

Carolina Christian



Academy

Athletic Handbook 2026-2027

Carolina Christian Academy
367 Academy Drive
Thomasville, NC 27360
(336) 472-8950
www.cca-nc.com

Table of Contents

Mission Statement.....	3
Non-Discriminatory Policy.....	3
Handbook Disclaimer.....	3
Affiliation	3
Athletic Philosophy.....	3
Athletic Programs.....	4
Athletic Goals	4
Athletic Expectations.....	5
Athletic Participation and Commitment	6
Athletic Eligibility Requirements	6
Homeschool Policy.....	7
Athletic Equipment and Uniforms	8
Conflict Resolution	8
Dismissal from a Team.....	9
Graduation Cords.....	9
Missing Class	9
Social Media.....	9
Athletic Communication	10
Athletic Travel.....	10
Locker Room and Weight Room Use.....	11
Scheduling Conflicts	11
Parents/Guardians of Student-athletes	12
Volunteer Requirements	12
Parent/Guardian Behavior	12
Questions about Coaching Decisions	12
Health of Athletes	13
Coach Responsibilities.....	13
Appendix	
CCA Athletic Handbook Verification and Agreement Form.....	15

Carolina Christian Academy Athletic Handbook

Whatever you do, work at it with all your heart, as working for the Lord.
Colossians 3:23

Mission Statement

The Carolina Christian Academy Athletic Program exists to glorify God by developing student-athletes spiritually, academically, and physically through competitive athletics. We strive to build Christ-like character, leadership, discipline, and teamwork in every student-athlete.

Non-Discriminatory Policy

Carolina Christian Academy admits students of any race, color, national, and ethnic origins to all 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, or ethnic origins in administration of its educational policies, admission policies, scholarship programs, athletics, and other school-sponsored programs.

Handbook Disclaimer

The CCA Athletic Handbook is subject to change. If any changes or updates are made, all student-athletes and parents/guardians will be given a copy of the changes.

Affiliation

CCA is a member of the [Carolina Christian Athletic Department](#) (CCAC) and, as a member, will comply with the rules and regulations of the CCAC. The CCA Athletic Director (AD) (with assistance from the Assistant Athletic Director and Athletics Secretary) will be responsible for all interscholastic events. In addition, the AD will be responsible for ensuring the school is properly represented at all interscholastic events and league meetings. CCA will participate in league, district, and state competition designated by the CCAC when eligible.

Athletic Philosophy

Athletics at Carolina Christian Academy (CCA) is an extension of the classroom and the Christian home. We believe:

- The person is more valuable than the performance.
- Effort honors God.

- Teamwork reflects unity in Christ.
- Winning is celebrated, but integrity and growth are prioritized.
- We represent Christ first, our school second, and ourselves last.

Athletic Programs

CCA offers athletic programs for upper elementary, middle school and high school students.

Elementary: CCA offers an internal sports development program – The Pages – for 3rd through 5th graders. The Pages program focuses on the development of fundamental skills and instruction and an enjoyment of a variety of sports.

Middle School: The Carolina Christian Academy athletic program is a part of the [Carolina Christian Athletic Department](#) (CCAC). As a member of the CCAC, CCA is able to offer volleyball (girls), soccer (coed) and basketball (girls and boys). Middle school teams combine 6th – 8th grade students, but on a case-by-case basis younger students may be allowed to participate.

High School: As with CCA middle school athletics program, the CCA high school athletics program is a member of the [CCAC](#). As a member of the CCAC, CCA is able to offer volleyball (girls and boys), soccer (coed), and basketball (girls and boys). High school teams combine 9th – 12th grade students, but on a case-by-case basis younger students may be allowed to participate.

Athletic Goals

In line with the mission statement and athletic philosophy, each age group has goals appropriate to its level. These goals encompass spiritual, emotional, physical, and mental development.

Elementary: The elementary athletic program focuses on the development of fundamental skills and an enjoyment for the sport. The aim is to help the student-athletes have a fun experience as they learn the skills and the joys of hard work, sportsmanship, and being part of a team.

