



CARY CHRISTIAN SCHOOL
KNIGHTS

ATHLETICS HANDBOOK

2020-2021

Jeff Poore
Athletic Director



OUR PHILOSOPHY

Athletics are an ideal complement to academics and the arts in the overall classical education experience for our students. We believe that it is essential to train the body, renew the mind, and encourage the spirit in the mind of Christ. This development will equip our students to go forth in the world as confident, strategic, strong, and intentional adults with a goal of expanding the kingdom of God in the world AND deepening their own relationship with their heavenly Father.

We believe our students are God's "workmanship, created in Christ Jesus for good works, which God prepared beforehand, that they should walk in them." In order to be prepared to accomplish those good works it is essential that they know God and the value He has given them in their new identity in Christ. Once established, this identity gives them the freedom to *fail* knowing that they will never be a *failure* due to this identity.

Our primary objective is to help each student find and develop their unique gifts and abilities. Practices allow for this work and competitions test the student's ability and character under greater pressure in a public venue. This will result in great success AND failure at various times; both are necessary for growth in Christ. We desire to build the child for the path, not the path for the child.

We aspire and expect to be excellent in all we do. That includes winning championships whenever possible without sacrificing our values and witness. Building a winning mindset is essential to a student's growth in how they face the world.

Our coaches and volunteers will lead and teach the expertise of sports and will also model what it looks like to run the race.

Loving others as Christ loved us, in one way, means putting our best gifts forward in competition. Not doing so disrespects our opponents. There are times for us to be merciful, but mercy is very different than pity. Mercy lifts while pity puts down.

Our students, coaches, and parents will respect our opponents, our authorities, and our results with a mind of being a witness toward a greater calling – that of the prize of the high calling of Jesus Christ – and to learn life lessons that lead us toward maturity – from glory to glory!

OUR MISSION

A culture of **ARETE** that builds the desired character of Christian men and women and provides a competitive athletic program of excellence based on classical education and a biblical worldview.

DEFINITIONS

ARETE is a concept taken from the Greek Homeric Age, which is signified by competitive fire, courage, loyalty, trustworthiness, fearless, strategic, and intelligence.

COMPETITIVE means to be prepared to engage in a contest; to give yourself, your team, and your program the best chance to win.

EXCELLENCE means attaining a level of mastery regarding skills, fitness, strength, personal development, and team achievement.

CLASSICAL means bringing the concept of the trivium into athletics as defined as a progression from grammar (skills) to logic (tactics/application) to rhetoric (game strategy/communication) as students' progress.

BIBLICAL means operating from a worldview espoused by God in how we treat others and to behave in a manner respectful of the responsibilities given us as a believer.

OUR GOALS

We will succeed in teaching our students so they can...

1. Master basic skills so they can focus on strategy
2. Identify roles to help the team achieve its highest goals
3. Achieve better than average conditioning to outlast our opponent
4. Increase strength to build confidence, work ethic, and prevent injuries
5. Depend on one another to achieve common goals
6. Accept verbal disciplines to maintain focus and strengthen mindsets
7. Learn approaches to enhance team experience and life skills

OUR PROCESS

Seven Components of Athletic Success

1

SKILLS SCORECARD: Each sport has a series of skill goals that is measured starting in middle school. As a student continues their athletic career, these skills will continue to be measured. The goal is for a student to see where they are in terms of their sport skill proficiency so they can choose to work on their own time to better themselves. The metrics are the skill progression numbers themselves.

2

IDENTITY: Each sports team coach meets with their players individually before the season's first competition. In this meeting, the coach will tell the player if they are a 1st team or 2nd team player. 1st team players either start contests or come into the competition in regular rotation. 2nd team players come into the competition irregularly and sparingly.

They also tell the player what they feel are their strengths, their key attribute to the team, and their weaknesses that need to be worked on. The coach also helps the player determine personal goals for the year. At the end of the season, the coach will meet again with each player to evaluate progress on their goals and what needs to be worked on for the next season. The goal is for players to know their role and to create a plan for personal excellence. The metric is how they perform against the goals they set.

3

FITNESS: We do a fitness assessment the first week of preseason practice. It is a metric-based test called the Beep Test. Individuals are scored on their best time and the team average is computed as well. This testing is done every other week. The coach of the team creates a goal for the team to achieve during its sports season (team average increase). The goal is for each team to be in great athletic conditioning and the metric is the team meeting its team goal.

