

Terra Ceia Christian School

Athletic Handbook



Our purpose is to provide strong Christian training and leadership that demands a commitment to academic excellence. In a positive manner we represent Terra Ceia Christian School on and off the playing field, course, range or court. We desire a program that is dedicated to the development of individual skills and to team performance while imputing the values of the Christian faith. This is to strengthen the commitment and character of each individual in our athletic program.

Our effort as an athletic program should be consistent with the effort of the entire school. We need to train effective Christians so they might go out and serve God in various occupational pursuits. We desire training that is inclusive of prominent character qualities such as goal-setting, self-sacrifice, fulfilling responsibility, developing effective communication skills, hard work, inner-character, self-discipline, and persevering spirit.

ATHLETIC PURPOSE

1. Bring honor and glory to God through Terra Ceia Christian School
2. Allow students to develop God-Given physical talents
3. Consistently impart Bible principles and values of Christ to our players
4. Teach good sportsmanship
5. Teach how to win and be winners
6. Teach how to accept defeat without being a sore loser
7. Teach responsibility (on time for practice, games, and school work)
8. Teach cooperation and working well with others
9. Teach how to follow directions outside of the classroom setting
10. Teach respect for authority represented by coaches, athletic committee, staff/faculty of TCCS and TCCS school board

ATHLETIC REQUIREMENTS

1. All FORMS must be signed and turned in by the first game.
(ex. Code of Conduct, Concussion, Sport physical, travel form)
2. Dress Code: All students participating in athletics must follow the policy approved by the Athletic Committee. Basketball, Soccer, Softball, Baseball, Cross Country, Volleyball, Cross Country, Shooting Team and Cheerleading participants must wear approved dress code gear for all game days at school and to and from games, unless otherwise instructed by coaches or the AD. When you are traveling with the team this attire is to be worn. Approved dress code shirts, and jackets will be on the spirit wear website that will be provided for parents to purchase. If the guidelines are not followed, the individual may be suspended from games until corrections are made. Coaches, the AD and the committee will monitor players for proper dress for all male and female athletes.
3. Students will maintain a positive attitude towards the team, officials, coaches, committee members and opposing team and Terra Ceia Christian School.

4. The \$75 athletic fee, per sport, must be paid before the student will be allowed to participate (XC and shooting team, fee are different, see AD)
5. Abide by the Academic Eligibility policy. (see Academic Eligibility)
6. A student wishing to join any team must attend practice one week before the first game. If a student cannot meet this requirement, the decision will be decided by the committee and the athletic director.

ATHLETIC DRESS CODE (updated 9/2022)

All clothing worn to and from all athletic events, both home and away, must be approved apparel from the athletic committee. This policy is for all athletes, middle school through high school. These items should be worn on game days, both to and from games. No uniforms are to be worn leaving the game unless given special permissions from the coach or AD.

All Sports

• Pre-Game

- Khaki or Black pants with a button
- Any Combination of the following tops
 - Zip Jacket (with or without hood)
 - Quarter zip
 - Team t-shirt (long or short sleeve)

• Post Game

- Bottoms
 - Khaki or Black pants with a button
- Any Combination of the following tops
 - Zip Jacket (with or without hood)
 - Quarter zip
 - Team t-shirt (long or short sleeve)

Color options for these shirts, sweatshirts, hoodies zips and quarter zips:

Green, Black, White, Gray

*** exceptions are made when locker rooms are unavailable, for shooting teams, and XC teams. Coaches or AD will communicate these exceptions. During spirit week and picture days dress code exceptions are given. Players must participate in the school event or dress in athletic dress code.*

Athletic Wear: Athletic Committee requires all athletes to be dressed in the proper Athletic dress code on game days .

If you do not adhere to the athletic dress code the following disciplinary action will occur:

1st offense: Player may not be allowed to play in the game that day or the next game depending on when the violation occurs.