Middle School: The middle school athletic programs carry forward the focus on the development of fundamental skills and an enjoyment for the game. The goal is to enhance these skills and introduce more complex sport tactics while focusing on a fun experience for the student-athletes. Again, the coaches have an intentional aim to help the student-athletes experience the value of hard work, sportsmanship, and being part of a team. The amount of

playing time is not always equal for each student-athlete. Coaches will determine playing time based on a combination of the student-athlete's skill, athletic ability, work ethic, and attitude.

High School: Along with the goals of developing skills and implementing complex sport tactics, the high school athletic programs are focused on helping student-athletes and teams achieve excellence. Excellence is defined as achieving individual and team potential in all sport practices and competitions. The development of Christian character and life skills is of utmost importance. At the high school level, a sport may have both a varsity and junior varsity team, based on the number and grade level of participants. At times, a student-athlete may “swing” between junior varsity and varsity teams during a season. Playing time at both the junior varsity and varsity level depends on the skill and experience of the participant and how those attributes will support the team during competition. Please note that questions about playing time are appropriate between a student-athlete and a coach as a means to help a player improve. However, coaches are not expected to discuss playing time with parents.

Athletic Expectations

Participating in athletics at CCA is a privilege. CCA student-athletes must continually represent CCA values and, in so doing, uphold the reputation of the school. As leaders, student-athletes have the responsibility to portray their team, school, and themselves in a positive manner at all times. Sometimes this means doing things that are an inconvenience but benefit the team as a whole.

While coaches may specify particular expectations for their teams, student-athletes are expected to uphold all the rules of the [CCA Student Handbook](#) at all times, in season and out of season, summertime included. Disciplinary action for any violations of team rules and/or school rules will match the disciplinary policies described in the [CCA Student Handbook](#). Along with this, coaches may specify additional expectations and disciplinary actions specific to the sport. Any additional expectations and disciplinary actions a coach has for his or her team will be shared with student-athletes at the beginning of each sport season.

The following expectations are in effect for all sports:

1. Attendance at all game and practices is mandatory. The student-athlete is responsible for notifying the coach if there will be an absence.
2. The use of drugs, alcohol, or tobacco products is not permitted at any time.
3. Improper and questionable language will not be permitted. Improper language includes swearing, boasting, trash-talk and disrespect to officials, players, and coaches. This kind of talk is a poor reflection on the student-athlete, the team, and the school.

4. School dress code should be followed around school and while traveling, unless coaches require a game day dress code.
5. It is expected that student-athletes will be off campus twenty minutes after practice is finished, and twenty minutes upon arrival back to school from away games.
6. All student-athletes must be in regular attendance on practice days and game days. Student-athletes may not participate in practices or games if they have not been in school unless the absence was because of a pre-arranged appointment or school activity.
7. School issued uniforms and equipment will be returned no more than two days after the last competition of the season.
8. An athletic fee will be charged for each sport in which the student-athlete participates.
 - Middle and high school: \$100 for the first sport and \$50 for each additional sport
 - Pages: \$100 per year

Athletic Participation and Commitment

All students are welcome and encouraged to participate in athletics at Carolina Christian Academy, as long as they are eligible under both school and CCAC guidelines. An athlete who joins a team makes a commitment to that team. The athletic department and the coaches expect that this commitment is the primary athletic commitment for each athlete during the season. It is expected that all athletes will participate in all practices and competitions. If an athlete needs to miss practice or competition for illness, previous appointment, or any other reason, it is expected that the athlete or parent will notify the coach as much in advance as possible. If a CCA athlete desires to compete on an outside, non-school association or club athletic team during the same season as the CCA sport, the athlete must participate in all CCA activities in the event of a conflict. The expectation is that the outside sport will not detract from the athlete achieving excellence in the CCA sport. An athlete in one school sport cannot compete in a second CCA sport during the same season without prior approval from the coaches of each team, the parents, and the Athletic Director.

An athlete who quits a team after the season begins cannot join any other sport at CCA during the same season without the permission of both coaches and the AD. If an athlete quits the sport after the first contest, the participation fee is forfeited.

