



Solid Rock Christian Academy

**LIONS**

Athletic Handbook

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**Athletic Department Theme Verse**

2 Timothy 2:5

“And if a man also strive for masteries, yet is he not crowned, except he strive lawfully”

**Athletic Department Motto**

“Strength, Resilience, Commitment, Achievement: SRCA to Victory!”

**Academy Colors**

Blue and Gold

**Mascot**

Lion

## Introduction

Athletics can teach young people many lessons that can help them in their Christian lives. It is the goal of Solid Rock Christian Academy that its students exemplify Christ-likeness in everything they do. The purpose of this handbook is to provide a way to maintain consistency through our athletic program and to set forth the standards to which we expect our athletes to adhere. It is designed as a reference source that will facilitate the process of seeking and clarifying information concerning administrative and athletic policies and procedures as well as promote a framework that will lead to the effective and efficient application of those policies and procedures.

We require that parents, as well as athletes, take time to read this handbook so you can properly support the school and help your young person. Thank you for your support and cooperation in this matter.

## Philosophy of Athletics

It is the goal of Solid Rock Christian Academy that the athletic program be an integral part of the lives of as many students as possible. While it is impossible to serve the needs of every person, every student is encouraged to explore the capabilities God has given them through the sports program here at Solid Rock Christian Academy. The sports guidelines of SRCA will be followed by all students. All parents are expected to support the standards and goals of SRCA for the overall student body and Christian school ministry.

Winning is important to the continuance of a solid athletic program. It is undeniable that winning teams tend to bring larger crowds, higher enrollments, and greater school spirit. Winning, however, must be tempered by the basic beliefs of our Christian faith. First and foremost, it is the responsibility of all Christians to honor the name of our Lord and Savior, Jesus Christ (Colossians 3:23). We can win championships, tournaments, and invitationals, but with the loss of our Christian testimony, all becomes vain or worthless. The prevailing attitude among all those connected with the sports program at SRCA should be – I want Christ to be seen in my life. Such an attitude will mold and shape Christian character from the inside to the outside. The following guidelines are designed to make the sports program profitable for each participant:

1. **Obedience** – Each player is expected to comply with what the coaches and others whom God has placed in authority over them ask them to do. If a player has a question, they should not be afraid to ask for clarification.

2. **Diligence** – Players should use all their strength and ability to complete each part of their task, whether it be cleaning up, doing drills, conditioning, competing in a game, or any other activity.
3. **Responsibility** – Each player should do everything that is expected, whether being directly supervised or not. A coach should not have to “baby-sit.”
4. **Determination** – A player should make up their mind to accomplish all of God’s goals in His time, regardless of the opposition.
5. **Confidence** – Remember, as you give totally all you have to Jesus, you become a winner in God’s sight.
6. **Intensity** – Each player should always give a “total release” performance, focusing his attention on the job at hand, putting forth every effort to complete it perfectly.
7. **Perseverance** – A player should always do their best and try to win, as this is the object of competition. Also, a player should continue faithfully throughout the entire season. If one has done his best, there is nothing to regret.

## Student Requirements

**1. Qualifications to Join a SRCA Team-** Student athletes who wish to participate in our school's sports program must meet all eligibility requirements set forth by the relevant sport’s governing bodies, as well as any additional criteria established by the school. For students to qualify to play on any SRCA Lions team, the student athlete must be enrolled as a student or homeschool student of the Solid Rock Christian Academy or must regularly attend services of the Lighthouse Baptist Church. In addition, all athletes **MUST** be compliant with NYS school vaccination requirements before being allowed to participate in the SRCA sports program.

### Eligibility:

When a student joins a SRCA ball team, he/she immediately identifies himself/herself as a leader, ambassador, or example of the institution they represent. It is regarded as a student privilege to belong to the SRCA teams, not a right. Therefore, eligibility is a standard for participation.

Grades are one criterion upon which we determine a student’s eligibility to participate. Grades will be evaluated every two (2) weeks on all players starting with the first

scheduled game of the season. Any students with lower than a "C- "average quarter-to-date or failing a subject will be ineligible for the two weeks period and may not play in the scheduled game. Practice time should be spent studying the needed subjects. If the student's grades are brought to the accepted eligibility level before the two-week period expires, they may become eligible immediately at the discretion of school administration.

