

Refuge Christian Academy Athletic Handbook

“And one of the elders said unto me, Weep not for behold the lion of the tribe of Judah” – Revelation 5:5a



Mission Statement: Refuge Christian Academy sports exists to *honor Jesus Christ as Lord and to nurture faith, igniting potential* in all RCA coaches and players.

Refuge Christian Academy, 4875 Cora's Grove Rd., Willard, NC . 28478

Athletic Vision

To continually strive for excellence in all aspects of athletics by committing to:

- A foundation centered on Jesus Christ and the revelation of God in the Bible and in Creation
- Develop athletes whose Christ-like character qualities are evident in their lives
- Build eternal values by stressing attitudes and actions in relation to God's Word
- Promote growth physically, mentally, socially, emotionally, spiritually, and morally, as well as in academic discipline
- Develop and maintain well-balanced competitive programs
- Hire, train, and retain coaches who can minister to the spiritual needs of the student as well as maximize each athlete's potential
- Involve not only the participants, but also the student body, staff, faculty, school family, and the community in supporting the athletic program
- Provide high quality facilities, equipment, and uniforms

Athletic Philosophy

Mission Statements

Refuge Christian Academy sports exists to *honor Jesus Christ as Lord and to nurture faith, igniting potential* in all RCA coaches and players.

Refuge Christian Academy Sports exists to create an environment where students receive an excellent education based on God's Word, realize their unique purpose in God's plan, and respond productively to God's call. RCA recognizes the desirable role an athletic program plays in the life of the school. The mission of RCA Athletics is to have a strong spiritual emphasis and to achieve excellence while integrating Christian principles into the athletes' daily lives.

Athletic Purpose

Athletics is a unique ministry that provides activities for character building outside the traditional classroom setting. Biblical perspectives and appropriate responses may be taught to student athletes through the challenges, encounters, and situations found in

competition. Athletics, a microcosm of life, teaches intensity, diligence, dependability, patience, and other Christ-like qualities.

Objectives

The objective of RCA Athletics is to develop the athlete so that God is honored in all aspects of their lives allowing the athlete to:

- Serve others by helping their teammates and team succeed through teamwork
- Be an effective witness on and off the field/court
- Fully utilize their God-given abilities
- Realize the requirements of a work ethic
- Make sound decisions under pressure
- Handle conflict, deal with success, and cope with disappointment
- Improve playing knowledge and skill
- Develop self discipline

Goals

Each team at RCA will set measurable goals based on the mission, purpose, and objectives of RCA Athletics.

Expectations

The RCA athlete has an obligation to conduct himself/herself at all times in a manner that is pleasing to God.

Colossians 3:17 And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through Him.

Christianity, as part of who we are, should be self-evident in our performance and actions. Good sportsmanship is expected and required to maintain team eligibility and activity participation.

RCA athletes, coaches, parents, student body and spectators will:

- **Clearly reflect the spirit of our Lord Jesus Christ.**
- **Maintain respect for opponents.**
- **Cheer for Refuge Christian Academy, not against our opponents.**

- **Recognize and respect the position of authority granted to coaches and referees/officials.**
- **Refrain from all derogatory remarks toward any player, coach, or official.**
- **Uphold the Christlike character of RCA sports.**

When the conduct (including language) of the spectators, team member officials, or any other person is not representative of the aforementioned standards, the host Administrator or Athletic Director shall have the authority to stop the contest and warn the offender(s). Upon repetition of the offense, the Administrator or Athletic Director may resolve the situation according to his/her best judgment. Officials must have and indeed do have authority over the contest at all times. For regional and state competitions, the elected officials have the authority to correct misconduct.

Parent Participation

As the primary focus of RCA is to provide a quality Christian education, it is important for parents, family members and friends of student athletes to remember participation in athletic events is a privilege, not a right. Parents are encouraged to attend sporting events and cheer for their student athletes. Parents are expected to adhere to the same conditions of sportsmanship and Christian character.

- It is never appropriate to cast a disparaging light on coaches or other athletes by slander, manipulation or maliciousness.
- Any parent, family member or friend of student athletes actively engaging in questionable behavior in the stands or away from the school, which impacts student athletes or coaches may be banned from athletic events.
- Any parents who have issues with the way their child's coach is performing must address their issues with the Athletic Director.

