



W R I G H T

CHRISTIAN ACADEMY

**ATHLETIC
HANDBOOK**

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Philosophy

Wright Christian Academy Athletic Program Mission Statement:

To provide an environment in which the presence of Christ saturates the athletic realm, supporting the development of community equipped for the work of the Kingdom.

Core Values:

W-Will (Galatians 6:9)

I-Integrity (Psalms 106:3)

L-Leadership (I Cor. 11:1)

D -Discipline (Hebrews 6:10-12)

C-Christ (I Cor. 8:6)

A-Attitude (Philippians 2:4-5)

T-Teamwork (Romans 15:5)

S-Servanthood (Mark 10:44-45)

Athletic Objectives and Guidelines for Participation:

1. Elementary

The elementary school athletic program is designed to encourage participation, to develop skills regarding teamwork, and to learn more about the strategies of the selected sport. Participating in sports within the elementary school is the first step toward children deciding whether they have an interest with a team sport or an individual sport. The goal for all students at an elementary age in these sports is to receive equal playing time during competitive activities. Playing time will be divided equally according to the coach to the best of his/her ability.

2. Junior High

The junior high athletic program is designed with a competitive nature. Because the junior high program acts as a major “feeder” into our high school sports program, high attention is given to developing the skills of the players. Realize that membership on a junior high sports team does not guarantee equal playing time among the players. However there will be no “cuts.” Dismissal from the team will only come from disciplinary actions and reasons deemed by the athletic director.

3. Junior Varsity

Our junior varsity program’s purpose is to prepare athletes for participation at the varsity levels. Membership on a junior varsity team does not guarantee equal playing time among the players.

4. Varsity

The high school athletic program is of a competitive nature. One of the objectives of our varsity program is to build teams that are able to compete at the highest level of their potential. Our varsity program also strives to prepare young men and women who desire to play at the collegiate level. We want to provide those athletes the background and experience needed, to be used for that challenge one day.

There will be no correlation between the age or grade (9th–12th) of an athlete and their membership to the varsity team. At the discretion of the athletic director, a student below the 9th grade may be used when needed on a varsity team, pending parental approval.

Squad “cuts” are made at the discretion of the coaching staff. An effort is made by our coaching staff to not make cuts, if possible, as an effort to bring about a positive experience to each individual. Prospective players must realize that trying out for the team does not guarantee they will make the team. Players making the team should realize that team membership does not guarantee playing time or participation in all games.

Athlete Participation Policies:

Age Requirements for Athletes:

1. Any student who reaches his/her nineteenth birthday before Sept. 1st of the school year will not be eligible for athletic competition.
2. Any student who reaches his/her fifteenth birthday before Sept. 1st of the school year will not be eligible for athletic competition in the 8th grade or below.
3. Any student that reaches his/her fourteenth birthday before Sept. 1st of the school year will not be eligible for athletic competition in the 7th grade or below.

Athletic Fees

Elementary Sports - \$30

Middle School - \$50 (Football - \$100)*

High School - \$75 (Football - \$150)*

*Managers will play half of the regular athletic fee. Athletic Fees are due by the first date of competition on the team schedule for a particular sport. Failure to pay the athletic fee by this date could result in not being able to participate until the fee is paid in full.

Injury Related Unconsciousness in Athletics

Any WCA athlete who becomes unconscious (“blacks-out”) for any length of time during a game or practice is ineligible to continue practice or re-enter the game for the remainder of that practice or event. Further examination is strongly suggested.

Participation and School Attendance

An athlete must report to school by **8:30am** in order to participate in that day’s athletic competition. (A doctor’s appointment, funerals, or other emergencies will be considered exceptions.) Excused absences from school will be deemed by the principal and the athletic director. We ask that a parent/guardian notify the Attendance Office as to why the athlete is not at school.

Rules/Regulations for Extra-Curricular Activities

All applicable policies and guidelines established by the administration apply to students participating in extracurricular programs at Wright Christian Academy.

Each student must have a sports physical form and medical release form on file in order to participate in athletics. This permission requirement is met by completing

and returning (1) the current year medical release form, (2) the up-to-date OCSAA physical form, with doctor's signature, and (3) any sports specific contract.

The Athletic Director will notify coaches of any ineligible players. Coaches will submit a list of participants at the beginning of the season in order to facilitate this review.

Single Season Dual Sport Participation

Students-athletes will be allowed to participate in two sports during the same season, as long as it is communicated and agreed upon by the athletic director, parents, involved coaches, and the participant. The athlete and coaches will need to work out an agreed upon practice and game schedule that allows maximum commitment to both teams.

Conference Memberships and Team Offerings:

Conference Memberships

Wright Christian Academy is a member of the Oklahoma Christian Schools Athletic Association. A list of the participants in the conference is available in the WCA Athletic Director's Office.

