

# TRINITY CHRISTIAN ACADEMY



# ATHLETIC HANDBOOK

2019/2020

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Dear TCA Parents,

The purpose and mission of the athletic department at Trinity Christian Academy is to fulfill the mission of TCA through competition in interscholastic sports—implementing Biblical principles in our instruction and setting Godly examples. The goal of our athletic department is to do our best for the Lord (Col 3:23). It should be the desire of every coach at TCA to use interscholastic sports as a means of developing champions for Christ.

Athletics is a microcosm of life. The athletes are confronted with all types of life situations, which can be perfect learning situations for teaching Biblical principles. It is the job of the coaches to model Christ-likeness and properly help direct the students in these situations so as to build the Biblical character qualities.

Athletics is a means to an end, not an end in itself, in that athletics represents an aspect of the education program, not the main focus of the program. One of the main goals of the athletic program is that the student becomes a well-rounded individual, striving toward his/her God given potential. The athletic program shall provide well-planned and well-balanced interscholastic activities for as many participants as possible, consistent with available facilities, personnel and financial support. The athletic program shall be planned so as to present a minimal amount of interference with the academic program.

This handbook outline is designed to help make you aware of the policies and expectations of TCA Athletics. The contents of this handbook outline will be discussed with parents during our parent meetings and also communicated with our players frequently. We desire an open line of communication involving players, parents, and coaches. If you have any questions concerning any aspect of our athletic program, please do not hesitate to contact me.

Our coaches look forward to working with you, parents of our young men and women, to help build a very exciting, God-honoring program.

Joe Hamstra  
Athletic Director

### Athletic Department & Coaching Staff

The Athletic Director oversees the entire athletic program grades 3-12. The athletic director works with the principals to provide a quality program. Each assistant coach reports to the head coach of their respective sport and all head coaches report directly to the athletic director.

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# TRINITY CHRISTIAN ACADEMY

## Sports Offered 2019-2020

Season	Elementary	Junior High	High School
<b>Fall (Aug-Oct)</b>	<p>Game On Flag/7-on-7 Football (Grades 3-6)</p> <p>Aledo Youth Volleyball (Grades 3-6)</p>	<p>Cheerleading (G) (Grades 6-8)</p> <p>Football (B) (Grades 6-8)</p> <p>Volleyball (G) (Grades 7-8)</p>	<p>Cheerleading (G)</p> <p>Cross Country (G&amp;B)</p> <p>Football (B)</p> <p>Volleyball (G)</p>
<b>Winter (Oct-Feb)</b>	<p>Aledo Youth Basketball (G&amp;B) (Grades 3-6)</p>	<p>Basketball (G&amp;B) (Grades 7-8)</p> <p>Cheerleading (G) (Grades 6-8)</p>	<p>Basketball (G&amp;B)</p> <p>Cheerleading (G)</p> <p>*Swimming (G&amp;B)</p>
<b>Spring (Feb-May)</b>		<p>Baseball (B) (Grades 6-8)</p> <p>Softball (G) (Grades 7-8)</p> <p>Track (G&amp;B) (Grades 6-8)</p> <p>Clay Target (G&amp;B) (Grades 6-8)</p>	<p>Baseball (B)</p> <p>Golf (G&amp;B)</p> <p>Softball (G)</p> <p>Tennis (G&amp;B)</p> <p>Track (G&amp;B)</p> <p>Clay Target (G &amp; B)</p>

(G) = Girls' Team    (B) = Boys' Team    (G&B) = Both Girls & Boys Teams Available    \*Club Sports

## TCA ATHLETIC MISSION/PHILOSOPHY

TCA Athletics are driven by the school's mission- "... *dedicated to developing excellence in education, character, and servant leadership through a Christ-centered, Biblical perspective.*" This impacts our athletic programs in a number of different ways, including the way our coaches coach, the way our players compete and the way our fans interact during a game. The Trinity Christian athletic department believes that Christian principles and values taught at home, in the classroom and through the church can also be put into practice through competition. Our athletic program is unique in that we recognize that athletic and spiritual developments are both important.

### **We believe....**

... in student athletes who demonstrate respect for their opponents with the highest standards of Christian character and sportsmanship

... in the "student athlete concept" where excellence in the classroom takes precedence over athletic endeavors.

... Students become better athletes when they avoid the temptation of specialization and participate on multiple sport teams.

...in supporting the overall Christian mission of Trinity Christian Academy which includes discipling our players in a relationship with our Lord.

...that our program-specific mission is to encourage, model, and cultivate Godly character in our young men and women using athletics as our medium.

...in family—a selfless devotion to each other, our program, and the importance of overcoming adversity and meeting challenges together.

...in winning the right way, with honor, sportsmanship, and discipline.

...in something bigger than ourselves.

...that it is always best to hold each other accountable and that self-discipline is more valuable than any other type.

...that coaches, players, and parents should conduct themselves at all times with the grace, humility, and high character befitting a Christian school and a first-class program.

...in managing conflict constructively and in such a way that facilitates a positive outcome. This will include meetings between parents, players, and coaches involved in disputes.

...that participating on an athletic team is extremely demanding and it requires a substantial commitment throughout the calendar year in order to be successful. The team that works the hardest is more often than not the one that wins.

...that participation in athletics will prepare you to make a positive contribution to society in the years to come.

...that brotherhood, family, and honor are not antiquated concepts but rather precepts to be lived.

### **Non-Discriminatory Clause**

Trinity Christian Academy admits students of any race, color, national and ethnic origin to all of the rights, privileges, programs and activities generally accorded or made available to students at the school. It does not discriminate on the basis of race, color, national and ethnic origin in administration of its educational policies, admissions policies, scholarship programs, athletic and other school-administered programs.

### **Character Goals and Expectations**

The following are some of the qualities we are seeking to build in our student-athletes through athletics. Each is drawn for God's word. Our expectation is not that of achieving perfection, but of growing in conformity to Christ in a very visible and practical way.