4

STRENGTH: We do a physical strength assessment (combine) at the beginning and end of each sports season. It consists of 5-7 different body weight tests. We do this assessment as a team for in season sports and as individuals for out of season sports.

We have a 2-day-a-week program for in season varsity athletes and a 3-day-a-week program for out of season varsity and middle school athletes. These programs occur during the afternoon. The middle school program will be body weight or dumbbell and is scheduled from 2:45 to 3:45. The varsity workouts will be a combination of free weights and body weight work and are scheduled from 3:45 to 5:00. The goal is greater strength, and the metric is progression in either weights or endurance based off personal bests.

5

TEAMBUILDING: We have designed a once a week activity to bring the team closer as a unit and to depend on one another. We will alternate between physical strength and mental strength activities.

One week we will use the fitness assessment. The goal is for a student to not only increase their own personal best but when finished to encourage others to increase their own personal best. At the end of each assessment the team average is calculated. We will grow the team average toward the team goal each time AND build greater team unity through the process.

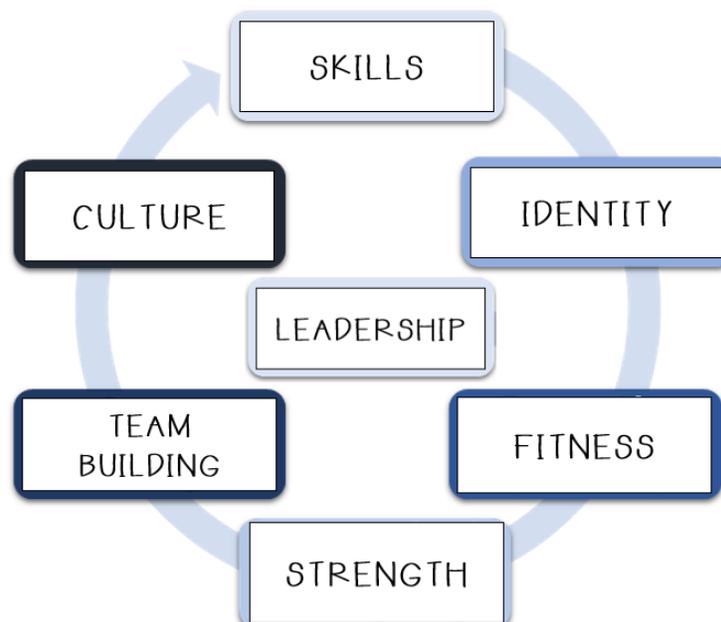
Starting the second week of preseason practice and tested every other week is the mental strength portion of our teambuilding. We will test each varsity team in season with three different exercises – squat hold, push up hold, and hollow hold. Once tested originally, the athletes will be tested weekly with a goal of an increase of 10-15 seconds or more per move for their metric. The team average will be taken each week. The goal is greater mental strength and the metric is progression based on personal bests and team average.

6

CULTURE: We create a series of words and phrases that we will ask coaches and players to adopt. Each year some change, and some continue. The goal of these words and phrases are to build a like-mindedness and focus for our athletes. Further, we post a series of signs to build additional cultural significance. The metrics are based on spontaneous testing of coaches and athletes by the Athletic Director or other administrators.

7

LEADERSHIP: We do a weekly meeting of captains where we teach leadership principles. The goal is to assess and explore personal characteristics to deepen self-awareness, as well as instruction on approaches to leading others. Metrics are based on attendance, interaction, and application of principles learned. Players taught how to lead and how to follow.



OUR GRADE LEVEL OBJECTIVES

Each grade level has specific athletic objectives to maintain the school's mission. Lower School students in grades K-5 receive training in skills and sportsmanship in Physical Education classes but are not eligible to participate in competitive athletic activities. Cary Christian School Upper School students in grades 6-12, compete in three levels: Middle School, Junior Varsity, and Varsity.

A SUMMARY OF “The Case for Athletics in Classical Christian Education”

Read the complete blog post at:

<http://www.veritasacademy.com/headmasters-blog/the-case-for-athletics-in-classical-christian-education>

We believe it is important to also apply the classical education ideal of the trivium to athletics.

