



2023-2024
Families of Faith Christian Academy
ATHLETIC HANDBOOK

FOFCA Athletic Team

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1 Purpose, Mission and Philosophy

1.1 Families of Faith Christian Academy Mission Statement

To be an intentional voice in the lives of our students by disciplining them through Christ-centered education and preparing them to engage with and change the world. Keeping in step with the vision statement of [Families of Faith Church](#).

1.1.1 FOFCA Athletics Purpose Statement

“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.” (*1 Timothy 4:8*) The purpose of the Athletic Program at FOFCA is to help students develop physically, emotionally, intellectually, and spiritually. Athletic competition helps teach athletes how to positively interact with others; it gives players, coaches, parents, and fans the opportunity to clearly reflect the Spirit of Christ in all their actions; and it allows fellowship and relationships between athletes - from both FOFCA and other schools. We believe that it is in keeping with God’s Word to compete with the desire to excel, including to win: “Whatever you do, do it with all of your might, as if done for the Lord...it is Jesus Christ you are serving in everything.” (*Colossians 3:23-24*). We also believe that competing is only a part of a greater purpose, defined in Romans 8:29, “For from the beginning God decided that those who come to Him should become like His son.” Our greater purpose in our athletic program is to move our athletes toward Christlikeness and to shine the light of Jesus to all who witness this process.

1.2 FOFCA Athletics Code of Conduct

1.2.1 T.E.A.M

T.E.A.M: Together Everyone Accomplishes More

We want to thank you for your participation in FOFCA Athletics. A smooth-running athletic program will be the result of many hours of work by coaches, parents, athletes, and volunteers. The athletic team, coaches and a few parents cannot do it all. We highly esteem commitment and expect every family to help us achieve our goals. Participating in a sport at FOFCA requires a commitment on the part of the student, the parents, and the coaches. The Athletic Team will provide parents with a list of volunteer opportunities at the Pre-Season Parent Meeting and parents are strongly encouraged to volunteer to serve the Athletic Program to the extent they have time, talent, and treasure to do so. (*Acts 20:35*)

1.2.2 Players

Whether student athletes recognize it or not, they are examples for other students, teachers, players, and spectators. Therefore, it is important to FOFCA Athletics that student athletes model a Christ-like attitude on and off the court/field.

- A. Learn the rules of the game and play within them. (*2 Timothy 2:5*)
- B. Win with humility and lose with dignity. (*Matthew 23:12*)
- C. Respect officials and accept their decisions. (*1 Peter 2:17*)
- D. Use only encouraging words to team members both on and off the court/field. (*Ephesians 4:29*)
- E. Never play with intent to injure an opponent, even if they initiate aggressive behavior. Engage the assistance of a coach if you need help to address the matter. (*John 13:34*)
- F. Never forget that you represent yourself, your school, your coaches, your family and your God both on and off the athletic field/court. Your actions are being watched by the world as an athlete, as a man or woman and as a Christian. (*John 13:35*)

- G. Respect your opponents as well as their facilities and property. (*Luke 6:31*)
- H. Honor and give thanks to God and those who have blessed you and helped you to get where you are. (*1 Thessalonians 5:18*)
- I. Give your sport and your team your best effort and best attitude. (*Colossians 3:23*)

1.2.3 Coaches

Inspire, in their players, a love for the game. This includes showing them the value of competition and the desire to win but understanding its priority. Being a Christian school, we want to show how our faith comes before sports, while also teaching to "work at it with all your heart as working for the Lord". At all times coaches should be encouraging spiritual growth.

- A. Win with humility and lose with dignity. (*Matthew 23:12*)
- B. Show restraint and respect when dealing with officials. It is imperative that the coaches show both the students and parents that the officials are to be dealt with respectfully. Coaches receiving disciplinary action for disrespectful behavior will be reviewed by the Athletic Team.
- C. Serve as a positive role model for the players spiritually and athletically. The spiritual growth of a student is an important piece to playing athletics at FOFCA. We strongly encourage that the coaches provide leadership that fosters spiritual growth. This should include regular prayer/devotions with the team and discussions that mesh the sport with their faith. (*John 13:35*)
- D. Hold the players accountable for unsportsmanlike behavior. The coach should hold the athlete accountable for the treatment of all players. Encourage the warmth of our athletes towards the other team, before and during the game. Divisiveness within the team should be addressed head on. Unsportsmanlike behavior should be treated seriously, and when necessary, limit playing time by that athlete. (*John 13:35, Ephesians 4:2*)
- E. As best as possible, the coach should try and be approachable and accessible to both students and parents. Many conflicts can be resolved by a simple discussion, where both sides feel heard. When needed, the Athletic Team can be brought in when mediation is required.