What it Means to Win

At Refuge Christian Academy, winning means much more than outscoring the opponent. It means doing everything in a way that honors the Lord and doing everything heartily, as unto the Lord.

I Tim. 4:8 "Physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come"

Colossians 3:23 "Whatever you do, work at it with all your heart, as working for the Lord, not for men."

RCA measures winning by a different standard than just the scoreboard. Winning is measured by the heart of the coach and the student athlete.

Eligibility and Participation

Sportsmanship

Everyone involved with athletic contests should be committed to the demonstration of good sportsmanship and Christian behavior. It is vital that our coaches, fans, and participants remember that Christian character should be represented at the cost of any positive results in a competition. The reflection of the Christian testimony of our school outweighs the outcome of any contest. Players will be expected to shake hands with opposing players after the game.

Athletes as Representatives

The administration and athletic staff of RCA are very concerned with the attitudes displayed by the athletes. We believe that our athletes are representatives of our school to the outlying community, both on and off the playing field. Many times the only contact that people make with our school is through observation of our athletic teams. We feel that a student's behavior in the classroom displays a clear indication of what their behavior will be on the field or court. If a student athlete does not act in a Christ-like manner with his peers and his teachers, we do not expect that he will be a good candidate to represent our school through the athletics program.

Due to the varied talents of athletes on each team, playing time is not guaranteed. It is the intent of each coach to give each player quality playing-minutes during the season. Students are encouraged to work hard to improve his/her talents so that he/she will be an intricate part of the team.

Handling Discipline of Athletes

When a disciplinary situation occurs on or off the field, it will be dealt with immediately. The coach will consult with the athletic director, and administrators. Then the player's coach will meet with the athlete and explain the disciplinary decision. Parents will be contacted either by letter or a phone call informing them of the circumstances and the resulting disciplinary measure that was assessed. Each case will be judged individually. Disciplinary action may include, but is not limited to, one or more of the following:

- Pre/post practice clean-up duty

- Push-ups, sit-ups, wall time
- Running
- Verbal apology when applicable
- Written apology when applicable
- Loss of playing time
- Suspension from team
- Dismissal from team
- School disciplinary demerits issued by the Principal

Eligibility for Participation

- A player must be enrolled, full-time student (at least four (4) instructional hours per day) at RCA or CFCC in order to play on a team, inclusive of practices.
- Students in grades 6–12 are eligible to **try-out** for sports. *5th graders may be allowed to try-out at coach's discretion in order to form a team.*
- Students repeating a grade for failure of academics may not participate in a sport during his/her 2nd repeating year.

Substance Abuse Policy

Substance abuse is a major violation of the RCA discipline code. Once an athlete is determined to be using alcohol, drugs, or tobacco, the school will take whatever action deemed necessary.

Attendance

Students must be in attendance for the full day of school on any given game day. The exceptions will be as follows:

- Doctor appointment with written excuse/note from the doctor
- Funeral service
- All other absences, inclusive of practices, must have prior approval from the coach in order to be excused.

Hazing

Hazing (Harassing with silly, disagreeable, or demeaning tasks) is considered a major violation of the discipline code. If an athlete is determined to be involved in a hazing incident, the school will take whatever action deemed necessary.

Academic Eligibility Requirements

Athletics are viewed as a subordinate element to the primary purpose of the school, which is to serve the parents as an academic resource. A student must maintain a minimum overall 2.0 GPA, with no failing grade (F) in any one class. Failure to meet this requirement will result in the following:

- Any student who does not meet the minimum requirements shall be placed on probation until the next three-week progress report or report card.
- In consideration for sports beginning prior to start of the school year, students who did not meet the minimum overall GPA, or who had a failing grade in any one class at the end of the previous school year, will automatically be placed on probation at the beginning of the school year.
- At the end of the probationary grading period, if the student's grades do not meet the minimum requirements, he/she will be suspended from any participation (inclusive of practices, games, meetings, etc.)

Physical Examination

A sports physical form must be on file with the school in order for an athlete to be eligible to participate. Physicals are only good for one calendar year from the date indicated by the physician. A new physical must be completed for each school year for sports. It is recommended for sports physicals to be completed ASAP during the current school year.

