



of CHRISTIAN HERITAGE

ATHLETIC HANDBOOK



chaknights.org | 540.483.5855 | 625 Glennwood Drive, Rocky Mount, VA 24151

It's an honor to be a Knight!

The overall mission of every program offered at CHA is to bring glory to God. Through our athletic program we watch our Knights develop essential characteristics required for a lifetime of service to Jesus Christ. Our athletes not only build physical strength, but a depth of faith, development of creative reasoning, ability to lead, and strength of character.

We love our athletes and appreciate the sacrifices athletes and their families make. Thank you for being part of our community and giving us something to cheer for! We are excited to see what this year brings.

Go Knights!

Nancy Castillo
Associate Director of Athletics

TABLE OF CONTENTS

Program Philosophy & Goals	3
CHA Athletic Philosophy	
Goals for Athletes	
Goals of the Program	
Behavior Code for Athletics	
Athlete Eligibility	5
Academics	
Class Attendance Requirements	
Try-outs and Cuts	
Expectations & Responsibilities	6
Coaching Staff	
Parents and Families	
Student-Athletes	
Policies & Procedures	9
Athletics Fees and Costs	
Game Day Procedures and Transportation Policies	
General Information	11
Miscellaneous	

Program **Philosophy & Goals**

CHA Athletic Philosophy

Excellence drives our athletes and teams to prepare and perform to the best of their ability and to aspire to nothing less than giving God the glory. We always work hard to win, yet our main goal is shaping lives for Jesus Christ. We believe that if we succeed here, even when we lose a match or game, we have achieved our mission.

*For physical training is of some value,
but godliness has value in all things
holding promise for both the present life
and the life to come.*

I Timothy 4:8

Goals for Athletes

- To be conditioned athletes
 - Physically we will be in better shape than any of our competitors
 - Mentally we will understand the rules, concepts, strategies, and team game-plan for our sport

- To be cooperative teammates
 - We will learn and display with purpose, a commitment to our team, our coaches, our sport, and our school by
 - being at practice on time and ready to work
 - being at games/meets
 - having a positive attitude and working hard to do our best and encourage the best in our teammates

- To be competitive sportsmen
 - We will learn and display with purpose the highest caliber of good sportsmanship in the district including our
 - treatment toward other teams (players, coaches, guests)
 - treatment toward our own team (players, coaches, guests)
 - treatment toward referees
 - behavior in the community when traveling to compete

Goals of the Program

Knights In Training (K.I.T.): Introduction and Fun

Athletics in the elementary grades are designed to teach basic skills that will be used in each sport. Our Knights In Training (K.I.T.) program is offered to any student in grades 2-5 who has an interest in sports. The basic skills, rules of the game, playing time and a lot of fun are all to be expected each season.

Middle School Program Goal: Skill Development and Enjoyment

Athletics in middle school are designed to focus on individual skills and basic strategy development. Participation and enjoyment are the keys to fundamental development at this level and winning is nice but not the ultimate goal. We are preparing our middle school athletes for the greater responsibility they will face when participating in higher-level athletics.

No player shall compete in MS competition for more than four years.

No player under the age of 10 by September 30 of the school year in which they wish to compete is eligible for VACA competition.

No player who will be 15 years of age prior to May 31 of the school year in which they wish to compete is eligible for VACA competition. (no appeals and no exceptions)

MS is intended for students in grades 5-8, but some exceptions may be granted.

However, no player may exceed the maximum age limit or maximum years of participation for any reason..

Junior Varsity Program Goal: Game Experience

Athletics at this level focus on skill development with game-playing experience. Participation and consistency are key elements to junior varsity (JV) athletics. The athletes are expected to show additional drive in their own development and will continue to improve their athletic abilities.

No player shall compete in JV competition for more than four years.

No player under the age of 12 by September 30 of the school year in which they wish to compete is eligible for VACA competition.

No player who will be 17 years of age prior to May 31 of the school year in which they wish to compete is eligible for VACA competition. (no appeals and no exceptions)

JV is intended for students in grades 7-10, but some exceptions may be granted.

However, no player may exceed the maximum age limit or maximum years of participation for any reason.

Varsity Program Goal: Skill, Competition, Honor

Athletics at the varsity (V) level are focused on honing the skills learned, being competitive, and giving the team an opportunity to win. At this level we expect our athletes (and coaches and parents) to set an example to all in their behavior, leadership, sportsmanship, and honor to God.