1.2.4 School

FOFCA players, coaches, parents, and fans are ambassadors of Christ and our school and should cheer our teams in an appropriate manner. Our fans are a vital part of our success at FOFCA Athletics, and we encourage vigorous, positive participation by our fans. We do believe cheering should be cheerful, never negative or demeaning. Our cheering should build up and encourage ALL who hear (*Ephesians 4:29*)

- A. Treat officials, opposing teams and their spectators as honored and welcomed guests. (*Leviticus 19:33*)
- B. Encourage its supporters to cheer the strengths and victories of its own teams.
- C. Educate and encourage supporters never to denigrate the performance of or be disrespectful toward FOFCA players, opponents, or officials. (*Titus 3:2*)
- D. Will actively and outwardly encourage and promote the mission and vision of FOFCA and its athletics program at any sporting event and in all athletics activities.

1.2.5 Parents

Together, our players, coaches and parents learn how serious competition and Christ-like humility combine to instill Godly virtues and develop important life skills. Our emphasis on sportsmanship and character amongst our student athletes and student body begins with the example set by our parents. Be mindful of our witness to our children. Our behavior gives our children implied permission to behave the same way. It is clear how we should behave toward one another. (*Ephesians 4:29-32*)

- A. Honor, support and adhere to the athletic policies set forth in this handbook and assist

- your athlete in doing the same.
- B. Supervise siblings of athletes with you at all FOFCA activities appropriately.
 - C. Show restraint and respect when dealing with officials, coaches and FOFCA staff.
 - D. Serve as a positive role model for your athlete.
 - E. Volunteer to support your athlete's team and the FOFCA athletics program as your time and talents allow. (*1 Peter 4:10*)

1.2.6 Witness to Unbelievers

“Conduct yourselves wisely toward outsiders, making the most of your time. Let your speech always be gracious, as if seasoned by salt.” (*Colossians 4:5-6*)

- A. Be mindful of our witness to unbelievers. Our words should witness to the world that we are His, as a star lights the darkness. “Do everything without complaining or arguing, so that no one can speak a word of blame against you. You are to live clean, innocent lives as children of God in a dark world, shining like stars in the darkness as you hold out the Word of Life.” (*Philippians 2:14-16*)

1.2.7 Do Not Cause Others to Stumble and Sin

Those of us who are parents, teachers or coaches are daily influencing minds, bodies, and souls. Our attitudes and the way we choose to treat people are contagious. Let us take seriously the words of Jesus. Our attitudes, words and actions at sporting events either demonstrate the spirit of Christ or they do not. There is no in-between.

- A. All Participants are to think about how we should treat one another in the light of this warning: “Things that cause people to sin are bound to come, but woe to that person through whom they come. It would be better for him to be thrown into the sea with a millstone tied around his neck than for him to cause one of these little ones to sin. So watch yourselves.” (*Luke 17:1-3*)
- B. Scripture speaks several times about the importance of not causing someone else to sin or to stumble (*1 Corinthians 10:28-32; Romans 14:13*). But the words of Jesus in Luke 17 give pause to those of us who work with children.

1.3 Communication

For FOFCA Athletics to be successful, effective communication must occur between players, coaches, and parents. The administration and the athletic department believe strongly in being accessible to parents and supportive of the coaching staff. We are continually attempting to improve communication.

1.3.1 Pre-Season Meeting

All coaches will hold a Pre-Season Meeting with athletes and parents prior to the season's first Official Practice. At least one parent, along with the student athlete, must come to the team Pre-Season meeting. If a parent cannot attend the Pre-Season meeting, the student will be unable to practice or participate until the parent(s) has met one-on-one with the coach.

The Pre-Season Meeting will include:

- A. Information about Pre-Season Activities
- B. Information about Eligibility
- C. Review of Handbook
- D. Team/Parent Expectations
- E. Communication Expectations
- F. Information regarding Equipment/Uniform Purchases
- G. Medical Information/Insurance Coverage
- H. Other Information as Required by the Athletic Team

1.3.2 Parent Communication

FOFCA Athletics recognizes the partnership we have with the parents in raising their children and takes that responsibility very seriously. We desire to have healthy relationships with our parents. Coaches should consistently express to the parents their role on the team. As it is

important to communicate to the student athletes about their role, it is also important for parents to know that they will have an impact on the season.

