



Commission Leadership Academy

"Partnering For The Kingdom"

Athletic Handbook 25-26



“Do not let anyone look down on you because you are young but be an example to all believers in speech, in conduct, in love, in faith and in purity.”

1 Timothy 4:12

Introduction

The purpose of this handbook is to provide a way to maintain consistency throughout our athletic program and to set forth the standards for our athletes, parents, and coaches to adhere to. Commission Leadership Academy Philosophy of Athletics teaches young people many life lessons. The purpose of the athletic program at the CLA is to complement the academic program in the development of well-rounded students. While a strong academic program is the focus at the CLA, the athletics program complements that mission by helping to develop character, discipline, teamwork, and other life skills that are of benefit to the student/athlete, and to the overall mission of the CLA. The prevailing ideals of the athletics program are 1) academics first, 2) sportsmanship, 3) teamwork, 4) and personal growth. These ideals will help to promote good character for all student-athletes at the CLA. Parental involvement is also critical to the success of the program, and, as such, parents are requested to support the standards and goals of CLA by keeping the long-term goals of CLA academics and athletics first and foremost. Decisions and policies made that limit or eliminate student participation in sports at our school are subject to CAA4SC guidelines, conference bylaws, and the mission of the CLA. Student-athletes are expected to exhibit leadership in the areas of Christ-like character and excellence in academics, as participation in athletics is a privilege.

Forms and Fees

MEDICAL EXAMINATION (Physical Form): In order to be eligible for participation in interscholastic athletics, a player must receive a medical examination once every 395 days by a duly licensed physician, nurse practitioner or physician's assistant. This form must be on file with the Athletic Director BEFORE an athlete can participate in any organized athletics (pre-season conditioning, tryouts, practice, or game play).

GFELLER-WALLER CONCUSSION FORM: This form provides information to both parents and athletes about concussions, including symptoms and treatment information. This form must be on file with the Athletic Director BEFORE an athlete can participate in any organized athletics (pre-season conditioning, tryouts, practice, or game play).

HANDBOOK ACKNOWLEDGEMENT FORM This form serves as acknowledgement of CLA policies. This form must be on file with the Athletic Director BEFORE an athlete can participate in any organized athletics (preseason conditioning, tryouts, practice, or game play).

SPORTS FEE: All students who participate in CLA athletics will be responsible for a sports fee. This fee is non-refundable and must be paid by the first scheduled game of the season.

Practice and Game Attendance Requirements

Once on a team, you have committed yourself to that team until the last game is complete. This includes games and practices scheduled during breaks. Players must be at every practice or game unless excused for one of the following reasons, doctor or dental appointment, personal sickness or death in the family.

Exceptions may be made through direct communication with the head coach. Each coach will provide their discipline procedures for missed/tardiness to practice or games in writing at the start of the season. A team member who is tardy to practice or must miss a practice or game may return to their former status as soon as they have fulfilled the team's policy for absences. Whenever possible, coaches should be notified in advance (3 days) of absences. Multiple unexcused absences may result in dismissal from the team. Students absent from athletic practice for five or more days due to illness or injury must receive a medical release by a physician licensed to practice medicine before re-admittance to practice or contest.

Eligibility

All student-athletes involved in the athletic program must be in attendance at school for at least 4 hours in order to participate in a game or practice scheduled for that day. If a student-athlete goes home at any point during the day because of illness, injury, or disciplinary infraction, they will not be permitted to participate in team sports that day. Exceptions will be considered with a doctor's note clearing the student to return to full participation. Students choosing not to attend field trips or attending any other educational function (i.e. Take Your Child To Work Day) will be required to come to school unless prior approval is given by the Athletic Director. No students will be added to a team's roster after 25% of the season has been completed. If an athlete fails to maintain a C (70) average overall (when averaging all their class grades together), at the time of Progress Reports and Report Cards, that athlete is placed on probation and is ineligible to participate in athletics. With the approval of CLA administration, team coaches may enforce stricter grade requirements. If an athlete has received a failing grade (59 or below) in any class on their progress report or report card, they will be placed on probation and is ineligible to participate in athletics. This includes electives.

Ineligible athletes are not permitted to practice with the team, participate in games, dress out, or sit on the team bench. A student who is ineligible to play may return to the team at the next reporting period if he or she becomes eligible. Parents will be notified via email of ineligibility.

Uniforms and Equipment

School issued uniforms will not be provided until the athletic fee has been received. Any uniforms or equipment issued to an athlete are the athlete's responsibility to return in good shape (normal wear and tear is expected). Some teams may require additional items to complete uniforms. Each player is individually responsible for securing these additional items at his/her expense and will remain his/her personal property. Sports uniforms are only to be worn to

games. They are not to be worn for practice or other functions. (Exceptions may be made by Administrative approval only.) All uniforms and equipment must be returned to the coach immediately following the final game of the season. Any athlete who does not return uniforms/equipment will be charged for the cost of replacement. An athlete will not be allowed to participate in another sport until all overdue uniforms, equipment, or sports fees have been paid.