- Respect for authority: obey and cooperate with your coach; honor the officials. Recognize that they are placed in their positions of authority by God, and such are owed your respect.
- Humility: don't boast; don't act proud. Show forth the attitude that God is the one who is ultimately responsible for your ability or success.
- Endurance: persevere in the face of pressure, hard work and discouragement. Keep your eyes fixed on the higher goals. Don't quit.
- Intensity: play on the edge of your limits. Give everything you have got at all times. Focus your total attention on the job at hand. Don't be content with mediocrity; strive for excellence.
- Enthusiasm: carry out each task promptly and eagerly.
- Respect: for opposition; be courteous. They deserve your best effort, regardless of the score. Commend an opponent's excellence.
- Responsibility: be where you need to be when you need to be there. Do what is expected of you even without direct supervision.
- Teamwork: don't be selfish. Confirm your personal goals to team goals. Spur each other on to excellence.
- Servanthood: look for ways to serve your teammates, your coach and your school.

### **Physicals**

Junior High & High School Athletes are required to have an updated physical exam on file with the TCA Athletic Department. Athletes may not compete in practices (including tryouts) or games without a current physical (one completed by a physician within the last 12 months) on file with the school. The exam should be completed on the TAPPS Physical Examination Forms that are available online in the Athletics section of the TCA website ([www.tcaeagles.org](http://www.tcaeagles.org)). Parents should make sure to complete page 2 of the physical form, which is the Medical History page.

### **ImPACT Testing**

TCA proudly utilizes an innovative program called ImPACT (Immediate Post Concussion Assessment and Cognitive Testing) in the secondary Athletic Program. All 6<sup>th</sup> thru 12<sup>th</sup> grade girls and boys participating in TCA athletics during the 2018-2019 school year are required to have ImPACT Testing done prior to participation in practices (including tryouts) or games. This program assists our team coaches & athletic director in evaluating and treating head injuries (i.e., concussion). ImPACT is a computerized exam utilized to successfully diagnose and manage concussions. If an athlete is believed to have suffered a head injury, ImPACT is used to help determine the severity of head injury **and** when the injury has fully healed. The initial baseline computerized exam is given to athletes before beginning sport practice or competition. Baseline Testing is required every two years as their young brain grows & matures. If a concussion is suspected, the athlete will be required to retake the test 48 to 72 hours after the expected concussion. Both the baseline and post-injury test data is given to a local **certified** "ImPACT" professional to help evaluate the injury. The student athlete will **not** return-to-play until the "ImPACT" professional, Athletic Director, Team Coach and parents all agree that it is appropriate and safe for the injured athlete. At that time, the athlete will begin their return to play protocol.

## **Athletic Fees**

All student-athletes are required to pay athletic fees prior to participation in Trinity Christian Academy sports. Fees for sports requiring tryouts will not be required until the official team roster has been announced; at that point, fees are due before athletes may continue with practices. All fees are non-refundable unless a student has withdrawn from TCA or is physically unable to play. In some instances, athletes may be required to purchase some equipment and uniform items. Team managers are not required to pay an athletic fee.

### **2019-2020 Athletic Fees:**

JH Cheerleading	\$600
HS Cheerleading	\$700
JH and HS Football	\$300
HS Golf	\$400
Clay Target	\$500
All Other Sports	\$150

## **Practices**

Practice sessions are specifically designed to sharpen skills. These skills cannot be applied to contest situations if attendance at practices is inconsistent. Coaches spend valuable time preparing for practices and attendance is absolutely necessary.

- Players and managers must attend all practices unless cleared by the coach.
- Coaches must be contacted if any athlete or manager must miss a practice due to illness or family emergency.
- Make up work may be assigned and decided upon by the individual coach.
- Any player or manager who misses more than two unapproved practices may be removed from the team.
- Missed practices will result in loss of playing time and grade deduction.

## **Games**

Being part of an athletic team is a commitment that affects many people (teammates, coaches, teachers, parents, etc.). This commitment cannot be entered into lightly and attendance is extremely important.

- Players and managers must attend all home and away games.
- Coaches must be contacted if any athlete or manager must miss a game due to illness or family emergency.
- Parents should not punish their child by not allowing them to participating in games or practices for TCA athletic teams to which they have committed. Doing so is a great disservice to their coach and teammates who depend upon their involvement. All players have a role to play and are needed at all practices and games.
- Any player or manager who misses a game, match, tournament, etc. (except for family emergencies or illnesses) may be removed from the team.
- Missed games may result in loss of playing time and will be reflected in the athletic grade.

## **Game Schedules**

Game schedules will be published prior to the start of every season. While changes will occur from time to time, the TCA athletic department will try to avoid changing games as much as possible and make every effort to inform parents and players of changes in a timely manner.

## **Game/Practice Transportation**

When TCA provides transportation to athletic contests, all athletes are expected to travel with the team.

When school transportation is not available, parents will be responsible for arranging transportation for their student to the site of the practice/athletic contest. TCA buses will be used for out of town games unless there are safety concerns. At that time, the athletic dept will secure a charter bus at the expense of TCA.



### **Fan Buses**

TCA will do its best to provide a fan bus when our teams compete at the state level. There are two categories of competition for extra-curricular competition. The first is a team that qualifies (multiple wins to get to the state championship) and teams that “go to state” by fielding a team. We view these opportunities differently.

- For a team that qualifies for state, TCA will provide a Fan Bus for all students interested in attending the game. All students will need to be in good academic standing in order to miss school for an athletic contest. The student will need to check in with the appointed school administrator in order for the school absence to be counted excused.
- TCA will not provide a fan bus for teams that attend state competition simply by fielding a team.
- Any student may attend a state competition provided if they are academically eligible. In order for it to be an excused absence, a written note from a parent needs to be provided. The student will also need to check in with the appointed school administrator at the event.

### **Overnight Travel Expenses**

There are 3 categories of competition that relate to team lodging and meals. Regardless of the category, the athletic department will secure rooms for the team (coaches, players and manager). We will do our best to notify the parents regarding the name and location of the hotel so they can stay with or near the team. Every effort will be made to ensure the facility is clean, safe and reasonably priced.