Appropriate concerns or questions from parents/athletes:

- A. Any unhealthy mental or physical strain you detect in your child at home (especially when it affects his/her athletic or academic performance)
- B. How you can contribute to your child's skill improvement and development.
- C. Notification of any schedule conflicts well in advance.
 - a. If the student athlete is unable to attend a practice or a game, it is the athlete's responsibility to personally inform the coach as soon as possible. Do not ask another team member to do this for you.
- D. Your commitment level to the program and how you plan to contribute to the program's success. Here are a few ways to contribute:
 - a. Ensure your student athlete is at practice each day on time.
 - b. Supervise that your child gets enough rest and nutrition at home.
 - c. Be prompt in picking up your child from practices and games as coaches are to ensure all student athletes are picked up.
- E. Strategies that have worked for you in dealing with your student athlete being successful in the past.
- F. Notification of any emergency preventing you from attending a scheduled event on time.

1.3.3 Conflict Resolution

Often, in school sports, parents' concerns stem from quality or quantity of playing time and coaching strategies. FOFCA Athletics expect the parents to be respectful of the coach's role in making decisions based on the whole team. If at any time you have any concerns regarding a coach or a policy, please follow the steps outlined below according to the Biblical procedure found in Matthew 18:15-17.

- A. If parents are concerned about their student athlete, the student athlete should speak with the coach. We want our student athletes to communicate their concerns to the coaches directly, so that we are developing a maturation process.
- B. Unless it is an emergency (medical or safety) concern, meetings between parents and coaches must not be scheduled either within 24 hours prior to or following a game. Please take this time to pray on the matter. "Seek first his kingdom and his righteousness..." (*Matthew 6:33*)
- C. If your time of prayer and reflection calls you to address the matter, address the matter directly with the person who has offended you first and do so in a respectful and loving manner.
- D. If the problem is not dealt with satisfactorily, contact the FOFCA Athletic Team.
- E. If the Athletic Team is unable to resolve the matter, you can then contact the School Administrator.
- F. In an extreme circumstance, you can contact the FOFCA Athletic Team for advice and recommendations on how best to apply this principle to the situation. Avoid discussing problems with other parents or other people who are not a part of the solution. This gossip may lead to misunderstandings and discord. Trying to garner support from others is not the Biblical way to deal with problems. God's way of dealing with such matters is to first confront the individual lovingly and privately.
- G. If you have questions regarding school policy or procedures, please see the Athletic Team or School Administration. The parents, the school and the coach must work together in harmony for the good of the athletes and programs. If you are not willing to follow these procedures, we ask that you please drop the matter completely.

2 General Information

2.1 Memberships and Tournaments

FOFCA is a part of the Illinois Christian Conference and participates in the NCSAA Nationals Tournament.

Athletic fees and additional fees may apply (see FOFCA handbook)

2.2 Enrollment and Forms

Students that are participating in sports need to complete all school and sport application/forms when they pay sports fees on or before the first day of practice. This ensures that we have adequate contact information and commitment to represent Christ as a team member of FOFCA. Forms are available online, from the coach, and will be available at the mandatory pre-season parents' meeting.

2.3 Volunteer Program

Parents of student athletes are expected to use their volunteer hours to support FOFCA athletics. Your volunteer service could be used to:

- A. Gym set up
- B. Concession stand
- C. Fundraising
- D. Gym clean up
- E. Away game transportation (assuming you are properly licensed)
- F. Game admissions
- G. etc.

3 Athletic Eligibility

3.1 Academic Eligibility

At FOFCA, academics are second only to spiritual growth. Although we believe that extra-curricular activities are important in a student's development, they do not supersede the importance of academics. Therefore, eligibility rules have been established to provide more time for students to focus on improving their academic standing.

3.1.1 Academic Eligibility Requirements

- A. To be eligible to participate in FOFCA Athletics you may not have two D's or one F in any class.
- B. The FOFCA Athletic Team will review a grade report list for all participants of FOFCA athletic sanctioned activities on Monday of each week of the season and report their findings to the Athletic Team.

