

# Terra Ceia Christian School



## Athletic Handbook

2023-24

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, Hunter's Safety 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 Athletic Director 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, 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, fees are different, see Athletic Director)
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 can not meet this requirement, the decision will be decided by the committee and the athletic director.

### **ATHLETIC DRESS CODE** (updated 7/2023)

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 Athletic Director.

Approved apparel listed below:

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
  - Hoodies
  - 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
  - Hoodies
  - Team t-shirt (long or short sleeve)

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

Green, Black, White, Gray.

All spirit wear should have a “TC” or “KNIGHTS” logo, or be made specifically for the team. Clothing such as field day shirts, FFA, Oyster roast or color run shirts, etc do not qualify as acceptable spiritwear unless approved by the Athletic Director.

*\*\* exceptions are made when locker rooms are unavailable for teams. Coaches or Athletic Director 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:

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

2<sup>nd</sup> 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.

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

4<sup>th</sup> 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, 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 2023)**

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. Students who are below 70% will be released from their involvement in extracurricular activities. This applies to all marking periods (progress reports and report cards) prior to and during the extracurricular activity. It also applies to organized sports in Middle School. Students who have been released from a sports team may continue to practice with the team if the parents and coach agree. These students can return to the team on the date of the next reporting period if the academic goals have been met. 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/INJURED 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.
4. Injured players are still members of the team. Attendance at practices and games will be discussed by coaches, players, and parents.
5. In some cases the player may be required to show an official doctor's note of release before a player is released to participate in a sport.

## **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 Athletic Director. 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, 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 any awards given that they are eligible for
  - b. Nominations for teams, or coaches for sportsmanship, coach of the year, etc when needed
9. Complete a coaches contract
10. Set up a group chat for team communication with the parents/ guardians of your team that includes the Athletic Director.
11. Return the set of gym keys when the season ends.
12. School awards responsibilities:

Awards given: MVP(Varsity/JV only), most improved, and coaches award. (V,JV,MS)

  - 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.

The male and female athletes of the year will be selected from a varsity roster as nominated by varsity coaches and voted on by the Athletic Committee.
  - d. Varsity coaches may need to attend a meeting with the rest of the coaches in the conference to determine the order of all conference players for all-state nominations.
13. Each coach should call the local newspaper with scores of every game, win or lose, when possible.
14. Complete a background check

### **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 as camps at TCCS.

A note from the board about coaching: (amended Summer 2023)

*"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.*

## **PRACTICES**

1. Practice schedules will be worked out between the Athletic Director 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.
3. Only coaches and players are allowed to be in the gym during practice. All others (parents, family members, friends, etc.) wishing to stay on campus may remain in the lobby or parking lot.
4. Coaches can use the gym, other equipment, and facilities during off season days upon the athletic committee approval.
5. For Terra Ceia Christian School, everyone involved in an “unofficial” practice must be approved by the athletic committee.

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

## **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 Athletic Director 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. (Ex: A male coach for a female team must have an adult female in the locker room.) This can either be the Athletic Director, committee member or assistant coach, or other individual who has been approved by the committee to be present.
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.
4. When issues arise, parents, coaches and administrators are encouraged to wait 24 hours to address issues that don't involve the safety of the student athlete. Please allow coaches or administrators 24 hours to respond to your concern.

## **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. Hunter Safety 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 EXPECTATIONS**

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.

Concession Stand/Bookkeeping/ Driving the team

All parents/guardians of players are expected to serve in the concession stand. Failure to work the concession stand during your scheduled time will result in a fee, unless otherwise noted.

\$50 Fall sports. Winter sports \$50. Spring sports \$35.

Parents are encouraged to help drive and keep the scorebooks and stats.

## **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.

## **OPEN GYM POLICY**

Locker Rooms and Kitchen are off limits unless prior approval is given from the AD or committee member in which the committee will be made aware.

Access to team balls will be given on a permission basis only.

All equipment used needs to be returned to its proper place before leaving the gym.

The stage, locker rooms, weight room and FFA room are off limits unless otherwise given permission.

No sound equipment of the gym is to be used unless given permission.

All music played during open gyms needs to be Christian.

If there are males attending the open gym, it is required to have an approved male supervisor present.

If there are females attending the open gym, it is required to have an approved female supervisor present.

Gym must be locked when leaving.

All lights turned off when leaving (bathroom, lobby, gym, kitchen, awning out front).

Shirts and shoes are to be worn at all times during open gyms.

All gym rules must be followed.

If someone desires to attend an open gym who is not a Terra Ceia Christian School student, coach or staff member, they will need prior approval from the Athletic Committee.

All non Terra Ceia Christian School participants who wish to attend open gyms must complete an "open gym waiver".

Requests for open gym should be submitted at minimum 3 days in advance to the Athletic Committee. All open gyms must be approved by the Athletic committee.

Terra Ceia Christian School is a member of the MACAA (Mid Atlantic Christian Athletic Association). Please review their handbook and expectations as well.

Here are few to note:

### **Ejections from Games**

- If a coach or player is ejected from a game, he/she must sit out and cannot attend the next scheduled division game. A new game cannot be scheduled to prevent a division game sit-out.

### **11.8 • Gaming Rules and Regulations**

All athletics will be played under the rules and regulations of the North Carolina High School Athletic Association (NCHSAA) for the specified sport unless changes are adopted by the Association. Golf will use the United States Golf Association (USGA) Rules of Golf.

- **12.1 • Sportsmanship**

The MACAA places a great emphasis on sportsmanship. Along with our member schools, we want to ensure that our student athletes play in an environment that allows them to experience the very best in athletic competition. In order to accomplish this objective, the league is governed in a manner that always puts the best interest of the student-athlete first. The MACAA requires that all schools and players treat each other with proper respect. At no time should a member school humiliate or embarrass another member school by defeating them in a disrespectful manner such as running up the score. All schools can exemplify excellence and compete at the highest level while showing respect to their member schools. The MACAA also requires that all schools, coaches, players, and game personnel follow the goals of the MACAA set out in this manual. No school, coach, players, or game personnel shall behave in a manner through speech or conduct that can create a divisive atmosphere at any MACAA sanctioned event. In a member-driven league every school has an essential investment in the MACAA and all should strive to treat each other with the utmost regard while playing their absolute best. We ask that all Athletic Directors, coaches, parents and players promote good sportsmanship and act in a manner that brings glory to God. School administration, Athletic Directors, and coaches should promote this culture within their schools and address any issues that may occur during the season. Our member schools should be proactive in order to prevent any issues that may arise. All game administrators should be aware of and enforce the MACAA standards for good sportsmanship. The MACAA is a competitive league, but our first responsibility will always be to the personal growth and development of the student athletes.

- **12.3 • MACAA Good Sportsmanship Statement**

- We recommend this statement be read before every MACAA game:

*“The MACAA and its member schools have made a commitment to promote good sportsmanship by students, athletes, coaches, and spectators at all MACAA sanctioned events. Please represent your school with the highest regard. Any profanity, degrading comments and intimidating actions directed at officials, competitors, or other spectators will not be tolerated and are grounds for automatic ejection from the event site. Spectators are not allowed to enter the competition area during warm-ups or while the contest is being conducted. Thank you for your cooperation in the promotion of good sportsmanship at today’s MACAA event.”*

- **4.1 • Noisemakers:** All artificial noise makers including air horns will be banned at all sporting events.