



Parent/Student Athletic and Extracurricular Activities Handbook

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*"...let us run with endurance the race that is set before us,
fixing our eyes on Jesus, the author and finisher of our faith..."*

Hebrews 12:1-2



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PHILOSOPHY

The extracurricular activity program at Cary Christian School serves to augment and support the school's educational goals. These activities can play a vital role in a student's education by teaching them the value of self-discipline, commitment, teamwork, self-control, setting and achieving goals, perseverance, fellowship, loyalty, and cooperation. Consistent with the Cary Christian School Vision Statement, it is the objective of the program to teach these lessons as a part of the entire integrated curriculum for those students that choose to participate.

Extracurricular Activities

Cary Christian School seeks to provide an extra curricular activities program in order to supplement the academic program of Cary Christian School's middle and high school. Cary Christian School recognizes that God has gifted students in a variety of ways, including abilities in athletics, drama, music, academic study, as well as in other areas. We seek to provide an opportunity for these students to develop and use their God-given ability.

We believe that an extracurricular activities program enhances the atmosphere of the Cary Christian School student body, providing students and parents with an opportunity to express positive school spirit.

We also recognize that extracurricular activities provide an opportunity to make the programs established at Cary Christian School known to the broader Triangle community.

We believe that participation in extracurricular activities, especially athletics, provides a good opportunity to encourage Christian students in their relationship with and witness for Jesus Christ. We expect, and will insist upon, Christ-like character and behavior in **all** athletes, fans, and coaches. We expect all fans and athletes alike to limit words and actions at sporting events to those that are uplifting, encouraging, and always positive. (Ephesians 4:29-32) We expect this to be our behavior toward our children, our opponents, our opposing fans, and game officials, whether "home" or "away", "ahead" or "behind". We expect every CCS person in attendance to do what Jesus would, regardless of what the scoreboard says or how our opponents may conduct themselves.

Guiding Principles

The athletic program is guided by the following scriptural principles:

- "And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus giving thanks to God the Father through Him." Colossians 3:17
- "For physical training is of some value, but godliness has value in all things holding promise for both the present life and the life to come." I Timothy 4:8
- "Whatever your hand finds to do, do it with all your might." Ecclesiastes 9:10a
- "Each one should use whatever gift he has received to serve others...so that in all things God may be praised through Jesus Christ." I Peter 4:10-11

Relationship to Academics

Extracurricular activities will not take priority over the academic program at Cary Christian School.

Missed Academic Time for Athletics

The CCS school policy for pre-arranged absence applies to extracurricular activities. Participants and students attending athletic events as spectators are to discuss early dismissals and absences in advance with teachers and are to complete those assignments on time, as described in the CCS Student Handbook under “Planned Absences”.

Athletic and Extracurricular Activities Objectives and Guidelines for Participation

The following are the objectives and guidelines for extracurricular activities in the secondary school: Cary Christian School participates in three levels in the sixth through twelfth grades: (1) Middle School, (2) Junior Varsity, and (3) Varsity. Each of these levels has specific objectives and purposes to maintain clear performance of the school’s primary goals and objectives. Students in the elementary school, grades Kindergarten through fifth grade, are not eligible to participate in athletics or extracurricular activities.

Middle School

The objectives of the middle school program are improvement through participation and the development of basic skills. Coaches will also teach basic rules and principles of the game. Middle school will allow each student the opportunity to participate and grow in sportsmanship and Christian character. Gold team athletes will be expected to participate some in most games, but not all, throughout the season. Each Blue team participant will be allowed to reasonably participate in every game/match contingent on his or her attitude and participation in practice. *Coaches will talk with players and parents to explain reasons for non-participation in a game (each athlete will not be assured participation in post season tournament play).*

In an effort to give as many middle school children as possible a chance to participate, CCS will have two conference teams available in some Capital Area Middle School Conference (CAMSC) sports. (Multiple team availability is subject to availability of facilities and volunteer coaches.) The objectives for are the same for both conference teams: to develop sportsmanship, Christian character, and skills through participation by all team members. This does not imply equal playing time for all. Playing time will vary according to the level of competition and readiness for competition and playing at all (in every game) remains contingent on attitude and participation in practice. Gold team members are selected with regard only to talent and/or potential. And may or may not play in every game. 6th or 7th grade students are just as eligible as 8th grade students as Gold team candidates.

Junior Varsity (JV)

The objectives of junior varsity athletics are to reinforce basic skills, to start to develop advanced athletic skill and Christian character, at an increased competitive level. Junior varsity athletics are more competitive and exist to prepare younger players for varsity play. At this level, each athlete will play and have the opportunity to experience a more intense, organized level of play. Each athlete will be allowed playing time (although not necessarily in every game). The amount will be determined by the players’ skill, age, and attitude as viewed by the coach. Most of the playing time at the junior varsity level is reserved for younger players.

Varsity

The objective of the varsity level is to exhibit impeccable sportsmanship and excellence. Varsity athletics is highly competitive and advanced. At this level the athlete will be scrutinized more thoroughly in his character, ability, attitudes and skills. He will play before many witnesses, including the Lord. The most qualified athletes will be allowed on

the varsity team. Playing time will be entirely at the discretion of the coach. Coaches will communicate with players about their roles, coaches' expectations, and general playing time expectations.

Seniors

Early in the season, coaches will meet individually with seniors who will be expected to receive limited playing time. Coaches should tell these athletes how much playing time they can expect. Coaches should ask the athletes to consider whether they are willing to cheerfully accept their role on the team and if they are willing to make a positive contribution to the team.

ATHLETE PARTICIPATION POLICIES

7th and 8th Grade Students Playing High School Sports

By NCISAA rules, 7th – 12th grade students are eligible to play on varsity high school teams.

CCS philosophy is that 7th or 8th graders will be allowed to try out for high school teams only when the **athletic director** decides that it is in the best interest to the CCS athletic program and to the individual student and their family. The athletic director must be consulted (by coaches and/or parents) for permission to try-out for varsity/high school teams. Middle school athletes who play on varsity teams are not eligible for "letters" or letter jackets. They may receive a pin if they participate on a varsity team. Sixth grade students may participate in JV Football, all middle school sports, and as non-scoring/non-official team members in varsity swimming.

Try-outs

Try-outs and the team cutting process, if needed, will be conducted during the first days of practice for 1-3 days (at the coaches' discretion). Generally, prospects will be expected to attend practices and/or try-outs from the very first day. Generally, any student allowed to try-out late must have emergency reasons for doing so, and must have the athletic director approval for a late try-out. Any student must participate in at least three (3) practices before participation in any games. Dual sport prospects will be subject to the same cutting/try-out criteria as all other athletes.

Parental Attendance to Try-outs/Practices

It is in keeping with school policy for parents to be allowed to attend and observe try-outs or practices upon request. Coaches may establish reasonable criteria to insure parental attendance is not a distraction (quiet/silence, etc.).