Athletic Eligibility Requirements

In line with CCA's mission statement and athletic philosophy, the following eligibility requirements apply for participation in all athletic competitions:

1. Student-athletes are required to pass all classes at quarterly reports and earn a 2.0 GPA or higher. Academic eligibility will be checked periodically. The CCA AD, coach(es), parents/guardians, and the student-athlete will be alerted if a player does not meet the academic requirements for eligibility. Notified student-athletes may continue to participate in practices while working to meet the teacher's requirement to improve the grade. If the student-athlete has not met the teacher's requirement, the student may be indefinitely suspended from participating in games but is allowed to continue to practice. To immediately reinstate eligibility to participate in games, once the student-athlete meets the teacher's requirement, the player must obtain the teacher's signature of release and turn the signed notice into the front office.
2. High school student-athletes must have passed five classes the previous semester and currently be passing five classes and on track to graduate.
3. Student-athletes may be dismissed from a team by the CCA AD after consultation with administration for a school discipline offense. Disruptive patterns of behavior will be evaluated on a case-by-case basis by CCA administration.
4. Student-athletes are required to attend all classes on the day of an athletic contest or practice. Other than a pre-excused absence, missing class on a competition or practice day will result in the athlete not participating in that competition or practice.
5. Student-athletes are required to comply with all team rules as established by the AD and the coaches.
6. Student-athletes and parents/guardians are required to sign the Student Activity Agreement form and to read and comply with the athletic handbook.
7. Student-athletes in grades 6 – 12 are required to complete a physical exam every year and to have it on file in the athletics office prior to participation in a sport.
8. Student-athletes are required to file all other required paperwork (emergency contact, concussion form, commitment agreement, etc.).
9. High school student-athletes are required to meet all additional guidelines issued by CCAC for athletic eligibility.
10. Tuition and any fees associated with the athletic program must be paid prior to the first game. If participation fees are a financial hardship for a family, assistance may be available by contacting the AD's office.

Homeschool Policy

CCA recognizes that the parents are ultimately responsible for the education of their children. As such, some parents will choose a program of home education that specifically meets the needs of their children. CCA will seek to support home education families who desire to participate in our athletic program as long as the family commits to support the Christian values and beliefs of CCA. Homeschool students and families must commit to following the same academic and behavioral codes on conduct that CCA students must follow.

Prospective athletes and at least one parent/guardian must interview with the AD and CCA Administration prior to being accepted into the athletic program. Once a homeschool student is selected to join a sport team, he/she is treated like all other CCA student-athletes with regards to discipline, playing time, and commitment. Homeschool student-athletes will abide by all the rules and regulations found in the CCA student/parent handbook including uniforms, grooming, and behavior.

Homeschool athletes are subject to the same academic eligibility requirements and must submit grades quarterly to maintain athletic eligibility.

Athletic Equipment and Uniforms

Equipment and uniforms purchased by the school and checked out to a student-athlete becomes his or her responsibility. The student-athlete is expected to keep all items clean and in good condition. Equipment/practice gear/uniforms are to be used only in practices or contests or as directed by the coach. Equipment and uniforms are not to be used or worn in PE classes or at other times. The loss or damage of school equipment and/or uniforms is the financial obligation of the student-athlete and his or her family. No student-athlete shall be allowed to participate in a sport until all previously issued athletic equipment has been returned or restitution is made. **Coaches are responsible for acquiring all equipment from student-athletes at the conclusion of the season.**

Conflict Resolution

Confrontation is sometimes necessary and can be healthy if timing and methods are appropriate. It is better to confront an issue in love than to let it go and build up into unnecessary hard feelings. Generally, the first responsibility is for the student-athlete to meet with the coach to seek understanding on matters of concern. A coach appreciates communication from the student-athlete regarding team or individual situations. A coach will not hold it against a student-athlete for wanting to talk about a situation. If a parent wants to speak with a coach about a concern, it should be done at a suitable time or via an appointment. Confronting a coach before or after a contest is not an appropriate time. If the concern still exists after meeting with a coach, the concern should be taken to the AD as a second step in seeking resolution. If there are still unresolved issues, the next step would be to meet with CCA administration at the request of the AD.