3.1.2 Failure to Meet Requirements

3.1.3 If a student does not reach the minimum eligibility requirement, the student athlete will be placed on a two-week athletic probationary period and a Learning Plan will be developed to help the student meet eligibility requirements.

1. The student will have 2 weeks to regain eligibility status through the Learning Plan.
2. FOFCA administration will notify parents of the academic probation, meet with the student the same day (Monday) to develop the Learning Plan. (The Learning Plan may include mandatory after school study hall, remediation time requirements with the teacher(s) or other action steps as deemed necessary by teacher and/or school administration.)
3. The student must take the Learning Plan and set up a meeting with the affected teacher(s) the next day (or same day if available). Completed and signed Learning Plan Forms must be returned to FOFCA administration by Tuesday at 3:15pm.
4. The Learning Plan will be shared with the student athlete's Coach.
5. After the 2 weeks, if the student athlete has not met the eligibility requirements, the student will be placed on an athletic suspension for a minimum of five (5) school days.
6. If FOFCA administration, through discussion with the student and affected teacher(s) determines that the student has not had sufficient opportunity to improve their grades and/or the student has made sufficient learning progress, the student may still be allowed to participate.
7. If a student receives 3 athletic suspensions during a particular season, he/she may be removed from the team for the remainder of the season. At the discretion of the Athletic team.
8. If a player is removed from the team, they will not be eligible to receive any athletic awards.

3.2 Disciplinary Eligibility

The FOFCA Student Handbook discipline policy for students applies in full to our coaches and athletes. All consequences of discipline problems described here may be applied to athletes.

- A. Student Athletes must be free from disciplinary actions, including but not limited to:
 - a. Will have served any detentions that have been issued.
 - b. Will not be serving in school, or out of school suspensions.
- B. The kind and amount of discipline will be determined by the coaches and, if necessary, the Athletic Team. The discipline will be administered in the light of the individual student's infraction and attitude.
- C. All discipline will be based on biblical principles, E.g., restitution, apologies (public and/or private), punishment, restoration of fellowship, no lingering attitudes, etc. To maintain consistency, coaches will regularly meet with the Athletic Team to discuss school guidelines concerning discipline.
- D. It is vital for our parents and students to realize that maintaining an orderly atmosphere in the school and during athletics events is critical to the learning process. As in all other areas of education at FOFCA, love and forgiveness will be an integral part of the discipline of a student.

3.3 Sports Physical

Student Athletes must have a current athletic physical on file with the school office.

4 Athletic Rules

4.1 Attendance Policy

4.1.1 Games and Practices

- A. Players are expected to be on time for practice and games, with the necessary uniforms and equipment.
- B. Players are expected to attend every practice and every game unless they are excused as set forth in this policy.
- C. It is expected that FOFCA athletes commit to their FOFCA team above and before “outside” activities.
- D. All players at practices or games are to be picked up on time. The coaches are instructed not to leave the building and lock the doors, etc. until all players have been picked up. Please do not keep the coach waiting for late pick-ups.

4.1.2 School

- A. A student who is absent from school the day of a game may not participate in extracurricular activities that day either in practice or in games.
- B. Student Athletes must attend ½ of the school day to be eligible to participate in extracurricular activities.
- C. Approved school absences must be cleared by the Athletic Director for students to participate in extracurricular activities that day.

4.2 Home Games

Student Athletes must arrive at all home games 45 minutes prior to the start of the first game.

4.3 Dress Code

Student athletes will wear Mandatory Dress or approved warm-ups to school on game days.

4.3.1 Appearance

- A. There shall be no jewelry worn, either during practices, or games.
- B. 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.
- C. Headbands or wrist sweat bands may be worn, however they must be of solid color.
- D. And be the same color as the primary color of the uniform.
- E. Any item worn by girls in their hair must incorporate school colors only. School colors are Navy Blue, Orange and white.
- F. Players are to ensure that undergarments are properly hidden.
- G. 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.)
- H. Undershirts must be the same color as the uniform.

4.4 Awards night

All Students must be in mandatory dress or better for awards night.

4.5 Uniform and Equipment

4.5.1 Equipment Deposits

- A. There may be instances where a uniform or equipment deposit is required. If a deposit is required, any equipment that would be sent with the student athlete will be sent only after the deposit is received.

