If it happens in first half, he/she sits out rest of game. If it happens in second half, he/she sits out rest of game and first half of next game.

General

Any athlete ejected from a contest will forfeit his eligibility in the next game and the Athletic Director, along with administration, may take further action.

Athletes who receive more than one technical or yellow card for attitude or unsportsmanship like conduct during the season will be considered for further disciplinary action. We will not permit a student to hurt the name of the school whose uniform he is wearing regardless of what the other team does. We will exemplify Christ.

UNIFORMS

- Uniforms are **only** to be worn for games.
- Jerseys may be worn on game days if the Athletic Director permits it.
- An assigned date will be given to each team for turning in their uniforms. Any uniform not returned will result in a late fee of \$5 per day.

ATHLETIC FEE

Fee structure:

1st sport- \$125

2nd sport-\$75

3rd sport- \$25

- The fee will be assessed at the beginning of each season, fall, winter, and spring. The fee will be collected through the School Office. This fee helps to offset the cost of transportation and referees.

- All fees must be paid and necessary forms returned before a uniform will be issued to an athlete.

PARENTAL PERMISSION

Parents must give consent for their student to be involved in our program. Parents need to have read this manual and know the standards that their child will be expected to follow, and sign the Parent/Athlete Agreement. There are a total of four athletic forms that need to be filled out and turned into the athletic director at the start of the season.

GAME ENTRY

\$3.00 Student
\$5.00 Adult
\$15.00 Family

KNIGHT'S SEASON PASS

To avoid an entrance fee, we would like to encourage you to consider purchasing a Knight's Season Pass that is only eligible for one year.

1Pass= \$40

2 Passes= \$70

3 Passes=\$100

4 Passes=\$125

Each one after 4 is an additional \$5.