Dismissal from a Team

A student-athlete dismissed from a team cannot join any other sport at CCA during the same season. Participation in a sport after the season ends is subject to the permission of the coach and AD. If a student-athlete is dismissed from the sport after the first contest, the participation fee is forfeited.

Graduation Cords

Students must participate in sports during their senior year to be eligible for an athletic cord for graduation.

Missing Class

If a student-athlete misses a class because of an athletic contest, it is the responsibility of the student-athlete to communicate with the teacher about any missed work. It is best to have work turned in before leaving school. Scheduled tests and quizzes must be taken before leaving unless other arrangements have been made with the teacher.

Social Media

Texting, Facebook, Twitter, TikTok, Instagram, and other social media sites have increased in popularity globally and are used by the majority of student-athletes at CCA in one form or another. Student-athletes should be aware that third parties – including the media, faculty, future employers, and CCAC officials – could easily access your profiles and view all personal information. This includes all pictures, videos, comments, and posts. Inappropriate material found by third parties affects the perception of the student-athlete, the team, and the school.

The AD and coaches retain the ability to suspend or remove a student-athlete from the team for any inappropriate action related to social media, even after a first offense.

Examples of inappropriate actions relating to social media include, but are not limited to the following:

1. Photos, videos, comments, or posts showing the personal use of alcohol, drugs, and tobacco e.g., holding cups, bottles, cans, shot glasses, etc.
2. Photos, videos, and comments that are of a sexual nature. This includes links to website of a pornographic nature and other inappropriate material.
3. Pictures, videos, comments, or posts that condone drug-related activity. This includes but is not limited to images that portray the personal use of marijuana and drug paraphernalia.

4. Content online that is unsportsmanlike, derogatory, demeaning or threatening toward any other individual or entity (examples: derogatory comments regarding another school; taunting comments aimed at a student-athlete, coach, or team at another institution and derogatory comments against race and/or gender). No posts should depict or encourage unacceptable, violent, or illegal activities (examples: hazing, sexual harassment/assault, gambling, discrimination, fighting, vandalism, academic dishonesty, underage drinking, and illegal drug use).
5. Content online that would constitute a violation of team, school, and league rules (examples: commenting publicly about a coach, teammate, opponent, official, staff members, and school employees).
6. Information that is sensitive or personal in nature or is proprietary to the team or the school, which is not public information (examples: tentative or future team schedules, student-athlete injuries and eligibility status, travel plans/itineraries or information).

Athletic Communication

Coach and office personnel will make every effort to communicate regularly about team details. That communication will come in several forms. Parents and athletes can find schedules, activities, and team information through the following means:

- CCA emails will include up-to-date athletic information.
- The Athletics page of the CCA website will have important details and forms.
- Coaches will send messages and scheduling updates to team members and parents via Spond.
- Maxpreps will provide team rosters, schedules, and results for our high school teams, as well as for all other high school teams in the state.

Athletic Travel

1. All coaches and student-athletes will travel to and from athletic events on transportation provided by CCA. That travel may be by bus or by carpools. Coaches may decide to allow student-athletes to return from an event with their own parents, and only their parents, but this is entirely at the discretion of the coach. Coaches who prefer to have teams travel together at all times are completely justified in doing so.
2. Coaches will announce their travel policy at the start of their season. Student-athletes who are allowed to leave an event with their parent may only be signed out by their parent. If student-athletes need to go home directly from an athletic venue with someone other than their parents (e.g., another team parent, neighbor, sibling, etc.), a signed Transportation Waiver form must be presented to the coach by the person authorized to transport the student-athlete. The Transportation Waiver form can be found on the main CCA Athletics website page.

