

ANNAPOLIS CHRISTIAN ACADEMY



Athletic Handbook
2024-2025

To Parents and Student-Athletes:

Welcome to another athletic season at Annapolis Christian Academy. You are now part of the Warrior athletic program which began in the year 2000 with varsity Boys Basketball and has since expanded to offering fall, winter and spring sports in grades 3 through 12.

Athletics, rightly understood as an integral part of education, compliments our greater mission at ACA. Lessons of *commitment, teamwork, tenacity* and *overcoming adversity* are advanced on our courts and fields. It is in the midst of “running to win the prize” that our student-athletes experience great life lessons. These lessons go beyond the x’s and o’s and into the heart of each one as they develop a love for Christ and service to those around them. Along the way, our programs also provide wonderful opportunities to strengthen the larger community of ACA. Relationships built on the sidelines provide cohesiveness among our parents as they support their children. Your enthusiastic participation is important as we continue to seek to honor God through our athletic program.

This handbook contains the philosophies, policies and guidelines which govern the ACA Athletic Program, as well as some of the more important rules and regulations required by the school and governing leagues. Although it is intended to be comprehensive in nature, there will inevitably be situations that occur that are not outlined in this handbook. Having a common understanding of the rules and regulations that govern athletics will assist in significantly reducing concerns and unforeseen problems.

We ask that you read this handbook thoroughly with your student-athlete(s). The athletic office must have a current, signed **Acknowledgement Form** (located at the end of the handbook) on file before a student-athlete can participate.

We look forward to another great year in athletics.

Go Warriors!

Virginia Dempsey
Athletic Director

Travis Lockyer
Head of School

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PREFACE

The Annapolis Christian Academy Athletics Handbook provides the policies, guidelines and expectations necessary for the proper administration of the school's athletics program. This handbook is provided to ACA's student-athletes, coaches, parents and administrators with the expectation that all the information contained herein is understood and followed by all involved in athletics. This handbook does not contractually bind Annapolis Christian Academy and is subject to change without notice by decision of the school's Board of Trustees. A shared understanding of the rules and regulations that govern the school's athletics program will alleviate many concerns and problems. However, it is inevitable that situations or issues will arise that are not addressed in this handbook. The school administration will address these issues on a case-by-case basis and will add to or modify this handbook as needed.

The school requires that all student-athletes, parents of students participating in athletics and coaches read this handbook carefully and indicate completion of doing so by signing and returning the Acknowledgement Form each school year to the athletics office. This form must be on file before a student-athlete can participate in school athletics.

THE MAN IN THE ARENA

“It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes short again and again, because there is no effort without error and shortcoming; but who does actually strive to do the deeds; who knows great enthusiasms, the great devotions; who spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who neither know victory nor defeat.” – Theodore Roosevelt

ATHLETIC PROGRAM PROFILE

Mascot – Warriors & Lady Warriors

Colors - Navy Blue, Scarlet & White

Leagues – Texas Christian Athletic League and/or private school league

Sports -

Grades 6-12: six-man football, volleyball, basketball, track, cross country

Grades 6-8: cross country, six-man football, volleyball, basketball, track, co-ed soccer

Grades 3-6: flag football, volleyball, basketball, track

NATIONAL CHAMPIONS

Men's Basketball 2017

STATE CHAMPIONS

Football 2004, 2009, 2021

Volleyball 2009, 2020, 2022

Girls Track 2014, 2015, 2016, 2017, 2018, 2022, 2023

Boys Track 2022

Girls/Boys Track 2021

Girls Basketball 2017, 2021

Boys Basketball 2019, 2020, 2023

STATE RUNNER-UP

Football 2010, 2015, 2017

Boys Basketball 2017, 2018, 2022

Girls Track 2019

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PHILOSOPHY

Athletic competition is an artificial endeavor. It mimics real life without being real. This is evidenced by the terms we use: we “play” a sport and competitions are called “games.” The exception is for those who derive or wish to derive their livelihood from athletic performance. While we welcome student-athletes of such high ability, our primary program goal is not intended to develop them to that level. Instead, we wish to use our athletics program to further the mission of the school:

Annapolis Christian Academy exists to glorify God by providing an educational community committed to the classical and Christian ideals of truth, goodness and beauty, the cultivation of wisdom and virtue, and the integration of faith and learning with all of life.

