

WILLIAMSBURG CHRISTIAN ACADEMY

STUDENT ATHLETIC HANDBOOK

(Revised August 2009)

Athletic competition at Williamsburg Christian Academy flows out of and is integral to our mission of developing students mentally, emotionally, and spiritually. We believe that participation in interscholastic athletics should foster and cultivate traits of Christian character including diligence, responsibility, courage, loyalty, cooperation, self-discipline, good sportsmanship, and team play, all striving towards excellence.

Philosophy of Williamsburg Christian Academy Athletic Program

The focus of the athletic program shall demonstrate that students first and foremost, attend WCA to receive an education and to grow in their relationship with Christ. While athletics is a major part of American culture, participation in athletics is only a secondary aspect of the entire experience. Competitive sports can be a valuable tool, which may be used to enrich the lives of students. However, membership on an athletic team is a privilege, not a right.

We want our student-athletes to possess Christ-like characteristics and to be able to express them openly through the medium of athletics. Our goal is to build eternal values in our students, while at the same time be a testimony of our relationship with Jesus Christ to all of those that we come in contact with during athletic events. Winning is important, but it is secondary to the Godly principles that we are striving to instill into the student-athlete.

Objectives of Athletic Program

1. To glorify God through the vehicle of athletics.
2. To develop and maintain a positive testimony for Jesus Christ, Williamsburg Christian Academy, the individual athletes, coaches and spectators, to those we come in contact with.
3. To give students an early understanding that participation in athletics is leadership training which is a privilege that also carries responsibilities. Some of the leadership training would include but not be limited to the following:
 - a. To strive for excellence with enthusiasm and desire as unto the Lord.
 - b. To provide an opportunity for goal setting and the achievement of highest potential in both academics and athletics.

- c. To provide an opportunity for students to place the group above self – to learn and to practice self-discipline for the overall benefit of the team.
 - d. To provide opportunities to learn the benefits of following the rules.
 - e. To learn crucial Christ-like character traits such as teamwork, sportsmanship, loyalty, obedience, submission to authority, love, desire, hard work, etc.
4. To teach new skills and offer opportunities to improve those already possessed.
 5. To provide an opportunity for physical, mental, emotional, and spiritual growth and development, while having fun.
 6. To provide opportunities to develop lasting friendships with teammates, coaches, and opponents.

MULTIPLE ACTIVITIES

Parents of students and students who desire to participate in multiple activities (e.g. sports, fine arts, missions, etc.) during a single season/semester/year, are asked to consider the following:

- Mature, thoughtful and intelligent choices should be made based on a student's gifts, time constraints, support from the group, and lifetime interests when multiple activities are being considered.
- Certain activities simply do not complement each other in such a way as to be practical for simultaneous participation.
- The following **GUIDELINES AND CONDITIONS** are to be considered when making activity choices:
 - The student must declare his major/minor activities at the beginning of the year.
 - The parent of the student must give approval for participation in multiple activities.
 - The student must notify each coach/sponsor (both major and minor) of their intention to participate in multiple activities at the beginning of the season/semester/year. The student should provide each coach/sponsor with information concerning requirements, scheduling and conflicts, so that the conflicts can be handled between the coaches/sponsors.
 - Only one major activity will be allowed per season/semester/year.
 - The coach/sponsor has the right to disallow participation in his sport/activity should he/she feel the student's commitments are too great and that the student would be unable to fulfill them.
- **DEFINITIONS AND CONDITIONS:**
 - Major activity: The activity on which the student places the greatest priority. The student will be required to be available for all major events and practices as determined by the coach/sponsor of that activity, unless previous arrangements have been made and agreed upon by the coach/sponsor.
 - Minor activity: The activity/activities in which the student will participate, as agreed upon by the major coach/sponsor and parent, when it does not conflict with the major activity.