Adult Supervision

Adult supervision is required for practices at all times. For the safety of our athletes and in consideration of legal liability, all team practices or activities must be supervised by an adult. Coaches absolutely may not schedule practices or team activities to be led by student athletes (even responsible seniors) without adult supervision. Coaches who realize at any point that they can not attend an event, must either find an adult to supervise or cancel the practice and notify the athletic department. Yes, individual athletes may work out in and out of season under their parents authority, but if a coach calls for the activity, an adult must be in attendance.

Mandatory After-School Center

If coaches are unable to begin practices immediately after school (for any reason), athletes must either go home and return later for practice, go to the After School Center, or attend a mandatory pre-practice study hall, supervised and organized by team parents. Athletes may not wander around campus unsupervised from dismissal to start of late practices.

Sunday Practice

Sunday practices are prohibited, including “optional” practices. Families may open the gym on Sundays for “free play”, but no organized practices, even optional attendance, may be held.

Non-School Day Practice

Except as approved by the athletic director, all non-school day practices are optional: attendance is encouraged, and failure to attend may hamper the athletes’ progress in skill and team play; but coaches may not actively penalize non-attendance.

Practice Length

Practices on school days may be no longer than 2 1/4 hours in length for high school and 1 3/4 hours in length for middle school for any one child except with approval of the athletic director

Athletic/Activity Fees

There will be a fee (per sport) of \$125.00 per high school JV or varsity athlete and \$100.00 per middle school athlete. This fee must be paid before participation in any game/match. Payment must be made by the following season dates: Fall Season – August 15th, Winter Season – November 15th, Spring Season – March 15th. Student athletes will be removed from the team for failure to pay by these required dates.

Injury Related Unconsciousness

Any CCS athlete who becomes unconscious (“blacks out”) for any length of time during a game or practice is ineligible to continue practice or re-enter the game for the remainder of that practice or event, and remains ineligible until cleared by a doctor for return to competition.

Participation and School Attendance

A student, who is absent from school more than one-half day, may not participate in extra-curricular activities that day, either in practice or in games unless their principal gives permission to do so.

Rules and Regulations for Extra-Curricular Activities

All applicable policies and guidelines established by Cary Christian School administration apply to students participating in extracurricular programs at Cary Christian School.

In addition, NCISAA rules and regulations will also be followed. The secondary principal, activities director, and all coaches are expected to become familiar with these rules and regulations.

Each student must have parental permission in writing in order to participate in extra-curricular activities. This permission requirement is met by completing and returning (1) the CCS release and hold harmless form and (2) the authorization to treat a minor form.

The activities director shall be responsible for ensuring that all players meet both Cary Christian School and NCISAA requirements for participation. The activities director will notify coaches of any ineligible players. Coaches and directors shall submit to the activities director a list of participants at the beginning of the season in order to facilitate this review.

Policy on Single Season Dual Activity Participation

Students will be considered for dual participation only when carefully meeting the below criteria.

To be very clear: students may not participate in dual activities in a single season until they have successfully met all of these criteria. The Dual Participation form is available online.

1. Prior to “try-outs”, students must have a face to face meeting with the athletic director and the teacher/drama director or coach of each activity and must obtain written permission with their signature on the Dual Activity Policy form. Example: students participating in drama must meet and obtain approval signatures from the drama director and athletic director.
2. The form must be filled out and signed by all parties including parents.
3. The form must be copied in triplicate and a copy given to each director and/or coach.
4. The student must designate one activity as a priority. Participation in that designated activity would take precedence in the event of a conflict preventing full participation in practices/contests/events in both on a single day.
5. Coaches, directors, and teachers may consider the impact of a dual participant in “cutting” and playing time decisions. Directors and coaches will be allowed to choose and field the best possible team and may decide a dual participant student is less able to make a positive contribution than a comparably skilled single activity student.
6. Dual activity participants will attend as many practices, competitions, and games as possible in both activities. Thus, a volleyball player with a “day off” would attend tennis practice rather than going home to rest. Participation in both practices would be expected when possible. Participants are expected to maintain regular communication with directors, coaches, and teachers of both the primary and secondary activities.
7. The most essential requirement of a dual activity participant is to compare the two activities schedules from the beginning of each activity and communicate probable conflicts to both coaches at the very beginning of the season or activity.
8. Games/match will take priority over practices. In the case of drama, dress rehearsals (the week of the performance only) and the public performance will take precedence over practices, games or matches in sports. Drama participants must miss "regular drama practices" (those not occurring the week of the performances) for priority sports practices, games, and matches. Coaches and athletes will be expected to obtain schedules for drama dress rehearsals at the beginning of the season and must plan accordingly.
9. The Dual Activity Policy form is available online or by request.

Overlapping Seasons

In cases where seasons overlap for different activities (fall to winter or winter to spring) the current (already in season) activity will take precedence over the new (just beginning season) sport.

Coaches of new activities may not require (or pressure for) try-out or practice attendance until the current season ends, not even as observers. Separate try-outs must be held when necessary, after the current season, by the new coaches, but only on completion of the current season. This may necessitate "late cuts" (final cuts held long after try-outs began), and new coaches must thoroughly over-communicate this to athletes and parents.

Parents may allow their child to attend practices of both current and new activities, even on the same day, but this is (1) optional, not required, and (2) may not involve participation, only observation. Current sport coaches may not forbid attendance (as an observer) to new sports practices where parents have approved such attendance.

It is expected that new coaches neither pressure nor require attendance to practices (or try-outs) prior to current sport season ending. Such dual attendance is entirely the prerogative of parents.

CONFERENCE MEMBERSHIP AND TEAM OFFERINGS

Conference Membership

Cary Christian High School is a member of the North Carolina Independent High-School Athletic Association (NCISAA), the Eastern Plains Independent Conference (EPIC) and the Triangle Middle School Conference (TMSC).

EPIC- Eastern Plains Independent Conference

- 1) Carolina Friends School
- 2) Cary Christian School
- 3) Grace Christian School of Raleigh
- 4) St. David's School
- 5) The O'Neal School
- 6) Trinity Academy of Raleigh
- 7) Trinity School of Durham & Chapel Hill

CAMSC- Capital Area Middle School Conference

- 1) Cary Academy 'Blue'
- 2) Cary Christian School 'Gold'
- 3) East Wake Academy
- 4) Franklin Academy
- 5) Grace Christian School of Raleigh
- 6) Magellan Charter School
- 7) North Raleigh Christian Academy
- 8) St. David's School (Basketball and Volleyball Only)
- 9) Trinity Academy of Raleigh
- 10) Wake Christian Academy

To facilitate scheduling of activities and to encourage competition, Cary Christian School will strive to maintain membership in the NCISAA so long as it is deemed beneficial to the school administration.