3. When males and females ride the bus together, they are to sit in seats with the same gender. At no time should a male and female sit in the same seat. Any student-athletes who violate this rule may be subject to suspension from the next athletic contest.
4. CCA is blessed to offer in-house transportation. It is expected that CCA student-athletes will respect the authority of the bus driver and the coach, obey the laws relating to school busses, keep the bus clean, remain seated, maintain an “inside voice,” and show the bus driver appreciation for driving.
5. After an athletic contest or practice, whether there is travel or not, the coach is expected to stay until the last student-athlete is picked up. Parents, PLEASE be on time to pick your child up. When teams travel, the bus may arrive back at the school late on certain occasions; therefore, it is recommended that the parents be ready at the estimated time and/or arrange to have student-athletes call with updated arrival time.
6. On school nights when the bus has late arrival times, it is expected that student-athletes will not be tardy to school the next day. Athletic contests and late-night return times will not be considered a reason for an excused tardy or absence.

Locker Room and Weight Room Use

1. Locker rooms/PE room may be used during PE class and team practices/contests. Use of the locker rooms/PE room at any other time requires the permission of the AD.
2. The weight room may be used after approval has been received from the AD, coach, or PE teacher.
3. The following rules apply to each and every use of the weight room:
 - a. Always use correct technique.
 - b. Never lift without a supervisor present.
 - c. Never lift without a spotter.
 - d. No horseplay at any time.
 - e. No food or drink except water.
 - f. Return all weights after finishing with a piece of equipment.
 - g. No ball throwing, dribbling, or kicking in the weight room.
 - h. All music must be approved by the coach or AD.
 - i. Always act in a manner that honors God and others.

Scheduling Conflicts

Though we try to avoid scheduling conflicts, inevitably, scheduling conflicts will arise between athletic events and other school activities. When the athletic schedule is produced, care will be taken by the AD to avoid conflicts when possible. In some instances, a student-athlete will have to choose between playing in an athletic event and participating in another school activity. In these situations, the expectation is that the student-athlete will communicate well in advance

with the coach or director of each activity. Games will be added to the school calendar as soon as possible, and great care will be taken when games must be rescheduled. For conflicts with athletic practices, the student-athlete and coach will determine the best course of action. The key is good communication between all involved.

Parents/Guardian of Student-Athletes

The positive, enthusiastic support and involvement of parents in the lives of their student-athletes is one of the reasons the CCA athletic program is so effective. Parents, administration, and coaches share the goal of seeing students grow physically, socially, emotionally, and spiritually through their participation in sports at CCA. While opinions may vary regarding effective strategies to reach that goal, this commitment to the student-athlete remains a common ground.

Volunteer Responsibilities: In an effort to provide support and building community in our athletic program and school, all student-athlete parents/guardians are required to volunteer two times per season for sports their student-athlete participates in. A \$50 fee will be added to the student-athlete's account if the parents/guardians have not volunteered two times by the end of the season. Volunteer opportunities include helping with admissions, concessions, and clean up after games. SignUpGenius will be used to manage the volunteer assignments. In the event that a schedule conflict arises for a sign up, it is the responsibility of the volunteer to find their replacement.

Parent/Guardian Behavior: Parental behavior and language towards officials, coaches, athletes, and other fans must be exemplary at all times. Every season is an opportunity for parents to teach their children how to emotionally handle the successes and setbacks inherent in all sports competitions. The primary role of the parent is to **support** and **encourage** your student-athlete as he/she competes in athletics.

Questions about Coaching Decisions: When questions arise regarding coaching decisions, parents should first encourage their child to talk personally with the coach. If that is an uncomfortable situation, parents can set up a meeting and come with their child to bring questions to the coach. CCA coaches are hired with the authority to exercise their best professional judgment regarding all the details of running athletics teams. There should be no concern that the coach will resent the player because of questions raised by a player or parent. However, playing time is not open for discussion. Coaches will discuss play time only in the context of what the player might need to do in order to increase his/her chances of earning more playing time. Additionally, coaches will not discuss the performance or skill level of other players. If the player and parents meet with the coach and questions still remain unanswered,

parents may speak with the AD to pursue the question further, and finally with CCA administration. (See also Conflict Resolution under Athletic Rules)

