

ATHLETIC MANUAL

SECTION 8

PHILOSOPHY

The athletic program at North Raleigh Christian Academy exists for the purpose of developing physical, personal, and spiritual skills of the student-athlete that will have lifelong benefits. In providing opportunities for interscholastic competition, the athletic department seeks to support the overall mission of the school, and to promote the Biblical ideal that everything should be done to glorify God (I Corinthians 10:31).

In the context of athletic activity, the student is exposed to many spiritual concepts including the importance of self-discipline (I Cor. 9:27), respect for others (Eph. 4:32), proper use of God-given abilities (Matt. 25:14-30), striving for excellence (Col. 3:23), time management (Eph. 5:16) and submission to authority (Rom. 13:2).

ACADEMICS

The athletes at North Raleigh Christian Academy are students first and foremost. Coaches will work with teachers in helping the student-athlete be successful in the classroom. If a student has a scheduled after-school tutorial, the student will not be penalized for being late or missing practice. Generally, Wednesdays are designated for after-school tutorials; however, the students' academic needs may require additional sessions with a teacher.

Students participating in athletics should anticipate the demands on their time and plan accordingly. Athletic participation should never be used to excuse incomplete assignments, missed tests, or tardiness. Student-athletes should be present and prepared for class regardless of game and practice schedules.

AFFILIATION

The middle school is a member of the Triangle Middle School Conference.*

The high school is a member of the Triangle Independent Schools Athletic Conference, an affiliate of the North Carolina Independent Schools Athletic Association (NCISAA).

**See Appendix for a complete listing of participating teams.*

AWARDS

Athletic awards are presented at the end of each season at a ceremony sponsored by the booster club. The booster club provides funds for the purchase of all awards. Coaches present awards in categories that are predetermined. The number of awards is limited; therefore, careful consideration is given to athletes selected. The level of play determines the number of trophies (middle school-2; JV-3; varsity-3/5). Additional team and/or individual presentations or recognition are made at team parties at the conclusion of the season. Varsity letters are awarded to those athletes who meet the requirements for each individual sport. Letter jackets may be purchased through the athletic office.

DISCIPLINE

Coaches are employees of the school. Therefore, the coaches at practices, games, and road trips carry out all school policies and standards of behavior for students set forth by the administration. Disciplinary actions for misconduct are applied. Serious offenses, especially anything that could be construed as criminal, are brought to the attention of the administration.

DRESS CODE

Appropriate apparel, as outlined in the student handbook, should be worn for all road trips, before and after games. Guys are to wear ties on all game days. No hats are to be worn. Girls should be neatly attired. Dress code policy applies unless teams go to the game in uniform.

ELIGIBILITY

Athletic competition, Fine Arts dramatic productions, and marching band are a privilege at NRCA. Athletes, Fine Arts participants, and marching band members represent the school to the community and must display good sportsmanship and Christian character. To participate in interscholastic sports, students must have a record of a physical examination on file with the school. Effective July 1, 2007, participants in fine arts productions and marching band must have a physical on file. Athletes, fine arts participants, and marching band members must meet the current academic requirements as stated below. These students must maintain a 2.0 GPA and not receive three F's, more than one F and two D's, or four D's on any report card. If these requirements are not met, students are suspended from all sports, fine arts productions, and marching band throughout the next grading period. Once a year, students may request reinstatement 3 1/2 weeks (18 academic days) into the quarter of suspension.

1. For students who have three or more failing marks:
 - a. After 3 ½ weeks, students must have a passing mark in each class they failed.
 - b. After 3 ½ weeks, students must have a letter of recommendation from the teacher of the classes they failed, indicating a change in effort and commitment.
 - c. After 3 ½ weeks, they must have a 2.0 Grade Point Average and not more than two D's.
2. For students who have more than one F and two D's:
 - a. After 3 ½ weeks, student must have a passing mark in the class they failed.
 - b. After 3 ½ weeks, students must have a letter of recommendation from the teacher of the classes they had D's and a F, indicating a change in effort and commitment.
 - c. After 3 ½ weeks, they must have a 2.0 Grade Point Average and not more than two D's.
3. For students who had four D's:
 - a. After 3 ½ weeks, students must have a 2.0 Grade Point Average and not more than two D's.
 - b. After 3 ½ weeks, students must have a letter of recommendation from the teacher of the classes they had D's, indicating a change in effort and commitment.

