

2009-2010
Sonshine Christian Academy
Athletic Handbook

Requirements for Participation:

PHYSICAL EXAMINATION FOR ATHLETICS: A yearly physical examination is required. The physical form must be completed by a physician and submitted to the coach prior to any participation. The examination covers all sports for the entire year, provided it was administered after May 1. (Physicals are good from May 1 of the current year. Turn in physicals through athletic administrative assistant.)

EMERGENCY MEDICAL INFORMATION: Each Athletes parents/guardians shall complete an emergency medical authorization giving permission for treatment by a physician (or hospital if necessary) when the parents or guardians are not available. This information will be kept in the Athletic office.

INSURANCE: Additional insurance is not required. The school provided insurance covers our Athletic Program.

SCHOLASTIC ELIGIBILITY FOR ATHLETICS: In order to participate on a SCA athletic team, each athlete must have satisfied all of the scholastic eligibility requirements prior to participation. Please note the following grade and behavior requirements for athletes. Athletes must maintain a **C (70)** or above in Math and Language. Athlete's who receive a suspension will not be eligible for the following game. Weekly reports will be provided to the coaches to determine eligibility for the upcoming weeks' game. Eligibility reports are based on the prior week grades for the current week games.

RISK OF PARTICIPATION: All athletes and parents must realize the risk of injury, which may be a result of athletic participation. SCA will attempt to use the following safeguards to make every effort to eliminate injury: **1.** Maintain a continuing education program for coaches to learn the most up-to-date techniques and skills to be taught in their respective sport. **2.** Instruct all athletes about the dangers of participation in the particular sport.

OBLIGATIONS AND EQUIPMENT: **1.** All athletes are responsible for the proper care and security of the uniform issued to them. All school uniforms not returned, or returned in unsatisfactory condition at the end of the season, will be subject to financial penalty. **2.** Equipment - all athletes are responsible for the proper care and security of equipment issued to them. School-furnished equipment is to be worn only for contest(s) and practices (unless directed by the coach otherwise). All equipment not returned in good condition at the end of the season will be subject to a financial penalty. **3.** Activities- Students, as well as student athletes, participating in SCA sponsored activities are responsible for items/clothing/articles issued by the school. **4.** On game days students are responsible to have all uniform pieces and necessary equipment clean, in good repair,

and on campus. Phone calls will not be made to parents for missing uniform pieces or equipment.

STATEMENT OF PHILOSOPHY INFORMATION: Sonshine Christian Academy believes that a dynamic program of student athletics is vital to the educational development of the student. Sonshine Christian Academy Athletic Program should provide a variety of experiences to enhance the development of positive student habits and attitudes. It should offer opportunities to serve the institution, to assist in the development of positive relationships and good will, to promote self - realization, all around growth, and good citizenship qualities. Young people learn a great deal from participation in activities and interscholastic athletics. Lessons in sportsmanship, teamwork, competition, and how to win and lose gracefully are integral parts of our athletic programs. Participation in activities/athletics also plays an important part in helping students develop a healthy self-concept as well as healthy mind and body. Competitions also improve school spirit and help students develop pride in their school. The major objective of these programs is to provide wholesome opportunities for students to develop positive leadership habits and attitudes of social and group interaction.

COACHING LEADERSHIP: Should be of high quality and should provide athletes with examples of exemplary behavior. Measurement of leadership success should not be measured in terms of the tangible evidence of victories, defeats, number of meetings held, total number of members involved, etc. Instead, character, courage and integrity should be major objectives of the athletic program. The athletic program should always be consistent with the general objectives of the school. We believe that the opportunity for participation in a wide variety of student-selected activities is a vital part of the student's educational experience. Such a participation is a privilege that carries with it responsibilities to the school, to the activity, to other students, to the community, and to the students themselves. These experiences contribute to the development of learning skills and emotion patterns that enable the student to achieve maximum benefit from his or her education. Sonshine Christian Academy student activities are considered a supplement to the schools academic program, which strives to provide experiences that will help to develop students physically, mentally, and emotionally.