Health of Athletes

The health of all student-athletes is a fundamental priority of CCA athletics. CCA recognizes the parent as the primary medical support person for student-athletes. Parents have the final decision on the source of diagnosis and the treatment of injuries. During a typical sports season, almost every student-athlete experiences some type of pain. Distinguishing between normal soreness and a more serious injury that needs medical care is a common yet important decision that is best resolved through excellent communication involving the parents, head coach, AD, and outside medical support. Parents should never hesitate to seek diagnosis, treatment, or medical care for their student-athletes with the doctor, therapist, or specialist of their choosing. If a doctor restricts or limits athletic involvement, a signed note from the doctor turned into the athletic office will be required before the student-athlete is allowed to return to participation. If a student-athlete receives a concussion, the AD and coach must receive clearance before the student-athlete can return to practice.

Coach Responsibilities

1. All coaches must meet the school employee employment criteria as determined for CCA employment qualifications, whether working as a paid staff member or as a volunteer coach.
2. All coaches will conduct themselves in accordance with the policies and procedures of CCA when it pertains to personal conduct, transportation of students, discipline and treatment of students, and adherence to moral and spiritual codes. Coaches can access the most up to date [policy manual](#).
 - a. Coaches report directly to the CCA AD, and the AD is under the authority of CCA Administration.
 - b. Coaches are responsible for decisions such as team composition, team strategy, playing time, team code of conduct, etc.
3. Coaches will abide by rules and regulations for coaching by the CCAC and meet the requirements to coach High School Athletics as set forth by the CCAC.
4. Coaches will complete a successful background check prior to coaching. Any coach who has negative contact with law enforcement is required to report that contact to the AD within 24 hours.
5. Coaches are required to obtain training in basic first aid, AED, and CPR.
6. Coaches are mandatory reporters of suspected sexual or physical abuse.
7. Coaches are to report any mental health/instability concerns of students to the AD.

8. Coaches are to report any inappropriate advances or comments of any nature to the AD or principal.
9. Coaches will abide by the “Rule of Three”: Protection of student-athletes and coaches allows for no one adult and one student-athlete to be together in a secluded environment. If this situation presents itself, in the case of an emergency, the coach is responsible for notifying the AD as soon as possible.
10. Coaches may communicate with student-athletes about sport-related issues via electronic mediums. All team communications or group chats should include the head coach and at least one additional coach or adult (refer to Rule of 3). Methods include, but are not limited to, social media, text, and email. The AD should be CC’d on all email communications. Agreement to this handbook gives parental permission for these communications.
11. Coaches are required to provide direct supervision of their student-athletes for the entire time they are required to be on campus (including open gym time), during transportation, after practice and games, or when participating in any off-campus events.
12. Coaches are responsible for issuance of equipment and uniforms. They are also responsible for collection of issued items at the conclusion of the season.

Appendix

CCA Athletic Handbook Verification and Agreement

Please read the Athletic Handbook BEFORE SIGNING.

This page MUST be signed and returned to the school office.

Student-athlete name _____ Grade level: _____

I have read and understand this Athletic Handbook and CAAC requirements and agree fully to abide by all rules and responsibilities. I realize that a violation of these responsibilities may result in forfeiture of athletic privileges.

This contact will be valid for the entire school year, from the beginning of the date of the first fall sports practice and end on the last day of the school year or on the last day of competition, whichever is later.

Student-athlete Signature

Date

I hereby give my consent for _____ to compete in, and travel to and from school-sanctioned activities and events for Carolina Christian Academy and for my child's name and or photo to be included on rosters, programs, etc.

I have read, understand, and support the guidelines as set forth in the CCA Athletic Handbook, including the parent code of conduct.

My student has not had major surgery since the last school physical examination. If a major surgery has taken place, I will obtain a release of activity from the doctor and turn it into the school office.

My student does not have any significant disease process, illness, or chronic illness at this time. My student is not under doctor's care now and does not take medication now that would prohibit them from participation.

Parent/guardian Signature

Date

Parent/guardian Signature

Date