



ATHLETIC HANDBOOK

2025-2026

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www.nrcaknights.com

MISSION STATEMENT:

NRCA is a community Christian school assisting families by providing excellence in academics, fine arts, and athletics while instilling biblical principles in students' lives that they might impact their society for Christ.

VISION STATEMENT:

NRCA stands as a lighthouse to those seeking a Christ-centered place of excellence with a loving and caring environment where students can launch into adult life equipped with the character and skills to navigate successfully for God's service.

Athletic Director: Joshua Diamond

Associate Athletic Director: George Hoyle

Assistant Athletic Director: Mary Beth Loyd

Assistant Athletic Director: Tripp Lilly

Athletic Trainer: Kelsey Mancini



Through The Cross Philosophy

Whatever you do, work at it with all your heart, as working for the Lord, not for human masters, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving. **Colossians 3: 23-24**

The NRCA Athletic program's approach to athletics is rooted directly in the school's Kingdom vision, mission, core values, and educational philosophy. "Through the Cross" is the guiding theme of our athletic department, reminding us that every practice, game, and relationship is an opportunity to serve the Lord with wholehearted devotion, for Him and not for worldly praise (Colossians 3: 23-24).

Rooted in this foundation, we emphasize the development of Christ-like character (1 Timothy 4:8), the importance of Christian community (Philippians 2: 3-4), and the understanding/pursuit of our calling to reflect Jesus in everything we do (Ephesians 4: 1-2). The NRCA athletic department believes that the pursuit of excellence is not achieved through human effort alone, but only with the Holy Spirit and through the Cross of Jesus.

Pillar #1: Christian Character

1 Timothy 4:8- "For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come."

Our first pillar of "Through The Cross" exists for the purpose of developing physical, personal, and spiritual skills of the student-athlete that will have lifelong benefits. Coaches are more interested in building eternal values in their athletes and therefore stress attitudes and actions in relation to God's Word. The goal is to cause athletes to think, speak, and act like Jesus. This includes cultivating Christ-like traits such as responsibility, integrity, servant leadership, endurance in faithfulness, unshakeable joy, and patience, qualities that reflect the heart of God and prepare students to lead with purpose both on and off the field.

Pillar #2: Community

Philippians 2: 3-4 "Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others."

Our second pillar of "Through the Cross" emphasizes the importance of building a Christ-centered community where humility, encouragement, accountability, and selflessness are foundational. High School Athletics can serve as a microcosm of our society, full of challenges, victories, teamwork, and adversity, and provides a powerful training ground for faithfulness in all areas of life. Within this microcosm, athletes learn how to respond with humility, serve others with intentionality, and prioritize the well-being of the team over personal gain. Through



sports, students learn to lead with empathy, work with purpose, and reflect Christ in all areas of life.

Pillar #3: Calling

Ephesians 4: 1-2 “As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received. Be completely humble and gentle; be patient, bearing with one another in love.”

Our third pillar of “Through the Cross” challenges student-athletes to embrace their identity and purpose in Christ by living lives worthy of the calling they have received. This calling is not defined by performance or accolades, but by a commitment to humility, gentleness, patience, and love, qualities that reflect the heart of Jesus. In the competitive world of athletics, it is easy to be driven by pride or comparison, but we are called to something greater: to walk in a manner that honors God and uplifts others. Coaches will encourage athletes to approach every moment with humility, gentleness, patience, and love, knowing that their influence extends far beyond the scoreboard. The ultimate goal is to launch student-athletes into a lifetime of service to Christ, equipped to lead, serve, and witness faithfully in whatever arena God calls them to beyond their high school experience.

Academics

Athletes 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. Students participating in athletics should anticipate the demands on their time and plan accordingly. Student-athletes should be present and prepared for class regardless of game and practice schedules.

Affiliations

The middle school is a member of the Capital Area 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). The Varsity & JV football teams are members of the Big East Independent Football Conference (BEIFC).