No player shall compete in Varsity competition for more than five years.

No player under the age of 13 by September 30 of the school year in which they wish to compete is eligible for VACA competition.

No player who will be 19 years of age prior to August 1 of the school year in which they wish to compete is eligible for VACA competition. (no appeals and no exceptions)

Varsity is intended for students in grades 8-12, but no player may exceed the maximum age limit for any reason.

Behavior Code for Athletics

Participation in athletics at CHA is a privilege, not a right. The purpose of the athletic program is to promote educational attitudes and behaviors that will help a student find success in his/her life beyond school. Athletes are role-models for other students and therefore have a responsibility to model behaviors that display leadership, sportsmanship, cooperation, academic excellence and proper health practices.

As long as there exists within all of us the drive to win, we will have to be concerned about sportsmanship. The desire to win is not bad. On the contrary, it is good. It is the proper attitude with which to approach most endeavors. While the quest to win must not be stifled, **it must be honorable**. In athletics the quest must carry with it the realization that somebody is not going to win. Handling loss is equally as educational, therefore equally as important, as winning.

Athlete Eligibility

Academics

While athletic participation can be demanding, it is imperative that a student's first commitment is their academics. To be eligible for participation in athletics, students must be classified as a part-time student, as defined in the family handbook, and maintain an overall C average with no failing grades in any two subjects or may be subject to athletic ineligibility by the Athletic Director.

If a student fails two or more courses, they remain ineligible for the entire following grading period. If a student fails two courses during spring semester, they will be academically ineligible the following fall. An athlete who is struggling academically may be placed on academic probation usually, but not necessarily, at the end of a quarter or semester and may be suspended from athletic participation for a period of time. It is our hope this will be seen as a means to encourage greater academic success and give the athlete more time to devote to their studies to improve their learning. Any decision involving a suspension will be made jointly by the athletic department and the administration.

Class Attendance Requirements

Students must be present in at least 50% of their classes to participate in an athletic activity that day unless arrangements have been made with the coach or activity sponsor. If a student misses school due to participation in a school-sponsored activity, they will not be counted absent. Students must take responsibility in making up any missed work due to sporting events.

Try-outs and Cuts

Try-outs should be held in the first 3–4 days of practice. The number of players on a team varies from sport to sport and depends on the number of students who try-out. At CHA we believe it is more beneficial to cut excessive players rather than keeping every student who tries out. If a player is cut, we encourage them to approach the coach about supporting the team in other ways like becoming a student manager.

Expectations & Responsibilities

Coaching Staff

Line of Authority

Coaches function under the authority of the athletic director (AD). Any difficulties, reports, or needs should be communicated to the AD in writing following a private conference between the coach and the AD.

The AD will schedule each game and will be responsible for school notifications, cancellation decisions, or changes in the schedule. Coaches will be responsible for notifying individual team members of changes to time, date, or location of contests.

Conduct

Coaches are expected to display a positive Christian testimony at all times. Disagreements with officials should be handled without displays of anger or inappropriate language. Any difficulties should be reported to the Athletic Director immediately following the event.

Discipline

Coaches are expected to maintain control of the team at all times. Athletes are to be respectful, obedient, and manifest a positive testimony. Athletes who have violated these standards may not be allowed to play or to participate. Incidences of misconduct, whether at games or practices, need to be reported to the AD immediately.

Team Publicity

After each game, coaches should send the AD a simple highlight of the game, including notable stats and pictures. Coaches may want to ask parents attending to email the AD any notable pictures as well.

Parents and Families

A very important goal of athletics should be to make the athletic experience positive for everyone. Parents and family members are encouraged to uphold the following ideals:

- To support the efforts and decisions of the coaching staff.
- Be a positive role model. All attendees, especially parents, should conduct themselves in a manner consistent with the dictates of **good sportsmanship at all contests**. Attendees are expected to cheer in a positive fashion for outstanding play and will **refrain from criticizing** the efforts of the **officials**, the **players** of both teams, and the decisions made by the **coaches**.
- To make every attempt to assure that the athlete(s) will be able to attend all practices and contests within reason. If your athlete would be put at risk (illness, injury, etc.) by participating, please notify the coaching staff immediately.
- To support and endorse all the rules, policies, and procedures discussed in this handbook.