Athletic Teams

Fall	Winter	Spring
High School	High School	High School
Varsity Cheer Squad Cross-country: Coed Football: Men Field Hockey: Women Golf: Women (6 th - 12 th) Soccer: Men Tennis: Women Volleyball: Women Junior Varsity Volleyball: Women	Varsity Basketball: Men & Women Cheer Squad Swimming: Coed (7 th - 12 th) Wrestling: Men Junior Varsity Basketball: Men & Women	Varsity Baseball: Men Golf: Men Lacrosse: Men Soccer: Women Softball: Women Tennis: Men Track: Coed
Middle School	Middle School	Middle School
Gold Cheer Squad Cross-country: Coed Football: Men Field Hockey: Women Golf: Women (6 th - 12 th) Soccer: Men Tennis: Women Volleyball: Women Blue Soccer: Men Volleyball: Women	Cheer Squad Swimming: Coed (7 th -12 th) Gold Basketball: Men & Women Blue Basketball: Men & Women	Gold Baseball: Men Golf: Men Lacrosse: Men Soccer: Women Softball: Women Tennis: Men Track: Coed Blue Soccer: Women

Classification

Classification of schools in the NCISAA is determined by student enrollment in grades nine through twelve. Based on NCIHSAA standards, Cary Christian School is classified as a 2A school.

NCISAA School and Conference Athletic Rules and Regulations

1. High School JV eligibility is generally grades 7th-10th. High School Varsity eligibility is grades 7th – 12th. At CCS, JV sports are generally for grades 9th-10th, except for JV football, which is for grades 7th-9th.
2. Students are required to maintain a 2.5 grade point average (GPA) for overall classes for 9 weeks. An ineligible student cannot participate or go into a sport until a prior 9 weeks at 2.5 grade point average has been maintained. Fall eligibility is determined by the fourth quarter GPA for the preceding school year. Winter sport eligibility is determined by the first quarter GPA. Spring sport eligibility is determined by the second quarter GPA.
3. A student with a GPA of under 2.0 is placed on academic probation for the following quarter. Students who are on academic probation are ineligible to participate in extra-curricular activities.
4. No High School student is eligible if his 19th birthday comes before August 1 of the current school year.

5. A player cannot turn 17 before August 1 of that school year for JV eligibility. Middle school athletes may not turn 15 before October 15 to participate on a Triangle Middle School Conference team. Middle school athletes who miss the age deadline may participate on a non Triangle Middle School Conference team or a high school team.
6. New students or new team members must participate in practice three times before playing games.
7. Organized practice start dates for high school:
 - a. Fall: First weekday of the month of August (for middle school sports, the first day of school)
 - b. Winter: First weekday of November
 - c. Spring: Third Monday of February
8. Summer practice and play
No restrictions exist on practice or play during the summer (between the last student day of a school year and the first student day of the next.)

NCISAA Handbook on Sportsmanship

The NCISAA recognizes that independent school interscholastic athletic events must be conducted in such a manner that good sportsmanship prevails at all times. It is necessary that administrators and coaches be individually and collectively responsible for taking every possible step to promote good sportsmanship at every interscholastic event. These steps must include the provision of such things as safe and adequate facilities for participants, spectators, and officials; the best possible officials for the events; and adequate control of spectators, players, and pre-game and post-game activities. Every effort must be made to promote a climate of wholesome competition.

Athletic competition in the NCISAA is guided by the following ideals:

The Players:

1. play within the rules of the game.
2. win with humility and lose without excuses.
3. respect officials and accept their decisions.
4. never play with intent to injure an opponent.
5. never forget that they represent their schools, their coaches, and their families as well as themselves.
6. respect the property and facilities of their opponents.

The Coaches:

1. inspire in their players a love for the game and the desire to win.
2. teach that it is better to lose fairly than to win unfairly.
3. show restraint and respect when dealing with officials.
4. serve as positive role models for their players.
5. hold their players accountable for unsportsmanlike behavior.

The NCISAA Schools:

1. have a responsibility to treat officials, opposing teams, and their spectators as guests.
2. have a responsibility to educate their supporters to cheer the strengths and victories of their own teams and never to denigrate the performance of opponents or officials.
3. will not tolerate any spectator, either adult or student, whose behavior is disrespectful toward players, officials, coaches, or other spectators.

4. will not permit any type of spectator behavior that detracts from the proper conduct of the game.

COACHES

Coaches Authority

The coach's authority to lead their team as they deem appropriate is in keeping with the philosophies and policies of Cary Christian School. The head coach is charged with conducting tryouts, determining the team roster, defining player expectations, implementing team rules, deciding student-athletes/participants playing time, and taking disciplinary actions whenever necessary. Student-athletes/participants are expected to completely and respectfully abide by the leadership and authority of the head coach and their assistants. Disciplinary measures may include but are not limited to increased exercise, suspension from a game, or expulsion from the team. Grievances with disciplinary measures or similar issues should be taken directly to that coach first.

Wisdom is advised in choosing what issues a parent should take to the coach. Please keep in mind that most parents believe that their child should be getting a majority of the playing time and that expectation is not possible or realistic when dealing with a group of athletes. Therefore, while we want open communication between parents and coaches in all things, parent opinions about game strategy, substitutions, and playing time should remain private, and uninvited questions about such coaching discretion decisions should be considered off limits. CCS coaches will be asked to *not* engage in "defending" strategy and playing time decisions.

When approaching a coach, parents should do so in a respectful way and in a manner consistent with Galatians 6:1-3. If the matter is not resolved then the athletic director should be contacted and finally to the principal in writing.

Volunteer Assistant Coaches

When volunteers offer to assist, the head coach is required to attain approval first from the Athletic Director. With said approval, the head coach becomes responsible for proper training of the assistant, including (1) making certain the assistant reads this handbook and agrees to adhere to these policies, and (2) conducting appropriate interview procedures. No volunteer assistant coach may be utilized until they complete all required paperwork with a background check.

Parent Coaches/Assistants/Volunteers

Volunteer coaches or assistant coaches who are also parents of team members are expected to maintain a professional detachment from the parent/child relationship while "on duty". In other words, they act as a "parent" only after leaving the game, practice field, or court for the confines of their home.

DISCIPLINE

Discipline Policies

All policies for student behavior adopted by the Cary Christian School Board apply to extra-curricular events. The following policies include: academic probation and discipline. The same consequences for disobeying the discipline standard of the school will apply toward misbehavior during extra curricular activities.

When discipline is necessary, the coach may administer any of the following options (not limited to these options):

1. Suspension from part or all of practice(s).
2. Suspension from one or more events.
3. Suspension from the team, with approval of the activities director.

Parents will be notified beforehand of all major disciplinary actions. The coach is responsible to notify the activities director of any discipline.

Any participation fees charged would not be refunded in the event a player is suspended from the team.

Ejections

Any ejection from a game or match by an official will result in a minimum of a two (2) game suspension from athletic events. This applies to coaches, students, and parents. CCS parents may not approach an official to discuss any issues before, during, or after a game or match, or for any other reason. Any ejection decision by an official will be adhered to by the coaches, parents, athletes, and the school administration without further discussion. (There will be no appeal.)

School Discipline Policy

The Cary Christian School Student Handbook discipline policy for students applies in full to our coaches and athletes. All consequences of discipline problems described here may be applied to athletes, including but not limited to office visits. The kind and amount of discipline (punishment) will be determined by the coaches and, if necessary, the superintendent/principal. The discipline will be administered in the light of the individual student's problem and attitude. All discipline will be based on biblical principles, e.g. restitution, apologies (public and private), punishment restoration of fellowship, no lingering attitudes, etc. In order to maintain consistency, coaches will regularly meet with the athletic director to discuss biblical standards and school guidelines concerning discipline.

