



Families of Faith Christian Academy

ATHLETIC HANDBOOK

Mission Statement:

We will use athletics to develop the discipline and teamwork that will enable young men and women to become all God has called them to be.

**FAMILIES OF FAITH CHRISTIAN ACADEMY
24466 W EAMES STREET, CHANNAHON, IL 60410**

815.521.1381

kenton.ayers@fofca.com www.fofca.com

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1.0 Philosophy

Our philosophy starts with **SUCCESS**. We define **SUCCESS** as

Striving to
Understand a
Christ-like
Christian walk
Every day while
Serving our
Savior

We will measure our success by this motto. We will hold our athletes and coaches to this measurement. While we want to be competitive and successful on the field, we do not want to be successful on the field at all costs.

- 1.1 We believe participation in athletics is a privilege. It provides an opportunity for the student to grow physically and socially as the student athlete learns how to work with others to form a team. Teamwork is an important skill to learn as it will be used for the rest of the student athlete's life.
- 1.2 At the same time, the student athlete develops physical skills that will help them gain confidence. Later in life this confidence can help them overcome situations by knowing their capabilities, or by learning that with extra effort even difficult things can be mastered.
- 1.3 The Athletic Handbook is designed to help students and their parents to understand the requirements for participation in any athletic program at Families of Faith Christian Academy (FOFCA).
- 1.4 The Athletic handbook is a guideline that helps the administrators, students and parents to understand what the expectations are and how important it is for everyone to work together.
 - 1.4.1 Being a guideline these are not necessarily intended to be rules, though some things will be held to fast and hard while others we may use to demonstrate the same grace, mercy and love we believe our Savior would demonstrate.

2.0 Participation Requirements

- 2.1 To be eligible to participate in athletics, the student athlete must:
 - 2.1.1 be academically eligible, see section 3 for Academic Requirements
 - 2.1.2 be free from disciplinary actions, including but not limited to:
 - 2.1.2.1 Will have served any detentions that have been issued.
 - 2.1.2.2 Will not be serving in school, or out of school suspensions.
 - 2.1.3 have a current athletic physical on file with the school office.
 - 2.1.4 have paid all athletic registration fees. These fees must be paid prior to the beginning of the practice season.
 - 2.1.4.1 If the fees cannot be paid before practice starts, arrangements must be made with the school administration on a payment plan.
 - 2.1.4.2 Once a payment plan is agreed upon, adherence to the plan will allow the student athlete to continue to participate. **Failure to comply with the agreement will be grounds for removal until the fees are paid.**

3.0 Academic Requirements

To be considered academically eligible, the student athlete;

- 3.1 Cannot be doing failing work in any subject.
- 3.2 Must be current in homework for all subjects.

Academic eligibility requirements will begin to be enforced from the first day of practice. Eligibility is monitored on a week to week basis. Review of academic eligibility will be conducted and completed with notifications being made on the Friday before the upcoming week. If a student is determined to be academically ineligible, their suspension will begin at the end of the scheduled athletic events on Saturday. Once ineligible, they will remain ineligible for one full week, the week is considered to end at the end of the athletic schedule on Saturday. (For example; student A is determined to be ineligible for the week of September 28, 2015. The player is notified on Friday, September 25 of the ineligibility, however, they will be allowed to play in any games scheduled on Saturday, September 26. The student will become academically ineligible at the end of the games on Saturday and will not be eligible to return to practices, or games until Monday, October 5.)

A player on academic suspension;

- 3.3 Shall not participate in any practices.
- 3.4 Shall not participate in any games.
- 3.5 Will not be allowed to travel with the team to away games. (Exceptions to this will be determined on a case by case basis by the Athletic Director.)

4.0 Citizenship

Whether athletes recognize it or not, they are role models for other students, particularly younger students. Therefore it is important for student athletes to model proper citizenship while on school grounds, or any time they are representing the school.

Things that may require discipline from the coach, Athletic Director or school administration would include, but not be limited to;