2nd offense: Player may not be allowed to play in the game that day or the next game depending on when violation occurs. Communication with parents will be set up to discuss violation/consequences.

3rd offense: Player will be suspended from game(s) and a meeting with parents will be set up to discuss violations/consequences.

4th offense: Player may be dismissed from the team.

ATHLETIC PENALTIES: (amended 10/2022)

1. If a student is caught drinking or in the possession of weapons, drugs or alcohol at a school event he/she will be suspended from athletics for the rest of the season or the next sport that he/she participates in.
2. If a student is caught by the coaching staff or the teaching staff or volunteer: smoking/vaping or engaging in inappropriate sexual behavior with an individual, the discipline action will be to the discretion of the athletic committee in collaboration with the school board if needed.* *if other violations have occurred previously in the same year, consequences may vary and will be decided by the athletic committee and the board.*
3. The athletic director and/or administrator in consultation with the coach will deal with unsportsmanlike conduct, swearing, or a poor attitude. Punishment may involve dismissal and/or suspension from the team or team activities.
4. If a student quits a sport, he/she will be ineligible to participate in athletics for one year until the sport in which they quit has cycled back around. The parents can appear before the athletic committee to discuss the situation before making a decision or to discuss special circumstances.

ACADEMIC ELIGIBILITY (amended 10/2022)

It is the desire of Terra Ceia Christian School to help all students succeed in their studies and beyond. In order to set up students for success, a partnership must exist between teachers, administration, parents, and students to empower and encourage students toward habits that will last a lifetime. Although this policy has certain implications for those involved with extracurricular activities, Terra Ceia Christian School requires all students and parents to follow these requirements.

Students participating in extracurricular activities (i.e., athletics, Leadership, drama, worship team, speech and debate) and any other activities which may occur outside of the normal academic day, must be passing all of their classes with a mark of 70% or better. This applies to all marking periods (progress reports and report cards) during the extracurricular activity and it also applies to organized sports in Middle School. Students who find themselves making less than a 70% and have no learning exceptions will be on probation and required to participate in a mandatory lunch study hall until the failing grade is a 70% or higher. Failure to participate in the lunch study hall may result in a dismissal from the team. Students on “probation” may continue to practice with the team if the parents and coach agree. These students can return to the team when the grade has returned to 70% or

higher. Students who fail to bring their grade back to 70% by the next grading period may be dismissed from the team. Students with certain learning difficulties who do not meet the 70% requirement and desire to be involved in extracurricular activities **may** be recommended by the faculty for participation. We want to provide a conducive environment for all students to strive for academic and personal success.

ILLNESS POLICY

1. If a student-athlete is sick and misses the entire day of school, they will not be allowed to participate in athletics that day.
2. A person must be in school by 12:00 in order to participate in a game.
3. Acceptable appointments do not apply to the 12:00 policy. They may participate if school is missed due to an appointment, a note is required.

COACHES'/ASSISTANT COACHES' CODE

These characteristics are what we seek to observe in our coaches. The purpose is not to criticize, but to help improve our coaches and our athletic department to maintain its high standards.

1. A desire to place the well being of the players ahead of a personal desire to win.
2. A coach sensitive to the emotional, physical, and spiritual development of the players on the team, realizing that players are individuals with individual needs.
3. A coach who places emphasis on teamwork and team unity.
4. A coach who will review first aid principles needed to treat injuries of their players.
5. A coach who will do his/her best to provide a safe playing situation for their players.
6. A coach who is knowledgeable in the rules of the sport they coach, and effectively teach these rules to players.
7. A coach who is able to use and teach proper techniques for the skills they teach.
8. A coach who remembers that the athletic program is for the students not adults.
9. A coach who is able to organize practices that are both fun and challenging for players.
10. A coach who is able to lead by example in the areas of sportsmanship, fair play and Christ centered behavior.
11. Coaches who receive a technical foul may be subject to meet with the committee as well as pay any fine associated with the penalty.