A student's attitude is also a measuring stick for determining sports eligibility. A student that does not reflect the overall philosophy and goals of SCRA may be dropped from the sports program indefinitely. Students that are not ashamed to lead a Godly, separated, Christian life are the type of athletes and leaders we are looking for to influence others. This would include a wholehearted commitment to the standards of conduct, regular attendance to church services, and seeking to be a witness for the Lord. Continual absences will jeopardize team membership.

Student athletes must be present for at least five class periods in order to participate in after-school activities (such as practice) on the same day. The only acceptable reason for missing the other five class periods is for medical/dental appointments, etc., with a note.

Student players must be on time to school the morning following a match or game. If a student is absent, it will affect his/her participation in the next match or game. Exceptions will be left to the discretion of the administration.

## **2. Practice and Game Attendance-**

### **a. Absences:**

Solid Rock Christian Academy school policy prohibits participation in any extracurricular activity if a student is not present at school for at least one-half of the school day unless there is a clear and justifiable reason for the absence. Any student who is absent for more than one-half of a school day and wishes to participate in an extracurricular activity on that day must receive approval to do so by the Athletic Director.

### **b. Missed Practices, Games, Team Functions:**

-Student-athletes are encouraged to attend all practices, games, and team functions as a part of developing and displaying dedication and commitment to the activity in which they wish to participate. The student-athlete should contact the Head Coach prior to missing or being tardy to practices, games, and team functions for the absence or tardy to be classified as excused. The Head Coach will consider emergency situations where contact may not be possible. Consequences for excused and unexcused absences from practices, games and team functions will be at the discretion of the Head Coach.

#### -Practices: In-Season

Although practice schedules differ from sport to sport it is our philosophy that our student-athletes are students first and athletes second. We strongly encourage our coaching staff to take this philosophy into consideration when developing practice and game schedules. There may not be any mandatory or voluntary practices on Sundays or Wednesdays, unless the midweek service has been canceled or moved to another night of the week.

#### -Practices: Off-Season

Practices held during the off-season may not be mandatory nor may they be a prerequisite for participation or membership on a team. This means that a coach cannot require a student-athlete to make up a practice they miss out of season. While rewards and incentives may be used to encourage attendance, participation may not be made mandatory. Since many of our student-athletes play multiple sports, all coaches must discuss and agree on participation and involvement in off-season training. Please feel free to call the Athletic Director if you have any questions about off-season practices.

-Players must be at every practice and game unless they are excused for one of the following reasons:

1. Doctors/dental appointments
2. Personal sickness
3. Bereavement
4. Vacation
5. Employment
6. Unforeseen Circumstances

If an individual has two (2) unexcused absences, for any reason except those listed above, he/she will be suspended for the next game. The individual will still suit-up but will not participate. If an individual misses one (1) practice for an unexcused absence, the coach/sponsor will use his/her own judgment and discretion as to the amount of time the athlete can participate in the next game, if at all.

Four (4) unexcused absences will result in being off the team/squad for the remainder of the season. Participation in other SRCA team sports may also be restricted.

All students must be on time for practices. Three (3) tardies will count as an unexcused absence.

Any student with three (3) detentions in a single calendar month will be suspended from the next game.

Students involved in two (2) activities that overlap should work with the director of each activity to divide their time appropriately. The coach and/or director of said activities will not penalize students nor react negatively to students who are managing this schedule. Everyone involved should cooperate to the fullest extent to support both the students and the activities.

### **3. Dress Code and Uniforms**

#### Dress code:

The outward appearance of a person is a reflection of the condition of the heart and mind. Through our dress and hairstyle, we either draw attention to ourselves or we magnify the Lord. It is our belief that Christian young people must dress and act differently than the world. Because the Bible stresses modesty and admonishes us to abstain from all appearances of evil, SCRA feels that dress standards are necessary for a school such as ours; therefore, the following general Scriptural guidelines should be followed:

1. Modesty (I Timothy 2:9)
2. Distinction of the sexes (I Corinthians 11:14-15)
3. Identification with the Lord and not the world (Romans 12:1-2)
4. Appropriate dress for the occasion (Ecclesiastes 3:1)

If there is any question about an item being acceptable or unacceptable, the administration will have complete and final authority in determining what constitutes adherence to and violation of the dress code.