- 4.1 Showing disrespect for other students whether in or out of the classroom.
- 4.2 Showing disrespect for any teacher or any school, or church staff which may be present in the school.
- 4.3 Improper display of emotions (either verbal or non-verbal) directed at anyone including (but not limited to) a game official, an opponent, a teammate, coach, school administration, fan, or parent during competition, including practices.
See FOFCA Student Handbook under Discipline.
- 4.4 **Social Media Use**
 - 4.4.1 Social media includes the use of, but is not limited to, texting, Facebook, Instagram, Snap Chat, Twitter, etc.
 - 4.4.2 The use of social media by athletes is strongly discouraged. **But, knowing some athletes are going to use social media, the following will be strictly enforced;**
 - 4.4.3 Athletes are subject to a **minimum** of a one game suspension for the first offense where social media has been used to;
 - 4.4.3.1 Make any negative comment about; FOFCA, FOFCA Administration, a coach, another player, an opponent or opposing school, another student, parent or fan, etc. (The list shown isn't intended to be all inclusive. The Athletic Director will decide whether this has been violated on a case by case basis).
 - 4.4.3.2 Subsequent offenses will result in longer suspensions at the discretion of the Athletic Director.
 - 4.4.3.3 **At any time**, the Athletic Director may remove said athlete from the team for any extended period of time up to and including the remainder of the athletic season, or school year at their discretion. **(Any fees paid will not be refunded unless the items the fee covers have not been procured).**

- 4.4.4 Athletes are encouraged to follow FOCCA on Twitter @FOCCAATHLETICS or on Facebook at Families of Faith Christian Academy.
- 4.4.5 Athletes are encouraged to allow @FOCCAATHLETICS to follow them on Twitter or other similar sites.
 - 4.4.5.1 Blocking @FOCCAATHLETICS will be deemed by the Athletic Director as desiring to hide statements, which increases the chance of immediate suspension at the first hint of an issue. **If you truly have nothing to hide, there is no reason to not allow Athletic administration to follow your account.**

5.0 Appearance

Student athletes represent our school everywhere they go. Consult the student handbook for the daily appearance requirements. The student handbook provides the minimum requirements for the student athlete during the athletic season for which they are participating.

In addition to the requirements of the student handbook, the following applies to the student athlete;

- 5.1 There shall be no jewelry worn, either during practices, or games.
- 5.2 No rubber bracelets or bands may be worn, nothing that dangles or hangs or presents a place for a player to unintentionally grab or be caught.
- 5.3 Headbands or wrist sweat bands may be worn, however they must be;
 - 5.3.1 Of solid color.
 - 5.3.2 And be the same color as the primary color of the uniform.
 - 5.3.3 Any item worn by girls in their hair must incorporate school colors only. School colors are Navy Blue, Orange and white.
- 5.4 Basketball players are not allowed to wear shooter sleeves.
- 5.5 Female players are to ensure that undergarments are properly hidden, especially during practices. The school will provide game uniforms that we expect to provide proper coverage during game play.
- 5.6 Tattoos must be fully covered during play, practices and games, using material that matches the uniform color. (This must be approved by the Athletic Director and the purchase and application of the cover is the responsibility of the player.)
- 5.7 The coach will determine what color shoe will be worn during games. The list of acceptable colors includes shoes with white, Orange, Navy Blue or Black. **No other color shoe will be allowed to be worn during games.**
- 5.8 As the image of our athletes and school are on display when traveling, volleyball and basketball players are required to adhere to mandatory dress practices or better on game days. Saturday trips are the only exceptions.
 - 5.8.1 Since baseball and softball teams will change into uniforms before departure, the dress code for these teams may be less than mandatory dress. At a minimum players are to wear shirts with collars (no writing on the shirts) and all other dress code rules are to be adhered to. If the game falls on a chapel day, then dress code rules for chapel supersede these.

6.0 Facilities

God has blessed us with tremendous facilities. We will be diligent about maintaining these facilities. Our student athletes should consider it part of their responsibility to take a role in proper maintenance of the facilities.

- 6.1 We would ask student athletes to report to school staff any improper use of the facilities, which includes the player locker room areas.
- 6.2 Student athletes will be required to participate in the maintenance efforts of the facilities.
- 6.3 Student athletes are not allowed to use the athletic facilities anywhere on campus without adult supervision from a FOCCA staff member, or an adult approved to provide supervision by FOCCA administration and the Athletic Director.

7.0 Uniforms / Equipment

The following guidelines apply to all uniforms issued by FOFCA to a student athlete;

- 7.1 Game uniforms will be distributed by the team manager/coach prior to the game.
- 7.2 Game uniforms shall be returned to the team manager/coach by the players immediately following the game.
- 7.3 Under no circumstances shall a student athlete ever take the uniform, or any portion of the uniform, home without the express permission of the coach or Athletic Director.
- 7.4 Practice uniforms are to be properly cared for, washed regularly (a minimum of once per week), and returned to the coach when the season ends.
- 7.5 Equipment Deposits:
 - 7.5.1 There may be instances where an equipment deposit is required. If a deposit is required, any equipment that would be sent with the athlete will be sent only after the deposit is received.
 - 7.5.2 If the student athlete loses or destroys the equipment (other than natural wear), the deposit shall be used to cover the repair or replacement of the equipment.