It is vital for parents and students to realize that maintaining an orderly atmosphere in the school and athletics is critical to the learning process. As in all other areas of the education at CCS, *love and forgiveness* will be an integral part of the discipline of a student. "Whoever hides his sin shall not prosper, but those who confess and repent shall receive mercy." Proverbs 28:13

Office Visits

There are five basic behaviors that will *automatically* necessitate discipline from the superintendent/principal (versus the coach). Those behaviors are the following:

- 1) **Disrespect** shown to *any* staff member, including all coaches, paid or volunteer. The staff member will be the judge of whether or not disrespect has been shown.
- 2) **Dishonesty** in any situation while at school, including lying, cheating, and stealing.
- 3) **Rebellion**, i.e. outright disobedience in response to instructions.
- 4) **Fighting**, i.e. striking in anger with the intention to harm another student.
- 5) **Obscene language**, including taking the name of the Lord in vain.

ELIGIBILITY AND ATTENDANCE

Academic Eligibility

All Cary Christian School students participating in extra curricular activities must maintain an overall grade point average (GPA) of 2.5 or above for high school and 2.0 for middle school at the end of the quarter (grading period) preceding the start of a sport season. This eligibility is maintained throughout the entire season. (An athlete who begins the season fully eligible may not “lose” eligibility during that sport season.) Students who begin a season on academic *probation* may lose eligibility during the season.

Practice Attendance Policy

Consistent practice or attendance at scheduled practices will be required for participation in Cary Christian School extra curricular activities. In general, students will be considered “excused” from practice only for sickness/injury, doctor/dental appointments, and family emergencies. Students should make a vigorous effort to notify coaches of their need to be absent for any of these circumstances, and planned appointments should be scheduled as much as possible for times not conflicting with practices. It is expected that injured players attend practices and games (including road travel), including travel with the team, (exceptions require approval of the coach and athletic director).

Any participant who does not attend practice, fails to make scheduled team or individual meeting, or fails to attend school on game day or practice days may not be allowed to suit up for any game or games for a period of time to be determined by the coach and athletic director. Repeated absence from team practices or meetings may be cause for removal from the team.

It is expected that CCS athletes/participants commit to their CCS team above and before “outside” (non-CCS) activities. For example, if a CCS practice or game conflicts with a city league game, it will not be an excused absence to miss your CCS practice or game.

Coaches may use their discretion in allowing practice to be missed for other situations when the student asks for permission in advance. These students will have to make up missed conditioning prior to participation in the following game (in these special pre-arranged absences). Otherwise, absences will be treated as unexcused and the absent student will not be allowed to play for no less than one-half of the next game/match (at least one half game benching per absence). Exceptions to the policy will require approval of the activities director and/or school superintendent.

Game/match Attendance Policy

Except for illness, injury, or genuine family emergency, unexcused absence from a game/match may result in a long-term suspension or dismissal from a team.

State Tournament Participation Required

In keeping with our game attendance policy, attendance (and participation) is required of all eligible team members to state tournament/play-off contests. This includes "individual" sports such as tennis, golf, track, cross-country, and swimming: if the team is attending and participating in the state tournament or play-offs, all eligible team members must attend and participate. Failure of an individual to participate in state tournaments/play-offs will amount to quitting the team: no awards, letters, or pins will be earned.

Counting the Cost: Finishing What You Start

We believe it is an important Biblical principle (see, for example, Luke 14:28-32) to consider in advance the commitments we make, and make only those commitments we fully intend to keep. "Let our yes be yes, and our no be no (for anything else comes from the evil one)" Matthew 5:37. With that in mind, we ask parents to guide your children in counting the cost (in advance) of participating on a CCS sports team, and make full commitments when you decide to participate: commit to finish what you start, commit to not quitting when the going gets tough. Quitting a team (injuries and long-term illness do not apply here, nor do parental decisions removing a child from participation for serious academic deficiencies) may be considered ground for CCS coaches deciding to "cut" a student athlete from future teams (even in sports other than the one they quit).

AWARDS

High School Awards Eligibility

High school students may receive cloth letters for meeting the requirements outlined below.

1. An athlete receives a letter for participation in his or her first varsity sport, along with the pin for that sport. All future varsity participation results in a pin only.
2. Athletes not eligible for letters (i.e. junior-varsity athletes and those not meeting the specified requirements) will receive a certificate of participation.
3. Students enrolling late in the season must participate in at least 50% of the season in order to be eligible for a letter.
4. To be eligible for a letter, a student may not have been suspended or subject to any serious school or team disciplinary action.
5. High school sport student managers are eligible for a letter after one full season of practice and game service (two seasons are required for "game only" service).
6. Students in grades 9-12 who participate in performance oriented clubs will be eligible to receive a letter. Currently at CCS, these clubs are drama, band, chorus, debate, and pep squad. Participation must be for a "full season", as defined by the director of the club.

Coaches may, at their discretion, recommend for lettering students who have not met the specific requirements but have shown dependability, determination and effort in all practices and games. The activities director must give final approval for any exceptions. Athletes must attend practices and matches faithfully and work hard with a good attitude in games and practices in order to achieve a letter or a pin. A coach may recommend to the activities director that a student who has not met these criteria receive only a certificate of participation. Such students will be notified well in advance of the end of the season if they have fallen short of these criteria. Parents must be notified of this problem in a timely manner.

High School Awards

These awards will be given as follows:

First year.....	Letter and pin
Second year	Pin
Third year	Pin
Fourth year	Pin

A letter and pin will be awarded to a student manager who fulfills their responsibilities for two entire seasons of game only service or one season of game and practice service All-Conference and All-State athletes will receive special pins.

Team captains will be recognized in each sport. Team captains will receive a pin.

Coaches may award up to three (3) medallions and a “Knight’s Award” Plaque for each varsity sport. Example: Leadership Award, Most Improved Player, Best Defensive Player and a Knight’s Award.

Middle School End of Season Programs

All participants will receive a certificate of participation. These certificates may list special attributes that the coach wishes to acknowledge. This is the only individual recognition given to middle school students. Coaches may not purchase trophies or awards on their own to recognize individual middle school athletes.

Coaches will be asked to present the certificates to the students at a lunchtime or elective time assembly. These may list special attributes that the coach wishes to acknowledge. The coach/director should provide a brief overview of the season.

High School End of Season Programs

Special awards programs will be scheduled at the end of each sport season. If during school hours, these programs will occur during a lunch assembly, at elective times, or after school hours.

Each participant will receive a certificate of participation. Special awards will also be presented (See the list of approved awards in the extra-curricular activities handbook). These are the only awards that may be presented. If coaches desire to present other awards they must receive approval from the activities director. “All-Conference” performances are generally recognized at this time as well.