That athletics is artificial is not to say it is without value. Just the opposite is true. It is because of athletics’ artificiality that it holds great value to a school such as ACA that seeks to develop not just academically astute students but well-rounded young men and women who demonstrate qualities such as humility and selflessness coupled with confidence and poise. Within athletic competition, student-athletes encounter many positive and transforming experiences.

The positive role of athletics is on display when students’ interest in competition and sport is used for the greater good. Many students grow up loving sports and look forward to representing their school in competition. Sadly, such interest is not often found with academics. Students don’t typically dream of learning advanced biology or ancient history in high school. This results from a lack of emphasis on learning in our culture and homes. On the other hand, sports are often given too much attention as athletes serve as modern gods for young men and women. While we may not change the culture, we are given a great opportunity to capitalize on this interest by using it to change and develop our students into mature and godly men and women who are equipped for service and leadership to the glory of God.

For athletics to serve our students in the best possible way, the school must have a vision for what it wants to accomplish. Without such a vision, we are at risk of succumbing to the default positions often taken by sports advocates: either that competition is only about victories, trophies and championships (and therefore requires much time, practice and money) or it is a tool for building the self-esteem of the students (and therefore must be conducted in such a way that students are shielded from unpleasant outcomes such as humiliating defeats).

A well-run competitive sports program (well-funded, led, and supported) should provide the student- athlete:

- An appreciation for and development of one’s body.
- An ability to handle pressure with confidence and poise.
- A healthy perspective on victory and defeat.
- Knowledge in how to interact with others through team sports.
- Experience in being a leader as well as a follower.
- The will to do one’s best, no matter the circumstance.

- Satisfaction that comes from the exercise of creativity within recreation.
- A sense of belonging to something greater than oneself, be it a team or a community.
- A test of one's ability as well as the encouragement to reach beyond perceived limits.
- The discipline that requires one to set a goal, work toward it and see it to completion.

When we lose sight of the fact that athletics is artificial, we risk misleading our student-athletes. When athletics is "real", too much emphasis is placed on the outcome. The desire for victory can become so great that we lose sight of any benefit our student-athletes may gain in defeat. When athletics is "real", sinful behavior is easily justified. The poor call by a referee or cheating by an opponent may be seen as a wrong that in the name of justice must be addressed, often boorishly. To counter these tendencies, we must train not only the student-athletes but the parents, coaches and administrators in a healthy perspective on competition and give each clear expectations for conduct on the field, court, sideline and stand.

This is not to say that we want our students to enjoy defeat or become passive doormats after every blown call or incident of cheating. Such a response is to replace one set of weaknesses (blown temper, profanity or ugly remark) with another (giving up, quitting or resignation with defeat). Both responses, while typical, are overcome through mature coaching and parenting that seeks to move student-athletes toward strength of spirit, body and mind.

ATHLETICS' MISSION

At Annapolis, we seek to conduct our athletics program in the same way we conduct our academic and arts programming: with excellence. We compete to win and make victory in each contest a goal while also keeping in mind higher goals. ACA athletics helps to fulfill the mission of the school by teaching the Christian way of competing and the Christian way of life as expressed through our core values in athletics:

Growth and Development: Athletics at Annapolis believes in incrementally growing and developing our own athletes from within as they move up through our programs. It is a stair step approach with each team building and preparing the individual athlete and team for the next level of competition. There is a recognition that we have not arrived and need to continually be striving to be the best versions of ourselves. There is a nobility in the struggle. Thomas Paine wrote, "That what we achieve too easily we esteem too lightly."

"So then, just as you received Christ Jesus as Lord, continue to live your lives in him, rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness. " Colossians 2:6-7

"When I was a child, I talked like a child, I thought like a child, I reasoned like a child. When I became a man, I put the ways of childhood behind me. For now we see only a reflection as in a mirror; then we shall see face to face. Now I know in part; then I shall know fully, even as I am fully known." I Corinthians 13:10-12

"For this very reason, make every effort to add to your faith goodness; and to goodness, knowledge; and to knowledge, self-control; and to self-control, perseverance; and to

perseverance, godliness; and to godliness, mutual affection; and to mutual affection, love. For if you possess these qualities in increasing measure, they will keep you from being ineffective and unproductive in your knowledge of our Lord Jesus Christ.” II Peter 1:5-8

Excellence: Annapolis strives for excellence - programs that are well managed and well executed with a focus on discipleship - and success - reaching maximum potential both individually and as a team - in all athletic endeavors. Coaches, players and parents, participate in such a way that honors God and conveys a positive witness to those around us. Winning on the scoreboard should be one of our goals, but losing can many times present beneficial learning opportunities if we seek to grow from those lessons.