- A regular season game: The athletic department will secure the hotel rooms for the team. The cost of the room and all meals will be covered by the player.
- Qualified state championship: The athletic department will secure the hotel rooms for the team. TCA will cover the cost of the hotel and Booster Club will cover the cost of one meal per day while at the tournament. All other expenses will be incurred by the player.
- Non-qualified state competition: This would include all non-athletic teams (academic, drumline, debate and other fine arts competitions). TCA will secure the hotel rooms for the team. The cost of the room and all meals will be covered by the player.

### **Student Pick Up Times**

In order to ensure the safety of student athletes after games and practices, coaches remain at venues until all athletes have been picked up. Out of respect for our coaches, athletes must be picked up from practices and games as soon as these events conclude.

### **Playing Time**

Playing time is a great motivation for students to continue participation. In order to participate, a student needs to be faithful in attendance, hardworking at practice, and attentive at all times. The player with ability should not be hindered from developing his/her skills, nor should the hardworking player with less ability be kept from contributing to the team's play. Athletes who meet the above criteria should be given playing time at the discretion of the head coach. Playing time for a **varsity player** is not guaranteed and is at the discretion of the coach. Coaches should always use good judgment and sportsmanship during a game to keep the score from getting out of hand. Substitutions, game tempo, and pace can all be used to help with a one-sided score.

### **Varsity Goals**

The purpose of varsity athletics is two-fold. First and foremost, we desire to teach life lessons that will transcend the athletic arena. These teaching opportunities, when coupled with a Christian worldview will impact our student-athletes in a way that will make a life-long impact forever. The second goal is for us to win championships.

- Provide a positive and rewarding experience.
- Focus on Christ, first and foremost, in all we do.
- Instill the concept of team first.
- Develop leaders.
- Teach players responsibility, integrity and principle of “reaping and sowing”.
- Teach advanced techniques and schemes.
- Strive for championships.

### **Sub-Varsity Goals**

The sub-varsity goals will follow our varsity goals with a few exceptions.

- Participation and the development of varsity-level skills are more important than winning games.
- Coaches are encouraged to provide “quality playing time” for each athlete, but we do not specify a minimum or maximum amount of time each player will be allotted.
- Continue to develop fundamental skills and help athletes understanding of more complex schemes.

### **Junior High Athletic Objectives and Policy**

We believe that Junior High athletics should be challenging and fun for students and the foundation of our High School team when kept in the proper perspective. It is our goal that each program will develop a strong desire to continue in their development of the sport as well as develop in their skills to their maximum potential.

### **Participation on Non-School Teams**

At the coach’s discretion, student athletes are permitted to participate in non-TCA sports and athletic activities while participating on a TCA team, but participation must meet the following criteria:

- Outside participation may not conflict with TCA team schedules, including tryouts, practices, and games.
- Missing practices or games due to participation on a non-TCA team will result in loss of playing time and possible removal from the team.

### **Athletes with Part-Time Jobs**

Because of the demanding schedules of our athletic teams and the responsibility of each student-athlete to maintain high academic standards, student-athletes are reminded of the difficulty of holding part-time jobs during athletic seasons. Students with part-time jobs during athletic seasons will not be excused from practices or games due to work responsibilities. Missing any practices or games due to a work conflict will result in loss of playing time and possible removal from the team.

### **Quitting a Sport**

The TCA Athletic Department believes that character is not built by quitting and encourages students to persevere through adversity. We also desire that TCA athletes see themselves as a part of the team even when injuries or academic ineligibility may restrict their participation in practices and games.

- An injured player is expected to attend all practices and games as if they were healthy.
- Any student athlete who quits a team will sit out the next two consecutive sports seasons. (ex. An athlete that quits basketball must sit out the following spring and fall sport.)
- There will be a one-week trial period at the beginning of the season during which an athlete can choose not to participate in a sport without it resulting in the penalty stated above. Once this trial period has passed or tryouts and team selections have been completed, quitting should never be considered by the athlete or family.
- TCA administration and the athletic director will decide any exceptions to these policies.

### **Dress Code**

At all home and away athletic activities, Trinity athletes represent their families, their coaches, their school and their Lord. Therefore, it is expected that all concerned, will dress in an acceptable manner as described in the Trinity Christian Academy Family Handbook or as required by their coach.

### **Equipment/Uniforms**

Student athletes are responsible for the maintenance, upkeep and protection of all equipment/uniforms issued. Student-athletes have one week from the end of their season to turn in all issued equipment/uniforms. Failure to do so will result in disciplinary consequences and can result in grades being held until everything is turned in to the coach or paid for. The student athlete is responsible for lost equipment/uniforms and must make monetary restitution, if applicable, for lost items or for items damaged beyond reasonable wear and tear.

### **Multi-Activity Athletes**

- a) Students that are involved in multiple sports in the same season will go by the following:
  - You will attend team practice over your individual practice.
  - You will attend team games over individual competition.
  - You will attend your individual competition over team practice.
- b) If you are involved in a sport and school activity during the same season. The respective coaches/directors will work out a schedule that best meets the parties involved. It is the students responsibility to communicate with the coaches/directors ahead of time to ensure possible conflicts are avoided.

### **Laundry Care for Team Uniforms**

- A good portion of the TCA athletic budget is used each year to purchase new uniforms for athletic teams.
- Athletes are responsible for properly maintaining uniforms issued to them.
- Athletes/parents should wash all uniforms on machine wash cold/warm with mild detergent (no bleach) with lettered/numbered uniform pieces turned inside out.
- Please hang dry all uniforms. Do not use a dryer to dry uniforms as it causes numbers to deteriorate.

### **Places of Use for Team Uniforms**

- The only acceptable place for a uniform to be worn is for school athletic contests, unless directed by coach.
- Athletes will not wear the team uniform for physical education classes or daily wear.

### **Locker/Changing Rooms**

- No food or drinks are allowed at ANY time in TCA locker rooms.
- Lockers will be assigned. All items should be kept in the lockers, on shelves, or benches and off the floor.
- All items left on the floor will be taken to lost & found.
- Since many athletes use the locker room facilities at the same time, there is absolutely no room for horseplay, hiding others belongings, etc.
- TCA assumes no responsibility for lost or stolen items.