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 and size of roster determines the number of trophies:

JV & Varsity: roster of 0-20 = 4 awards, 20-30 = 5 awards, 30+ = 6 awards

Middle School: Middle School: roster of 0-20 = 3 awards, roster of 20+ = 4 awards

Additional team and/or individual presentations or recognition can be made at team parties at the conclusion of the season. All athletes will receive a participation certificate. Athletes may earn a chenille letter and a sports pin in a Varsity sport if they meet the following criteria:

- Must have completed the season including all conference and state postseason play through the final contest.
- Must have competed in at least 50% of the contests.
- Exceptions are considered on an individual basis by the respective coach and Athletic Director.
- Letter jackets may be purchased online via Neff Company's website www.neffco.com then select the Jacket Shop. (School password: 060331).

Championship Team Celebrations

To honor the outstanding achievements of our athletic teams:

- Conference Championship Teams will be celebrated with a catered lunch on campus.
- State Championship Teams will be celebrated with a catered lunch off campus.
- If a team wins both a Conference and State Championship, the team will be recognized and celebrated for their highest achievement.
- Only rostered team members, along with head and assistant coaches, will be invited by the Athletic Department for these celebrations.



Communication

Because of the high profile nature of competitive athletics, the coaches, players, and parents/guardians often have an emotional investment that can turn what should be a positive experience into a negative one when misunderstandings occur. This guideline has been created to clarify the expectations for communication between coach, parent, and player. It also outlines a complaint process if a problem develops.

A. Communication a Parent/Guardian Should Expect from a Coach

- The coach's background and philosophy, for all levels of the program
- Expectations for student-athletes on team (i.e., attendance, grades, dress, conduct)
- Locations and times of all practices and contests
- Team requirements (i.e., special equipment, fundraisers, practice setup/cleanup)
- Procedures to be followed in case of injury during practice or contest
- Team rules and disciplinary consequences for violations

B. Communication a Coach Expects from a Parent/Guardian

- Notification that the student-athlete is ill or injured
- Advance notice if the student-athlete will miss practice or a contest
- Any concerns are first addressed directly to the player, then the coach, not other parties.

C. Inappropriate Topics of Conversation from a Parent / Guardian

- Playing time
- Starting lineup
- Team strategy/play calling
- Players other than the child of the parent involved

Even when the above communication expectations are met by all parties, concerns may become complaints. Should that happen, please address your complaint according to the process below:



COMPLAINT PROTOCOL

The player discusses his concern directly with the coach. Most or all of communication must be between coach and player. Our combined efforts should be focused on developing the player's communication skills. This will serve them best in future dealings with supervisors in the workplace. If not resolved:

- The parent emails the coach with a brief outline of the issue so the coach can discuss the concern with the player. Please include your phone # and good times to talk if necessary.
- The parent, coach(s) and player meet
- The student puts the concern in writing and contacts the Athletic Director.
- The Athletic Director will meet with the parent, student, and coach.
- The Athletic Director and Administration will meet with parent, student, and coach.

NOTE: Unless an emergency involving the health of your player, PLEASE DO NOT CONTACT THE COACH WITHIN 24 HOURS IMMEDIATELY BEFORE OR AFTER THE GAME

Dress Code

Appropriate apparel, as outlined in the student handbook, should be worn for all road trips, before and after games. Dress code policy applies unless teams go to the game in uniform.

Facilities

Extreme care and caution should be taken in the use of facilities, including inspection of practice and game areas 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. At no time are student-athletes allowed to be on campus without direct NRCA athletic department supervision.



Academic Eligibility

Athletic competition is a privilege at NRCA. Athletes 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.

In addition to quarterly report cards determining eligibility, eligibility reports will be run approximately at the 3 week mark and the 6 week mark of each 9 week quarter.

At the time of an eligibility report - 3 weeks, 6 weeks or *on the day the quarter ends* - athletes must meet the academic requirements as stated below.