Instilling discipline necessary for excellence in athletics. The program seeks to develop student-athletes' skills, endurance and physical strength through qualified and competent coaching and training programs designed to minimize injuries. Discipline in the form of positive correction, assistance, improvement and prevention is emphasized. Each student-athlete is expected to commit her or himself to practice and conditioning in season and out in order to compete to the best of her or his ability.

“Whatever you do, work at it with all your heart, as working for the Lord, not for men.”

Col 3:23

"You are the salt of the earth. But if the salt loses its saltiness, how can it be made salty again? It is no longer good for anything, except to be thrown out and trampled underfoot. You are the light of the world. A town built on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven." Matthew 5:13-16

Character: ACA seeks to help grow and nurture academically astute students but well-rounded young men and women who demonstrate qualities such as humility and selflessness coupled with confidence and poise. Since Annapolis athletes are representatives of their team, their school, their community and more importantly, God, ACA athletics is committed to developing each individual's character as well as proper perspectives on winning and losing which are consistent with the will of God. We will be modest in victory and gracious in defeat.

- *Expecting student-athletes, coaches and parents to act with honor.* Student-athletes, coaches and parents are expected to act honorably toward their opponent, their opponents' supporters, and the game or contest officials, regardless of how the other acts. The program seeks to represent the school community and the cause of Christ well in all its activities. All are expected to act with modesty and graciousness in victory and defeat. All are expected to abide by the letter as well as the spirit of league rules.

“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.” Gal 5:22-23

“Not only so, but we also rejoice in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope.” Rom 5:3-4

“Similarly, if anyone competes as an athlete, he does not receive the victor’s crown unless he competes according to the rules.” II Tim 2:5

“Be on your guard; stand firm in the faith; be men of courage; be strong.” I Cor 16:13

Commitment: Success is in reaching maximum potential both individually and as a team. Being a great student and a great athlete is a difficult task, an admirable goal and a worthy accomplishment.

- *Encouraging a balanced approach to sports and life.* The program supports the Christian’s priority of faith and family first as well as the school’s priority of academics over athletics by scheduling practices and games (when under the school’s control and as facilities and coach’s schedules permit) in such a way as to have the least possible disruption on the student’s ability to attend church, be with family and study while also competing with excellence.

“Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. Everyone who competes in the games goes into strict training. They do it to get a crown that will not last; but we do it to get a crown that will last forever. Therefore I do not run like a man running aimlessly; I do not fight like a man beating the air. No, I beat my body and make it a slave so that after I have preached to others, I myself will not be disqualified for the prize.” I Cor 9:24-27

“He who gathers crops in the summer is a wise son, but he who sleeps during harvest is a disgraceful son.” Prov 10:5

Community: Our programs focus on discipleship and living out a sincere faith in learning how to love our neighbors. Our teams aim to build strong bonds of Christian unity not just with the athletes on the teams but with the families and fans that support the program.

- *Providing training for Kingdom service.* Through mature and godly coaches, the program seeks to challenge student-athletes to train and compete in such a way as to develop qualities of perseverance, strength, compassion, boldness, and humility with an eye toward serving the Kingdom of Christ as godly men and women. In team sports, this includes taking an “others first” approach.

“As iron sharpens iron, so one man sharpens another.” Prov 27:17

“This is how we know what love is: Jesus Christ laid down his life for us. And we ought to lay down our lives for our brothers... let us not love with words or tongue but with actions and in truth.” I John 3:16, 18

“Dear friends, since God so loved us, we also ought to love one another.” I John 4:11

ATHLETIC CULTURE

If the Bible is the ultimate source of truth, then what does Biblical Truth say about all aspects of sports for athletes, coaches and fans? First, all are created in God’s image-teammates, opponents, fans for both teams, and coaches. Second, everything we do must line up to the character to our Lord Jesus Christ. Last, we cannot operate under a long standing sports culture by looking to

what is common practice around us. Annapolis takes pride in being a counter cultural athletic program. Biblical truth informs our practice with how we handle winning, losing, adversity, conflict, and sports traditions.