Athletic Fees

An athletic fee will be collected from all participants. Athletes will not be allowed to play until this fee has been paid. Fees will be collected from all eligible players. All fees should be sent to the RCA office. Indicate the student's name and on which team the student is participating. Fees are based on the level of the team, not the grade level. Fees will be posted as assessed from year to year.

Uniforms

For sports where a team uniform is owned by the school, a rental fee may be charged. For sports where a team uniform is not owned by the school, athletes are responsible for securing their own uniform. In sports where uniforms tend to be changed annually, students will purchase and keep their uniforms.

An issued uniform, or any sports equipment, that is issued to a student becomes the responsibility of the athlete and his/her parents. Distributed items must be returned

within one-week of the end of the season. Replacement of lost or damaged uniforms and/or equipment is required. The Athletic Director will determine the costs, and will be charged to the parents.

Transportation

As a rule, parents are responsible to provide transportation to all games and practices.

RCA **will try** to provide transportation to games through a team bus or car pool. Parents should direct transportation questions to the coach at the beginning of the season.

Students may not transport other students to any sports activity without permission from the School Administrator. Please do not allow your student to find his own way to the games. Special circumstances should be discussed with the Athletic Director. Parents and students should discuss proper safety procedures for their student driving to and from athletic events. Student's cell phone numbers should be given to the coach for emergencies.

Bus Usage for Sports Teams

The bus can be used for sporting events transportation to away games pending bus availability and these procedures are followed. If bus drivers are not available parents are responsible for all transportation. Please follow the procedures listed below.

1. Every athlete should be given the opportunity to ride the bus to an athletic event, however only 13 athletes can ride the bus at one time.
2. Seatbelts should be worn at all times when the bus is in motion.
3. There should be 2 adults, one driver and one back-up driver on the bus when going to and returning from an athletic event with student athletes.
4. The bus should be cleaned of trash and swept out at the end of an outing.
5. All other athletic transportation must be provided by the parents.

Practices

Coaches should cover practice expectations in a pre-season meeting and/or informational letter. Practice attendance is mandatory to be successful. Coaches will notify the AD of the scheduling of practice days and times. So that our students may attend church, athletic practices on Wednesdays are discouraged; however, scheduling, tournaments, or other exceptions may deem it necessary to schedule a Wednesday practice. Players need to communicate with coaches if there are any issues with playing on a Wednesday.

Parents have the responsibility to pick up students in a timely manner. Students should not be on campus after school unless their practices are immediately after school. Please make arrangements for your student accordingly.

Player Responsibilities

- All players must volunteer to help set up, clean and break down the venue after the game.
- Players must be supportive and encouraging to their teammates.
- Players must attend all practices and games. The parent must communicate with the coach if their child will not be able to attend practices or games. (Refer back to the Attendance section on page 6 for more details)

Inclement Weather Policy

If a “snow day” or “emergency day” is called on the day of an athletic contest or practice, the following policy will be in effect:

- A decision about practice or games will be made by 1:00 p.m. This information will be provided through Gradelink, e-mail, and group text messaging.
- The scheduled athletic event or practice is considered canceled unless the Athletic Director or Principal determines it possible to play.

Awards Program

In order to be eligible for awards, inclusive of receiving a letter, an athlete must have been dressed and eligible to play 75% of the games and practices, with the exception of injury or extreme circumstances defined by the administration.

• **Varsity Letters** will be earned by athletes who participate on a “varsity” team. Those who qualify can earn a letter in 11th or 12th grades.

In order to be eligible to receive this honor, an athlete must have been dressed and eligible to play in 75% of the games and practices. The student must also maintain a 3.0 GPA or higher for this honor. Letters will be awarded at the conclusion of the school year. Parents will be responsible for any expenses associated with this honor.

Special Events

RCA will schedule special games during sports seasons as deemed appropriate to celebrate players, parents and teachers. These games will be fundraisers for the Athletic Department.

Senior Night

RCA will plan a Senior Night for senior athletes during one of the last scheduled home games, to recognize all seniors who participated in a sport during their senior year. Both parents and athletes are expected to participate in this recognition. The Athletic Director will notify senior athletes and their families of the details.