### **High School In-Season Athletic Period**

This athletic period is designed to be a speed & agility and strength & conditioning program. It is a regularly scheduled class period and part of the curriculum at TCA. All athletes (with the exception of CTT) are required to take this course. This is a semester-long course and all athletes will remain in the class throughout the school year. Any exceptions must be agreed upon by the Athletic Director and coach. Athletic period is an extension of practice therefore attendance is mandatory.

### **Athletic Injuries**

- Report any injuries immediately to your coach.
- Injured athletes are expected to attend all practices/games unless approved otherwise through the coach.
- Injuries requiring medical attention need medical clearance for further participation.

### **Music at Athletic Events**

**All** music played at TCA athletic practices, games, events, etc. must be a positive representation of TCA & in accordance with TAPPS policies.

### **Disciplines for Technical Fouls & Ejections**

- Student-athletes who receive any type of conduct foul, penalty, etc. in an athletic competition, while representing TCA, will have consequences assigned by the coach.
- A student-athlete who is ejected from a contest could be suspended for the next scheduled contest. There is a \$50 fine for athletes payable to TAPPS.
- The coach, athletic director and TCA administration will decide any exceptions to these policies.

### **NCAA Clearinghouse**

If you are a prospective student-athlete at a Division I or II college or university, you have certain responsibilities to attend to before you may participate. Information concerning who needs to register with the Clearinghouse and what documents will be submitted can be found in The Guide for College Bound Student Athletes on the NCAA website, [www.ncaastudent.org](http://www.ncaastudent.org).

### **Coaches' Policies**

Each coach may establish additional rules or standards for the team or program in which they work, which go beyond what is listed in this handbook. These rules may even be unique to that sport or program. The coaches' policies will be consistent with and not contradict other school practices and policies.

### **Homework & School Assignments**

Students are responsible for completing all homework assignments. It is important for students to realize that with the privilege of playing sports comes the responsibility to keep up with their academics. Students should use class, academic support period and home time wisely in order to accurately complete their assignments.

### **Athletic Eligibility Rules**

To be academically eligible to participate in extracurricular events, students must be enrolled full-time at Trinity Christian Academy. In most circumstances, students must be in attendance a minimum of half of the day's class periods on the day of an event in order to participate. Eligibility rules for junior high and high school student athletes are based upon guidelines set by Trinity Christian Academy. Eligibility is based on quarter grades, not semester grades. If a student failed a class at the end of the quarter, the student will be ineligible for at least 3 weeks. A letter will be sent home notifying parents and students of ineligibility dates and parents and students will also receive an email.

At the end of the 3 week ineligibility period, grades for ineligible student athletes will be rechecked. If the student athlete is passing **all subjects** at that time, eligibility will be regained. If the student is not passing, **all subjects** at that time, the player will remain ineligible for three more weeks. Full week holidays such as Thanksgiving, Christmas and Spring Break do not count as a week of ineligibility during the ineligibility period unless a game, meet, etc. is scheduled during one of these weeks.

#### **Grade Check Dates**

October 17, 2019

January 9, 2020

March 26, 2020

#### **Dates of Recheck to Regain Eligibility**

November 7 & December 5

January 30 & February 20

April 16 & May 7

#### **The following circumstances will also result in athletic ineligibility:**

- Any student with an "I" (Incomplete) on a report card is ineligible until the work is complete and the teacher reports a passing average to the secondary office.
- Athletes who have been suspended from school for any reason are ineligible until the suspension has been served.

#### **During the ineligibility period**

- The student athlete will not be allowed to participate in any extracurricular event.
- The student athlete must continue to attend games/competitions per the coach or sponsor's instructions and participate in all practices. Failure to do so may result in dismissal from the team.
- Ineligible student athletes may not miss class time to attend games/competitions. If a family chooses to take an athlete out of school to attend an athletic contest, resulting in missed class time, that athlete will not be allowed to suit out or sit on the bench with the team at the game or athletic contest.

Because athletic eligibility depends upon a student's academic performance, coaches may view a student's grades at any time. This is intended to encourage student athletes to do well in school and allows coaches to encourage athletes in their studies and prepare for potential ineligibility. A pattern of repeated academic struggles and ineligibility, during a school year or multiple years, could affect team selections or a student's ability to try out for teams, etc.

An athlete who is struggling academically may be placed on academic probation by TCA administration (refer to the TCA Family Handbook for details regarding academic probation). An athlete may be suspended from athletic participation for a set period of time as a means to encourage greater academic success. Decisions involving an athletic suspension, will be made jointly by the athletic department and administration.

### **High School Athletics Grades & Credits**

Athletes will be given a grade for the High School athletics class period. These grades count as semester averages, appear on high school transcripts, and are calculated in a student's overall numeric average and grade point average. Grades are assigned by coaches and are based upon attendance, attitude, attire and effort in class.

### **Junior High Athletics Grades**

Numeric PE/Athletics grades will be given by coaches or PE teachers and will be based upon attendance, attitude, attire and effort in class.

- All athletes will begin with a grade of 100.
- All athletic grades will be based upon attendance, attitude, attire and effort in class.
- Grades are assigned by the coach of the athletic team and recorded to the secondary office by the Athletic Director.

### **Practice & Game Attendance**

Failure to attend practices or games may result in a grade reduction, loss of playing time, or other sport-specific consequences, with excessive absences potentially resulting in removal from the team.

### **Excused Absences**

- Personal illness or accident – Either the parents or the student **must** call or email the coach at home or school before the scheduled activity to notify of absence. Failure to do so will result in an unexcused absence.
- Doctor or dentist appointments. When possible, appointments should be scheduled so that they will not conflict with athletic activities.
- Funeral or death in family.
- Special school activities **approved** in advance by the coach.
- Weddings in immediate family.
- Pre-approved church activities.
- Special, unavoidable circumstances **approved** by the coach.

### **Unexcused Absences**

- Unapproved missed practices and games.
- Failure to provide the coach advance notice of any absences (allowances made when situations do not allow for advance notice).
- Jobs. If an athlete assumes the responsibility of a job, it must be scheduled so that it will not conflict with practices and games for the team to which the athlete has committed him/herself.
- Social gatherings.
- Lessons of any kind (dance, piano, etc.).