Facts of Williamsburg Christian Academy Athletic Program

Mascot: Eagle

Colors: Royal Blue and White with Gold Accents

Affiliations:

- 1) Middle School student athletes participate in the Metro Athletic Conference and/or Peninsula Independent Athletic League (PIAL)
- 2) High School student athletes participate in the Metro Athletic Conference

Sports Offered:

The Interscholastic sports currently being offered by WCA are:

Fall

JV & Varsity Boys Soccer and Middle School Coed Soccer

JV & Varsity and Middle School Girls Volleyball

Varsity and Middle School Girls Field Hockey

Winter

JV & Varsity and Middle School Boys Basketball

JV & Varsity and Middle School Girls Basketball

Varsity Cheerleading

Spring

JV & Varsity Girls Soccer

JV & Varsity and Middle School Boys Baseball

Varsity and Middle School Girls Softball

Golf (co-ed)

Tennis (co-ed)

If the number of students interested in participating on a team falls below what is needed, then games will be cancelled for a sport for one year or until interest of athletes warrants having a team.

Philosophy for Middle School Teams

The middle school level is designed to familiarize the student-athlete with interscholastic athletics at the high school level. The main emphasis is skills/fundamental development and gaining experience in that particular sport. Middle school athletes should begin to understand what it takes to earn a spot on a roster of a Junior Varsity and/or Varsity team. While winning is a goal, it is not as important as the development of skills for the promotion to the higher-level squads. The athlete will learn teamwork, discipline, and sportsmanship.

Philosophy for Junior Varsity Level

The Junior Varsity level is the last “preparatory” level for the Varsity team in a respective sport. The goal is to continue to sharpen skills and fundamentals, while increasing the emphasis on playing time, as well as winning. Athletic skill, commitment, team chemistry, attitude, and effort are some of the determining factors of playing time for an athlete.

The number of games, practices, and therefore overall time commitment will increase over that of the Middle School level. Because of that, it is expected that athletes are learning more responsibility and discipline to cope with this and other academic pressures.

Varsity Level Philosophy

The Varsity level is the highest level of competition at WCA. It represents the best skilled athletes of the school in that particular sport. The criterion for selection to a varsity level team is based primarily (but not entirely) on skill. This means that there may be times when a younger athlete will be selected over an older athlete(s). Playing time will be determined by the head coach and/or coaching staff, and will be based on several factors, some of which are skill, team chemistry, player effort and attitude, and how the coaches feel each player will impact the game.

While the goal of winning is at its highest peak at the varsity level, the ultimate goals of the athletic program will come first over winning ball games. It is expected that athletes be an example regarding general conduct, court/field attitude and behavior, hustle, discipline in athletics and academics, and spiritual maturity.

Playing at the varsity level does not guarantee a roster spot on that team for any future years. Each year there will be new try-outs and new teams.

Williamsburg Christian Academy

Athletic Department Policies

Assumption of Risk

Although **Williamsburg Christian Academy** desires to provide a safe and enjoyable time for all students, accidents can still happen. Parents must understand that there are risks/dangers involved with participation in any athletic contest or practice and its associated activities. In consideration of their children being allowed to participate in the events, they must assume responsibility for reasonable risks associated with the travel and activities. Parents must agree to hold harmless WCA, its affiliated organizations, employees, agents, and representatives, including volunteer and other drivers, from any and all claims arising from their children's participation. Parental assumption of risk does not apply to claims of intentional (criminal) misconduct or gross negligence by the Academy, its employees or volunteers.

Participation Eligibility

Participation in extracurricular activities is a privilege that is extended to all students who have good attendance and are in good academic standing and therefore must meet Academic grade standards as defined in the WCA Student Handbook and the Metro Athletic Conference By-laws to be able to participate and compete on that team.

1. ENROLLMENT

a. A student-athlete shall be currently enrolled at the Academy as a full-time student at WCA (defined as taking 5 core courses by Metro Athletic Conference By-laws).