Academic Eligibility Standards

A student-athlete is considered **ineligible** if they receive any of the following:

- **Two F's**
- **One F and two D's**
- **Three D's**

Consequences of Ineligibility

- **First Offense:** Student-athlete is placed on **academic probation**. They may continue to participate in games and practices but must show academic improvement.
- **Second Consecutive Report:** Student-athlete is **suspended from games and travel** but may continue to practice.
- **Third Consecutive Report:** Student-athlete is **removed from the team** for the remainder of the season.
- Because grades that appear on report cards are more permanent, carrying more weight, and go on official transcripts, student athletes that are ineligible at the end of a quarter will be on academic suspension automatically.
 - **1st or 2nd time:** They are suspended from games until the next eligibility report.
 - **3rd time:** They are removed from the team for the remainder of the season.

Quarter-Specific Guidelines

Start of School Year (Fall Sports)

- Eligibility is based on **4th Quarter grades** from the previous school year.
- If ineligible, the student-athlete begins the fall season on **probation**.
- If they meet eligibility standards by the **first report**, they will be removed from academic probation.

Tryout Grace Periods

- Grace is extended to athletes who are currently on probation allowing them to tryout. If they make the team they will remain on probation until the next report.



Equipment & Uniforms

At NRCA, we are proud to provide high-quality athletic equipment and uniforms to support our student-athletes. These items are the property of the school and are funded by the school and the Booster Club. To ensure accountability, and care, we ask all student-athletes and their families to follow these important guidelines:

General Expectations

- All equipment and uniforms are school property and are provided for team use only.
- Students may not take equipment home unless directed by a coach for a specific team-related purpose.
- Equipment and uniforms should not be used for personal, recreational, or non-team activities.
- Athletes must wear the complete, unaltered uniform provided by the school for games and official team pictures only.

Uniform Use & Care

- Uniforms are distributed by the coach at the beginning of the season and recorded on an official inventory form.
- Athletes are responsible for the proper care and cleaning of their uniforms. Please follow the manufacturer's instructions after each use.
- Uniforms may not be altered or tailored in any way.
- Uniforms should not be worn to school, practice, or outside of official games and team picture days.

Equipment Use & Care

- Coaches are responsible for managing and transporting equipment to and from practices and games.
- Students should never take home or check out equipment for personal use.
- After each event, coaches will ensure all equipment is accounted for.

Lost or Damaged Items

- If a uniform or piece of equipment is lost, intentionally damaged, or misused, the student and their family will be responsible for the full cost of repair or replacement.
- Uniforms showing excessive wear beyond normal use may also need to be replaced at the student's expense.
- Please report any accidental damage to your coach as soon as possible.

End-of-Season Returns

- All uniforms and equipment must be cleaned and returned to the coach immediately following the final game of the season.
- Coaches will check inventory of all items with the Assistant Athletic Director.



New Uniforms/Jersey Rotation

- All Athletic Uniforms are on a 4-year rotating schedule purchased by the NRCA Booster Club.
- 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.

Games and Practice Participation

Student-athletes are required to be at all practices and games. At the beginning of the season, coaches should communicate to team members the school's expectations for performance and attendance. **There should be no allowances for missed practice (other than academic or medical reasons or family emergencies).** 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. NRCA athletics must take precedence over any other outside groups, such as select, travel and AAU teams. No athlete will be excused to miss a practice or game to participate in an outside event.

School Day Attendance

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 a total of 4 hours of class time (**must arrive by 10:30 a.m. or must not leave before 12:30 p.m.**) A student who arrives after 10:30 a.m. or leaves before 12:30 p.m. will be considered absent and, will be unable to participate in that day's extracurricular activities.

Insurance (Supplemental)

In the event of a school sports-related injury, NRCA carries Student Accident Insurance on each student. Student Accident Insurance is secondary to the student's primary insurance; therefore, parents should file with their insurance company first. Student Accident Insurance has a \$2500 Deductible and 80% Co-Insurance. Upon filing with your insurance company, contact the business office for the necessary forms to file Student Accident Insurance. Student Accident Insurance must be filed initially within 60 days of the date of the injury.