High school teams are allowed the following awards (fewer awards may be given at the coach’s discretion):

1. The Knights Award Plaque, to the athlete who best exemplifies all a CCS athlete should be, all a Christ-like athlete should be, NOT necessarily the best player on the team at all, although it may be.
2. Three smaller medals, awarded at the coaches discretion. These may be statistically based (“best average”, most of this or that) or more subjective (coaches award, effort/hustle award, most improved, etc.), or something else if desired.

Championship Banners

Championship banners will be purchased and hung in the gym for (1) Conference Championship teams (defined as conference tournament champion in all “tournament sports”), and/or (2) State Championship teams. Banners are not purchased for regular season first place UNLESS that qualifies the team for state play-off competition.

“Senior Night”

There will be no “senior night” celebrations before or during CCS home game/match events. Any special recognition of seniors for their last game will have to occur on a non-game night or off of the court or field before or after the game (not immediately before a

game: a game start time may not be delayed for individual player recognition). No special recognition will be allowed before, between, or at half-time of actual games/matches.

UNIFORMS AND EQUIPMENT

Practice Apparel

CCS athletes/participants must purchase athletic practice uniforms from the school uniform supplier. This will consist of our current PE uniform T-shirt and shorts, or sport T-shirts purchased from the CCS Boosters organization. Track and cross country athletes will purchase compression shorts for underneath their running shorts for practices. All team practice apparel must be purchased through Educational Outfitters or the Cary Christian School Booster Club. Coaches and parents may not order team or individual practice apparel from other sources without athletic director approval. For teams that have been given permission to purchase out of these requirements, school colors or neutral colors must be worn for all practices (Navy, White, Black, Gray, or Gold). Off campus teams (Tennis, Golf, & Wrestling) may purchase traditional attire, but in school or neutral colors (Navy, White, Black, Gray, or Gold). No team may wear bright/neon colors. No "racer back" or cut off t-shirts may be worn.

Appropriate footwear is required. Students may not practice barefoot, in socks or in dress shoes.

Mouth guards: CCS strongly recommends mouth guards for all athletes involved in practices or games in collision sports: soccer and basketball. Mouth guards are required for football and lacrosse.

Female athletes may wear uniform color t-shirts underneath their athletic tank top.

Gray t-shirts and navy shorts available at Educational Outfitters or Booster Club approved practice shirts are suitable for both P.E. and athletics. All shorts should, at a minimum, come to the athlete's fingertips. All clothing should fit modestly and appropriately to the athlete's body type.

CCS game uniforms may NOT be worn for P.E., practices, or any other non game occasion.

The P.E. uniform required for practice is also required for any on campus informal athletic activities, for "open gym", or formal out of season workouts.

Female tennis players and all swim team members will be allowed to practice in their own practice or tennis outfits (skirts rather than P.E. shorts) on these conditions:

1. The outfit must have a skirt length coming to the athletes fingertips.
2. Tops must fully cover the back and shoulders (no "spaghetti straps" or "racer backs")
3. At anytime she is on the CCS campus, female tennis players must wear their CCS uniform skirt over their practice tennis skirt.
4. Practice attire must be neutral or school colors.

Game Apparel

Dispersal: Coaches may not distribute game uniforms until all fees and forms have been collected and approval has been given from the athletic department. Uniforms will be dispersed to the students at school before their first game. CCS athletic uniforms should be worn for games only; NOT FOR PRACTICES OR P.E.!

The goal of the uniform is unity. With that in mind, we expect our athletes to dress in such a way as to promote unity over individuality.

Game shoes for all sports must be in color combinations of navy, old gold, white, and black, or combinations of those colors only.

Game socks for each team must be:

1. Uniform in color, style, and length.
2. If anything other than white socks or socks that are issued with the uniform is used, the socks must be approved by the athletic director.

Return: Uniforms will normally be returned by the students on the day that team pictures are made at the conclusion of the season, or after the last game of the season.

Care: In washing uniforms at home please adhere to the instructions printed on the uniform. Please repair tears and holes and disconnected stitching as they occur.

Jewelry is not permitted in any form in game events. Females need to be careful about when you get your ears pierced: you do not want to do this during your sports season because the earrings will have to come out for games!

Jock straps and cups: CCS strongly recommends that male athletes purchase groin protection in sports for which such protection is appropriate.

Uniforms should be worn in the most modest fashion possible. A “rolled up” waistband to make shorts “short” is not permitted.

Game Day Apparel

1. Generally, we will allow any variation of the CCS daily or dress uniform on game days, as long as team members are coordinated or “uniform” and meeting CCS daily or dress uniform policy. In other words, we will still be striving for a “unified/team” look on game days, but coaches may decide how to mix and match allowed uniform items to attain that look. If a coach gives no directions for game day dress (and that is acceptable, coaches, if you prefer not to “worry” about this), students will continue to have the game daily options they have on non-game days. They may wear their choice of uniform policy attire.
 - a. For example, under this approach a boys’ coach may say “For game days, we will wear our white school uniform daily polo with khaki school uniform pants and white tennis shoes”. Or a girls’ coach may say, “For game days, we will wear our white school uniform dress blouse, school uniform khaki skirts and brown daily shoes”. Or a coach may continue to ask for a full school dress uniform on game day, and cheerful compliance would be expected.

- b. We will expect coaches to require athletes to arrive at games dressed in either their sports uniform or CCS school uniforms (they may not travel or arrive at games, home or away, in “personal attire”).
2. Note: teacher directives to “dress up” will override coaches more casual instructions (for example, an athlete maybe asked to be in school dress uniform even if it is different from the coach’s game day instruction.)
3. We have allowed the “varsity athletic polo shirt” as an option on game days. Coaches may continue to allow this as an option in substitute for school daily uniform or school dress uniform game day wear, or not, as they see fit. Other sharp, dressy, and tasteful options (purchased by the team as individuals) may be allowed if approved by the athletic director in advance. For example, special team polo shirts have in the past been approved by school administration purchased by athletes or coaches, and allowed as game day wear with school uniform skirts or slacks (team game jerseys are not generally dressy enough for this option).
4. Approved CCS team outerwear may be worn in classrooms only on game days, on school days that sport team is competing. (Outerwear that is purchased on approval for a team sport, but is not on the daily Educational Outfitters approved apparel list.)
5. “When in doubt, hear me out.” Please contact the athletic director with any and all of your questions.

Football & Lacrosse Equipment Safety

Since CCS families in football and lacrosse purchase their own safety equipment (helmet & pads), each CCS family is responsible for keeping that equipment reconditioned and certified. Consult Johnson Lambe Sporting Goods about the process of getting your safety equipment annually or semi-annually reconditioned so that it remains liability certified for safety. This includes equipment that you may purchase from another CCS family.

TRANSPORTATION

Drivers

Competent adult drivers in safe vehicles with proper restraint provisions will transport all students. For all games where school transportation is available, the athletic director will inform coaches of dates when they are responsible for recruiting qualified parent drivers.

The activities director, not coaches, will establish the time that students will be released from class for participation in games held on school days.