2. DOCUMENTATION

a. Athletes shall have a sports physical examination completed using the Virginia High School League (VHSL) physical examination form which must be completely fill out and turned into the athletic office. ALL PHYSICAL EXAMINATION FORMS ON FILE WILL BE GOOD FOR A PERIOD OF 12 MONTHS FROM THE DATE ON THE FORM.

3. CONDUCT

Athletes shall abide by rules and regulations of the coaching staff in the sport of participation.

- a. If any student should be withdrawn from an athletic team for disciplinary reasons, the student-athlete will not be considered in good standing and will therefore forfeit all athletic awards. Exceptions require the approval of the athletic director and principal.
- b. If an athlete is suspended from participation on a team for conduct violations, he/she is expected to still fulfill their commitment to that team by attending practices and games (this may be waived on a case-by-case basis, determined by the coach, athletic director and principal).
- c. If a student-athlete is suspended from an athletic team for conduct violations, and the season ends before the suspension is finished, the student-athlete may have to finish their suspension in their next season (and/or sport).
- d. Two or more one-day suspensions either In School (ISS) and/or Out of School (OSS) or one multi-day suspension of an athlete for any reason will result in dismissal from the team. To further clarify: the first recorded suspension will result in dismissal from the team unless an exception is approved by the athletic director and head of school.
- e. **The Athletic Department will adhere to and uphold WCA's Student Handbook policy with regard to the use or suspicion of use of Drugs and/or Alcohol, but suffice it to say that illegal drugs and or alcohol use by a player will not be tolerated and will be met with serious consequences up to removal from the team that the players is currently participating on.**

Athletic Awards

Athletic awards are typically left up to the coach of the sport. The following guidelines are used for varsity letter eligibility.

1. **VARSITY LETTER** – to receive a varsity letter, an athlete must complete the season in good standing, both academically and athletically. The guidelines for receiving a varsity letter are as follows:
 - a. Baseball – A position player shall play in 50% of the total games. A pitcher shall play in 15% of the total games. If he is a designated hitter, he shall be credited for 7 innings for each game.
 - b. Basketball – An athlete shall have participated in 33% of the total games.
 - c. Cross Country – An athlete shall run in 75% of the meets, and shall place in 75% of the meets in which he/she participates.
 - d. Golf – An athlete shall participate in 50% of all matches.
 - e. Soccer – An athlete shall participate in 50% of the games played.
 - f. Softball – A position player shall play in 33% of the total games. A pitcher shall play in 25% of the total games.
 - g. Tennis – An athlete shall participate in 25% of all the matches.
 - h. Volleyball – An athlete shall participate in 50% of the games.
 - i. Field Hockey - An athlete shall participate in 50% of the games

NOTE: Injuries suffered during participation in a school sport shall not necessarily exclude him/her from receiving an award. The coach and the athletic director shall decide on cases involving injury or other circumstances as to whether a letter is awarded.

2. **Middle School and Junior Varsity Participation** – An athlete completing participation on a middle school or junior varsity team shall receive a certificate of participation.
3. **Varsity Participation**
 - a. First award – An athlete meeting the criteria for a varsity participation award for the first time shall receive a varsity letter and a pin representing the sport participated in that season. The varsity letter will be placed on the left chest of his/her letter jacket if the athlete chooses to purchase a jacket.

- b. Subsequent awards – An athlete continuing to meet the criteria for a varsity participation award after the first time shall receive a pin representing each new sport played and a varsity chevron for each subsequent season played of the same sport. The pin(s) and chevron(s) should be placed on the left sleeve of a letter jacket.

NOTE: Williamsburg Christian Academy does not recognize letters/awards earned at a previously attended high school for purposes of earning awards at WCA. These letters/awards shall not be placed on a WCA letter jacket.