To facilitate scheduling of activities and to encourage competition, Wright Christian Academy will strive to maintain membership in the OCSAA so long as it is deemed beneficial by the school administration and the school board.

Athletic Teams

High School Fall Sports – Football: Boys, Volleyball: Girls

Junior High Fall Sports- Football: Boys, Volleyball: Girls

Elementary Fall Sports: Soccer: Boys and Girls

High School Winter Sports- Basketball: Boys and Girls

Junior High Winter Sports- Basketball: Boys and Girls

Elementary Sports: Basketball: Boys and Girls, Cheerleading: Girls

High School Spring Sports: Soccer: Boys and Girls, Golf: Boys and Girls

Year Round Sports for HS, JH, and Elementary: Archery: Boys and Girls

Coaches:

Coaches

The head coach is charged with the responsibility of conducting tryouts, determining the team roster, defining player expectation, implementing team rules, deciding student-athletes' playing time, and taking disciplinary actions whenever necessary. Student-athletes are expected to comply with and respectfully follow the leadership and authority of the head coach and their assistants. Grievances with disciplinary measures or other issues should be taken by the athlete or their parent directly to the coach. Parents are expected to leave the instructing to the coach and not yell commands to players during the games and practices. When approaching a coach, parents should do so in a respectful way and in a manner consistent with Galatians 6:1-3. If the matter is not resolved then the athletic director should be contacted. If the issue is still not resolved, a school administrator will intervene.

Volunteers/Assistant Coaches

When volunteers or assistants offer to help with a team, the head coach is required to obtain approval from the athletic director. All volunteers and assistants must meet the requirements for staff at WCA. They must complete an interview process and will be required to submit to a criminal background check. With said approval, the head coach becomes responsible for proper training of the assistant, including insuring that the assistant read this handbook and agrees to adhere to these policies.

Discipline:

Discipline Policies

Any athlete, whose conduct or character is under discipline, or whose conduct outside the school reflects discredit upon the school, shall be ineligible until reinstated by the dean of students, athletic director, or school administrator. Athletes' conduct should remain at a high standard regardless of the circumstances.

Any athlete who is disqualified during a game or contest due to a flagrant or unsportsmanlike conduct will be ineligible to practice/play until reinstated by the dean of students, athletic director, or school administrator.

Any athlete that uses foul language toward any person, performs unsportsmanlike conduct that leads to fighting, or provides a negative example toward the high caliber of our students, will be suspended from further practices and games until his/her return is approved by the dean of students, athletic director, or school administrator.

NOTE: Fighting is defined, but not limited to, any player or bench personnel striking at or on an individual with arms, legs, feet, or any foreign objects with negative intentions. The fighting rule applies not only to an athlete instigating action, but also if the athlete responds in retaliation from another individual.

Parents will be notified beforehand of all major disciplinary actions. The coach is responsible to notify the athletic director of any discipline. Athletic fees charged would not be refunded in the event a player is suspended from the team.

Eligibility and Attendance:

Academic Eligibility*

Being called an “athlete” is an honor and often demands extraordinary discipline and effort from a student athlete. Academics should not be neglected due to an athlete’s participation. Therefore, the following rule applies to all athletes at Wright Christian Academy.

The athlete must:

1. Maintain at least the minimum GPA of 2.0 including no more than two “D’s” on any one grade check or report card. An athlete that does not meet this requirement will be placed on **athletic probation**.
2. If a student athlete has at least one “F”, they will automatically be put on **athletic probation**.

Athletic probation - A period of one week in which an athlete is allowed to practice and compete, however those students not raising the required GPA to the standard (no more than two D’s or one F), within the probation period, will be placed on **athletic suspension**.

Athletic suspension-The athlete will attend regularly scheduled practice sessions studying and preparing for tests in the class (es), of which the grade needs to improve. The athlete will be unable to compete in any current or future competitions until the standards are met. There is a one week minimum suspension rule.

Academic grade checks will begin three weeks after the beginning of a semester and weekly thereafter. The periods of probation and ineligibility begin on Mondays @ 12:00am and end on the following Sundays @ 11:59pm.

*Other expectations and guidelines are subject to the individual coach within a sport.

Semester Grades

If a student does not meet the minimum academic standard, he/she will not be eligible to participate during the first three weeks for the following semester. A student, however, may regain his/her eligibility by meeting the required standards at the end of the three week period.

NOTE: These standards apply to all athletes, managers, statisticians, or any student involved in the support of WCA athletic teams.

Transferring Students

Students transferring to WCA with an “incomplete” or grades below WCA standards will be placed on athletic probation.

Policy on Games/Practices during Breaks and Non-School Days

It is the to the coaches discretion to have practice on non-school days. The exception is days that school is out for inclement weather. These practices will be on an optional basis.