- B. If the student athlete loses or destroys the uniform/equipment (other than natural wear), the deposit shall be used to cover the repair or replacement of the item.

4.5.2 Uniform Distribution and Use

Game uniforms will be dispersed to the students at school before their first game. FOCCA game uniforms should be worn for games only, not for practice. Uniforms are not to be worn for P.E. or any activity other than regularly scheduled games unless you are given permission and a specific exception is made for Spirit Week or other special events.

4.5.3 Care

You are responsible for all equipment/uniforms issued to you. In washing uniforms at home, please adhere to the instructions printed on the uniform. If you notice a problem with either, notify the coach immediately so repairs may be made if needed and possible. You will be charged the full replacement cost for any equipment/uniform that is lost, damaged or stolen.

4.5.4 Return

Place the CLEAN and DRY uniform in a large Ziploc bag. Write the athlete's name on a sheet of paper and place it inside the bag. Return this bagged uniform to the office within 1 WEEK of the final game of the season. If the uniform is damaged beyond repair, returned incomplete, or not returned within 1 week, you will be required to pay the full replacement cost. Student-athletes will not be issued a uniform for their next sport, until all previous uniforms have been turned in and/or all fees have been paid.

4.6 Medical Equipment

Athletes must supply their own braces, mouth guards, etc. for chronic or recurring conditions. The athletic department maintains medical and emergency supplies intended only for injuries that occur during games and practices.

4.7 Facilities

God has blessed us with tremendous facilities. We will be diligent about maintaining these facilities. Athletes shall be accountable for keeping fields and facilities clean and in outstanding condition during practices and games. Athletes under the supervision of the coaches must “clean up” every day in return for the privilege of their participation. We expect our student athletes to report to school staff any improper use of the facilities, which includes the player locker room areas.

4.7.1 Gym/Field

- A. Designated gym shoes must be worn anytime anyone is on the playing surface.
- B. All teams (players and cheerleaders) after games or practices are required to assist with cleaning their bench area and any classrooms used. This involves picking up trash, cleaning/wiping up spills, moving desks/tables back, and taking down chairs, if needed. This should only take about 5-10 minutes if everyone works together.
- C. Last team(s) of the day at practice or game will clean the gym area (dry mop the playing floor, foyer, putting tables back, taking down any chairs, etc.) turning lights out, closing doors, and making sure gym/any classrooms used are ready for next school day.

4.7.2 Locker Rooms

- A. Locker rooms must be clean and emptied out at the end of every practice/game. You are not permitted to leave any items in the locker room unless permitted. The last team to use the locker room is responsible for making sure no items are left behind.
- B. FOCCA is not responsible for any unsecured personal property.

4.8 Missed Academic Time for Athletics

The Athletic Director may place a schedule of games that will involve missing school in teachers' boxes. Athletes are to discuss early dismissals in advance with teachers and are to complete assignments on time.

The Athletic Team will establish the time that students will be released from class for participation in games held on school days.

4.9 Transportation

4.9.1 Drivers

- A. Must be licensed to drive school owned or school-maintained vehicles.
- B. No one driving any school owned or school-maintained vehicle should use a cell phone or other telecommunication device while driving, regardless of the nature of the call.
- C. Drivers are responsible for taking attendance prior to departure.
- D. Student athletes may ride home from athletic events with their parents after the parent has signed the necessary release.

4.9.2 Students

- A. All student athletes are required to travel with the school transportation provided for all away games.
- B. Student Athletes will not be allowed to drive themselves or other student athletes to away games.
- C. Students are expected to behave in the same manner as required on school grounds, with appropriate respect and courtesy.
- D. All student athletes must clean the vehicle at the end of the trip.
- E. All student athletes will show respect to the driver. No screaming, arguing, fighting, rough housing, etc.

4.10 Overnight Trips

Traveling for sports is a privilege and opportunity for fellowship. Remember you are representing your school, families and God in all activities. All FOCCA Athletics code of conduct rules apply.

4.10.1 Conduct

All FOCCA dress code and conduct rules will apply during the entire overnight trip, whether at the athletic event facility, hotel, restaurant, or other location. Parents, coaches, and students are representing their school and their God at all times.

4.10.2 Permission Slips

All students and parents are required to complete a permission slip for all overnight stays

4.10.3 Information Meeting

The athletic team/coaches will provide an information meeting to all student athletes and parents including an itinerary.