EQUIPMENT

All equipment used by athletic teams at North Raleigh Christian Academy is the property of the school. At the beginning of each season, the coach will be given an inventory of the equipment checked out to him/her. The care of the equipment is the responsibility of the coach. After each practice and game, a careful check should be made to make sure that all equipment is accounted for. The equipment should go home with the coach and not a student. No equipment should be checked out to students for personal or home use. At the end of the season equipment should be returned within one week of the final game.

FACILITIES

Extreme care and caution should be taken in the use of facilities that have been provided for students at North Raleigh Christian Academy. Coaches should enlist the help of athletes to ensure that every field and court is left in the condition in which it was found. Any student defacing or destroying property will be disciplined according to school policy. Activities by teams should be limited to the area specifically designated for the team's use. All other areas are off limits.

PARTICIPATION PHILOSOPHY

Participation in athletics at North Raleigh Christian Academy is open to every student but conditioned upon meeting the criteria of academics, character, and athletic skill necessary to compete. While all teams at North Raleigh Christian Academy are expected to play hard in the true spirit of competition, there is a different emphasis at each level of play.

- Middle School (grades 6-8) - The athlete is provided a learning experience and opportunity for basic individual skill development. Team concepts of play are introduced. During the regular season, participation is emphasized over winning. Team members are encouraged through active participation in games.
- 2. Junior Varsity (grades 7-10) - The athlete improves skills while learning team concepts that are more complex. At this level of increased physical development and better competition, there is an equal emphasis on winning and participation.
- 3. Varsity - The athlete is advanced in skill and physical development. Emphasis is placed upon individual and team potential. The athlete's playing time is determined by how it will best serve the team.

When making cuts, the coach is responsible to evaluate each prospective athlete based on objective criteria. Communicating with each individual specific reasons why he/she did not make the team will enable the student to target areas for improvement. The coach is also responsible for evaluating each athlete as to his/her role on the team. There are no guarantees regarding playing time, especially on the varsity level. The coach is the sole judge on who should start and how much playing time each

player should receive. Association rules allow 7th graders to compete on the varsity level at the discretion of the coach and school.

PHYSICALS

All students participating in athletics must have record of a current physical on file with the athletic trainer. The physical is good for one year from the date of the physical. Copies of the physicals will be given to each coach in case of an injury or medical emergency.

PRACTICE

The athletic director in cooperation will determine practice venues and times with coaches. Because of limited facilities that must be shared, flexibility is required. The athletic director must approve a change to the practice schedule. No practices are to be scheduled for weekends or holidays without the approval of the athletic director. Middle school and JV teams do not practice on Wednesdays. Practices should not extend beyond two hours for varsity teams and 1 1/2 hours for JV and middle school teams. Coaches should wait until the last player has left before departing the practice site.

Student-athletes are required to be at all practices and games. At the beginning of the season, coaches should communicate to team members his/her expectations for performance and attendance. There should be no allowances for missed practice (other than academic or medical reasons). If an athlete anticipates missing a practice or a game, prior notice should be given to the coach. The consequences for missing should be outlined ahead of time and then implemented.

Students must be present at school in order to participate in that day's practice or game. To be counted present for the day a student must be at school by 10:30 a.m. A student who leaves before 12:00 p.m. will be considered absent and, will be unable to participate in that day's extracurricular activities. A student must be present a total of 4 1/2 hours of class time to be counted present.

SPORTSMANSHIP

Athletes and coaches at North Raleigh Christian Academy are to be exemplary in their display of sportsmanship during games and practices. Team members should congratulate opponents after a game with a customary handshake and kind word. Physical and/or verbal abuse aimed at an opponent, official, coach, or teammate will result in immediate discipline by the coach, and possibly, the administration. Taunting and/or inappropriate language directed toward an opponent or teammate is not "part of the game", and is inconsistent with the mission of North Raleigh Christian Academy. An athlete ejected from a contest is automatically suspended for the next game but may sit on the bench. A coach that is ejected from a game may not attend the next scheduled contest. All ejections are to be reported to the athletic director no later than the day after the ejection takes place.