Awards:

Letterman Jackets

The requirement for lettering is determined by the coach of that particular sport. An athlete must complete the season to letter in a sport, except for some unforeseen circumstances. The coach is to inform the athlete of his/her lettering policy at the beginning of the season. No middle school student will be eligible to letter.

To purchase a letterman jacket, a student-athlete must have already lettered in a sport or activity.

High School End of Season Programs

A special awards program will be scheduled at the end of the athletic sports year for the high school sports. A middle school recognition ceremony will take place during chapel towards the end of the year.

Championship Banners

Championship banners will be purchased and displayed in the Ken Brannon Memorial Gymnasium for High School State Championship Teams and Junior High State Championship Teams.

Senior Night

There will be “senior night” celebrations before or during the last home game/match events of each sport.

Equipment and Uniforms:

Game Apparel

Dispersal: Coaches may not distribute game uniforms until all fees and forms have been collected and approval has been given from the athletic department. Uniforms will be dispersed to the student-athlete prior to the first game if fees and forms are turned in. WCA athletic uniforms should be worn for games only: **not for practices or physical education class.** Players and parents are responsible for the proper cleaning of their uniforms.

Return: Uniforms will be cleaned and turned in to the proper coach in a timely manner at the end of the season.

Care: In washing uniforms at home, please adhere to the instructions printed on the uniform or on the handout given with the uniform. **Please do not dry uniforms in the dryer.** Uniforms are to be used only during competition activity. The use of jerseys, game shorts, etc. during practice is prohibited.

Other Info: Jewelry is not permitted in any form in game events. Uniforms should be worn in the most modest fashion possible. Shirts/Jerseys must be tucked in. Coaches will inform athletes of personal equipment or items that need to be purchased.

Jerseys or uniforms that are lost or damaged must be replaced at the expense of the user.

Game Day Apparel

It is up to the discretion of the coach and the WCA administration for proper dress on game days.

Transportation:

Provided Transportation

WCA attempts to transport athletes to all out-of-town competitions. In the event that transportation cannot be provided, the school assumes no responsibility and the parent(s) are responsible for transportation of their son or daughter. Proper and advanced notice will be given to parents if transportation cannot be arranged.

On all out-of-town trips, WCA will seat the girls and boys separately on the bus. Athletes that violate this action will be subject to disciplinary action. There is a no tolerance policy on this issue. Students transported by WCA to games *must* return by the transportation provided by WCA unless returning with his/her parent or guardian only. Communication must be made from a parent and coach if you intend for your child to be transported in your vehicle. Athletes will not be allowed to ride home with other parents or fans unless prior notice and approval has been given.

The athletic director will establish the time that students will be released from class for participation in games held on school days. Trip sheets will be made available prior to the day of the trip with all pertinent information regarding the away trip.

Student Drivers

For out-of-town trips, it is our goal to never have student drivers transport other students or themselves. The athletic director will inform coaches of dates when they are responsible for recruiting qualified parent drivers to help in the transportation of the student-athletes.

General Information:

Physicals

An annual physical before playing sports is required. WCA will attempt to provide these at the end of every school year for \$15 per exam. If the school is unable to secure a physician for the physicals, it will become the responsibility of the parents to obtain them.

Medical Release Form

Each student-athlete is required to have an up-to-date medical release form on file to participate in a sport for that particular year. A copy of the release will be with the coaches for all games and practices.

Athletic Department Communication

In general, all questions pertaining to practice and game scheduling (times, locations, departures, returns, etc.) should be directed to the head coach. Daily games and last minute changes will be communicated through our text messenger service or through email.

All athletic schedules will be made available in the athletic office and on the school website.

A monthly athletic newsletter will highlight the main events for the upcoming month of athletic activity.

Missed Academic Time for Athletics

Teachers will be made aware of athletic trips and students-athletes who will miss class due to early dismissal for athletic trips. Athletes are to discuss early dismissals in advance with teachers and are to complete and turn in assignments before or on time. Being a student-athlete is a privilege and with that comes responsibility to uphold the academic guidelines set by the WCA board.

Supervision at Athletic Events

Parents need to make sure that all children are supervised at all athletic events and are not roaming and running around the WCA buildings. Children should remain in the gymnasium with their parents as the school halls, offices, and classrooms are off limits. Parents are responsible for the supervision of their children.

Pregame Meal for Teams

No special meals or pregame meals will be allowed in the cafeteria for and WCA athletic teams. Requests for pregame meals made for after school hours are to be approved by the athletic director.

Overnight Trips

Athletes will be charged a dollar amount when an overnight trip is involved (Gas and hotel cost will determine the cost.) When possible a hotel that provides a continental breakfast will be reserved. In the event that one cannot be reserved the

student will be responsible for their breakfast meal as well as the other meals needed on the trip.