Objectives of Participation:

STATEMENT OF OBJECTIVES: 1) To provide a positive image of school athletics at Sonshine Christian Academy. 2) To always strive with playing excellence that will produce winning teams within the bounds of good sportsmanship, while enhancing the mental health of students. 3) Development of commitments such as loyalty, cooperation, fair play, and other desirable social traits. 4) Directed leadership and supervision that stresses self-discipline, self-motivation, excellence, and the ideal of good sportsmanship/teamwork that make for good participation, and being able to win and lose graciously. 5) A focus of interests on activity programs for the student body, faculty, and community that will generate a feeling of unity. 6) Achievement in initial goals as set by the school in general and the student as an individual. 7) To provide a superior program of student activities that include appropriate activities for every participant. 8) To provide

an opportunity for students to experience success in those activities s/he selects. **9)** To provide sufficient activities to respond to a wide variety of student interests and abilities. **10)** To create a desire to succeed and excel. **11)** To practice self-discipline and emotional maturity in learning to make decisions under pressure. **12)** To be socially competent and operate within a prescribed set of rules, and also gaining a respect for the rights of others and to develop an understanding of the value of activities in a balanced educational process.

ADHERENCE TO THE SONSHINE CHRISTIAN ACADEMY ATHLETIC CODE: The student athlete will abide by the rules and regulations set forth in this Sonshine Christian Athletic Department Rules Handbook and the Athletic Code. Distribution of this handbook will be made to the student athletes. Additional copies of the handbook are available in the Athletic Directors office. And each student/parent is advised to familiarize him/herself with these rules and regulations.

SCA ATHLETIC CODE: Attendance at all practices is required for all team members. All athletes must contact the coach before missing a practice. A missed practice may be made up as the coach deems fit. A completed physical form, signed by a physician and the parent or guardian must be on file in the school office before a student may participate in any practice or event. No alcohol, smoking or drug use will be tolerated. No profanity will be tolerated. All injuries must be reported to the head coach as soon as possible. Athletes are responsible for maintaining clean practice/game clothing. All athletes will ride the team bus to all contests and are expected to ride home, unless the head coach is presented with a signed note from the parent/guardian or has “signed out” the student on the coaches’ sign-out form.

ELIGIBILITY FOR ATHLETICS AND ACTIVITIES: Students must be in the 5th grade or above to participate in the athletic programs, with the exception of cheerleading and drum line. The school reserves the right to dismiss or deny the readmission of students for reasons the administration deems fit. They may come under the following categories (not all inclusive). These will receive an immediate visit to the administrative office and suspension or expulsion from athletic participation as a possible result.

1. Disrespectful or abusive speech or conduct to teachers.
2. Alcohol (consumption or possession)
3. Drugs (consumption or possession)
4. Possession of tobacco (in any form)
5. Possession of knives, guns, or any type of weapon.
6. Possession of any material that is deemed offensive by the administrator.
7. Cheating
8. Fighting
9. Stealing
10. Leaving the classroom or the school grounds without permission.
11. Intimidating or threatening another student.
12. Damage of school property
13. Nonconformity to standards in dress and grooming

14. Chronic, unexcused absences or tardies
15. Rebellion toward discipline

QUITTING AN ATHLETIC TEAM/ NOT FINISHING THE SEASON IN GOOD STANDING: Students are not permitted to quit a sport/group, unless the sport/group's season s/he quit has been completed. For example: A student may not quit basketball to join the football team until the basketball season has ended. (Mutual consent by both coaches involved may waive this rule if the student athlete and the team benefit from the change. This must be approved by the Athletic Director. Any student that becomes ineligible for twenty (20) calendar days, due to out of school suspension, and whose season will end during that twenty day ineligible period, will no longer be considered a member "**In Good Standing**" for that sport/activity, and will not be eligible for any participation certificates, awards, etc. Students must finish a season/activity in "good standing" in order to qualify for those/any awards, recognition, etc.