Transportation

It is the policy of Williamsburg Christian Academy that student-athletes will be transported to and from athletic contests on the Athletic Department's buses. It may be necessary that parents volunteer to drive players when other teams are using the buses or a team may have more participants than can be accommodated by a bus. An approved volunteer driver form must be on file in the office along with a copy of the driver's DMV driving record and current driver's license.

Rules of conduct while traveling to athletic contests:

1. Conduct oneself in a manner above reproach.
2. Coach(es) will stipulate dress code for a particular game day, but should follow guidelines set by administration regarding this issue. (See the Student Handbook for details).
3. Property belonging to others vehicles, facilities, equipment, etc., will be treated as well, if not better than personal property.
4. All team members (unless an individual exception is made) are expected to travel to and from contests with the team. Written permission not to ride with the team must be received from a parent in order for an exception to be granted and final approval must be granted by the coach.

Excerpts from WCA Handbook below will be upheld by Athletic Department:

TRANSPORTATION OF STUDENTS: Parents of Williamsburg Christian Academy students arrange for transportation for their child(ren) to and from school. The school may furnish limited transportation to some events (not on campus) with the use of the athletic bus. The athletic vehicle is primarily used for athletic contest transportation, but may be used during the day for other school related functions as long as there is no conflict with an athletic event. The following guidelines should be adhered to while driving on school property:

- High School students are not allowed to drive other students to athletic contests, events or field trips as a representative of the school.

- Athletes are not permitted to drive to away games. Transportation will be provided to and from all away games, unless arrangements are made in advance with the coach/athletic director.

PARENT/COACH/OTHER DRIVER GUIDELINES: Drivers of the WCA school bus or those transporting students for a field trip in a vehicle must have proper licenses and be 25 years of age or older. In order to drive for any school sponsored functions such as field trips, athletic events, etc., every driver must be pre-approved by submitting annually the following paperwork to the Head of School for approval:

- Volunteer Driver Application Form
- A recent copy of your driving record from DMV
- A copy of your driver's license and insurance information

(NOTE: Refer to the Volunteer Handbook, which is available in the office, for additional information on guidelines for volunteering.)

WCA BUS GUIDELINES: In addition to the requirements listed above, anyone driving the WCA bus must reserve it through the athletic director and submit to a brief instructional session on the general operation of the bus, including how to access keys, how to operate the air conditioner, and how to unlock the gas cap. Contact the athletic director for this instruction.

Commitments of the Athlete in Williamsburg Christian Academy Athletic Program

“The athlete will . . .”

1. Experience and exhibit the love of Christ in his/her attitude and actions toward his/her relationship with fellow athletes, coaches, officials, and spectators.
2. Represent himself/herself, his/her family, Williamsburg Christian Academy, and Jesus Christ faithfully and in a positive manner.
3. Strive to be a positive factor in the classroom – behaviorally and academically (i.e. be on time, be courteous and respectful of teachers and classmates, strive for excellence, etc.).
4. Experience and exhibit sportsmanship through fellowship, competition, teamwork and fair play.
5. Strive to develop himself/herself to maximum potential (academically, spiritually, socially, physically).
6. Exercise his/her leadership qualities (see the objectives of the athletic program).
7. Understand the importance of lessons that will be learned from both victory and defeat.
8. Maintain the conduct and attendance guidelines, as well as the academic standards of Williamsburg Christian Academy.

Williamsburg Christian Academy Rules for All Players

All WCA players/teams shall follow the rules below. Coaches may add other rules to them.

1. All players are required to attend all practices and games unless given prior permission to miss by the coach (at least 24 hours in advance unless an emergency).
2. A player that is not in school for the entire school day of the sporting event, may **not** participate in the practice or game that day.
3. Missing a practice or game without permission may result in removal from the team.
4. Players will make up excused missed practices or games in a way determined by each coach.
5. Players are to be on time for team practices, games and meetings. Coaches should penalize unexcused tardiness.
6. Players are to attend all end-of-the-year team activities, including any Sports Award Night that will be held at the end of the season.
7. Players must maintain academic eligibility as outlined in the student handbook. If declared ineligible, players must follow school guidelines for practice and game attendance.
8. Players are to follow team dress standards as established by the Athletic Director.
9. Return all of the WCA uniforms and equipment on time, clean, and in good condition. WCA’s Athletic Dept. reserves the right to bill a player’s family for any damaged or unreturned uniform/warm-up, etc.