8.0 Player Injuries

Player injuries are an unfortunate part of athletic competition. Any player injured during the game will be evaluated by coaches and any known medical personnel on site. If the athlete seeks medical attention by a doctor or hospital following the game, the following shall apply;

- 8.1 Any player or parent who is aware the athlete is seeking medical attention shall notify the Athletic Director immediately.
- 8.2 If an athlete seeks medical attention at their doctor or a hospital, the athlete will not be allowed to compete in practice or games until the attending physician provides clearance for participation to resume. **This clearance must be provided to the Athletic Director in writing by the physician or the parents of the athlete. (Form attached)**
- 8.3 Any player who sustains a head injury that requires medical attention by a doctor or physician may not compete in any athletic competition, practice or other, until the doctor has cleared the athlete to resume. **This clearance must be provided to the Athletic Director in writing by the physician and the parents of the athlete. (See the Resumption of Athletic Participation form attached)**
- 8.4 By registering to participate in athletics it is assumed that the player has proper medical insurance to provide medical attention in the event medical care is required.

9.0 Parent / Guardian General Guidelines

- 9.1 **FOFCA fans and parents behavior is expected to represent FOFCA well at all times.** The SUCCESS motto doesn't apply only to the players and coaches. We expect our fans and parents to model the same behavior as the players and coaches.
 - 9.1.1 SUCCESS for our fans and parents;
 - 9.1.1.1 FOFCA fans and parents cheer for the FOFCA athletes. It's OK to be loud and proud of our athletes!
 - 9.1.1.2 FOFCA fans and parents will follow the rules of our hosts when we travel. (i.e. if they ask us to not eat concessions in their bleachers, we won't).
 - 9.1.1.3 FOFCA fans and parents will demonstrate respect for FOFCA **and** opposing coaches **and** game officials at all times.
 - 9.1.1.4 FOFCA fans and parents will not only treat the FOFCA facilities with respect, but also those of our hosts when we travel.

9.1.1.5 Parents with children who are not participating in the contest need to keep these children within the confines of the contest area. They should never allow their children to roam the building (either at home or away).

9.2 **Parents of student athletes are expected to use their volunteer hours to support FOFCA athletics.**

9.2.1 Your volunteer service could be used to:

9.2.1.1 help set up for home games

9.2.1.2 work in the concession stand

9.2.1.3 help with fundraising

9.2.1.4 help with clean up after home games

9.2.1.5 drive the team bus (assuming you are properly licensed to do so)

10.0 Parent / Coach Communication Guidelines

10.1 At least one parent must come to the team preseason meeting. If a parent can't attend the preseason meeting, the student will be unable to practice or participate until the parent(s) has met one-on-one with the athlete's coach.

10.2 As coaches and administrators, we recognize the partnership we have with the parents in raising their children and take that responsibility very seriously.

10.3 Often times in high school sports, parents concerns stem from quality or quantity of playing time and coaching strategies. It is natural for the parent to be biased towards their child. We desire to have healthy relationships with our parents, but need the parents to be respectful of the coach's role in making decisions based on the whole team. Ultimately, it is the coach's decisions on all personnel matter within the team.

10.4 Coaches should consistently express to the parents their role on the team. As it is important to communicate to the athletes about their role, it is also important for parents to know that they will have an impact on the season. It is the parents' choice to determine whether it is a positive or negative impact.

10.5 If parents are concerned about their athlete, the athlete should speak with the coach. We want our athletes to direct their concerns to the coaches directly, so that we are developing a maturation process.

10.5.1 If the concern still lingers, then the communication should involve the parent, athlete and coach together talking about the issue.

10.5.2 If the issue persists, the athletic director would then get involved.

10.5.3 Meetings between parents and coaches must not be scheduled either within 24 hours prior to or following a game. This allows for time for all parties to remove emotions from the discussion. This best allows for a productive meeting time and reduces the risk of things being said that are regretted later.

10.5.4 There is a line that we won't cross when it comes to playing time. Discussion on how an athlete can get more playing time is appropriate. Coaching strategies on past games, or future game (i.e. playing time) is not acceptable.

10.5.5 No foul or abusive language is allowed as well as no yelling. The meeting will end immediately if any foul language is used or yelling begins.