Athletes are to demonstrate sportsmanship and an attitude of cooperation with coaches and teammates. An athlete who has a grievance with the coach or another player should attempt to resolve the problem with that individual first, in private, in accordance with Biblical principle. Matters of disagreement and dispute should be kept confidential between the individuals involved. If

the situation remains unresolved, the athletic director should be informed.

NO COMMENT POLICY

Coaches will make no comments verbally or by gesture to a game official on a judgment calls. Coaches may make inquires of a game official, during the appropriate time, on a rule or game administrative procedure.

TOURNAMENTS

North Raleigh Christian Academy teams have the opportunity to participate in tournaments that sometimes require an overnight stay. Student-athletes are responsible for the cost of accommodations. The coach before departure should collect funds from the student in order to reimburse the school (the school secures the rooms). Students are expected to adhere to all school codes of conduct. A curfew should be set and enforced to ensure the students are rested for the next day's game.

TRANSPORTATION

Transportation to all home and local away (Wake Christian, Ravenscroft, etc. when requested) games is the responsibility of the parents/players. North Raleigh Christian Academy provides transportation for teams to all out-of-town games. Players must travel with the 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 his/her parents have granted written permission. Parents may not give permission for a player to ride with another student.

The coach should monitor the music played on the van music systems (The school van has a CD player. The CD's in the changer should not be removed.). Only Christian music is to be played. Students are not allowed to bring personal stereos and/or CD players on road trips.

The school provides limited assistance with transportation to practices. Therefore, the coach should coordinate with parents the transportation of athletes, especially for the middle school and JV teams.

Varsity players should have written permission from parents to transport and/or ride with another student.

Coaches should observe the following when transporting students:

1. Students, if available, must use seat belts, at all times.
2. Buses must not exceed 70 miles per hour.
3. Drivers should not exceed the speed limit by more than 5 miles per hour.
4. **Buses must be returned clean a broom and trash bags are available on each bus.**

UNIFORMS

Uniforms are the property of North Raleigh Christian Academy. The school and the booster club provide the funds for purchasing uniforms. An inquiry regarding a donation or the purchase of uniforms by anyone other than the school or booster club should be referred to the administrator. Coaches should not solicit funds for uniforms or equipment.

The coach has the responsibility for distributing and collecting uniforms. At the beginning of the season, the coach will be given an inventory form on which to record the athlete's name and the uniform he/she is given. The coach and the athletic director will keep a copy of the form. Athletes are responsible for the care of the uniform and should follow the manufacturer's instructions for cleaning after each use. An athlete who loses a uniform must pay the replacement cost for that uniform. Uniforms which show more than normal wear may also have to be replaced and must be paid for by the student. Uniforms are not to be altered or tailored by the athlete. Athletes are to wear the complete uniform provided by the school at games and games only. They should not be worn to school, practice, or used for other recreational activities. (Athletes are to be in complete uniform for team pictures, which are made each season. The dates for team pictures are on the school calendar.) All uniforms are to be cleaned and returned to the coach and accounted for within one week of the final game of the season.

APPENDIX

TRIANGLE MIDDLE SCHOOL CONFERENCE

Bethesda Christian Academy
Cary Academy
Cary Christian School
Crossroads Christian Academy
Franklin Academy
Grace Christian School
East Wake Academy
Kestrel Heights School
The Magellan School
North Raleigh Christian Academy
Neuse Baptist Christian School
St. David's School
Trinity Academy of Raleigh

TRIANGLE INDEPENDENT SCHOOLS ATHLETIC CONFERENCE

Cary Academy
Durham Academy
North Raleigh Christian Academy
Ravenscroft School
Saint Mary's School (Girls only)

ATHLETIC TEAMS AT NORTH RALEIGH CHRISTIAN ACADEMY

Middle School

Soccer
Volleyball
Basketball
Baseball
Cheerleading
Softball

High School

Varsity Sports

Baseball
Boys Basketball
Girls Basketball
Cheerleading
Football
Boys Soccer
Girls Soccer
Softball
Volleyball

JV Sports

JV Boys Basketball
JV Girls Basketball
JV Cheerleading
JV Football
JV Volleyball

Golf, Cross-Country, Swimming, tennis, & Track are open to students in grades 7-12