COACHES' RESPONSIBILITIES

1. Schedule a meeting prior to the season with parents, players and AD. This meeting is an information meeting in order to communicate about expectations of players as far as attendance, behavior and any cost that may incur other than athletic fee listed above.
2. Responsible for bringing equipment to and from games.
3. Responsible for coordinating transportation and adult supervision to and

from practices and games.

4. Inform Athletic Director of any needs for the program/team.
5. Giving out uniforms and collecting uniforms and informing the Athletic Director of missing uniforms.
6. Responsible for locking the gym, turning lights off (gym and bathroom) and getting trash up after each use.
7. Responsible for making sure their players abide by the athletic dress code.

8. Post season awards (tournament): all nominations must go to Athletic Director.
 - a. Nominate players for all-conference and honorable mention teams (Varsity only)
 - b. Nominate players for the all-tournament team and tournament MVP (Varsity only)
 - c. Varsity only: if applicable, nominate player for player of the year.
 - d. Also vote for conference coach of the year and team sportsmanship awards.
9. Complete a coach's contract
10. Set up a group chat for team communication with the parents/ guardians of your team that includes the AD.
11. Return the set of gym keys when the season ends.

12. School awards responsibilities:
 - a. Awards given are MVP (Varsity only), most improved, and coaches award.
 - b. Give a presentation at awards night at the end of the school year. This should be no longer than 5 minutes.
 - c. Varsity coaches are also responsible for nominating and voting for male and female Athletes of the Year. This person is typically a senior. The qualifications are: involved in at least 2 sports, involved in other activities, and shows good sportsmanship. It does not need to be the best athlete.
 - d. Varsity coaches are responsible for meeting with the rest of the coaches in the conference to determine the order of all conference players for all-state nominations. (The Sunday before the tournament at 2pm @ Lawrence Academy)

13. Each coach should call the local newspaper with scores of every game, win or lose, when possible.

HEAD/ASSISTANT COACHES

Whenever possible, it is preferred a faculty member should be involved as a head or assistant coach for each sport. Any coach must be approved by the athletic committee. This includes those involved in off-season practices as well or camps.

A note from the board about coaching: (fall 2022)

"To strengthen TCCS' athletic program that provides excellent coaching, training, and mentoring of all our student-athletes, the board asks that the Athletic Director begin the process of finding suitable assistant coaches for our head coaches to assist them in their work and provide continuity in the program by assuming the head-coaching role should

the head coach decide to cease coaching. Note that assistant coaches should not be immediate family members of the head coach."

PRACTICES

1. Practice schedules will be worked out between the AD and the coaches. Typically, MS/JV teams will practice before Varsity teams.
2. Open gyms and Wednesday practice must be approved by the Athletic Committee.

ROLE OF ATHLETIC DIRECTOR

The A.D. is a liaison between the coaches and the athletic committee.

1. The athletic director is responsible for schedules, ordering equipment, and providing personnel for home games to run smoothly.
2. The athletic director must be informed of program needs.
3. The athletic director reports to the Athletic Committee. As such, any concerns about the athletic program should be directed to the AD first, in accordance with the school policy for resolving conflicts.
4. The athletic director is responsible for making sure transportation is arranged. Coaches will be expected to drive if a van is used.
5. The athletic director is responsible for recommending and evaluating coaches yearly. This is to be presented to the Athletic Committee prior to sharing with coaches.
6. The athletic director is responsible for implementing policies set by the athletic committee and school board. Remember, the Athletic director has no vote in athletic committee matters, but will inform coaches of relevant decisions made by the committee and school board.

MALES/FEMALE RELATIONSHIPS

1. It is required that an adult of the same gender as the team be in the locker room. This can either be the AD, committee member or assistant coach, get permission if you wish to use a parent for this role. (Ex: A male coach for a female team must have an adult female in the locker room.)
2. Changing rooms should be separate and private for both genders.
3. If at all possible, males and females should not sit together on the bus/van.
4. Clothes should always be changed in an enclosed room.