5 Coaching Policies

5.1 General Expectations

Coaches are expected to follow the guidelines and expectations set forth in this handbook and understand that not all situations will be covered in this handbook. Coaches are expected to, always, strive toward the mission, vision and purpose of the FOCCA Athletics Program. When in doubt, please contact the Athletic Team for clarification on how to handle a situation.

5.2 Communication

Coaches are responsible for good communication with parents, athletes and the Athletic Team and will follow the communication provisions set forth in this Handbook as well as any directives from the Athletic Team. Coaches should be proactive with communication by making sure to give as much notice about events, information, expectations, and changes as possible to parents and athletes. Coaches are

required to have a Pre-Season Meeting with Athletes and Parents and provide information as set forth in Section 1.3.1

5.3 Supervision

- A. All players are to be under supervision at FOFCA practices or games. Coaches should not permit Athletes to practice or participate in sport activities without a Coach present. Coaches may not leave the building and lock the doors, etc. until all players have been picked up. For away games, Coaches must ensure that all players have a ride home before leaving the away site. Students must have permission from a parent to ride home with someone other than the student's parent/guardian.
- B. Coaches should always travel with a copy of each student's emergency medical form with them. The Athletic Director will provide the coach with these forms.
- C. Coaches should never be one-on-one with an athlete who is not his/her child.
- D. Male Coaches of all female teams must have an adult female present in locker rooms and pre/post-game meetings.

5.4 Handbook Policies

Coaches will always abide by and support the FOFCA Athletic Handbook.

5.5 Discipline

5.5.1 Individual Responsibility

Discipline begins with the athlete because every athlete must decide individually whether to follow the policies and procedures in handbooks and instructions given by their Coach. Coaches, parents, and teachers help to guide our athletes through the decisions they must face. The coach and assistant coaches for each team are responsible for discipline during practices and games and are expected to hold athletes accountable to the standards set forth in this Handbook. Coaches will not use disciplinary measures as retaliation for any complaint or concern raised by an athlete or his/her parents with the Athletic Department or FOFCA Administration related to the Coach or the program.

5.5.2 Actions

Coaches may discipline their athletes in a reasonable manner for failure to follow directions, disrespect, destroying property, etc. Some examples of minor discipline consequences include: extra activities, benching player, a phone call to parents, or loss of playing time.

5.5.3 Major Actions

When significant or pervasive issues arise, major discipline action may be necessary. The coach may administer any of the disciplines in Section above or the following options for major discipline issues, but must notify the Athletic Team, at the earliest convenience, when any of the following major discipline consequences are imposed or intended to be imposed:

- A. Suspension from part or all of practice(s)
- B. Suspension from one or more games
- C. Removal from the team, only with the approval of the Athletic Team.

5.5.4 Communication

Coaches will communicate with parents as necessary and appropriate with respect to an athlete's conduct as part of the athletic team. Parents will be formally notified of all major disciplinary actions. The coach is responsible for notifying the Athletic Team of any major discipline and either the Coach or the Coach and the Athletic Team will then notify the parents. Any participation fees charged would not be refunded in the event a player is suspended from the team

6 Spectator information

6.1 Agreement to Abide by Policies

In exchange for receiving admission to a FOFCA event, spectators and attendees agree to comply with FOFCA policies set forth in this Handbook as well as any posted signage or directions from FOFCA administration while attending the event. A spectator's or attendee's failure to comply as directed may result in removal from the event without a refund.

6.2 Supervision of Children

Parents and guests attending games are to have their children supervised at all times. Children need to be with parents in the gymnasium during games and breaks unless they are using the restroom or purchasing food. Children and teens are not to be running around in the gym, in the foyer or outside without supervision. No children watching the game are to be playing with balls during games.