Heidelberg Catechism answer number eighty-six says “Because Christ, having redeemed us by His blood, also renews us by His Holy Spirit after His own image, that with our whole life we show ourselves thankful to God for His blessing, and that He be glorified through us; then also, that we ourselves may be assured of our faith by the fruits thereof; and by our godly walk win also others to Christ.” This gives us an outline of how we to live all of our life, including athletics. First, we are to live a life of thankfulness that glorifies God through us. Second, our faith should be shown in fruits of godliness that win others to Christ. This is the summary of how coaches, athletes, families, and fans should be living out the ACA sports culture.

TRIVIUM OF ATHLETICS

We recognize the normal stages of a child’s development and provide appropriate opportunities in athletics. We also look to balance church, home, and school by incrementally increasing the time commitment as students and families are more able to manage this increase in responsibilities:

Grammar School athletic programs (3rd -6th grade) encourage participation and experimentation and establish a love for the game. The fundamentals of the game will be strongly emphasized. Tryouts are for the purpose of team placement based on skill and ability. Cuts are highly discouraged but permissible if based on facility or resource issues. Coaches will do their best to provide equal playing time. Grammar athletics will work to develop skills and techniques as well as introduce the concept and critical need of “teamwork”. And finally, athletics at this stage provides the first time excitement of wearing ACA school colors in sports.

Grammar sports time commitment– a max of a three days a week commitment with two practices and one game or two games and one practice. Practice length for all sports is 1 hour 30 minutes. Practices and/or games may be held on Saturdays depending on league scheduling. No teams will have mandatory practices over school holidays.

Logic School athletic programs (6th, 7th-8th grade) strive to further a love for the game, continue to develop fundamental skills, and help athletes begin to understand and execute more advanced level strategies and schemes. Try-outs are for the purpose of team placement based on skill and ability. Cuts are discouraged but permissible if based on facility or resource issues.

Logic School time commitments – a max of a four day a week commitment with two practices and two games or three practices and one game. Practice length for all sports will be no more than two hours. . Practices and/or games may be held on Saturdays depending on league scheduling. No teams will have mandatory practices over school holidays with one exception - if a game is scheduled on the day immediately following a Monday holiday, practice can be held on Monday evening. Playing a game after several days off can become a safety/health issue for the kids.

Rhetoric athletic programs (9th-12th grades) strive to be the best they can be with a focus on excellence in execution. Players are put in positions to get the most out of their athletic talent, cultivate leadership skills and understand “team-first” responsibility. Each head coach will put the collective efforts of the team ahead of individual achievement and will take knowledge, ability to execute, attitude, conduct and safety into consideration when it comes to playing time. Athletes should not assume that they are guaranteed a spot on a varsity team simply because they participated on the same team in previous years.

Rhetoric School time commitments – a max of five to six day a week commitment. Practice length for all sports will not exceed 2.5 hours per day. Strength training is not counted as practice time. No games will be held on Sundays. Practices and/or games may be held on Saturdays and across some school holidays depending on the sport and season. No games will be played during mid-year or final exams.

GENERAL POLICIES

MULTIPLE SPORTS AND ACTIVITIES

1. Athletes are allowed to participate in more than one sport/activity at a time
 - a. the sport or activity in season should take precedent
2. Leadership from both activities will work closely together to minimize conflict.

Below is a chart of how leadership & family might distinguish conflict and what activity would take priority.

Priority	Athletics	Performing Arts
1	State Championship	Performance
2	Playoffs	Tech Week/Dress Rehearsals
3	Regular Season Games	Run Throughs
4	Practice	Rehearsals
5	Pre-Season	Try-Outs

Athletics sponsored by the school take precedence over any non-school sponsored activity (e.g. club sports).

ANNUAL ATHLETIC MEETING

Each year the Annapolis Athletics Program will hold an all sports meeting to discuss policy changes and updates regarding the mission and execution of the athletics program.

MUSIC

All music associated with the athletic program and all sports will be Christian.

SUB-VARSITY and Logic “B” TEAMS

Teams are determined by the following:

1. participant interest
2. facility availability
3. safety in participation numbers
4. coaching resources
5. availability of opposing teams willing to compete

SPORTSMANSHIP

The following should be taken into consideration while attending and competing in home and away matches by athletes and spectator:

- treat guest teams and spectators with respect
- act as invited guests at away contests
- always treat the home school’s personnel and facilities with respect and care
- positive and encouraging cheering
- being modest in victory
- gracious in defeat
- treating the officials with respect

Any member of the ACA community who is a participant or spectator at an event, who uses profanity, engages in inappropriate behaviors such as fighting or similar misconduct will be dismissed from the event and is subject to disciplinary action by the school and may lose privileges to attend games.