### **Parent Volunteers**

It is **required** that all parents of athletes assist with concession and/or gate operations during the season(s) that their child(ren) participate in Trinity athletics.

At times parent volunteers may be needed to assist coaches during practices and before or after games. At no times are parents allowed on the court, field, sidelines, etc. during a contest, unless directed or arranged by the coach or Athletic Director. This rule is set both by TCA and by governing bodies of facilities used by TCA. Parent volunteers must complete a TCA Athletics Volunteer Coach Form and have a criminal background check conducted within the past three years on file at TCA.

Parent volunteers are expected to maintain the highest standards of Christian ethics at all times in light of their impact upon student athletes and the reputations of our school and our Lord.

### **Booster Club**

All parents are encouraged to participate by volunteering their time and other resources by joining and supporting the Booster Club and TCA! The Booster Club provides financial and organizational support for all TCA sports and is open to anyone interested in contributing to the success of TCA Athletics. Funds are raised through

concessions, spirit wear and various annual fundraisers. The club elects its own officers and operates under the supervision of the TCA Athletic Director.

### **Senior Night**

In an effort to maintain a level of consistency, TCA will honor its seniors in a similar manner for all sports. They will be recognized before a game with their parents. TCA will purchase a flower for the student-athlete to give to their mother/or father.

- Fall: Football, cheer, drumline and cross country will be recognized at a home football game. Volleyball will be recognized at last home game.
- Winter: Typically, senior night will be one of the last home basketball games of the year. It will be for both girls and boys.
- Spring: We will have a senior night for our baseball and softball teams.
- Our track, tennis, clay target and golf teams do not have "senior night" to honor their senior class. The reason being, TCA does not have a "home" venue for these sports.

### **High School Athletic Banquet, Team Gatherings/Events & End-of-Year Awards and Gifts**

Each May, the TCA Athletic Booster Club organizes a banquet to celebrate the year. During this banquet, all varsity high school athletes and teams are recognized, with high school coaches presenting a limited number of individual awards to selected High School athletes.

Team parents conducting team gatherings/events and end-of-season parties for teams outside of school hours are asked to be sensitive to the circumstances of other families in planning these events in terms of cost, timeframes, location, etc.

Parents should not request contributions from other parents to provide end-of-season gifts for individual team members. Small donations from families of team members may be collected in order to present a small appreciation gift from the team to the coach at the end of a season.

### **Athletic Lettering Policy**

Students bearing a "letter" or letter jacket from TCA represent our Savior and our school at all times. In light of this, the awarding of a letter is considered both an honor and a privilege. Therefore, any student involved in serious disciplinary misbehaviors may be barred from receiving a letter at the discretion of the administration of Trinity Christian Academy, even if that student meets all other criteria given below.

### **General Lettering Requirements**

- The athlete must be on the Varsity Roster of the athletic team throughout the entire season.
- If an athlete is added to the Varsity Roster during the course of the season, it will be up to the coach whether the athlete's contribution to the team was significant enough to justify lettering in the sport.
- The athlete must attend all games and practices, except when cleared by the coach.
- The athlete must begin and complete an entire season, including post-season tournaments and playoffs.
- Any student who does not finish a season by his/her own choice or by his/her parents' choice is ineligible to letter.
- If an athlete loses academic eligibility during the season, it will be up to the coach whether the athlete's contribution to the team was significant enough to justify lettering in the sport.
- Any athlete who is unable to finish a season, for disciplinary reasons, will be ineligible to letter.
- If an athlete is injured during the course of the season, it will be up to the coach whether the athlete's contribution to the team was significant enough to justify lettering in the sport.

### **Jackets & Patches**

All letter jacket & patch information can be found on the TCA website under Athletics & Miscellaneous Info. The athlete's family is responsible for the cost of the jacket and patches.

### **Conflict Resolution**

Parenting and coaching are both difficult vocations. By keeping lines of communication open between parents and coaches, many potential problems can be avoided. This begins with clear communication from the coaching staff to the parents and student athletes. The following guidelines are in place to help resolve conflicts, if and when they occur, in an appropriate manner that upholds the dignity of student athletes, parents and coaches. One

of our goals is to instill in our student athletes a sense of ownership and responsibility for their actions. Therefore, it is important that student athletes learn necessary communication skills and how to resolve conflicts in a God-honoring way.

- A. Athletes and parents should expect the following communications from coaches:
  - 1. Coaching philosophy and goals
  - 2. Team requirements
  - 3. Individual coaching rules and consequences
  - 4. Location and times of all practices and contests
  
- B. Coaches should expect the following communications from parents and student athletes:
  - 1. Concern expressed directly to the coach. Athletes should make this first step.
  - 2. Notification of scheduling conflicts (practice or games) well in advance
  - 3. Concerns about philosophy/expectations BEFORE commitment is made to team
  - 4. Positive role-modeling at contests and practices
  
- C. Appropriate concerns to discuss with coaches:
  - 1. Treatment of athletes, mentally and physically
  - 2. Ways to help athlete improve
  - 3. Concerns about an athlete's behavior
  - 4. College options and recruiting
  
- D. Concerns *not* appropriate to discuss with coaches:
  - 1. Team strategy
  - 2. Playing time
  - 3. Play calling
  - 4. Other student athletes

#### **24-Hour Rule**

Do not confront a coach immediately before or after a contest or practice; instead wait for a full twenty-four hours before making contact of any sort (including emails or text messages). Because meetings of this nature rarely promote resolution, the "24 Hour Rule" will always be in effect. This not only allows for reflection and prayer, but for emotions to settle so rational, facts-oriented discussions can take place.

#### **The Matthew 18 Principle**

Matthew 18:15-16 states that, "If your brother sins against you, go and show him his fault, just between the two of you. If he listens to you, you have won your brother over. But if he will not listen, take one or two others along, so that 'every matter may be established by the testimony of two or three witnesses.'" TCA strongly believes in this principle. If an athlete or parent has a concern with a coach, the coach should be extended the courtesy of being addressed first, and all efforts should be made to work out the concern with the coach. In the event a satisfactory resolution is not reached, then the parent or athlete may ask for a conference with the athletic director and the coach. The goal should always be to guard against divisive speech and gossip by solving problems at the lowest level with the fewest people possible.