Cell phone policy: Cary Christian School has opted to follow a “Drive Now, Talk Later” policy. No one driving any school owned or school maintained vehicle should use a cell phone or other telecommunication device while driving, regardless of the nature of the call.

Parent volunteer drivers of CCS athletic vehicles must be pre-approved by the CCS insurance provider through the CCS athletic department. (This approval is valid for three years, after which a driver must reapply.)

All parents will be required to sign a permission form allowing their child to be transported by the school. (“Travel Release Wavier”) Male and female students may not sit together in the same bench seat while riding in school or parent owned vehicle.

Children may ride home from athletic events with parents. They must have written permission to ride home with someone other than their parent. It is permissible to write a single note granting permission to cover an entire season for riding home with another parent.

Students will not be allowed to drive themselves or other students to away games without parent written approval. Students may drive themselves in a case where the game is off campus but considered our home field, course, or court.

Eating on Trips

During the week (Monday-Thursday), teams are to travel directly home from away games. They may NOT stop to eat. Coaches may have their teams stop to eat on Fridays or Saturdays provided the stop has been pre-approved by the activities director. If the game is a long distance or an extended period of time, please contact the athletic director for permission to stop.

Coaches should encourage athletes to pack a “bag” meal for long road trips; or, parents may leave early from road games to bring burgers or pizza to deliver to the athletes to eat during the ride home, as long as the food is returned in such time that no delay

Student Conduct While Traveling for Athletics

As indicated in the CCS student handbook, traveling CCS students are expected to behave in the same manner as required on school grounds, with appropriate respect and courtesy. Further, we want athletic travel time to be a time for either student study or fellowship and conversation, not internet activity. Movies, videos, DVD’s, I-pods, MP3 or CD players, and video games are not permitted while traveling for athletics. Cell phones may not be used for music, any visual images, or games; they must be used for parental contact only. Coaches may collect cell phones at the beginning of travel to be redistributed to owners after travel is concluded.

GENERAL INFORMATION

Physicals

Though not required, an annual physical before playing sports is strongly recommended.

Insurance

CCS recommends that each family check with their insurance provider for adequate coverage in the event of injury, especially for collision sports. Most insurance companies provide supplemental coverage for athletics.

Letter Jackets

Students are eligible to order letter jackets if they are in the 9th, 10th, 11th, or 12th grade, have completed a season on a varsity team, and received their varsity letter. Letter jacket order forms may be obtained from the athletic department. Please allow at least eight weeks for delivery from the date ordered. Jackets ordered for Christmas gifts must be placed by mid-October.

Athletic Department Communication

In general, all questions pertaining to practice and game scheduling (times, locations, departures, returns, etc.) should be directed to the TEAM COACH and not to the athletic director or assistant athletic director. Daily games and last minute changes are posted on the athletic hotline after 2:00p.m. at extension 300.

All athletic schedules are available on the CCS website. All coaches and parents will need to access the website for scheduling information. Every coach and parent will need to sign up from the website to receive e-mail notification of schedule changes.

Schedules are available in calendar or individual team format. Use the pull down options to select the sport, level, gender, and year. The schedule can be printed from this page.

Directions are available from the team schedule by selecting the school name. *MapQuest* will show directions.

Missed Academic Time for Athletics/Extracurricular Activities

The CCS school policy for pre-arranged absence applies to participants. Athletes and students attending events as spectators are to discuss early dismissals and absences in ADVANCE with teachers and are to complete those assignments on time, as described in the CCS Student Handbook under “Planned Absences”. As per that policy, school work completed late due to participating in events or attending events as a spectator will be counted ten percent (10%) off for each late day.

Mangers

Players who have been “cut” are a good resource for team managers and scorekeepers, statisticians, ball boys, and so on. Coaches may offer the opportunity for students to continue to practice with the team as an added incentive for participating as a manager. Additionally, managers may attend away games with the team and enter at no charge.

Team Parents

In past years, we have enjoyed the initiative taken by parents to fulfill the role of “team mom/dad”. A team parent supports the team by encouraging players, organizing carpools, disseminating directions to events, providing refreshments, and promoting team camaraderie by overseeing post game outings. If you are able to support one of our teams in this manner, please contact either the head coach or the athletic director.

Policy on Games and Practices during Two Week Breaks and Early Release Days

1. Teams may practice on early release days. This is at the coaches’ discretion.
2. Coaches may not have mandatory practice over any 2 week break; however, they may have optional practices, if desired, during these two weeks. Attendance to “optional” practices may be strongly encouraged, but non-attendance may not be penalized.

Parents will be informed well in advance of the occasions when our high school and middle school conference teams must compete over our spring and fall breaks. For the long-term success of our athletic program, all athletes are expected to take part in team competitions occurring over fall and spring school breaks. Failure to participate in a game over the break will require a consequence of missing another “regular” season game (one regular game missed for each break game missed). This policy allows us to be consistently competitive and remain in good standing with our conference affiliates.

Please plan your vacations accordingly, as we alert you to the dates of our competitions.

Supervision at Athletic Events

Children are to be supervised at all times at athletic events. Parents are responsible for the supervision of their children.

CODE OF CONDUCT

Biblical Basis for Conduct

We believe that it is in keeping with God's word to compete with the desire to excel, including winning: "Whatever you do, do it with all of your might, as if done for the Lord...it is Jesus Christ you are serving in everything." (Colossians 3:23-24)

We also believe that competing with this desire is only a part of a greater purpose, defined in Romans 8:29, "For from the beginning God decided that those who come to Him should become like His son." Our greater purpose in our athletic program is moving our athletes toward Christ-likeness, and shining the light of Jesus to all who witness this process. We do this by demonstrating the fruit of those who have His spirit within ourselves. "When the Spirit controls our lives he will produce this kind of fruit in us: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control." (Galatians 5:22)

Here are some behaviors we will expect from all CCS families at our athletic events:

1. Be mindful of our witness to our children. Our behavior gives our children an implied permission to behave the same way. It is clear how we should behave toward one another. "Let no unwholesome word proceed from your mouth, but only such a word as is good for edification...that it may give grace to those who hear. And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. And be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you." (Ephesians 4:29-32)
2. Be mindful of our witness to unbelievers. Colossians 4:5-6 reminds us to "conduct yourselves wisely toward outsiders, making the most of your time. Let your speech always be gracious, as if seasoned by salt." Our words should witness to the world that we are His, as a star lights the darkness. "Do everything without complaining or arguing, so that no one can speak a word of blame against you. You are to live clean, innocent lives as children of God in a dark world, shining like stars in the darkness as you hold out the Word of Life." (Philippians 2:14-16)
3. Think about how we should treat one another in the light of this warning: "Things that cause people to sin are bound to come, but woe to that person through whom they come. It would be better for him to be thrown into the sea with a millstone tied around his neck than for him to cause one of these little ones to sin. So watch yourselves." (Luke 17:1-3)
4. Scripture speaks several times about the importance of not causing someone else to sin or to stumble (I Corinthians 10:28-32; Romans 14:13). But the words of Jesus in Luke 17 give pause to those of us who work with children. Those of us who are parents, teachers, or coaches are daily influencing minds, bodies, and souls. Our attitudes and the way we choose to treat people are contagious. Let us take seriously the words of Jesus, and let us take seriously our duty to "watch

ourselves”; our attitudes, words, and actions at sporting events either demonstrate the spirit of Christ or they do not.