SCHEDULING

The athletic department seeks to keep game changes to a minimum, seeking a two week window for any potential changes from our opponents.

- Grace nonetheless needs to be given for weather, general unforeseen conflicts, and situations that are out of ACA Admin and athletic director’s control.

TRANSPORTATION AND TRAVEL

Drivers

Parents or approved competent adult drivers in safe vehicles with proper restraint provisions will transport all student-athletes. All drivers must have a current driver's license and automobile insurance on file in the ACA office.

- When required, student-athletes may ride to/from an athletic event with parents.
- Permission/verbal communication with the AD in order to ride home with someone other than their parents. Text or Group Me communication is acceptable
- a written single note granting permission to cover an entire season is acceptable
- Students will not be allowed to drive themselves or other students to away games outside of city limits.
- No Student should drive other students to and from a school sponsored event, with the exception of family members/siblings..

Team Transportation:

- When team transportation is provided by the athletic department, all athletes are expected to ride together to and from game/competition locations.
- Permission/verbal communication with the AD in order to not ride with the team transportation provided is acceptable when done prior to the season officially starting.

Class Dismissal

The Athletic Director will establish the time that the student-athletes will be released from class for participation in games held on school days.

Travel Etiquette → **Change to** Travel Attire****

All athletes will travel in an assigned uniform (assigned by coach). At minimum, ACA gear will be worn on travel days.

SEVERE/INCLEMENT WEATHER

If lightning is present during an outdoor event:

- all parties must be moved indoors
- Event may resume after 30 minutes has passed since last visual evidence of lightning

For outdoor practices:

- Heat and humidity are closely monitored.
- Practices will not be held outside in a heat index of 110°F or above.

FUNDRAISING & VOLUNTEERING

ACA Athletics raises funds by:

- concessions
- gate fees at games
- summer camps
- individual gifts and donations
- Potential fundraisers such as bake sales, car washes, kids' nights, etc.

All families with children in athletics are required to volunteer to help with the following:

- | | |
|------------------------------------|--|
| ● set-up or tear down of equipment | ● scorebook/scoreboard |
| ● judging lines | ● stats |
| ● chain gang | ● photography |
| ● concessions | ● providing water/snacks for athletes. |
| ● gate | |

Funds raised meet specific objectives, but not limited to: provide enhancements to our team sports programs, such as new uniforms, equipment, technology, supplies, to pay coaches compensations, and to pay for tournament fees and official fees.

PROBATIONARY PERIOD

A student-athlete may be put on probationary period for violating any policy or procedure laid out in the Athletic Handbook or the Parent Student Handbook.

- the length of the probationary period will be decided upon by the Head of School and Athletic Director
- student-athlete may not be able to participate in organized sporting activities during this time.

SUBSTANCE ABUSE

The school opposes student use, possession, or distribution of tobacco or alcohol in any form, on campus or off campus. Violation subjects a student-athlete to disciplinary action.

Disciplinary actions could include the following, but not limited to:

- multiple-day suspension
- permanent removal from the team
- expulsion from school

Students are not permitted to use, possess, purchase or distribute illegal drugs, including athletic performance enhancement drugs. Disciplinary action may lead to the involvement of local law enforcement.

GAMBLING

Gambling is not tolerated. Violation subjects the person(s) involved to disciplinary action.

HAZING

Hazing is not permitted, in any form. Violation subjects the person(s) to disciplinary action, Disciplinary actions could include the following, but not limited to:

- suspension
- potential expulsion from school
- expulsion from further participation in athletics for a minimum of one academic year.

SEASONS

Cross country - Last week in July through Mid October (State Meet)
Football - Last week in July through mid November (state tournament)
Volleyball - Early August through mid/late October (state tournament)
Basketball - Mid-October through mid/late February (state tournament)
Soccer - February through early May

MORATORIUM

A moratorium is when no practice or competitions are scheduled.

Moratorium 1: Length of 5 days during December (includes Christmas)

Moratorium 2: During May, (includes review week prior to finals and finals week)

REQUISITES FOR PARTICIPATION

The following are required for a student-athlete to participate in a sport, prior to the first day of official practice for that sport:.