TRAVEL: All students are expected to travel to and from out-of town activities/athletic contests in transportation provided by the school, unless the Parents/Guardians and/or the school make previous arrangements. **1)** Students are to remain with their squad/group and under the supervision of the sponsor/coach when attending away events. **2)** Students that miss the school provided transportation would not be permitted to participate unless there are extenuating circumstances, which must be approved by the athletic director or designee prior to departure. **3)** All regular school bus rules will be followed. **4)** Dress should be appropriate, in good taste, and follow the SCA prescribed dress code. **5)** Students may ride home with parents/guardians with prior written notation or parental signature on the student sign out form provided by coaches/sponsors at the events/games.

CONFLICTS IN EXTRACURRICULAR ACTIVITIES: An individual student who attempts to participate in several extracurricular activities will create conflicts of obligations and interests. The school recognizes that each student should have the opportunity for a broad range of experiences in the area of extracurricular activities, and to this end, will attempt to schedule events in a manner to minimize conflicts. Final decisions will rest with the coaches/ sponsors and the athletic director, which may limit a student's participation in multiple activities/athletic teams.

GROOMING AND DRESS POLICY: Students participating in school-sponsored activities are expected to be well groomed. "He/She shows up best who shows off least" Appearance, expression, and actions always influence people's opinions of students, the team/group, and the school. Members of athletic teams/activities have made a choice to uphold certain standards expected of members of this community. The following grooming and dress rules shall be adhered by all team/ group members: **1)** Hairstyles are to be maintained in a neat and clean manner so as to present a positive image for both the team/group and the school and must follow league regulations. **2)** Students representing the school shall dress presentably at all times. Dress may be mandated by the coach /sponsor. **3)** Only attire issued by the coach/sponsor shall be worn for contests/presentation. **4)** Students shall not be permitted to participate until deviations of

the above rules are satisfactorily corrected. 5) Uniforms are to be worn as the manufacturer intended them to be worn.

SELECTION: In accordance with our philosophy of athletics and our desire to see as many students participate in the athletic program as possible while at SCA, we encourage coaches to keep as many students as they can without unbalancing the integrity of their sport/team. Time, space, facilities, equipment, personal preference, and other factors will place limitations on the most effective squad size for any particular sport.

GROUP TEAM/REDUCTION POLICIES: Choosing members of athletic teams/school related activities is the sole responsibility of the coach/sponsor. Prior to trying out for a team/event, the coach/sponsor shall provide the following information to all candidates for the team/group: 1) The extent of the try-out period. 2) Practice commitments if the student is selected.

TEAM /EXTRACURRICULAR PHYSICALS: Students participating in interscholastic athletic events must have a physical completed by a physician to the athletic director on time. Deadlines for acceptance of physicals will be determined by coaches and the athletic director and will be adhered to throughout the year. Students who do not submit their physicals prior to the deadline will be excluded from the sport.

REPORTING AN INJURY: All injuries are to be reported to the coach/sponsor/athletic director. If an injury requires medical attention by a doctor or treatment center, it will be necessary to have an injury report completed. Once a physician treats a student, the student must obtain the doctor's permission to return to the activity.

TEAM/GROUP AND INDIVIDUAL DISCIPLINE: Each coach/sponsor shall have discipline rules for minor infractions, such as inattention to directions, horseplay, etc.

SUSPENSION FROM A TEAM/SQUAD/GROUP: Temporary suspensions will be made by the coach/sponsor of a sport/activity, the athletic director, or other school administrator. School administration shall confer with the coach/sponsor prior to action being taken. Causes for temporary suspension may include, but are not limited to: Grades, personal misconduct, unexcused absences from meetings/practices, violations of school policies, unsportsman like conduct, etc. Temporary suspensions may also be involved during that period of investigation in which a student may be removed from a team/group. Any student suspended under this section shall be allowed the rights of due process. Suspensions may result, if necessary, in dismissal from the team or group.