RCA Athletic Department Guidelines for Players & Parents

The following are general guidelines for the Athletic Department. All players, parents, coaches, volunteers, and directors are expected to follow these general guidelines.

1. Negativity directed towards the Athletic Department is not tolerated.
2. Excessive demands and excessive badgering are not tolerated.
3. Poor sportsmanship is not tolerated.
4. All participants must attend all practices and games. The parent must communicate to the school if their child is not coming to practice or to the game. Absences will be marked as excused or unexcused. The school policy related to excused or unexcused will be applied to the athletic department. Sickness, dental, doctor's appointments are excused absences. Vacation, sleeping, transportation, etc. are unexcused.
5. If there are any issues with 1 through 4 listed above, the issue will be noted in the student's athletic file. This file remains with the student until the student graduates. If there are any issues noted, the student may not start in the game, may incur bench time, or may be removed from the team.
6. In general, we will offer sports if we have enough participation in that sport. Please see additional guidelines related to registration and tryouts.

7. All players, parents, coaches, volunteers, directors, and school administration must help one another and work together in harmony.
8. Only approved coaches are allowed to interact with the players. All coaches must have a completed application on file at the RCA office.
9. All must be respectful to our opponents and our officials. All disrespectful attendees will be asked to leave the game.
10. The coaches CANNOT guarantee playing time for your child. There may be games where your child sits on the bench the entire game. If you feel that this is an issue, we ask that you do not sign up for the programs we offer.
11. All players must volunteer to help clean, set up, break down, etc. Players will be asked to help with specific assignments throughout the season. Failure to cooperate may result in bench time.
12. All parents are responsible for transportation, and all players are expected to arrive on time.
13. Players must be supportive and encouraging to their teammates.
14. The Stat Book is confidential and is only available to coaching staff.
15. If the uniform is purchased by the Athletic Department, the uniform is school property and must be turned into the school at the end of the season. If the uniform is purchased by the parent, the athlete can keep the uniform.
16. Registration fees are determined and collected at the beginning of the season. Registration fees are used to offset costs associated with the programs such as gym rental fees, official fees, etc.
17. RCA will not join an Athletic Conference or an Athletic Association at this time. We do not have enough participants in all our programs to join. Once we have enough participation, we will reconsider the Conference.
18. We welcome realistic suggestions. If you have any suggestions, questions (that are not covered in the manual), or complaints, please complete the SQC Form and submit it to the office.
19. At this time, all fundraiser events conducted by the student athletes must be done “in-house” at RCA. A responsible adult must oversee and be present for these fundraising activities. All student fundraising events must be approved by

the Athletic Director and the School Administration. No fundraising event shall interrupt class time at RCA.

20. Players, coaches, and officials do not pay an entry fee to our games and events. Parents, grandparents, and students must pay the entry fee.

21. No jewelry is allowed at practice or games.

22. Only the game officials, coaches, and players are allowed at the official area. ALL OTHERS must sit in the bleachers.

23. For home games, doors typically open to the public 45 minutes prior to the start of the game. All parents, grandparents, and students must wait outside the gym until the doors open to the public.

Handling Parent Complaints

1. Complaints that are received by the head coach should be handled by the coach, if at all possible.
2. If the head coach can not resolve the issue, The parent should fill out the SQC form attached to the Athletic Handbook, and turn in the complaint to the RCA office.
3. The issue will be addressed after the SQC form has been submitted to the RCA office.

Other guidelines are listed in the RCA Student Handbook that will be followed on practice and game days.

RCA Athletic Department SQC Form
Suggestions / Question / Complaint

If you have a realistic suggestion, a question that is not answered in the manual or a complaint, please complete this form and turn it into the RCA office.

Date: _____

Parent Name and cell phone number: _____

Child's Name and Grade _____

Please Circle one of the following:

Suggestion

Question

Complaint

Please write your suggestion, question, or complaint and submit to the RCA office.



Athletic Handbook Statement of Commitment

Date: _____

We understand that participating in the Refuge Christian Academy athletic program is a privilege, and understand that the responsibilities as outlined in the Athletic Handbook come with that privilege. We have read, discussed, and understand the procedures and policies as defined in the Athletic Handbook, and here sign that we are committed to abide by such.

Athlete's Signature

Athlete's Printed Name

Parent Signature

Parent's Printed Name