### **Player-Coach Relations**

A constant effort should be made by student athletes to address coaches respectfully and acknowledge requests with terms such as, “Yes, sir/ma’am,” or “Yes, Coach \_\_\_\_\_.” Do not call coaches by their first or last name. There will be times of fun, fellowship, and mentoring, but the student athletes and coaches need to know the boundaries.

A student should never speak disrespectfully to any authority. Doing so, as stated in the code of conduct, will be grounds for dismissal or correction. Parents are expected to require and model this respect for authority.

Likewise, coaches should make every effort to correct athletes in a respectful manner and call out inappropriate conduct in a personal, one-on-one setting.

### **Tryout Policies**

It is the desire of Trinity Christian Academy to see a large number of students involved in school athletics each year. Unfortunately, limits must be placed on the sizes of teams for each sport, and when numbers exceed the allotted amount for a particular team, tryouts and selections will be handled by the head coach with as much sensitivity and compassion as possible. Cuts are never easy, but they are necessary for a variety of reasons and serve to strengthen TCA’s athletic program.

If a large number of student athletes tryout for JH volleyball, basketball or baseball there may be cuts due to the limited number of facility space and coaches.

Announcements indicating the starting dates for tryouts for each sport will be given, and all students who meet TCA and TAPPS eligibility requirements may participate. When possible, tryouts will be held during the first official week of practice in each sport.

- Choosing team members is the responsibility of the head coach of the team.
- Varsity Head Coaches are allowed and encouraged to assist in the selection of sub-varsity teams.
- Before tryouts begin, coaches will provide information to all candidates including the length of the evaluation/tryout period (a minimum of three days), and an explanation of the skills and abilities to be evaluated as well as the commitment necessary to make the team.
- Students should not try out for a team unless they are willing and able to make the emotional, physical and time commitments necessary should they make the team.
- Athletes trying out for a team must be at all tryout practices. Coaches must be notified ahead of time if an athlete is going to miss the first day of tryouts for an excusable reason (illness, death in family, etc.).
- Coaches will consider a student athlete’s previous academic performance when making selections.
- Coaches will discuss options for individuals who do not make the team before tryouts. One alternative might be to assist as team manager or statistician.
- A list of players making the team will be emailed to the families of all students who participated in the tryout process. Cut lists will not be made public.
- When tryouts are being used to select teams, athletic fees will not be due until teams have been selected.

### **Varsity Dress Up Games**

1. Dress up days are only to occur during playoff runs for team sports, or regional and state meets for track and/or individual sports.
2. Athletes are only allowed to dress out of uniform once per week, and that may not occur on chapel days(Thursdays).
3. Athletes are to dress nicely on these days; not in jeans and/or t-shirts. In addition, anything worn must adhere to TCA modesty standards as mentioned in the TCA Handbook. Skirts or dresses must meet length requirements of TCA uniform skirts.



## **STUDENT ATHLETE CODE OF CONDUCT**

Participation in athletics at Trinity Christian Academy is a privilege. If you choose to participate in athletics, you must accept the responsibility of being highly visible and a leader both in and out of the classroom and the arena of competition. More importantly, also understand that you represent our Lord!

With this in mind, the following guidelines have been established for students electing to participate in TCA athletics.

### **AS AN ATHLETE AT TRINITY CHRISTIAN ACADEMY, I WILL HONOR GOD IN THE FOLLOWING AREAS:**

#### **1. SPEECH...*“Let your conversation always be full of grace...” Colossians 4:6***

- a. **I will not use profanity, questionable slang, or “trash talk.”** Anything that can be construed as negative or insulting must be avoided. Examples might include chanting “Air Ball” when the other team misses a shot or screaming while an opponent is on the free throw line (Ephesians 5:4).
- b. **I will address coaches and officials with respect.** Call coaches “Coach” or “Mr., Miss, or Mrs.” Address officials as “Sir” or “Ma’am.” Respond to instructions with “Yes sir/ma’am” and “No sir/ma’am.” Speak about coaches and officials only with the highest level of respect whether or not they are present.
- c. **I will not criticize or argue with coaches or officials.** Officials and coaches represent authority and obedience to their authority is not predicated on whether or not you agree with it (Romans 13:1). All authority is God-given and disobedience to authority is disobedience to God. Students who must express concerns to coaches must respect the “24 Hour Rule” explained in the Athletic Handbook and follow the Matthew 18 principle.

#### **2. RELATIONSHIPS...*“My command is this: Love each other as I have loved you.” John 15:12***

- a. **I will develop relationships and a good rapport with my teammates and coaches.** God has placed you on this team for a purpose. Sports provide great opportunities to develop lifelong friendships. If sports become all about you, your team does not need you.
- b. **I will develop relationships and a good rapport with my classmates.** Do not attempt to set yourself or your team on a pedestal. Your classmates will not respect or support you or your team. Hazing and bullying will not be tolerated.
- c. **I will develop relationships and a good rapport with students from other schools.** Never miss an opportunity to share Jesus with others or to build a friendship with a brother or sister in Christ.

#### **3. UNITY...*“I in them and you in me. May they be brought to complete unity to let the world know that you sent me and have loved them even as you have loved me.” John 17:23***

- a. **I will develop unity within my team.** No team can succeed without it.
- b. **I will develop unity within my school family.** Do your part to help TCA complete the mission to which God has called it by fulfilling your role and helping others fulfill theirs.
- c. **I will develop unity within the Kingdom.** If the purpose of the Kingdom of God is to be met, believers must be united. Pray for the success of TCA and other Christian schools.

#### **4. MOTIVES...*“...whatever you do, do it all for the glory of God.” 1 Corinthians 10:31***

- a. **I will be motivated by the love of God and strive for victory for his glory—not mine.** We live for Him because He demands it, expects it and deserves it.
- b. **I will demonstrate Christ in my life by abiding by the rules of the game in letter and spirit.** Tactics promoting unfairness will not be tolerated.
- c. **I will be committed to excellence.** In all areas of life—faith, practice, academics, worship and games—I will act like a champion!