- Acknowledgement of Athletic Handbook
- Physical Examination
- Code of Conduct (within Athletic Handbook)
- Player Expectations (team specific)
- Waiver of Liability
- Proof of Payment for Athletic Fees

STUDENT-ATHLETE EXPECTATIONS

LOCKER ROOMS

The following are mandatory locker room expectations:

- Doors should not be tampered with in a way to keep them from locking or closing all the way
- No horseplay, i.e. pushing, shoving, wrestling, or throwing of objects
- Language and actions should seek to be in line with the discipline and expectations of young Christ-followers
- Access to the locker room is limited to before school and after school.
- Locker room is accessible during PE and elective classes.
- Unclaimed clothing will be turned in to the lost and found or discarded after one week.
- Locker preference is given first to sports in season, by seniority grade level.

CELLPHONES and SMARTWATCHES

Cell phone and Smartwatch use guidelines:

1. Use must be Christ-honoring, and align with ACA's standards of conduct
2. except in the case of an emergency, shall not be used in private spaces, including but not limited to, bathrooms and locker rooms
3. taking or posting pictures or video from any private spaces is strictly forbidden.

Violation of this policy is a serious offense. Failure to adhere to these expectations could result in individual disciplinary actions.

AGE/GRADE ELIGIBILITY

A student-athlete must be less than 19 years of age on September 1st in order to participate in any ACA athletic events.

As a general rule, eighth grade students are not eligible to participate on high school teams.

Exception: Eighth grade athletes may participate on a High School team only when:

- Athletes are needed to complete a High School team
- Eighth grade athlete possess skills and maturity to handle participation
- An evaluation period will be necessary before approval by the team coach
- Approval is granted by the Athletic Director and Head of School
- Discretion of the parent approval

- Eighth grade players will not be allowed to join a varsity team until the varsity season has been completed (track being the only exception if there are low numbers on the varsity team).

6th graders athletes may be asked to participate on a Logic team when necessary to field a team when accompanied by parent approval.

ABSENCES and ABSENCES FROM SCHOOL

Student-athletes are responsible for their schoolwork per the Planned Absence Policy in the ACA Warrior Handbook.

Student -Athletes are to:

- communicate with their teachers when missing classes
- schedule make up tests
- turn in make-up work on time
-

It is the student-athletes responsibility to communicate with their teachers, not their parents.

An athlete who is absent on a game day, cannot play in the game that day, regardless if the absence was excused or unexcused. An athlete must be present at least half of the school day to play on a game day.

ELIGIBILITY and GRADE CHECKS

Eligibility: To be eligible initially, a student must not be on academic probation from the previous year.

Grade Checks:

1. During grade checks, ineligible is defined as a grade of 69.4 or below.
2. Grade checks are done for athletes playing in a sport in grades 3-12.

Grade checks will be 2 times a quarter

- Grade check #1 is at week four
- Grade check #2 is the end of the quarter

If failing grade check #1 the athlete will be ineligible to play for 1 week.

If failing grade check #2 the athlete will be ineligible to play for 2 weeks.

At the end of the 1 or 2 week ineligibility period the failing grade will be checked for passing. The athlete will be able to play when the failing grade has reached 69.5 or above.

A student-athlete is still expected to attend practices and games during the ineligible week. Arrangements should be made in advance for missing for tutoring purposes.

PARTICIPATION

Participating in athletics is a privilege and is contingent on the following:

1) Clearance from Previous Sport

- Student-athletes must be cleared by the Athletic Director from their prior sport before they can begin competing in a new sport.

2) Academic and moral standing -

- Student-athletes may not participate in practices or games if they have failed to achieve the minimum academic requirement or are suspended from school.

3) Practice and Game Attendance

- Students will not be permitted to play for a sports team if they miss the first week of scheduled practice.
- Students must be present in 3 classes to participate in a competition or game.

4) Varsity Practice and Competition Attendance Over School Scheduled Breaks

- Practices, competitions/games, tournaments, and regional and state level competitions will be scheduled during school scheduled breaks, when necessary
- Student-athletes are expected to attend practice during school scheduled breaks.
- Student-athlete attendance, or lack thereof, might directly affect their starting position or general playing time in subsequent games/competitions.
- Student-athlete lack of attendance at practice does not negatively affect their roster spot on the team they are already a part of.
- Communication from the athlete with the team coach is necessary prior to the season for travel and participation during the season.