Commitment of Parents in Williamsburg Christian Academy's Program

“The parent will . . . “

1. Pray for the athletic department of Williamsburg Christian Academy.
2. Support his/her child's team and the rest of the athletic program in whatever way possible.
 - a. Attending as many games as possible
 - b. Volunteering to help at contests
 - c. Be willing to meet any other needs that come to your attention
3. Work within the established communication guidelines with coaches and/or athletic department (see section on Parent/Coach Communication guidelines).
4. Aid in helping his/her child attends practices and games, arriving and getting picked up from practices and games on time. (Students who are picked up habitually late from practices and/or games will be removed from the team).
5. Encourage his/her child to be involved in individual and/or off-season workouts/conditioning.

Parent/Coach Communication Guidelines

The athletic department, as part of Williamsburg Christian Academy, recognizes its partnership with parents in helping to shape and mold student-athletes to be more like Christ. Both parenting and coaching are extremely rewarding, but sometimes-difficult vocations. By establishing an understanding of each other's positions, it is often easier to accept the actions of the other and provide greater benefit to student-athletes. This understanding can only be reached through open lines of communication. The following are guidelines for reaching and maintaining understanding between parents and the athletic department:

1. COMMUNICATION THAT SHOULD BE EXPECTED FROM COACHES
 - a. Philosophy of the coach
 - b. Expectations of the coach for student (i.e. the student's role on the team)
 - c. Times and locations of all practices and contests
 - d. Team requirements (i.e. fees/costs, special equipment, off-season conditioning, level of skill, etc.)
 - e. Procedures in case of student injury during participation

2. COMMUNICATION THAT SHOULD BE EXPECTED FROM PARENTS

a. **Appropriate Parental Concerns**

Any concerns that a parent has about the team; his/her child, etc., should be expressed directly to the coach. These concerns should not be something that leads to talking about a coach “behind his/her back” to students (even your own), other coaches and/or faculty members, or other parents. Appropriate concerns to discuss **privately** with coaches:

1. The treatment of your student-athlete (mentally and physically)
2. Concerns about your student’s behavior and/or attitude
3. Your student’s academic standing

b. **Inappropriate concerns to discuss with coaches:**

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

NOTE: At times, it may be difficult to understand and accept that your child is not getting as much playing time as you would like. If there is something that you do not understand concerning a playing time situation, you may inquire about what the coach thinks may help your child to get more playing time. But playing time is up to the coach’s discretion, and should not be an issue to be regularly discussed.

c. **Schedule Conflicts**

Notification of any schedule conflicts well in advance should be given to the athlete to be presented to the coach. At times, there may be excused reasons for a student-athlete to miss a game or practice. These must always be communicated to the coach in advance as much as possible.

3. **PROCEDURES FOR RESOLVING CONFLICT/CONCERNS**

As students become involved in the WCA athletic program, they will experience some of the most memorable and rewarding moments of their lives. It is also important to understand that there may be times when things do not go the way the student or the parent wishes or envisions. When concerns or potential problems arise, work with the athletic department to employ the Biblical model of resolving conflict (Matthew 18:15-17). Resolution should be handled as follows:

- a) The student-athlete meets with the coach. The first step in avoiding potential conflicts is for a student-athlete to meet with the coach to discuss any concern(s) and resolve the

issue(s). Many times concerns, which lead to conflict, are the result of miscommunication or misperceptions. These can often be handled through open discussion.

b) Parent(s) meet with the coach – If the student-athlete/coach meeting has not resolved the issue, or the matter needs adult/parent attention, the parent(s) should contact the coach (either through e-mail or through the office) to set up a time for the two parties to meet. In order to allow all involved to be the most open-minded and assure that adequate time is given to resolve the conflict, it is asked that this procedure for scheduling meetings be followed with coaches. Parents should call the office or e-mail or directly call the coach to request an appointment.