**5. BEHAVIOR...*“Whoever claims to live in him must walk as Jesus did.” 1 John 2:6***

- a. **I will maintain a good reputation.** An athlete’s character should be in good standing with the administration, faculty, staff and other students. Athletes are highly visible representatives of TCA in the community and should model Christ-like character at all times. Athletes must understand and abide by all TCA rules and guidelines.
- b. **I will know and understand all requirements.** An athlete should make an effort to understand all of the expectations of their team and meet these expectations in action and in spirit. This includes athletic eligibility requirements.
- c. **I will show respect for all coaches, managers and athletic staff.** This includes game plans, methods and philosophies.
- d. **I will show respect for my teammates.** The athlete will respect the seriousness of their commitment by attending all practices, meetings, games and ministry opportunities and by working together to accomplish a common goal. Help hold your teammates accountable for their actions as well.
- e. **I will maintain a high standard of appearance.** Adhere to the strictest interpretations of the school dress code and team dress and uniform code both in and out of the arena.
- f. **I will know and understand the TCA athletic philosophy.** The athlete will respect the eternal effects of their speech and actions as they represent themselves, their families, their school, their church and ultimately their Lord and Savior, Jesus Christ.
- g. **I will demonstrate Christ-like character.** Both in and out of the arena, show respect in speech and actions for officials, opponents, and all those associated with our opponents, regardless of their actions. Fighting and unsportsmanlike conduct penalties will not be tolerated and will be penalized.

## PARENT/GUARDIAN ATHLETIC CODE OF CONDUCT

Participation in athletics at Trinity Christian Academy is an exciting privilege! If you choose to allow your child to participate in athletics, you must also understand the responsibility he or she has of being a leader; both in and out of the classroom and the arena of competition. It is also important that you understand the important role you play as the parent of a TCA athlete. Both you and your student represent your family, our school and our Lord. In light of this, parents of student athletes at Trinity Christian Academy also choose to participate and must agree to the following guidelines and priorities.

As the parent of a TCA athlete, I agree to honor God in the following areas:

1. **SPEECH...*“Let your conversation always be full of grace...” Colossians 4:6***
  - a. **Be positive and encouraging.** Uplift your student and others.
  - b. **Do not use profanity, questionable slang or “trash talk.”** Anything that can be construed as negative or insulting must be avoided.
  - c. **Never criticize coaches or officials.** Officials and coaches represent authority and obedience to their authority is not predicated on whether or not one agrees with it. If you “bad mouth” your child’s coaches or officials, you cannot expect him or her to play for or respect these individuals. All authority is God-given and disobedience to authority is disobedience to God.
  - d. **Insist that your students address coaches and officials with respect.** They should call their coaches “Coach” or “Mr., Miss, or Mrs.” and address officials as “Sir” or “Ma’am.” You should use these titles as well when referring to coaches and officials.
  - e. **Never be involved in negative cheering.** Booing officials or opponents or getting into negative chants sets a bad example for your children and is counter to all we say and believe at TCA. Examples might include chanting “Air Ball” when the other team misses a shot or screaming while an opponent is on the free throw line.
  - f. **Never speak negatively around students or other parents about:**
    - i. **TCA:** a negative atmosphere is contagious. Instead, create a positive atmosphere of gratitude.
    - ii. **Students or parents:** speak to parents only about you and your student(s). Speak to students only in an encouraging manner.
    - iii. **Your child’s teammates:** this only allows your student to make excuses for their own performance. Do not offer excuses for your children if they are not playing. Encourage them to do their best and to keep striving for worthwhile goals.
  - g. **Always resolve differences with coaches out of sight and earshot of students and other parents.** Call to make an appointment to speak with the coach privately, honoring the “24 Hour Rule” and following the Matthew 18 principle. Pray about what you will say and what is motivating your discussion.
  - h. **Smile, meet and greet.** You may be the first impression someone has of TCA and of our Lord and Savior. Ask yourself: “Does my speech set up an opportunity to share Jesus Christ or a need to apologize?”
2. **RELATIONSHIPS...*“My command is this: Love each other as I have loved you.” John 15:12***
  - a. **Develop good relationships with your student and their teammates.** God has placed your child on this team for a purpose. Use this opportunity to minister and encourage others. You never know who is hurting and needs your show of God’s love in their life. If sports becomes all about you and/or your student, please do not participate.
  - b. **Develop good relationships with other parents.** You need their prayers and support as much as they need yours!
  - c. **Develop good relationships with parents from other schools.** Never miss a chance to share Jesus with others or build a friendship with a brother or sister in Christ. Promote TCA and its students. The relationships you build are a reflection of our entire ministry.