Withdrawn ACA students may not participate on ACA sports' teams for two semesters unless issued permission by ACA Administration. Each situation will be decided upon on a case by case basis.

PART-TIME STUDENT/HOMESCHOOL PARTICIPATION

Part-Time Student-Athletes are defined as enrolled students taking a minimum of four academic classes. Two of the classes must be a core class (Math, Science, History, Literature) or Bible.

Homeschooled Student-Athletes may participate in the athletic program when

- players are needed to field a team
- available spots will be offered to enrolled students first
- Homeschool athletes may pay an additional increased fee per sport/activity
- Requisites for Participation forms (see above) must all be turned in to athletic director
- Homeschool athletes must also provide proof of age and academic eligibility when requested from the Athletic Director.
- Homeschooled students must be approved by the Athletic Director and Head of School before being offered a spot on any Annapolis team.

VOLUNTEER HOURS for Rhetoric Student-Athletes

Student-athlete volunteer requirements:

- 2 hours minimum for general gate, concessions, table jobs, etc.
- volunteering at junior high tournaments as required by the team coach
- attendance and service at team fundraisers as required by the team coach

DEPARTURE FROM A TEAM

The three reasons for departure from a team are as follows:

1) *Leaving a team*

- season ending injury
- poor health status
- family emergency
- poor academic performance* all may lead to departure from the team only after being discussed with parents, head coach and Athletic Director.

*student-athlete may still be eligible for a varsity letter in this circumstance, and he/she will still be eligible for his/her next season sport.

2) *Quitting a team*

- any player quitting a sport after he has started the sport will not be eligible to participate in the next sport of his choice.
- No letter will be awarded

3) *Being dismissed from a team*

- poor conduct
- policy/rules infractions
- disciplinary reasons

- student-athlete will not earn a letter or be eligible to play in the following season sport (for a 9th-12th grader)

No athletic fee refunds will be given for any departure.

INJURIES

During injuries:

- injured athletes must be seen by a certified athletic trainer or doctor for evaluation
- release for participation is required by an athletic trainer or doctor to return to participation
- practice and game/competition attended is expected during the injury time, unless the student- athlete is attending rehabilitation during this time

ATHLETIC UNIFORM AND DRESS CODE

Student-athletes are issued team uniforms and are expected to take great care of the uniforms.

- If a uniform is lost, another uniform may be issued out once the lost uniform has been paid for in full.
- Student-athletes are expected to pay for damaged uniforms and equipment that has been issued out to them.
- All uniforms must be returned to the Head Coach in acceptable condition and cleaned the Wednesday following the last game.
- School records will be withheld if athletic fees or athletic uniforms /equipment are outstanding.

Rhetoric Teams: All practice gear at all times should be ACA athletic apparel, or appointed by the Head Coach and/or Athletic Director.

LETTERING POLICY

ACA letterman's jacket are only for individuals who have earned the right to purchase and wear them:

- Letterman jackets are for students in grades 9-12
- they may be worn as Annapolis outerwear.
- pin may be added each year for students lettering multiple years.
- If the sports league recognizes a particular accomplishment (e.g., athlete of the year), a student may attach the official sports league patch to the sleeves.

Lettering in athletics require the following criteria:

- varsity team participation
- team sports: athletes must start at least once;

- individual sports: athletes must place at a TCAL state meet
OR at coaches discretion based on substantial playing time, contributions to the team, and servant leadership.
- Team Managers – A student must manage three seasons (any sport) and the following conditions must be met:
 - attend all varsity games
 - serve the needs of the team as outlined by the head coach
 - attend all practices requested by the head coach

WEIGHT ROOM POLICIES

1. Proper supervision is required while in the weight room.
2. Male and female athletes are not to train simultaneously in the weight room unless they are supervised by their particular coach or athletic director.
3. Practice attire and athletic shoes must be worn at all times.
4. No athlete should lift alone and all lifts should be accompanied by a spotter.
5. No horseplay, socializing or laziness will be tolerated.
6. Re-racking weights and cleaning up weight room in mandatory

OUT-OF-SEASON EXPECTATIONS

During the school year, student-athletes are expected to give the in-season sport in which they are participating first priority

Annapolis' Summer Training Opportunities

Most sports offer summer training hours that are available, free of charge, to all enrolled and returning student-athletes.

During the summer months we encourage all our athletes to:

- take advantage of the opportunities to receive instruction over the summer months
- maintain and/or increase their skills
- Understand that fall sports have more summer expected participation due to the nature of when the season falls in the calendar year.