RESOLVING CONFLICTS

Parents are required to take the following steps in resolving conflicts with a coach.

1. Go to the coach and talk with each other honestly and directly. Hopefully, at this point the misunderstanding will be resolved. Do not do this while the coach is actively coaching.
2. If there is no resolution to the problem, the parent and coach may call the athletic director. A meeting can be scheduled with the parent, coach, and the AD if possible.
3. If you are still not satisfied, the parent is asked to contact an athletic committee

member. The athletic committee will then decide how the conflict will be resolved. If needed the athletic committee may consult the board.

TEAM SIZE

(These are maximums.) Team size is up to the discretion of the coach. There will be no changes to the team roster without the approval of the Athletic Committee.

1. Boys Soccer 14
2. JV Girls Volleyball 12
3. Varsity Girls Volleyball 12
4. Middle School Girls Basketball 12
5. Middle School Boys Basketball 12
6. JV Girls Basketball 12
7. JV Boys Basketball 12
8. Varsity Girls Basketball 12
9. Varsity Boys Basketball 12
10. JV Cheerleaders 10
11. Varsity Cheerleaders 12
12. Girls Softball 14
13. Boys Baseball 14
14. Golf 10
15. Cross Country 30 (15 Girls/15 Boys)
16. Shooting team 25
17. Girls soccer 14

CUTS

Cuts may be needed if the number of athletes trying out for a team exceeds the number of maximum players. Sensitivity toward those athletes being cut is very important, especially for those who are cut. A good rule is to inform the person individually, face to face, and finish with some encouragement about what to improve to make the team in the future. Coaches are free to do this as they see fit. A posted note is generally not the best way to find out if you have been cut.

STUDENTS IN THE GYM

Students must be supervised in the gym at all times. This includes the basketball court, FFA room, art room, stage, lobby, locker rooms and the weight room.

This is to better insure 3 things: player safety, equipment maintenance, and ensuring less theft of personal property.

At away games, students must remain in the gym lobby/eating area, or in the gym itself.

PARENTS IN THE GYM

Parents are our biggest supporters. The athletic committee asks that parents please sit away from the team bench during games both home and away. We ask that parents sit in bleachers or seating across the gym from the athletes and coaches when there is room. If space in the gym is limited, please try to sit to the side of the team instead of directly

behind them. Please remain mindful to keep cheering volume appropriate so coaches can coach easily and try to refrain from coaching players on the court. This will allow coaches to do their job and athletes to focus on the game and coaches' direction. Please allow the coaches to do the task they have voluntarily stepped up to do. As a reminder, please always be encouraging and respectful to athletes on all teams, coaches, and referees. We do encourage that if you have any issues or concerns, please feel free to speak to the coaches or bring them to the Athletic Director after the game/practice, not while they are actively coaching.

KEYS

Every coach will have a gym key, padlock key, and key to the locker room. If a person has these keys and no longer coaches at the school, the keys should be returned to the school. All athletic committee members are permitted to be key holders. Checks for coaches will not be given until keys are returned.

Terra Ceia Christian School is a member of the Tarheel Independent Conference (TIC) and is also a member of the NCISAA state association.

NCISAA GUIDELINES

STATE SEASON LENGTHS

Fall season begins on the Monday containing August 1 and ends on the final Saturday in October.

Winter season begins on the Monday after the last Saturday of October, and ends on the Monday following the last Saturday in February.

Spring season begins one Monday prior to the final weekend of the state basketball tournaments, and ends May 31 of each year.

In season, or "Official" practice, with a school coach present (in any sport) is prohibited outside these designated sport seasons.

OFF SEASON OR UNOFFICIAL PRACTICE

The following are designated numbers of athletes, per sport, allowed to practice with coaching instruction in the off-season or "unofficial" practice.