NOTE: Do not attempt to confront a coach before, during or after a practice or game to discuss any issues. These can be emotional times for both parents and coaches, and many times will not lead to proper resolution.

c. Parents meet with the athletic director and/or principal – If the previous meeting(s) do not adequately resolve the issue, parents may request a meeting to mediate the conflict.

Sportsmanship

At a time when society is experiencing increased incidents of physical confrontation and unmanaged anger, often associated with youth sports, Williamsburg Christian Academy wishes to state a philosophical stance of keeping our athletes, coaches, and fans safe. To do this, we must insist on proper behavior, and promote our positive reputation and Christian testimony in regards to sportsmanship.

In as much as our coaches have certain standards of expected behavior, our student-athletes are governed by the guidelines laid out in this handbook as well as the Academy's student handbook. All WCA students are subject to school rules at athletic events, and it becomes incumbent upon us to set standards for the behavior of our adult spectators as well. We recognize that the majority of our parents and fans set a behavioral example of the highest standard. However, the few who do not force us to address these issues.

Williamsburg Christian Academy supports the emphasis on good sportsmanship. We embrace this fully by definition and in spirit of intent. Proper human courtesies, kindness and decorum must apply to all relationships and situations – athletics are not an exception. High school sports exist to build character, allow students to express themselves through physical exertion and as entertainment. Poor behavior on the part of adults will only hinder the goals and objectives of WCA and its athletic department.

Williamsburg Christian Academy will not condone or permit inappropriate parental behavior directed toward WCA staff or players, the opposing school and all its representatives, or the game officials. Such behavior by parents can cause the school to

suffer severe sanctions from the ACSI or the athletic leagues, cause the school embarrassment, and damage the testimony of Jesus Christ. Actions such as swearing, making derogatory comments about officials, coaches, players and/or spectators from either team, and any other verbal abuse is unacceptable.

A student is **ineligible** to participate in interscholastic athletics if the following academic and attendance standards are not met:

1. ACADEMIC STANDARDS

Participation in extracurricular activities is a privilege that is extended to all students who have good attendance and are in good academic standing and therefore must meet Academic grade standards as defined in the WCA Student Handbook and the Metro Athletic Conference By-laws to be able to participate and compete on that team.

2. ATTENDANCE STANDARDS

Students with high, unexcused absenteeism (more than 5 days per quarter) may be required to withdraw from the activity until attendance improves.

- a. An athlete who does not attend school the day of an athletic contest will not be permitted to play in that game unless athletic director determines there are mitigating circumstances.
- b. Please refer to student handbook for clarification on attendance.

Miscellaneous

1. EQUIPMENT

a. All student-athletes will care for WCA equipment as if the equipment was their own. There should be no throwing of helmets or other equipment out of frustration. Any lost or damaged equipment or uniforms will be charged to the student for the cost of replacement and/or repair. Failure to comply may result in the student's report card being withheld.

2. QUITTING A TEAM

a. If a student-athlete participates in 10 practices (pre-season) for a sport, he/she cannot join another sport team until the season he/she quit is completed. Mutual consent by both coaches involved can waive this rule.

Student Athletic Handbook Acknowledgement Form

(Handbook can be found on WCA’s website under “Athletics – Forms”)

The student and parent(s)/guardians who have signed below, acknowledge that they have read the WCA Student Athletic Handbook in its entirety, and have agreed to abide by the guidelines set up for participation in all athletic sports competitions.

Academic School Year: **2008-09**

Student Name Printed: _____

Signature of Student: _____

Parent(s) Name Printed: _____

Signature of Parent(s): _____