The Grammar Phase teaches the basic facts of the sport. What are the rules, positions, and skills needed to participate in the sport? Proper knowledge, repetitive drills, discipline, and conditioning the body combine to grow the athlete into an effective participant.

The Logic Phase effectively applies these skills to tactics to create success. Sports require thinking. There is order and integration of facts and skills learned. There is testing of methodology learned. There is also a testing of mental and spiritual components. This is the first phase of experimentation, which creates opportunity for failure which, with diligence, will eventually lead to success.

The Rhetoric Phase applies skills and tactics into a team and organizational strategy. Strategy requires communication between the coach and the players as well as between players. It also requires analysis of opponent's tactics and implementation of a strategy necessary to exploit the weaknesses found. This analysis will not only involve communication verbally but also physically where teammates learn to anticipate direction based on another's intent. It also allows for creativity; students mimic that which has been taught and devise new and different ways to accomplish their purposes.

The skills are the foundation, the implementation by tactics are the second step, and learning strategy and concepts the final step. This process mirrors well the methodology of classical education.

Middle School (Grades 6-8): All students may try out for these teams where a middle school program is offered. In sports where roster sizes are not limited all students will be allowed an opportunity to participate. In some cases, where roster sizes necessitate allowing a certain number of students to be on that team, a tryout will be offered. This tryout lasts for 2-3 days and students are given an opportunity to present their skills, energy, and attitudes. At the end of the tryout, the team will be chosen. If possible, a developmental program will be offered where the students not chosen can still participate in the sport. This training will consist of skills training as well as a certain level of competition with either our students or students from other schools.

Junior Varsity (Grades 9-10): In sports where a Junior Varsity team is available there, will be a tryout for all students grades 9-12 for the Varsity roster. Students not making that Varsity

roster will be given an opportunity to compete on the Junior Varsity team. The objective of the Junior Varsity level is to develop Varsity level skills.

Varsity (Grades 9-12): Varsity athletics are highly competitive and advanced. This level inculcates the ideal of earning one's way versus an entitlement mentality. At this level, the athlete will be scrutinized more thoroughly in his or her character, ability, attitudes, and skills. Playing time is determined entirely by skill and ability.

OUR REQUIREMENTS

Cary Christian School athletes are held to high expectations. We expect our athletes to be leaders and role models on the field and in the classroom. We expect them to model positive behavior and enhance the learning environment. Showing respect for teachers and classmates is an act of discipline, honor, and servanthood.

ACADEMICS

All students participating in extra-curricular activities must maintain an overall grade point average (GPA) of 2.5 or above in high school and 2.0 or above in 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. A student may be placed on restrictive probation if that student is failing a class at the midterm progress report. This probation may include loss of game, meet, or match time, as well as practice time. The goal is for the student to recover a passing grade and then restore them to their sport. Each situation will be assessed independently to determine what is best for that student in their situation.

FORMS

Forms required by the NCISAA to participate in a sport include:

- Consent and Release Form (annual)
- Physical Form (annual but good for 13 months from last one)
- Gfeller-Waller Concussion Information Form (annual)

COSTS

For each sport, there is a fee per athlete. Additional fees may be required for certain sports that have extra uniform/equipment requirements or facility rentals.

CONFLICTS WITH OTHER ACTIVITIES

Students may participate in dual activities during a sports season (Athletics and Fine Arts). Students are responsible for working out the details with all parties involved. Students accept they may lose playing time due to missed practice time. Students also accept they may lose playing time as a result of missed practice time for any outside activity (e.g. church, family, etc.).

Students who play one sport when another season's sport begins are participating in overlapping seasons must give priority to the first season's sport. A student must attend all practices for the prior season sport in order to attend the practices for the next season's sport. The student may attend both with permission from the student's parents.

COMMUNICATION <https://carychristianathletics.com/>

All athletic schedules are available on the Cary Christian School Athletics website. Schedules are available in calendar format or by the individual team. Use the pull-down options to select the sport and team. Directions are available by clicking on the information tab. NOTE: You will need to sign up on the website to receive e-mail notification of schedule changes.

Each Thursday in the **Knightly News**, you will find information regarding all sports (games, meets, or matches) as well as practice times for the following week. A copy of the schedule information is also available on the FORMS tab of the Athletics website.