Baseball: No more than 8

Basketball: No more than 4

Golf: No more than 5

Soccer: No more than 10

Softball: No more than 8

Volleyball: No more than 5

GUIDELINES FOR OFF SEASON PRACTICE

Organizational meetings, for the purpose of discussing policies or academics, distributing equipment or paperwork prior to the beginning date of practice are allowed, but no sports instruction is permitted on those days.

Skill Development/Restricted number practices with school coaches are permissible AS LONG AS:

1. They are not a requirement for participation on that team
2. Attendance is voluntary and open
3. They are not held during tryout periods for another sport
4. No more than the allowable number of athletes may participate in a skill development session no matter how many coaches are present
5. One skill development session is allowed per day
6. Any NCISAA coach does not coach a practice or game for a non-school team (select/challenge, AAU, USVBA, fall baseball, etc.) that has more than the allotted number of athletes from his/her school
7. Any officially employed or volunteer coach at an NCISAA school abides by these rules
8. Typically, Terra Ceia athletes involved in a sport that is in season do not participate in these practices until their season is completed

Summer Practice (June 1- July 31)

Summer will be defined as the season beginning June 1 and ending on the Monday of the week containing August 1.

During the summer coaches are permitted to work with individuals or an entire team AS LONG AS:

1. This is not a requirement for participation on that team
2. Attendance is voluntary and open

Ethical statement: Any coach who promotes the idea that participating in summer practice is required is out of compliance with the intent, spirit, and purpose of these rules.

OPEN GYM/OPEN FIELDS

During any season informal pick-up games with a school coach present (in any sport) are permitted.

During the off-season or “unofficial” practice, a coach may not play and not give verbal or physical instruction of any kind in the open gym or open field arena.

Please see the Terra Ceia Christian School “Open Gym” policy for further details and requirements for open gyms.

Heads of schools and athletic directors are responsible for seeing that these rules and concepts are understood by their coaching staff and that they are followed without exceptions. Enforcement of all NCISAA rules is the responsibility of each school, each conference, the NCISAA Board of Managers and the NCISAA Board of Directors, and the Executive Director.

These are state guidelines, and must be followed or our school will be punished by the NCISAA.

For Terra Ceia Christian School, everyone involved in an “unofficial” practice must be approved by the athletic committee.

EJECTION PROCEDURE: NCISAA POLICY

If any NCISAA player is ejected from any contest, he/she will not be allowed to participate in the next scheduled contest but may sit on the team bench. If the same player is ejected a second time from any contest, he/she will not be allowed to participate in the next two scheduled contests but may sit on the team bench. If the same player is ejected from any contest a third time, he/she will not be able to participate in or attend any sport until the beginning of the next school year.

If any NCISAA coach is ejected from any contest, he/she may not attend the next scheduled contest. If the same coach is ejected a second time from any contest, he/she will not be allowed to attend the next two scheduled games. If the same coach is ejected from any contest a third time, he/she will not be able to participate in or attend any sport until the beginning of the next school year.

A \$250 fine will be assessed should a coach be ejected from any game. A second ejection cost \$500. A coach is ineligible due to an ejection will be fined \$2,500 if he/she attempts to coach a subsequent game.

An ejection is a judgment call; therefore, there are NO appeals. If a wrong player is identified, a correction can be made. Penalties are cumulative from sport to sport and from sport season to sport season, but not academic year to academic year. Ejections in the last game of a given season carry over to the next sport in which the individual participates that year. Conferences may choose to enforce a more stringent code of conduct.

If an ejection occurs, the Athletic Director must be notified so he/she can report the violation to the NCISAA. It must be reported within 24 hours of the violation.

STATE ATHLETIC RECRUITMENT POLICY

Coaches or persons known to be associated with the athletic committee may not initiate contact with a student athlete to encourage him or her to attend the school.