Chain of Command

In the event that there is a question concerning your child's role, or any other issue you would like to discuss, we will abide by the scriptures of Matthew 18 and follow the chain of command.

1. Player to Head Coach
2. Player/Parent to Head Coach
3. Player/Parent to Athletic Director
4. Player/Parent/Athletic Director to Head of School

Parents should prayerfully consider motive and intent prior to addressing an issue with a coach. As people, coaches are fallible and are going to make mistakes. In most circumstances issues can be resolved between the athlete and coach without additional input. This opportunity and process **is important for the social maturity of the athlete** and for the bond that is needed for a successful relationship between the coach and the athlete. Parents should listen to the athlete's questions and encourage the athlete to approach the coach in a **respectful** manner at an appropriate time. Parents should use the ups and downs of the competitive season to teach diligence, perseverance, respect, and team spirit.

Insurance

Athletes must be covered by parent's insurance. Information should be provided on the VHSL physical form to be submitted prior to participating.

Student-Athletes

Attitude

As a leader in the student body at CHA, it is important that a student-athlete maintain a cooperative spirit and good attitude with staff and other students. As previously stated, the purpose of team sports is to cultivate a spirit of selflessness, not selfishness.

Conduct & Discipline

Participation in athletics at CHA is a privilege that commands responsibility. Athletes are expected to maintain a positive testimony in the classroom and in the school community at all times. Accumulation of seven demerits will result in a five-day suspension from all extracurricular activities and may impact playing time and possibly eligibility.

Athletic Dress Code

The dress for all athletic events must be of the highest Christian testimony. Therefore, the Athletic Director reserves the right to establish a dress code giving specific guidelines for game days and other athletic events. Game uniforms are not to be worn outside of official athletic contests. Athletes should always bring/wear appropriate shoes and attire to practices and contests.

Game and Practice Participation

Players must attend every scheduled practice (unless excused by the coach) and **be prepared to help their team in whatever way possible at every game**. A successful team is predicated

on the sacrificial spirit of each team member to put the team before self. Missed practices may impact playing time.

Excused absences may include illness or an unforeseen emergency. After-school detentions, shopping trips, uncompleted homework, or social activities are not considered an excused absence. **Practice sessions scheduled during official school holidays are not mandatory.** However, athletes who are in town and are not involved in family gatherings are expected to attend scheduled practices.

Because the team's achievement is dependent on the effort and skills of each individual, athletes are encouraged to workout and drill between practice sessions.

Playing Time

Playing time at any level is a privilege and is at the discretion of the coach. Commitment, attitude, desire, and ability all factor into game-playing time. Generally, middle school participants should expect some game time while some players on older teams may have very little or no game time. Athletes who define their self-worth as a teammate by the amount of their personal game-time have missed the basic idea of what a team is. All players have the opportunity to contribute positively to the success of the program, which may or may not include actual game time.

Policies & Procedures

Athletics Fees and Costs

The athletic fee is used to defray the cost of officials, facilities, maintenance, travel, equipment, uniforms, and coaching expenses. The athletic fee for the 2021-2022 school year is \$125 per athlete per sport.

Team Uniforms and Equipment

All CHA student-athletes will be issued school athletic uniforms and equipment specific to each sport. All uniforms and equipment are the property of CHA. Each student is responsible for the care of the uniforms/equipment issued to him/her. It is expected that students will not loan uniforms/equipment to someone else. Players may not exchange uniforms/equipment without prior approval from the head coach. Uniforms are to be worn only for games/contests and on special occasions as designated by the coach. Practice wear should be clean and in good repair. Any apparel that advertises drugs, alcohol, or unacceptable slogans will not be allowed at practices.

At the completion of the season, students are required to clean and return all school uniforms/equipment issued to the student. These items are to be returned to the coaches within one week of the completion of the season. Athletes who do not return uniforms or equipment lent to them may have to pay the replacement charge. The purchase of personal items (like mouth guards) needed for participation may be required.

Coaches should encourage players to purchase as similar as possible footwear. The recommendation would be as close to solid white or solid black. All athletes should be wearing the same socks.

Game Day Procedures and Transportation Policies

Home Games

Athletes are required to make personal arrangements for transportation to home games. Athletes are required to report to the gym a minimum of sixty minutes prior to a home game or as requested by the coach. Upon entering the campus, athletes should report to the area designated by the coach and remain there until further directed. When leaving a home game, an athlete must check out with a coach.