Injuries/Conditions/Concussions

If your student is evaluated, seen, or treated by a family physician, orthopedic doctor/surgeon, urgent care, and/or any other healthcare professional for an athletic injury, the athlete **MUST** turn in a doctor's note to the athletic trainer (athletic-trainer@nrcaknights.com) in order to resume participation. Any athlete who has sustained an injury for which they have missed practice/game, or has been seen by a healthcare professional, will not return to play unless **cleared by the athletic trainer or doctor whose care they are under**. If the athletic trainer believes your student has sustained an injury that needs to be evaluated by a specialist, the student will not be allowed to return to play until the specialist has been seen and has provided documentation for clearance. If your student has asthma or a severe allergy, he/she must have their inhaler or Epi-pen with them, even when traveling, during practices, and games. The athlete/parent must also inform the coach of their condition. In the event an athlete has been diagnosed with a concussion: the athlete may not return to practice/game until they have documentation of their release from a physician AND have successfully completed a return to play protocol administered by the school athletic trainer.

No Comment Policy

Coaches will make no comments verbally or by gesture to a game official on judgment calls. Any coach ejected from a game or receiving a technical foul, flag, or red card is subject to disciplinary action or possible dismissal or may pay any fines from the state association. Coaches may make inquiries of a game official, during the appropriate time, on a rule or game administrative procedure.

On-Campus Signing Ceremony Guidelines

On-campus signing ceremonies will be conducted for students who are receiving an invitation to play college athletics that are members of an NRCA athletic team for that sport OR students receiving a scholarship in a sport not offered at NRCA. Students who choose to participate on an athletic team outside of the school of a NRCA offered sport will be recognized through public announcements and school media upon request, but not at a formal school signing. There will be signing day in November, February, and May.



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.

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.

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. 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 seventh graders to compete on the varsity level at the discretion of the coach and Athletic Director.

Commitment to the Team

Quitting is highly discouraged by the athletic department. We believe one should finish what they have started. It is also important to note that once a player has made the team, they would be taking the place of someone else who was interested in being on the team but was cut. In the case where a player chooses to quit, **they will not be allowed to participate on any athletic team for the following 365 days.**

If a student-athlete expresses a desire to quit a team, a meeting must be held with the athletic department before any final decisions are made. This ensures that all parties are heard and that the decision is made with full understanding of its implications.



Team Number Participation

Cross Country teams (all)	Unlimited
JV Cheerleading	18
JV Football	Unlimited
JV & Varsity Basketball	14
Middle School & JV Baseball	14
Middle School Basketball	12
Middle School Cheerleading	16
Middle School Lacrosse	25
Middle School Softball	14
Soccer teams (all)	22
Tennis teams (all)	12
Track & Field teams (all)	Unlimited
Varsity Baseball	16
Varsity Cheerleading	25
Varsity Football	Unlimited
Varsity Golf	10
Varsity Lacrosse	28
Varsity Softball	16
Varsity Swim	Unlimited
Varsity Wrestling	24
Volleyball teams (all)	14

Physicals and Athletic Registration

All athletes must have a current physical to try-out or participate in all sports, both in season and out of season play. All physicals must be attached to the student-athletes' athletics registration via the Arbiter Registration platform. The physical is good for **13 months from the date of the physical**. Copies of the physicals will be given to each coach in case of an injury or medical emergency. Coaches are not allowed to accept or turn in physicals. Physicals need to be obtained prior to tryouts or any workouts. Once your athletics registration has been completed, our athletic trainer will review and process the registration.



Practice and Tryouts

The athletic director, in cooperation with coaches, will determine all practice venues and times. Due to limited facilities that must be shared among teams, flexibility is essential. Any changes to the practice schedule must be approved by the athletic director. Practices are not to be scheduled on weekends or holidays without prior approval from the athletic director, and **middle school teams are never permitted to practice on weekends or holidays**. Practice sessions should not exceed two hours for varsity teams and one and a half hours for junior varsity and middle school teams. Exceptions to these time limits may be made during the preseason, which may include two practice sessions per day for certain sports. Coaches are expected to remain at the practice site until the last athlete leaves.