If this form is needed, please see the Athletic Director
Resumption of Athletic Participation

Date: _____

Athlete's Name: _____

Nature of Injury: _____

Was injury a head injury? (circle one) Yes or No

Parent Signature: _____

Relationship to Athlete: _____

Physician Signature (required for head injury): _____

Physician Office Phone: _____

Notes: _____

FOFCA Athletics Code of Conduct

PRACTICE

1. Everyone is expected to be at all practices and to be on time. **The commitment to be a part of the team is an important commitment made by the player and their family. It should be taken seriously.** On time means dressed & ready to go at least 5 minutes prior to the start of practice.
2. Excused absences include illness and emergencies but you must notify the head coach at least 1 hour prior to the start of practice.
 - a. You will only be allowed 2 excused absences; each additional excused absence may result in a one game suspension.
 - b. ANY unexcused absence may result in a one game suspension. If you are late to practice more than 3 times, it will be considered an unexcused absence.
3. Cell phones must be turned off and kept in your backpack or your locker from the beginning of practice until the end of practice.
4. When the whistle blows, stop all action.
5. When a coach is speaking, all players should be quiet and attentive.
6. Treat coaches with respect, they will treat you accordingly.
7. No drinking water or sitting down except at designated break times.
8. NO criticizing your teammates. Compliment and encourage each other. **Coaches will handle the critiquing.**
9. Vulgar or obscene language, even if borderline or implied, will not be tolerated.
10. Any indication that you are engaged in sexual activities or involved with drugs, alcohol, or tobacco will result in immediate disciplinary action which could include removal from the team.
11. If you have questions, Please ASK!
12. Your level of performance comes from ATTITUDE, ABILITY, & IMPROVEMENT. Keep working to improve your athletic skills.
13. **Take care of the FACILITIES & EQUIPMENT. This is YOUR school.**
14. Do not roam hallways after school, stay in the gym area or the practice area.

GAMES & TRAVEL

1. You are expected to be at all games on time. You must arrive for all home games 45 minutes prior to the start of the first game. Players playing later in the day are to be dressed and in the bleachers, sitting together, supporting the teams playing ahead of them.
2. You must ride to and from road games by transportation provided by the school. **Approval to leave with parents to return home may be granted by the Athletic Director (if present) or the head varsity coach only. If you ride home with parents, you must fill out permission form and give to the Athletic Director (if present) or head coach prior to leaving. You may only leave if a parent is there to sign you out!**
3. Mandatory dress must be worn to school and traveling to all away games **(see section 5 for details)**. The school handbook can be consulted for the rules regarding mandatory dress. Mandatory dress is required for home games as well, except for days which fall in spirit week. FOFCA athletes who are actually dressing to the spirit week may do so; otherwise the mandatory dress rules apply.
4. Cell phones must be turned off 45 minutes prior to the start of the game and may not be turned back on until the head coach has dismissed you from the locker room following the game.
5. You may listen to music on bus rides. **However, the music must not contain any vulgarities, obscenities, or sexual references.** Make sure the music you listen to is positive and preferably Christian, fill your mind with the things of God.
6. You are expected to be good Christian leaders. Be a good testimony to the student body especially the younger students that will be looking up to you. Show Christian character in all you say or do, on and off the field of play.
7. You must give support and follow the leadership of your coaches and your team captain.
8. When on the bench, give support to the players on the court.

9. You must maintain a passing grade in all classes in order to play. By not maintaining this, you will not only be hurting yourself, but also the team. If you need tutoring or assistance, please talk to the school principal or administrator, they will set you up with the help you need.
10. EVERY player will help clean up after each home game - remove trash, put away chairs, etc.

CHRISTIAN ATHELETES COMMITMENT

In every athletic situation whether practice or games, I will dedicate myself to give a total release of all I am mentally, emotionally, and physically- and to become more like Christ.

If the head coach elects to use team captain(s), then the following applies. Failure to do so may result in removal as team captain, either at the discretion of the coach, or the Athletic Director.

FOFCA Team Captain Responsibilities:

1. Exemplify Christian character at all times both on and off the court.
2. Be an example to your teammates spiritually and academically. This does not mean you have to be a "perfect" Christian or a straight 'A' student but rather that you give God your best.
3. Lead your teammates in practices and in games by exemplifying hard work and determination and by being your team's voice.
4. Hold your teammates accountable for their Christian character, their spiritual growth, their academic success, and for their effort in practice and in games.
5. Be an encourager to each one of your teammates **both on and off the court.**
6. Express the feelings and concerns of your teammates to your Coach.
7. Be the hardest worker on the team in practice and in games.
8. Be present and on-time to ALL practices and games. Unless there is an emergency, you are ill, or it is a pre-arranged absence.
9. Be prepared to lead the team in prayer before/after games and to lead devotions on trips.
10. Keep the team **UNITED** in mind and thought- let there be no division among us.