Parents and Fans

Our fans are a vital part of the success of CCS athletics and we encourage vigorous positive participation by our fans. We do believe cheering should be cheerful, never negative or demeaning.

CCS fans are also ambassadors of Christ and of our school and should cheer our teams in an appropriate manner. Our cheering should build up and encourage All who hear (Ephesians 4:29). Our emphasis on sportsmanship and character amongst our student athletes and student body begins with the example set by our parents.

Derogatory “cheers” (“air ball”, “miss it”, etc.), comments, “booing”, taunting (or any kind of derisive singling out of opponents), arguing, or disputing directed at any participant (players, coaches, officials, and fellow fans) will not be tolerated and will be considered grounds for removal from CCS sport events.

Spectators should NEVER approach an official before, during, or after a sporting event. Never ridicule or shout criticism toward officials and referees. During a game, the team bench is for coaches, players, and officials only. Do not approach the bench area during a game (including halftime).

A parent’s/fan’s inability to conduct themselves in an appropriate manner while at a CCS athletic event could jeopardize their future attendance at CCS events.

Conducting ourselves in this manner should be done for one reason above all; we are not our own. Our old self has been crucified with Christ (Galatians 2:20), and we now have our minds set on higher things (Colossians 3:2). “Don’t copy the behavior and customs of this world, but be new and different people with a fresh newness to your thinking. Then, you will learn from your own experience how His ways will really satisfy.” (Romans 12:2)

Athlete Etiquette Expectations

Pre-Game/Half-Time Music Policy

1. All music must be instrumental only. No lyrics of any kind are permitted.
2. Instrumental music must be upbeat, cheerful, and uplifting. No music that is “dark” or violent in its beat, tone, or origins is permitted (by origins, we mean this excludes music by “artists” from the drug or gang culture of rap music, or the rebellious anti-authority culture of much heavy metal or heavy rock).
3. Although upbeat secular instrumental music is allowed, it may not be music of songs with inappropriate lyrics. In other words, we will not approve “instrumental only” versions of songs that have unbiblical themes or language in their normally played lyrics (sexual references or innuendo, drugs, drunkenness, taking the Lord's name in vain, anti-authority, etc.).
4. Music should not be selected from “artists” who are recognized by the general public for being “outrageous”, and certainly those having a known sinful lifestyle should be excluded.
5. All music must be submitted (in advance of play) for review by the athletic department.

6. Students and parents will be held accountable if they submit music that is found "after the fact" to have been known to be in violation of these standards.
7. Music may not be played prior to 3:00pm on school days and must be played at appropriately considerate and safe volumes.

During Pre-Game Warm-ups

Be sure you are appropriately dressed and outfitted: shirttails tucked in, (note: undershirts that "show" must be a solid color without printing and match the color of the jersey top) jewelry and metal hairpins out, and so on.

Pre-Game warm-up time is no time for horseplay. Do your drills with a serious attitude to prepare your mind and body for competition. There should be no socializing with fans or family during warm-up time, half time, or any time until the game is over and post game activities are complete.

Before the Game

1. Player Introductions
Some schools will introduce players through a loudspeaker. Often this will be "starters" only. Coaches will instruct athletes in the protocol for each specific sport, but in general, you will line up on the sideline "at attention" and run to the middle of the court or field when called, then line up there until everyone arrives. Your team will usually huddle at midfield for a team chant, and then return to the bench. We ask coaches to not allow self-promoting actions such as chest thumping or any action that may lack the appearance of genuine humility. This is a great opportunity to shake hands with players from the other team and/or with officials.
2. Pre-game Prayer
If a prayer is offered, line up at attention with head bowed on the sideline or at mid-court and be in prayer along with the one who leads.
3. National Anthem
Some schools may play or sing our national anthem. We will line up on the sideline at attention with our eyes toward the flag and respectfully listen or sing along.
4. Just before the game begins
In some sports or at some schools, you may have had opportunity to shake hands with players from the other team before or during pre-game warm-ups. If not, this is the time for that. Run around the court or field from player to player, coaches to coach and officials and with a firm handshake offer a sincere "Good Game".
5. During the game
Players do not talk to friends or family in the stands or if they come from the stands to talk to you. Keep your mind and attention on the game. Stand and greet teammates (who are exiting the game) with applause and encouragement. Stand and cheer good effort and good plays by your teammates. Bench enthusiasm is required. Sulking or pouting on the bench is forbidden. During timeouts, all players must gather around the coach giving full attention to the coach. No players speak during time-outs unless asked to do so by the coach or raising the hand to be recognized by the coach.
Players never argue with or complain to or about game officials, and never demonstrate body language that could be interpreted as disrespectful by an official. Players may never speak unkind or derogatory comments toward opposing players. Christ-like demeanor and conversation is always our standard.

If an injury occurs to a teammate or opponent, CCS athletes will be expected to respectfully “take a knee” on the field or court and bow in prayer for the injured athlete while they are treated.

Players shall not respond to questionable referee decisions with any kind of verbal or body language indicating displeasure, shock, anger or negative emotion. CCS players instead will quietly accept referee decisions by politely handing the ball to the referee and moving on with a heartfelt smile and respectful countenance.

CCS athletes who “knock someone down” or collide with someone in competition are expected to extend a hand to “pick them up” and demonstrate a spirit of loving competitiveness.

6. After the game

As quickly as possible, players should line up single file to greet the opposing team with a handshake and congratulations or other encouraging words. Gracious whether we win or lose! Never Complaining!

Where appropriate for your sport and the time available, many coaches will gather both teams together for a short post-game prayer. Players should then report to the locker room or the designated area for a meeting with their coach before dismissal. In some varsity sports, our athletes will take post-game time to reflect glory back to God by singing Psalm 115:1, *Non Nobis Domine*.

Parent/Coach Communication

Per the CCS board policy and the CCS Secondary Student Parent Handbook, it is expected that Biblical guidelines be followed for the resolution of all disputes and grievances concerning any aspect of Cary Christian School.

Specifically to athletics:

1. All concerns must be first presented by the parent or student to the coach. In all cases, a respectful demeanor is required at all times.
2. If the problem is not resolved, the parent or student may bring the concerns to the athletic director. If the student brings the concern, permission from their parents is required.
3. If the problem is still not resolved, the parents may appeal to the superintendent.
4. If there is still no resolution, a request in writing for a resolution must be presented to the Cary Christian School Board.

Please be assured that our coaches want parental feedback and are expected to be grateful and graceful when you bring your concerns to them in a humble respectful manner, seeking as much to understand as to be understood.

Sportsmanship

Coaches, directors, and players are representing the name of Christ during all public events. Therefore, compliance with the following guidelines will be expected from all participants.