- d. **Develop good relationships with the coaches.** Get to know them. Pray for them. Communicate with them with an open heart and mind. Set appointments to meet with them rather than ambushing them before or after games or practices. Be open, honest and use gentle words.
3. **UNITY...*“I in them and you in me. May they be brought to complete unity to let the world know that you sent me and have loved them even as you have loved me.” John 17:23***
- a. **Develop unity within our school family.** God has called each of us to TCA with different abilities and roles. Never be jealous, envious, or critical of someone else’s role—be busy fulfilling your own! Your example of unifying our school body teaches a valuable lesson to all of our students.
- b. **Help your student develop unity within their team.** Teach them to respect the seriousness of their commitment by making sure they attend all practices, meetings, games and ministry opportunities. Please make every effort to refrain from disciplining your child by “grounding” him/her from athletic events. This punishes every member of the team!
- c. **Develop unity within the Kingdom.** In order for the purpose of the Kingdom of God to be met, all believers must be united. Pray for other Christian schools as you pray for Trinity Christian Academy.
4. **MOTIVES...*“...whatever you do, do it all for the glory of God.” 1 Corinthians 10:31***
- a. **Be motivated by the love of God.** We live for Him because He demands it, expects it and deserves it.
- b. **Strive for victory as a tool to teach your students.** Teach them that athletics is a means to an end—not an end unto itself.
- c. **Teach your students to abide by the rules of the game in letter and spirit.** Tactics promoting unfairness will not be tolerated.
- d. **Teach your student about athletics in light of your family mission, philosophy and goals.** What you teach them through athletics should match what you teach at home.
- e. **Use your child’s experience as a chance to be involved in his or her life.** Your relationship with your child as an adult will last longer than your relationship with them while they are in your home. If you want a relationship with them as adults, you need to begin building that relationship now. Athletics is a great opportunity to do this!
5. **BEHAVIOR...*“Whoever claims to live in him must walk as Jesus did.” 1 John 2:6***
- a. **Maintain class and character.** Your actions reflect upon you, your family, TCA, and our Lord. You set the example for your children. Refrain from the use of tobacco products, alcoholic beverages and illegal drugs before and during all school athletic activities.
- b. **Be an example and a guard.** Set the standard high for behavior and appearance. Do not be afraid to speak in love to those whose behavior might undermine TCA’s testimony.
- c. **Always dress appropriately.** Modest attire that does not attract attention to you and away from your child should be worn.
- d. **Be modest in victory and gracious in defeat.** Coaches, students, parents and spectators need to be strong in this area. Smile and shake hands with visitors before and after games regardless of the outcome.
- e. **Recognize the success of your opponent.** Compliment good play of students from the other school. Congratulate their coaches on a well-coached game.
- f. **Insist that your student follow instructions.** Coaches depend upon a player’s ability to follow orders immediately and without question. Questions may be raised at an appropriate time such as at practice or after games when there is a time for explanation. This builds respect for authority and trust between children and coaches.
- g. **Work with the officials...do not work the officials.** Badgering officials works against our teams and comes at the price of our testimony and ability to influence others for Christ. There is never a time at any contest where a parent is afforded an opportunity to say anything to an official other

than, "Thank you." Without these men and women and their willingness to officiate, there would be no game.

- h. **Remain in the stands.** Never attempt to approach the field, court, bench, press box, score table or officials before, during or after a game. Socially visiting with coaches briefly after the game is encouraged. Game officials are off-limits.
- i. **Be involved.** All parents of athletes are expected to assist the TCA Athletic Booster Club in its efforts throughout the school year.
- j. **Teach your children that they have a special purpose from God.** It is their responsibility to accept God's purpose for them. Be realistic about their capabilities and do not compare or contrast them to others. This limits their ability to fulfill their own unique potential and purpose.
- k. **THIS IS A GAME!!! Have fun, touch lives and be yourself!** You have the opportunity to be a positive influence, like no else may be able to, in the lives of your children and their peers. Enjoy this time in their lives and help them to enjoy it as well. Games, plays and officials will all be forgotten, but your behavior and attitude will stay with your child forever.

**The Athletic Code of Conduct is in effect year-round and not limited to the sport or school year.**

## **TEN PRINCIPLES FOR PARENTING AN ATHLETE**

1. Be positive with your student-athlete. Let them know they are accomplishing something simply by being a part of the team.
2. Avoid offering excuses for the student-athlete if they are not playing or seeing only limited action. Encourage them to work hard, reach their potential and contribute to the team's efforts.
3. Open criticism of the coaches is unnecessary. By openly criticizing the coaches, your student-athlete becomes trapped between the coach's authority and the parent's criticism. This erodes the athlete's effectiveness and affects their contributions to the team effort.
4. Encourage and support your student-athlete's efforts to follow the team's rules and athletic code. Remember the parent code of conduct you've signed indicating your support of the athletic code, its enforcement and penalties. This is a year-round responsibility and not limited to the athletic season.
5. Emphasize the importance of academics and understand the academic requirements necessary for participation in athletic activities. With few exceptions, most student-athletes do not receive athletic scholarships. Their future as an active, contributing citizen is much more likely to be determined by their academic abilities, not their high school athletic abilities.
6. Criticizing or showing envy in relation to the failures or successes of other student-athletes is inappropriate. Most are trying the hardest on any given day and they deserve respect for their efforts. Living your life vicariously through your student-athlete puts undue pressure on all concerned. Remember, a sport is a game and it is supposed to be fun!
7. The coaches work with the athletes on a regular basis and they have had the opportunity to evaluate the athletes' strengths and weaknesses objectively. Focus your energy toward being a supporter of the team and do not waste it tearing the team down. Remember, every team is composed of three groups: athletes, coaches and parents. Be a positive part of the team.
8. Emphasize good sportsmanship with your student-athlete. Win or lose, they must show respect for opponents and demonstrate the maturity necessary to show class. In addition, encourage your student-athlete to respect the authority of the officials. Self-respect begins with self-control.
9. Emphasize that "team" must take precedence over the individual. Recognition of individual's contributions happens at the end of the season. Recognition is directly affected by the success of the team and the individual's contribution to the team's success. Remember, there is no "I" in the word team.
10. Emphasize that the lessons learned through athletic competition are lessons for life. The skills learned are for leisure in the future. Keep sports in perspective.

*\*One signature sheet per family, per school year*

**FOR STUDENT ATHLETES:**

I have read the TCA Athletic Handbook, including the Student Athletic Code of Conduct and understand that I may not participate without a signed copy of this document on file in the athletic office. I understand that these expectations are in place to help me grow and mature spiritually, emotionally and physically. I understand that failure to uphold the expectations outlined will endanger my athletic eligibility and may include, but not limited to, extra conditioning, suspensions or removal from the team.

1. Student Athlete Signature: \_\_\_\_\_

Printed Name: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

2. Student Athlete Signature: \_\_\_\_\_

Printed Name: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

3. Student Athlete Signature: \_\_\_\_\_

Printed Name: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

4. Student Athlete Signature: \_\_\_\_\_

Printed Name: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

**FOR PARENTS OF ATHLETES:**

I have read the TCA Athletic Handbook, including the Parent Athletic Code of Conduct. I will support the Trinity Christian Academy athletic program and personnel at all times through prayer and by attending and volunteering at TCA athletic events. I understand that misconduct may result in my expulsion from an event and possibly future events as well.

\_\_\_\_\_  
Parent / Guardian's Signature

\_\_\_\_\_  
Parent / Guardian's Signature

\_\_\_\_\_  
Parent / Guardian's Name (Printed)

\_\_\_\_\_  
Parent / Guardian's Name (Printed)

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_