NOTE: This information may change due to weather or other circumstances beyond our control. If there are changes, your coach will notify you by email or text.

All team communications will be done through TeamSnap. This protects everyone involved. If texts or emails need to be sent directly to a coach by a student, please make sure a parent is copied.

SAFETY

Cary Christian School has contracted with Select Physical Therapy to provide on campus athletic training coverage for most athletic events.

Cary Christian School follows the High School Federation protocol concerning diagnoses, treatment, and the return to play policy mandated by the Gfeller-Waller Concussion Clearance Policy. Student athletes that have been diagnosed with a concussion will not be allowed back into competition until we receive a written release from a doctor. Student athletes will take the Baseline Concussion Test which is offered free to Cary Christian School Students.

Coaches adhere to the authority of the athletic trainer when threatening weather is present. Students are moved to assigned spaces during these delays.

We recommend that each family check with their insurance provider for adequate coverage in the event of injury, especially for collision sports. Supplemental coverage for athletics is available from many insurance companies.

TRANSPORTATION

- Athletes will be provided transportation by bus whenever possible. Priority is given to varsity teams.
- Drivers of CCS athletic vehicles must be pre-approved by the Cary Christian School insurance provider.
- For games where school transportation is not available, coaches are responsible for recruiting qualified parent drivers approved by the school.

- Students may ride home from athletic events with parents. They must have written or electronic permission to ride home with anyone other than their parent. Parents may write a single note granting permission to cover an entire sports season.
- Students will not be allowed to drive themselves or other students to away games without parent permission. Students may drive themselves if a game is off campus but considered our home field, course, or court.
- Overnight events are approved from time to time. In such cases details such as hotel information, chaperones, and cost should be submitted to parents during the parent preseason meeting. There will be additional costs for these events

DISCIPLINE

The Cary Christian School Student Handbook discipline policy for students applies in full to our coaches and athletes. Parents will be notified beforehand of all major disciplinary actions. Any participation fees charged will not be refunded in the event a player is suspended from the team.

Any ejection from a game or match by an official will result in game suspensions from athletic events depending on NCISAA guidelines. Additional penalties may be applied by Cary Christian School administration. This applies to coaches, students, and parents. Any ejection decision by an official will be adhered to by the coaches, parents, athletes, and the school administration without further discussion.

The NCISAA mandates fines for various types of ejections. All fines given to coaches, parents, and students for ejection will be paid for by the person ejected. Failure to pay results in non-participation in the Cary Christian School Athletic program.



TEAM OFFERINGS AND CONFERENCE MEMBERSHIPS

FALL	WINTER	SPRING
HIGH SCHOOL	HIGH SCHOOL	HIGH SCHOOL
Varsity Cross Country: Coed Field Hockey: Women Football: Men Soccer: Men Tennis: Women Volleyball: Women Junior Varsity Soccer: Men Volleyball: Women Football: Men	Varsity Basketball: Men & Women Swimming: Coed (7 th -12 th) Wrestling: Men Junior Varsity Basketball: Men & Women	Varsity Baseball: Men Golf: Men Lacrosse: Men Soccer: Women Tennis: Men Track: Coed
FALL	WINTER	SPRING
MIDDLE SCHOOL	MIDDLE SCHOOL	MIDDLE SCHOOL
Cross Country: Coed Field Hockey: Women Football: Men Soccer: Men Tennis: Women Volleyball: Women	Basketball: Men & Women Swimming: Coed (7 th -12 th) Wrestling: Men	Baseball: Men Golf: Men Lacrosse: Men Soccer: Women Tennis: Men Track: Coed

STATE AND CONFERENCE MEMBERSHIP

Cary Christian School is a member of the North Carolina Independent Schools Athletic Association (NCISAA), the Eastern Plains Independent Conference (EPIC), the Big 8 Conference (football), and the Capital Area Middle School Conference (CAMSC).

The North Carolina Independent School Athletic Association (NCISAA) is comprised of private schools across the state of North Carolina. There are 4 divisions broken down by size into 1A (smallest) to 4A (largest). Cary Christian will compete in the 2019-2020 season as a 3A school and is in Region 5.

SPORT TEAM HANDBOOKS

For information regarding a specific sport, please see the Sport Team Handbook for that sport.