Athlete's Code of Conduct

- Treat everyone fairly and with dignity and respect, both on and off the field.
- Arrive on time for all practices, meetings, and contests.
- Play by the rules, demonstrating and encouraging good sportsmanship.
- Exercise self-control at all times, accepting decisions and abiding by them.
- Accept both victory and defeat with pride and compassion, never being boastful or bitter.
- Remember that by putting forth your best effort, regardless of the score, you become a winner.
- Every athlete is expected to demonstrate good character that represents CLA and Christ. At any time, an athlete not maintaining good character may be suspended or dismissed from the team.
- Athletes who receive discipline notices/detention/suspensions may expect that a copy of the discipline notice/suspension will be forwarded to the Athletic Director. If a student is suspended further action may be taken as determined by the Athletic Director or Administrator.
- The use of profanity on or off the field will not be tolerated and may result in suspension from the team. "
- Fighting during an athletic event, home or away, will not be tolerated. Fighting during a game or practice will result in suspension from the team.
- Any student found using drugs, alcohol, or other banned substances will be removed from athletic eligibility for one calendar year from the date of the infraction. This includes situations in and out of school.

Classwork Expectations

Missing classes for athletic activities will be handled in the same manner as a school field trip. Students are expected to collect missed work ahead of time and turn it in on the due date. Not following this guideline can result in the student work being counted as late or receiving no credit.

Practice Dress Code

Please adhere to the sports dress code to reflect our commitment to modesty and respect. Student-athletes should maintain a professional and respectful appearance, supporting a focused and cohesive team environment.

For Boys:

- **Shirts:** T-shirts or athletic shirts that fit well and are not too tight or too loose. Long sleeves or short sleeves are acceptable based on the sport and weather.
- **Bottoms:** CLA athletic shorts that have to be ordered from approved vendors and worn at each practice
- **Footwear:** Proper athletic shoes suited to the sport, such as running shoes, basketball shoes, or cleats.

For Girls:

- **Tops:** Modest athletic tops that provide full coverage as undergarments should not be visible. Consider shirts with sleeves or layering with a longer undershirt if needed.
- **Bottoms:** CLA athletic shorts that have to be ordered from approved vendors and worn at each practice
- **Footwear:** Athletic shoes appropriate for the sport being played.

General Considerations:

- **Avoiding Distractions:** Clothing should be free of distracting logos, graphics, or text that could detract from the focus of the activity or the community's values.

Commission Leadership Academy Player Release Form

I, the undersigned, hereby acknowledge that I am aware of the nature of this activity. My child is voluntarily participating in this activity at Commission Leadership Academy. I will provide any transportation to and from events and assume all risk of injury that might result to my child. I hereby consent to hold Commission Leadership Academy and its employees, members or agents free from any liability, claims and other actions whatsoever arising from this activity. I have read and reviewed the Commission Leadership Academy Athletic Handbook. I have discussed this information with my student-athlete. I understand that additional questions or specific circumstances should be directed to my student's principal, athletic director, or coach. I further agree to release Commission Leadership Academy and its employees, members or agents from any liability for any loss or theft of personal property. I also agree to waive all rights of subrogation. In the event of any injury, illness, or other condition which would require immediate medical assistance, I hereby consent to allow Commission Leadership Academy and its employees, members or agents to take such actions as necessary to contract and provide emergency medical assistance. I hereby consent to assume all financial responsibility for such medical assistance.

I have carefully read this waiver and release agreement and fully understand it is a release of any and all liability, claims and other actions whatsoever. I also understand that failure to sign this waiver and release agreement will prevent my child from participating in this activity and payment will be refunded.

As a parent, I acknowledge that I am a role model. I will remember that school athletics is an extension of the classroom, offering learning experiences for the students. I must show respect for all players, coaches, spectators, and support groups. I will participate in cheers that support, encourage, and uplift the teams involved. I understand the spirit of fair play and the good sportsmanship expected by our school, our conference and the CAA4SC. I hereby accept my responsibility to be a model of good sportsmanship that comes with being the parent of a student athlete.

As a student athlete, I know I am a role model. I understand the spirit of fair play while playing hard. I will refrain from engaging in all types of disrespectful behavior, including inappropriate language, taunting, trash talking, and unnecessary physical contact. I know the behavior expectations of my school, my conference, and the CAA4SC and hereby accept the responsibility and privilege of representing this school and community as a student athlete. I further understand that if my child is selected for the team, he or she is responsible to play in the games that are scheduled during break weeks.