1. Comments by coaches, directors, participants, and spectators should be only uplifting, positive, encouraging statements. See Ephesians 4:29-32 for specific guidelines for speech.
2. Verbal abuse and/or unChrist-like language or tones of speech toward athletes, spectators, or referees is forbidden. The activities director will determine whether or not such abuse has occurred. Generally, Ephesians 4:29-32 and Galatians 5:22-24 shall be the standard.
3. Actions of coaches, directors, and athletes should set a positive, encouraging example of Christian conversation and behavior for spectators.

4. Coaches should demonstrate Christ-like decision making when coaching a game where there is large lead by considering how the margin of victory will reflect on himself and Cary Christian School, and how a large margin of defeat might impact the players, fans, and coaches of the opposing team. Coaches will be expected to take all measures available to avoid the humiliation of lop-sided scores, including but not limited to removing starters, playing players out of position, limiting who can score, even playing with fewer than the number of allowed competitors (if done discreetly). (Basketball teams should not play full-court defense with a lead of 20 or more points and 6 minutes or less left to play)
5. Conduct judged to be improper by the coach, administrator, or activities director might result in immediate withdrawal from the activity, as well as further disciplinary action. Sportsmanship-related technical fouls, yellow cards, penalties, ejections, etc. will result in a game suspension for a first offense. Additional offenses will continue to result in game suspensions and possible removal from participation. Coaches must report to the athletic director ALL occasions where they or a team member receive an official rebuke for sportsmanship violations (technicals, yellow cards, ejections, etc.). Coaches and team members will also be subject to suspension or removal for inappropriate behavior even if an “official” rebuke is not given.
6. Coaches, fans, and athletes should be mindful of Phil. 2:14-16: “ Do everything without complaining or arguing, so that you may be blameless and pure children of God, without fault in a crooked and depraved generation, in which you shine like stars in the universe as you hold out the word of life.” Be careful of the example we set for our athletes and fans. Coaches must limit verbal disagreements with officials to matters of rule interpretation and rarely (if ever) argue judgment calls. Arguing with and/or complaining to officials/referees will be considered improper conduct subject to disciplinary action.
7. In summary, we expect all CCS participants (coaches, fans, and athletes) to ask themselves: “Who is this about? Is this game about me-my needs, desires, or passions- or about serving the Lord? Who am I playing for? Who am I cheering for? Who am I living for? What am I demonstrating by my words and actions?”

The preeminent goal of the athletics program at Cary Christian School is to train young ladies and gentlemen to put their talents to work skillfully and graciously in order to extol and enjoy the excellencies of the Creator. In light of that fact, gracious and respectful behavior will be expected at all times toward coaches, players, officials and fans.

Holding our Brothers and Sisters Accountable

Biblical love is tender and tough. Biblical love requires that believers willingly confront sin when they see sin. (See Matthew 5:23; Matthew 18:15-17; Galatians 1:11, 14) As awkward as we may feel in the moment, we are obligated to not let un-Christ-like behavior go unaddressed at athletic events.

With more than 35 sports teams at multiple venues, CCS administrators can not alone uphold the standard of Christ-like behavior. Parents must join in the effort. We encourage you to not be afraid to say, "I know that was a tough call to take, but you need to stop and set a Christ-like example for our team". If honoring Christ is foremost in our school culture, we need parents who are bold enough to say, "Remember, we are a school that honors Christ first. We've got to live up to that right now." Or, "We are a school that honors Christ by respecting the officials, even when they make a mistake. Let's love our neighbor here and honor Christ."

OVERLAPPING SEASONS PARTICIPATION FORM

In cases where seasons overlap for different sports (fall to winter or winter to spring) the current (already in season) sport will take precedence over the new (just beginning season) sport.

Coaches of new sports may not require (or pressure for) try-out or practice attendance until the current season ends, not even as observers.

Separate try-outs must be held when necessary, after the current sport season, by the new sport coaches, but only on completion of the current sport season. This may necessitate "late cuts" (final cuts held long after try-outs began), and new sport coaches must thoroughly over-communicate this to athletes and parents.

Parents may allow their child to attend practices of both current and new sports, even on the same day, but this is (1) optional, not required, and (2) may not involve participation, only observation. Current sport coaches may not forbid attendance (as an observer) to new sports practices where parents have approved such attendance.

It is expected that new coaches neither pressure nor require attendance to practices (or try-outs) prior to current sport season ending. Such dual attendance is entirely the prerogative of parents.

(Please detach and return to the athletic department.)

My signature below gives my child, _____ permission to
(Student Name)
attend both practices for _____ and _____. It is
(Current Sport) (New Sport)
my understanding that the current sport takes priority in any time conflict, and that
attendance of the new sport practices or games by my child is strictly as an
observer, not a participant, until the current sport season has been completed.

Parent Signature: _____ Date: _____

DUAL ACTIVITY POLICY

The administration has modified the policy on students participating in dual activities. Students will be considered for dual participation only when carefully meeting the below criteria.

To be very clear: students may not participate in dual activities in a single season until they have successfully met all of these criteria.

1. Prior to “try-outs”, students must have a face to face meeting with the athletic director and the teacher/drama director or coach of each activity and must obtain written permission with their signature on this form. Example: students participating in drama must meet and obtain approval signatures from the drama director and athletic director.
2. This form must be filled out and signed by all parties including parents.
3. This form must be copied in triplicate and a copy given to each director and/or coach.
4. The student must designate one activity as a priority. Participation in that designated activity would take precedence in the event of a conflict preventing full participation in practices/contests/events in both on a single day.
5. Coaches, directors, and teachers may consider the impact of a dual participant in “cutting” and playing time decisions. Directors and coaches will be allowed to choose and field the best possible team and may decide a dual participant student is less able to make a positive contribution than a comparably skilled single activity student.
6. Dual activity participants will attend as many practices, competitions, and games as possible in both activities. Thus, a volleyball player with a “day off” would attend tennis practice rather than going home to rest. Participation in both practices would be expected when possible. Participants are expected to maintain regular communication with directors, coaches, and teachers of both the primary and secondary activities.
7. The most essential requirement of a dual activity participant is to compare the two activities schedules from the beginning of each activity and communicate probable conflicts to both coaches at the very beginning of the season or activity.
8. Games/matches will take priority over practices, with this one exception: in the case of drama, dress rehearsals (for one week only) and the public performance will take precedence over practices, games or matches in sports regardless of which activity has priority. Otherwise, all participants must miss "regular secondary activity practices" for priority performances, practices, games, and matches. Coaches and athletes will be expected to obtain schedules for drama dress rehearsals at the beginning of the season and must plan accordingly.

I have read and understand the above policy on dual activity participation. By signing this form, I commit to abide by this policy and communicate with my coaches and teachers in such a way to eliminate confusion concerning practices, games, performances, and matches. I understand that failure to continue to meet these criteria will result in termination of my dual activity permission (I will be removed from my “second” non-priority activity).

Please list activity of your choice.

1st Priority_____

2nd Priority_____

Student Signature

Parent Signature

Athletic Director Signature

Secondary Activity Director/Coach

Primary Activity Director/Coach

Date