#### **A. Hair**

Young men's hair is to be tapered in back with a traditional taper or block cut with a short taper. It should be off the collar, off the ear and not excessively full. Bangs are to be out of the eyes and at least one-finger width above the eyebrows. Boys' and girls' hair should not be bleached, dyed, or tipped other than in a natural color. Conspicuous, faddish hair styles such as level cuts, spiked cuts, bowl cuts, etc., are not acceptable. Young men are to either be clean shaven with no facial hair, or their facial hair must be kept neatly manicured. Sideburns should be no lower than the middle of the ear.

#### **B. Dress**

##### **1. General Guidelines**

\*All athletes must meet the school dress at all times.

\*All men/lady team members will wear the school uniform to all away games. The coach will determine the dress for extended traveling.

#### Uniforms:



1. All uniforms are to be returned to the coach for cleaning (unless directed otherwise) at the end of the sports season. A fee will be incurred for any unreturned items.
2. Students are expected to maintain proper care of all uniforms.
3. Uniforms may not be worn except for games and pep rallies, if so directed.
4. Students will be charged for replacement/repair of lost/damaged uniforms.
5. Any order of clothing or equipment for a SRCA team must be approved by the athletic director and administrator before placing the order.

Practice uniforms:

1. Girls: volleyball  
Shirts – loose fitting T-shirts and practice jerseys or sweatshirts with no inappropriate graphics or pictures.  
Culottes/shorts – loose fitting and mid knee in length  
Shoes – appropriate for the field/floor and sport
2. Boys: basketball, flag football  
Shirts – T-shirt or sweatshirts with no inappropriate graphics or pictures  
Shorts – loose fitting and mid knee in length  
Shoes – appropriate for the field/floor and sport

#### **4. Travel and Transportation**

\* The Team is a Solid Rock Christian Academy Team. We want to maintain team spirit throughout the season.

\* Traveling to all home games is the responsibility of the parents. In traveling to away games, Solid Rock Christian Academy will provide transportation to all away games, but it might be necessary to have parents assist with this transportation. All athletes must ride together as a team. There are two exceptions upon notification of the coach: (1) a player may ride home with his/her parents after the game; or, (2) a player may return with another parent provided verbal or written permission has been granted by his/her parents.

\* No athlete may drive or ride with their parents to away games. (Exceptions may be made by the Athletic Director.)

\* The coach will monitor the music played in the van. Headphones/earbuds and wireless headphones/earbuds are not allowed. Only Christian music is to be played. Appropriate music may be played using bluetooth speakers or the vehicle's speaker system. Students are not allowed to bring personal music playing devices on road trips. Portable DVD players are not to be used when traveling to an away game. Time spent traveling

should be used for preparation for the games, personal or team devotions, and homework.

\* Students are to contact parents at least 30 minutes before arriving back at the school with the Estimated Time of Arrival on away trips. Please do not wait to return from the game/event to place a call. Recording video, photographing, or capturing audio of any kind of individuals without explicit permission from school administration is strictly prohibited. Unauthorized sharing of such materials that involve individuals on campus or at a school event is subject to disciplinary action. Audio or video recording will never be permitted in bathrooms or locker rooms under any circumstances.

\* Cell phones are to be turned off and put away for all sporting events (games and trips) and may only be used with permission to contact parents.

\* SRCA students must keep in mind that they represent Christ and Lighthouse Baptist Church on the road, in the restaurant, and on the court. Failure to do so will jeopardize participation.

\* Upon early dismissal or absence from school/class for athletic events, students are responsible for collecting assignments and for turning in, to each teacher, any homework due for the classes they will be missing. Tests and quizzes that will be missed will need to be rescheduled with each teacher before the student leaves.

Coaches will observe the following when transporting students:

Seat belts, when available, must be worn by all passengers.

Drivers should stay within the posted speed limit.

Trash/equipment must be removed from the vehicle after each use by the team.

## **5. Behavior Expectations**

\* Be a Christian example to your teammates and other students and glorify God in everything that you do.

\* Accept and understand the seriousness of the responsibility and privilege of representing the school, the church, and the body of Christ.

\* Accept and follow the instructions of the coach, captain, and rules of the school.

\* Live up to the standards of sportsmanship established by the school administration and the coaching staff.

\* Learn the rules of the game thoroughly and discuss them with parents, fans and fellow students.

\* Treat opponents with respect. After home games, treat them as guests.

- \* Be friendly to opponents before and after games regardless of victory or defeat.
- \* Respect the integrity and judgment of game officials. Remember, they are human.
- \* Athletes are not to kick, bounce, or throw balls and other equipment in school hallways or classrooms.