Official Practice Start times for varsity sports “In Season”

Fall – the Monday of the week of August 1

Winter – the Monday of the week of November 1

Spring – the 3rd Monday in February

Tryout dates and times for all sports are listed on our website under Athletic Tryouts. **All athletes must be present for tryout dates and are expected to move into practice sessions immediately following tryouts.**

JV and Middle School practice start dates may be adjusted, please check our web site under Athletic Tryouts for detailed information.

JV and Varsity practice during the “Off Season” is voluntary and must be in compliance with the NCISAA regulations. Check the athletic website under Athletic Summer/Workout Schedules for detailed information. There are no Middle School off season workouts.



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. Students who are suspended from an athletic contest with a technical foul, red card, yellow flag, ejection, disqualification, etc. , the following consequences will occur:

- These violations are subject to suspension from the next contest or multiple contests as deemed appropriate by the Association and/or Athletic Director.
- If the infraction is a violation of school policy, it will be subject to school disciplinary action
 - (Example: Profanity). All ejections are to be reported to the athletic director immediately.

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.

Parents and spectators are also ambassadors of our school and should cheer on our teams in an appropriate manner. Parents should focus their energy toward being a supporter of the teams and not tearing either team down.

Tournaments and Out of Town Games

North Raleigh Christian Academy teams have the opportunity to participate in tournaments and games that sometimes requires an overnight stay. All travel arrangement will be coordinated and arranged through the athletic office. Student-athletes are responsible for the cost of accommodations. Before departure the coach will collect funds from the students 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

North Raleigh Christian Academy provides transportation for teams to all games. Players must travel with the team. There are two exceptions upon notification of the coach:

- a player may ride home with his/her parents after the game; or,
- 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.**

Holiday Practices and Tournaments

Holiday Practices:

Athletic practice during school holidays are not mandatory. The following guidelines apply as to athletic teams practicing/competing during school holidays. Middle School teams will not have practice over Holiday breaks.

- Labor Day: Varsity may practice AM or PM.
- Fair Day: Varsity may practice AM ending no later than 10:00 a.m.
- Christmas: No practice the day before, on, or after Christmas. MS teams will not have practice over Christmas Break.
- New Year's Day: No practice the day before, on, or after New Year's Day. MS teams will not have practice over Christmas Break.
- Martin Luther King Day: Varsity only may practice.
- Winter Break: Varsity and JV may practice.
- Fine Arts Festival: Varsity and JV may practice after event is finished.
- Easter Break: Varsity and JV may practice Thursday-Saturday after Easter.

Holiday Tournaments:

The only holiday tournament permitted is during Christmas break for Girls and Boys Varsity Basketball. Middle School teams will not participate in Holiday Tournaments.



Off Season Practice Policy

This policy is for all Varsity and JV Sports.

Sports programs are permitted to practice in the, “off-season” in complete compliance with the NCISAA offseason policy. Middle School teams do not have off-season workouts or practices.

NCISAA Policies:

All activities must be voluntary and open to all students with a current and valid physical examination.

- At no time may a coach require off-season activities as a measure of continued participation on a team.
- Any coach who promotes the idea that taking part in off-season activities is required is out of compliance with the intent and purpose of this rule.
- Activities are not restricted in the number of participants on a daily basis.
- There is no restriction on the number of coaches who may work with the athletes.
- Activities are open only to students who are currently enrolled and attending that school.
- On a given day, an athlete is limited to 1.5 hours of activities during the academic school year calendar, inclusive of all weekends, holidays, work days, etc. Activities are not to exceed 1.5 hours in duration including flex time (stretching), meetings, video review and breaks.
- No interscholastic scrimmages or competitions during out of season activity periods.
- Activities in football is only permitted March - May.
- Facilities may be used for out-of-season activities on a strictly voluntary basis, open to all students and required of none.
- For safety purposes, school administrators or other school personnel should be present as supervisors during any activities session.
- Any individual who coaches at a NCISAA member school, head or assistant, paid or non-paid, faculty or non-faculty, parent volunteer, etc., must abide by the activities, out-of-season rules
- Open Gyms/Open Fields Regular Season Info
- During any season, informal pick-up games with a school representative present - in any sport - are permitted.
- During dead periods, a coach may not play and may not give verbal or physical instruction of any kind in the open gym or open field arena.