Parent's Name (Print) & Phone _____
Child's Name (Print) & Grade _____
Parent's Signature & Date _____
Athlete's Signature & Date _____
Insurance Provider & Policy Number (optional): _____

Commission Leadership Academy Athletic Contract for Players & Parents

1. HAVE FUN! This is a game to enjoy individually, but more importantly, as a team. Not all decisions will revolve around you as a player, but will often be based on what is best for the team collectively. Don't take these decisions personally.
2. It is the policy of Commission Leadership Academy that every athlete maintains a minimum of a "C" (70) average with no failing grades (59 or below). Grade checks will be given at every progress report and report card. If you fall below a "C" cumulative average, or have a failing grade, you will no longer be eligible to participate until the next reporting period.
3. Show respect and courtesy to everyone. This includes your teammates, coaches, opponents, officials, spectators, Commission Leadership Academy, and the community. Do not talk negatively about your teammates or coaches or embarrass anyone. Accept all constructive criticism. Accept victory or defeat in a Christ-like manner. Always be honest about your performance and areas for improvement.

4. Bad attitudes, gossip, lying to or about someone, and swearing will not be tolerated and may result in suspension/dismissal from the team.
5. Behavioral problems (as deemed by your coaches) are unacceptable. 1st offense may result in a 1-3 day suspension from the team. 2nd offense may result in a 3-5 day suspension/grounds for immediate dismissal from the team.
6. Playing sports is a privilege and commitment. We expect you to give 100% at all times. Do the best you can at all times and celebrate the success of others.
7. Missing practices/games, outside of sickness, is unacceptable. Two unexcused days of practice/games may result in immediate dismissal from the team. (Exceptions may be made through direct communication with the head coach)
8. Being on time to school, practices, and/or games is expected. Students may not be permitted to practice or play in a game without a valid excuse.
9. Suspension from school is unacceptable. 1st offense may result in grounds for immediate dismissal from the team.
10. It is the policy of Commission Leadership Academy that students do not transport other students. You are allowed to ride home with your parents or carpool with other parents if notice is given to the coach before you leave for a game.
11. Once you are at practice or a game your focus is expected. Off field distractions (cell phones, headphones, off field interaction with friends) are not permitted. You must stay with the team during games. If you are unable to cooperate, you may be asked to leave.
12. Coaches should not be approached immediately following a game and/or practice to discuss concerns. Any questions, problems, or concerns of players or parents must be discussed with coaches first by appointment only. Issues taken to CLA administration first will likely be referred back to the coach or Athletic Director.
13. Coaches alone will make the decisions regarding playing time. Playing time will not be discussed. If you are not playing, cheer for those who are. If you cannot, consider if you can be a part of the team.
14. Team goals are achieved with hard work. Intense physical conditioning can be expected.
15. Parents must be on time when picking you up after practice/games. There will be a 15 minute time frame from the completion of practice/games for you to be picked up on time. The 1st offense is a warning and the 2nd may result in a suspension from practice/games. If this becomes an issue you may be dismissed from the team.

How to be an Outstanding Parent

The best way to support your athlete is to provide encouragement and to be positive, both at home and in the stands. If there is a problem, have your child talk to his/her coach. If the problem is not resolved, or if it is of a serious nature, then the parent should personally contact the coach. If no solution can be reached at that point, contact the Athletic Director to set up a meeting with all parties involved. It is very important that you model biblical problem-solving skills with a positive attitude.

Fans and Spectators at Commission Leadership Academy

Students and parents are aware of the standards set forth by the school during the academic day, but oftentimes are unaware of what we expect of them as athletes and spectators. Therefore, we have listed a few things for our students, parents, fans, and spectators to keep in mind when attending a Commission Leadership Academy athletic event.

- Realize you represent Christ and the school, as does a member of a team; therefore, you have an obligation to be a true sportsman, encouraging the practice of good sportsmanship by others.
- Recognize that good sportsmanship and Christ-like character is more important than victory by approving and applauding good team play, individual skill and outstanding examples of sportsmanship and fair play exhibited by either team.
- Remember that the primary purpose of interscholastic athletics is to promote the physical, mental, moral, social and emotional well being of the players through the medium of contest.
- Respect the judgment and integrity of coaches and game officials. Show respect for players that are actively assigned to play in the game and celebrate their efforts whether they are your child or not.
- Be modest in victory and gracious in defeat.

**LONG AFTER THE SCORE IS FORGOTTEN, OUR BEHAVIOR AND REPUTATION IS
REMEMBERED!**

Student/Athlete Signature _____ **Date** _____

Parent/Guardian Signature _____ **Date** _____

Acknowledgement of Athletic Contract and Handbook Guidelines

- I/We have read the rules and regulations of the Commission Leadership Academy Athletics Handbook and the Contract for Players and Parents.
- I/We have also read and clearly understand the eligibility policy.
- I/We will abide by these rules and respect all decisions made by the coaching staff, athletic director, and administration.

Student/Athlete Signature _____ **Date** _____

Parent/Guardian Signature _____ **Date** _____