7 Risk and Medical Information

7.1 Risks Involved in Sports Participation

- A. There are risks involved for students who participate in athletics. Parents and athletes must be aware that the potential for injury can occur in any sport.
- B. Regardless of the precautions taken, it is impossible to completely ensure the safety of the participants. Injuries may occur, including serious, disabling injuries - even death. While it is impossible to mention all specific risks, the following is a list of potential injuries that commonly occur as a result of participating in organized sports: Including but not limited to: sprains, fractures, ligament or cartilage damage, neck and spinal injuries, serious injury to muscles, internal organs and/or brain.
- C. Athletes must wear proper protective equipment when they are on the playing floor, including knee pads, ankle braces, athletic supports, etc. Players are responsible for providing their own protective gear.
- D. Athletes must obey the rules of the sport in order to help avoid injury.
- E. Athletes should immediately report all discovered defects in the playing area.
- F. Athletes should immediately report even minor injuries to their head coach

7.2 Doctors Clearance

- A. If a student athlete seeks medical attention at their doctor or a hospital, the student athlete or parents should report this to the Athletic Team.
- B. If a student athlete seeks medical attention at their doctor or a hospital, the student 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 and the parents of the student athlete. (Form attached)**
- C. 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.

7.3 Concussion Protocol

Head injuries can happen in any spot, but especially in contact sports. A player does not need to be struck in the head to become concussed. Any severe jolt to the head or body can result in a concussion.

If you suspect that a player may have a concussion, follow the Concussion Action Plan:

1. Remove the player from play.
2. Ensure that the player is evaluated by an appropriate health care professional.
3. Inform the player's parents or guardians about the possible concussion and give them
4. information on concussion.

Keep the player out of play the day of the injury and until an appropriate health care professional indicates they are symptom-free and give the okay to return to activity. Playing with a concussion can lead to greater risk at additional concussions, increased difficulty focusing on schoolwork, and in severe cases, long term injury or even death

8 Authorization, Approval and Amendment

The Families of Faith Athletic Handbook was approved by the Fofca Athletic team on the 3rd day of August, 2023 and is in full effect until amended by the Families of Faith Athletic team.

Resumption of Athletic Participation

Date: _____

Student Athlete's Name: _____

Nature of Injury: _____

Was the injury a head injury? (Circle one) Yes or No

Parent Signature: _____

Relationship to Student Athlete: _____

Physician Signature (required for head injury): _____

Physician Office Phone: _____

Notes: _____

FOFCA Athletic Handbook Acknowledgements

Parent/Guardian Signature:

I/we the parents or legal guardian of _____, a student athlete at Families of Faith Christian Academy (FOFCA), have read and agree to be held accountable to the FOFCA Athletic Handbook.

I/we will support the school administration in their application and use of this handbook, and we agree that the decisions made by the FOFCA athletic staff and administration are final.

Parent / Guardian Signature

Date: _____

Student Athlete Signature:

I _____, a student athlete at Families of Faith Christian Academy (FOFCA) have read and agree to be held accountable to the FOFCA Athletic Handbook.

Additionally, I have read and agree to be held accountable to the FOFCA Athletic Code of Conduct and the FOFCA Team Captain Responsibilities (if applicable).

I will support the school administration in their application and use of this handbook, and we agree that the decisions made by the FOFCA athletic staff and administration are final.

Student Signature

Date: _____

TRANSPORTATION RELEASE:

I/we the parents or legal guardian of _____, a student athlete at Families of Faith Christian Academy (FOFCA), grant permission for my student to travel to/and from all athletic events off campus in school owned vehicles or FOFCA approved vehicles of faculty or parents.

Parent / Guardian Signature

Date: _____

FOFCA Athletic Uniform Policy

Purpose: The purpose of this policy is to provide guidelines surrounding the use, care, and return of FOFCA athletic uniforms.

General Guidelines: The FOFCA athletic department, FOFCA parent groups, and sponsors have invested significant resources to provide uniforms to all our players. Therefore, all players and parents are liable and responsible for the proper use and care of the uniforms. Each athlete will be issued a uniform prior to the first athletic event for each sport. Please check over this uniform for any damage when it is received.

Uniform Use: Uniforms should only be worn to sporting events and as approved on school days.

Uniform Care: Players and parents are responsible for the care of the uniforms. Please wash the uniforms in cold water and hang dry. Please do not place it in the dryer. Take care that the uniforms do not get lost or damaged throughout the season.

Uniform Return: Place the CLEAN and DRY uniform in a large Ziploc bag. Write the athlete's name on a sheet of paper and place it inside the bag. Return this bagged uniform to the office within 1 WEEK of the final game of the season. If the uniform is damaged beyond repair, returned incomplete, or not returned within 1 week, you will be required to pay the full replacement cost. Student-athletes will not be issued a uniform for their next sport, until all previous uniforms have been turned in and/or all fees have been paid.

Athlete Name (Printed): _____

Parent Signature: _____ Date: _____