Away Games

Athletes and their parents/guardians will be informed of away game departure times by their coach and are responsible for arriving at the designated departure location on time.

Athletes are responsible for bringing the designated uniform, shoes, and personal supplies to the departure point. Athletes may not go into the school to collect forgotten items nor should personal items be left in the school while athletes travel.

Athletes will be assigned to a travel group by the coach and will remain with that group until

returning to the departure point. The athlete must provide a written statement to the coach indicating when a parent will be at the contest to provide transportation from the game or when a parent has made arrangements for alternate transportation from the contest. Athletes are not allowed to transport other athletes to away games. Students who are on academic probation or under disciplinary action are not permitted to attend/participate in away games.

Drivers

The driver must:

1. be a parent or grandparent or previously approved by the Athletic Director.
2. require all passengers, including the driver, to wear seat belts.
3. have a valid Virginia driver's license.
5. be willing to submit to the guidelines established for transportation.
6. refrain from using alcohol or tobacco products while on a school-sponsored trip.
7. be free from any impairment that might hinder accurate judgment.
8. have a state-inspected vehicle that is properly maintained.
9. have state-required automotive insurance.
10. maintain a speed according to posted limits and road and weather conditions.

The driver is expected to:

1. pray with the athletes for safety before each trip.
2. ensure that seat belts are fastened.
3. allow only Christian music, if any, when transporting.
4. limit the number of students in their car based upon current laws.
5. not permit any improper language or topics, nor encourage anything that might violate the philosophy or policies of CHA.
6. report any accident immediately to the AD.

Post Game

Students must check out with the coach before leaving the gym after a home or away game. After an away game an athlete must return to CHA with the coach or designated driver with whom they traveled to the game unless they have received specific permission from the coach. In order to obtain permission, the **coach must have a written** (email or text acceptable) **request from the parent**. If an athlete wishes to ride home from a home or away game with an individual other than their parents the athlete must provide a written statement from their parents giving permission to do so. The permission slip must designate the specific date for which the permission is granted. The permission slip will be filed in the Athletic Office until the end of the season.

NOTE: If a carpool arrangement is made for after-school practices the AD must be notified of the arrangements in writing.

General Information

Miscellaneous

Injuries

It is extremely important to report any injury to your coach immediately and to your doctor as soon as possible. Medical expenses resulting from any injury must be submitted to your own insurance carrier.

Cancellation of Games or Practices

Unless a cancellation has been previously announced, students should come to school prepared to play or practice regardless of the weather. An announcement regarding a cancelled game or practice will be made as early as possible in the school day, however, with inclement weather the decision sometimes cannot be made until the last minute.

Supervision

Coaches will never leave any campus post practice or game with any player(s) unattended unless that player is their dependent.

Physical and Emergency Information Forms

Any student who desires to be a part of any organized CHA athletic team must have a current sports physical form completed by a licensed physician on file with the athletic department before being allowed to tryout or participate. Physicals must be dated after May 1 of the current year for the following school year (after May 1, 2020 for the 2020–2021 sports year). **Athletes will not be allowed to participate in the athletic program at CHA until a valid physical form is on file and the athletic fee has been paid.**

Jewelry

No jewelry (which includes visible body piercings) shall be worn in any sport competition. The coach will determine the safety of the jewelry worn in practices.

Co-Ed Sports

All officially-declared athletic teams are designed for female and male athletes to compete on teams of same-gender in accordance with VACA regulations.

Sports Performance-Strength and Conditioning

Every athlete, parent, and coach should understand that strength and conditioning work is a primary tool for achieving success in all athletic programs. All athletes should participate in a workout program both in and out of season. Besides being good for the team and your individual success, it's good for your body.

Athletic Awards

Coaches will give five awards, as applicable to their specific sport, after the season is completed. Those five awards are Most Improved, Knight Award, Best Offensive Player, Best Defensive Player, and Most Valuable Player.

Athletic Fundraising

Any team fundraising, including asking students or parents to buy or fund additional clothing or equipment, must be approved by the athletic director. Coaches should understand that some

fundraising efforts could conflict with ongoing school programs and may not be in the best overall interest of the school. Individual parents wanting to donate team funding of any sort should go through the athletic director.

Team Apparel

Any clothing that could eventually be worn to school should be approved by the administration beforehand.