A summer training schedule will always be available for planning purposes, prior to the last day of school.

SUMMER LOG HOURS/TRAINING (Rhetoric Sports, 9-12th grade)

Some programs have expectations that athletes complete and log a minimum of training hours by the start of the season's first official practice.

Logged hours might consist of:

- training/workouts
- volleyball reps

- camp attendance
- home workouts

With expectations being set in place, Annapolis understands the importance of family time and travel and other social obligations and activities. Logged hours are always documented on an honor system, by each athlete and require a coaches signature for verification.

Summer log hours are intended to:

- increase the Student-athletes' summer activities
- encourage our athletes to continue to train through the summer months
- maintain and increase their skill set for the upcoming seasons
- to be used for the purpose of coaches to determine an athlete's dedication and effort to the team

PARENT EXPECTATIONS

PRESENCE AT GAMES OR PRACTICES

When possible, parents are encouraged and expected to be present at home and away competitions.

All practices are closed practices; invited guests must be approved by the head coach and the Athletic Director.

COACHING STAFF

Prior to hiring, each coach is

- prayerfully and thoughtfully considered
- vetted and recruited
- interviewed prior to hire

Therefore each coach has authority over the student-athletes for that team.

Coaches determine:

- playing time and line-up
- players' positions
- strategy

Therefore parents should help their child understand that being a team member means accepting the coach's decisions.

It is also important to remember that neither coaches nor parents are infallible evaluators of talent, nor are either perfect play-callers. Parents should still encourage their student athletes to

abide by the coaches' decisions. Yielding to authority is a biblical lesson that our children will learn from for years to come.

Parents should refrain from coaching from the sidelines.

COMMUNICATION – INTERNAL

Direct communication between the coach and players is very important. Player and Coach communication is highly encourage and is the best was for issues to be resolved directly.

The 24-hour Wait Rule

- Parents should wait 24 hours before contacting or sending an email to a coach after an incident warrants discussion or a meeting.
- It is never appropriate to approach a coach before or after practices or games.
- The Athletic Director and team coaches have an open door and encourage communication and meetings, when the proper scheduling has been put in practice.

Parents Meetings regarding issues:

- should first be scheduled with the team coach
- are assumed to be confidential
- contents of the meeting should not be shared with others who were not directly involved in the meeting
- when significant issues require additional discussion or cannot be resolved, a meeting involving the Athletic Director may be necessary
- when additional discussion is still required, a meeting with the Head of School may be necessary
- Any unresolved or escalated issues may then be taken to the Annapolis School Board, once the Athletic Director and the Head of School have previously met about the issue with no resolution.

COMMUNICATION – EXTERNAL

Press releases must be approved by the Athletic Director or his/her appointed contact person within the athletic department

Parents should never contact opposing schools, officials or the league office to voice complaints over athletic contests, opposing players, coaches or fans, or officials. All concerns and/or opinions should be communicated directly with ACA Athletic Director.

FINANCIAL EXPECTATIONS

Hard Costs (mandatory):

- athletic fee for the sport
- any additional equipment, garments or shoes that the student-athlete
- travel costs or expenses

Soft Costs (non mandatory):

- snacks/meals for players
- end-of-season coaches gifts
- yard-signs, etc
- post-game celebrations
- team dinners

Additional Equipment Needed for Team Sports– Each team might require equipment that is needed to complete their team uniform (hard cost).

The following are included, but not limited to:

- Shoes
- Practice gear
- Knee pads
- Arm sleeves
- Socks
- Mouthpiece
- Protective gear
- Injury prevention gear
- Cover Shirts

Annapolis understands the cost and demands that athletic equipment puts on families. The Athletic Director will do their best to incur some of the costs associated with additional equipment when applicable. When funding is not available through fundraisers and donations the additional equipment will be the responsibility of the athletes and their family.

OFF CAMPUS SUPERVISION

Athletes are under the direct supervision of the coach until they leave campus or a contest. Supervision includes locker rooms, weight room, gym, field, and any other location that the team is at.

PARENT & STUDENT ACKNOWLEDGEMENT

I have received, read, and understood the Athletic Handbook for the 2022-2023 school year, and I agree to abide by its rules and guidelines.

Student-Athlete (Print)

Grade

Parent or Guardian (Print)

Date

Parent or Guardian (Signature)

c]Date