In addition to these rules, the following will apply to all NRCA programs:

- No more than TWO workout skill development session per week (exception 4 weeks prior to the first practice date, teams may have 3 session a week). Athletes can work out at any time of the year on their own / group in the weight room at any of the supervised weight room sessions.
- The Athletic Director must approve the dates for all off-season workouts.
- All coaches must clearly communicate that these are voluntary workouts and in NO way will ensure that an athlete will be chosen for a team, by attending these sessions.
- Any athlete participating in an “in season sport”, may NOT participate in an “off season” workout.

Recruiting Policy

- The NCISAA Policy states that when a prospective student-athlete athlete contacts a coach, the student-athlete and family will be immediately referred to the admission officers of the school.
- When a prospective student-athlete athlete contacts a coach, the student-athlete and family will be immediately referred to the admission officers of the school.
- If a prospective student-athlete is a member of a non-school team coached by a school employee then the athletic department must be informed.

Name Image and Likeness (NIL) Policy

North Raleigh Christian Academy allows student athletes to take advantage of their name, image, and likeness in accordance with the NCISAA policy. All NIL deals must be approved by NRCA Athletic Administration as well as the NCISAA State Office prior to any deal being signed in order to maintain athletic eligibility.



Capital Area Middle School Conference

The middle school, grades 6-8, participates in the Capital Area Middle School Conference. The following schools are members of the conference:

- Cary Academy
- Cary Christian School
- Franklin Academy
- Grace Christian School (Raleigh)
- North Raleigh Christian Academy
- St. David's School
- St. Timothy's School
- The Magellan School
- Trinity Academy of Raleigh
- Wake Christian Academy

Triangle Independent Schools Athletic Conference

The high school, grades 9-12, participates in the Triangle Independent Schools Athletic Conference.

The following schools are members of the conference:

- Cary Academy
- Durham Academy
- North Raleigh Christian Academy
- Ravenscroft School
- Saint Mary's School

Big East Independent Football Conference

The junior varsity and varsity football teams participate in the Big East Independent Football Conference. The following schools are members of the conference:

- Harrells Christian Academy
- North Raleigh Christian Academy
- Ravenscroft School
- Trinity Christian School



Middle School Sports

NRCA has the following middle school sports:

- Boys Baseball
- Boys Basketball
- Boys Cross Country
- Boys Lacrosse
- Boys Soccer
- Boys Tennis
- Boys Track and Field
- Girls Basketball
- Girls Cheerleading
- Girls Cross Country
- Girls Softball
- Girls Tennis
- Girls Track and Field
- Girls Volleyball

Junior Varsity Sports

NRCA has the following Junior Varsity sports

- Boys Basketball
- Boys Football
- Boys Soccer
- Girls Basketball
- Girls Cheer
- Girls Volleyball



Varsity Sports

NRCA has the following varsity sports:

- Boys Baseball
- Boys Basketball
- Boys Cross-Country
- Boys Football
- Boys Golf
- Boys Lacrosse
- Boys Soccer
- Boys Swimming
- Boys Tennis
- Boys Track and Field
- Boys Wrestling
- Girls Basketball
- Girls Cheerleading
- Girls Cross-Country
- Girls Golf
- Girls Soccer
- Girls Softball
- Girls Swimming
- Girls Tennis
- Girls Track and Field
- Girls Volleyball

Varsity Golf, Swimming and Wrestling are open to students in grades 7-12. Cheerleading requirements and tryout information are posted on the school athletic website.

Athletic Handbook Agreement

After reading and reviewing the entirety of this handbook, please sign the Athletic Handbook Agreement (located within the Arbiter registration site), stating that the student athlete and the parent/ guardian have read this handbook and agree to abide by the policies outlined here. All student athletes and their parent/guardian must sign and submit this prior to being permitted to participate in athletics at North Raleigh Christian Academy.