REMOVAL FROM A TEAM OR GROUP: Causes for removal from a team/group may include, but are not limited to the following: Use of tobacco, alcohol, illegal use or possession of drugs not prescribed for the individual by a physician; continued violations of the SCA Athletic Code and/or tardy/absence policy; Repeated violations of school, athletic team/group policies; Personal misconduct that involves police or court action either during or outside school hours and sessions of the sport/activity; verbal or physical attack upon an opponent, contest official, their own team member, teacher, coach, sponsor, fan, audience member, or any other person.

INDIVIDUAL COACH/SPONSOR RULES: coaches/sponsors may establish additional rules and regulations with the approval of the Athletic Director and/or Principal for their respective sport/activity. These additional rules must be stipulated in writing and explained fully at the start of the season/activity. Penalties for violation of team/group rules shall be administered by the coach/sponsor.

SCHOOL DISCIPLINE REFERRAL: Any student referred to the office for school rule violations may be denied the privilege of participation in all athletics for a period determined by the principal or designee.

POLICY ON FIGHTING: Fighting in any sport/activity shall be constructed to consent of; an invitation to fight, following an opposing player during a disturbance and making any menacing or taunting gestures or sounds; punching or slugging, whether or not contact is made, wrestling or tackling another as part of an altercation. In addition, leaving the players' box/bench area to approach an altercation shall be constructed as participation in the altercation. Any athlete, coach, or team personnel ejected by a contest official from any contest for harassment, fighting or flagrant unsportsmanlike conduct will be subject to the penalties listed hereafter: 1) Violation shall bring an automatic suspension for the remainder of that particular sporting contest, plus suspension from the next scheduled contest. 2) Should the original violation occur during the final contest of the season, the violator will be suspended from the next contest s/he is eligible for during the season in which s/he participates and successfully completes. 3) A more severe penalty may be assessed against an individual for a violation if, in the judgment of the school, such action shall be beneficial to a future sport/activity. 4) A second violation by the same individual during the same season brings automatic expulsion from that sport/activity for the remainder of the season plus suspension from any and all tournament contests of the same season. Violation of this rule shall bring an automatic suspension for the remainder of that game plus suspension from the next scheduled contest. The same suspension applies to any member of the playing squad who leaves the bench during a fight.

FORMS AND RELEASES: Before any student may participate in any athletic venture at SCA, including conditioning and practice s/he must have: 1) A physical examination completed by a physician, and submitted to the coach prior to any participation. This exam shall cover all athletics for the entire school year, provided it was administered after May 1. This form will be kept on file in the Athletic Director's office. 2) All required

SCA consent forms, as prescribed by the Athletic Director. (These forms shall also be received from any transferring student prior to participation)

SCHOOL ATTENDANCE: A student is expected to attend all classes on his/her schedule on the day of a contest/event and the next day following the contest. Habitual absences will result in suspension from the team/group. To be eligible to participate in the contest/event of the day, a student must have signed in at SCA no later than 11:00 am of the contest/event, unless the student has been excluded from school attendance for such reasons as doctor's appointments, field trip, or such reasons other than illness. Final authority for attendance infractions rest with Athletic Director or designee in regards to participation. Students absent from school on Friday, with consent/event the following day (Saturday) may be eligible to participate, provided a school administrator excuses the absence.

ATTENDANCE AT EVENTS, PRACTICES, and TEAM MEETINGS: Team/group members are expected to be present at all contest, events, practices, team meetings, etc., unless excused by the head coach. Group/team members should always consult his/her coach before missing an event/practice.

CARE OF SCHOOL EQUIPMENT: Students are responsible for all equipment/material issued to him/her. The athletes and his/her parents/guardians must pay for stolen or damaged school property before any grades will be issued.