A male and female school coach/faculty member/sponsor will be required for overnight trips if both boy and girl athletes are present. At no time will any boy be allowed in the girls' rooms and at no time will any girl be allowed in the boys' rooms.

All student-athletes are expected to follow the standards set forth by the trip sponsor regarding conduct, curfew, and any other rules presented. If these standards are not met, disciplinary actions will be used.

Inclement Weather

When WCA is out of school due to inclement weather, the athletic activities scheduled on that particular day will be cancelled. It is the athletic director's responsibility to communicate to the coaches and the coaches to the parents on the progress of the situation.

If the Administrator of WCA determines that conditions are safe to travel to competitions, then it is the responsibility of the student to participate. If the student does not participate, he/she will be accountable to any discipline established by the coaches.

Extreme Heat Related Information

Wright Christian Academy recognizes that heat related illness is the leading cause of preventable death in high school students participating in activities.

Acclimatization Period: Whenever students are participating in an environment in which the temperature cannot be controlled there should be acclimatization period. The acclimatization period is defined as the first 14 days of participation beginning with the first date of practice in that sport or activity, or the first date a participant begins practice, whichever is later. Any speed, strength, or conditioning programs shall not be considered a part of the acclimatization period. All students participating in athletics or activities, including those who arrive to preseason practice after the first day of practice, are required to follow the guidelines of the first days of the acclimatization period.

All athletic coaches are required to view *A Guide to Heat Acclimatization and Heat Illness Prevention* at www.nfhslearn.com, annually. A certificate of completion shall be kept on file for each coach.

Sports Mandates:

- a. Preseason practice shall be limited to 2 ½ hours per session with a minimum of one hour between practice sessions. No more than 5 hours of practice per 24-hour period will be allowed. There will be no physical activity during the one-hour rest period. Any time a coach is present during football practice, the time will count toward the maximum 5 hours, with the exception of strength training.
- b. If a practice session is interrupted by inclement weather or heat restrictions, and it is required the session be divided for the good of the student-athlete's welfare as long as the total practice time does not exceed 2 ½ hours.
- c. When multiple practices are conducted in the same day, it is required that either practice not exceed 2½ hours in length and students not participate in more than five total hours of practice activities, including walk-through sessions. Warm-up, stretching, cool down and conditioning activities are included as part of the practice time. Practices should be separated by at least one hour, where there is no physical activity between the end of the first practice and the beginning of the second practice.
- d. Immediately prior to any practice, coaches are required to use a smart-phone APP, or other mechanism or program to get heat index, such as CoachSmart or the OSHA APP. There are also programs available on the Internet, such as AccuWeather, or Weather.com. These programs are free and can be used on any smart-phone, tablet, or computer.
- e. All practices must be held under the supervision of a coach employed by the school.
- f. Practices must always be conducted with an open water policy.
- g. Cooling stations shall be made available for the athletes (buckets of cool water, wet towels, sponges, etc.)
- h. If the heat index exceeds 100 degrees, it will be to the discretion of the administration to alter practice arrangements.

Code of Conduct:

Athlete Conduct

Any athlete, whose conduct or character is under discipline, or whose conduct outside the school reflects discredit upon the school, shall be ineligible until reinstated by the dean of students, athletic director, or school administrator. Athletes' conduct should remain at a high standard regardless of the circumstances.

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NOTE: Fighting is defined, but not limited to, any player or bench personnel striking at or on an individual with arms, legs, feet, or any foreign objects with negative intentions. The fighting rule applies not only to an athlete instigating action, but also if the athlete responds in retaliation from another individual.

Spectator Conduct

It is protocol for referees/officials to evaluate WCA during athletic competition. They make note of our fans, coaches, and players. WCA desires to portray a Christ-like attitude at every competition whether at home or away. We always expect spectators to cheer with a positive attitude and use encouragement. We want to encourage our players and coaches rather than demean our opponents or the officials. WCA does not tolerate “BOOING” or degrading of opponents or officials. We also strongly discourage questioning calls that the officials might make that are not to your liking.

We never want a parent on the playing field or court unless their son or daughter has been injured. Parents should not “coach” their child during the game. Please let the coaches and their staff do their job.

A spectator who is not willing to comply with these standards will be asked to leave the premises until the event is over.

Parent/Coach Communication

It is expected that the Biblical guidelines of Matthew 18 be followed for the resolution of all disputes and grievances concerning any aspect of Wright Christian Academy, specifically to athletics:

1. All concerns must be presented by the parent or student to the coach. In all cases, a respectful demeanor is required at all times.
2. If the problem is not resolved, the parent or student may bring the concerns to the athletic director.
3. If the problem is still not resolved, the parents may appeal to the school administrator.

Please be assured that our coaches want parental feedback and are expected to be grateful when you bring your concerns to them in a humble respectful manner, seeking as much to understand as to be understood.