MEDICAL RELEASE TO AGAIN PARTICIPATE: If a student athlete is seriously injured, s/he must have a doctor's release before s/he may practice or compete in any athletic contest. Participation in after school practices or athletic contests will not be permitted if the athlete is out of school on the day of practice or contest for reasons of illness or injury. The only exception to this rule is that of a doctor's release, which must be presented to the coach or athletic director prior to the practice/contest. A physician may make the release orally or directly to the coach or Athletic Director. All injuries should be reported to the coach or Athletic Director. (Reminder: to be eligible to participate in the contest/event of the day, the student must have signed in at SCA no later than 10:am of the day of the contest)

PERSONAL CONDUCT: Participation in a activity/athletic team at SCA is a privilege and the participants must earn the right to represent Sonshine Christian Academy by conducting themselves in such a way that the image of SCA would not be tarnished in any manner both on and off campus. Any participant whose conduct is judged to reflect a discredit upon himself/herself, the team/group and/or the school, whether or not such an activity/athletic event takes place during or outside school hours and or sessions of the sport season will be subject to disciplinary action as determined by the coach, athletic director and or principal. Student athletes are expected to represent themselves and their school appropriately at all time, particularly when in uniform. Athletic uniforms are not to be altered, added to, adorned, etc. by students, parents or guardians.

Parent Sportsmanship Agreement

Sonshine Christian Academy strives to give all student athletes equal playing time on the field/court, however this is not always possible. SCA believes that all students are invaluable members of the team; positions and playing time will be based on playing skills, attitude, practice performance, and leadership skills. Considering all aspects please be aware that each student may not get equal playing time on the court/field.

Should you not agree with this policy, please prayerfully consider your options and discuss any issues with the Athletic Director, Vicky Dove. Our coaches donate many hours of their time to our athletes. These coaches are providing your athlete with the best possible training they can offer. Please be mindful when approaching a coach as to the topic and timing. Do not approach a coach during a game, unless it is an emergency. Should you have specific issues, please address the coach or Athletic Director when other athletes are not present.

Sonshine Christian Academy has a “Zero Tolerance” policy when athletes display poor sportsmanship. This includes the parents that are in attendance at practices and games. The first offense, by a parent, will result in the parent being asked to leave the practice/game immediately. After repeated offenses, by a parent, the parent will be banned from the remainder of the games in the season.

By signing below you are stating that you have read and understand the above policy.

Parent/Guardian Date

Parent/Guardian Date

Parent Consent Form

THIS FORM IS DUE BY PRIOR TO FIRST PRACTICE

I/We have read and agree to the Sonshine Christian Academy Athletic Handbook.

I/We consent to _____ (Student Name) participating in supervised organized sport activities for the 2009-2010 Athletic Season.

I/We consent for _____ (Student Name) to ride the school bus/van or with a volunteer parent driver(s) to and from games for the 2009-2010 Athletic Season.

I/We _____ (Parent(s) Name) understand that _____'s (Student Name) uniform is my responsibility. I agree to keep the uniform in good condition and understand that any lost items must be replaced at my cost, not the schools'. Should the uniform need repair, I will notify the Athletic Department Administrative Assistant, Shelly DeLee, immediately. I understand that the uniform must be returned in reasonable condition at the end of the season.

Contact Information

Parent/Guardian Name _____
Home No. _____ Cell No. _____ Work No. _____

Parent/Guardian Name _____
Home No. _____ Cell No. _____ Work No. _____

Emergency Contact Name _____
Home No. _____ Cell No. _____ Work No. _____

Emergency Contact Name _____
Home No. _____ Cell No. _____ Work No. _____

Emergency Contact Name _____
Home No. _____ Cell No. _____ Work No. _____

Pick Authorizations

The same as on file in the school office.

Parent/Guardian Date

Parent/Guardian Date