

# **St John's Christian Academy**

## **Athletic Handbook**

**204 West Main Street**

**Athletic Director:**

**Office: 843 761 8539**

**Moncks Corner, SC 29461**

**843 899 8508**

**Fax: 843 899 5514**

**[www.wearesjca.com](http://www.wearesjca.com)**



Train up a child in the way he should go; even when he is old, he will not depart from it.  
Proverbs 22:6 ESV

## INTRODUCTION

The SJCA Athletic Handbook exists in order that athletes and their parents may better understand their responsibilities and rights when an athlete participates in the SJCA athletic program. All rules forth set in this handbook apply to student athletes, parents, and coaches. It shall be understood that the SJCA Student/Parent Handbook is applicable to all students, including student-athletes, and shall have precedence over the SJCA Athletic Handbook should any question arise regarding interpretation of rules.

## SJCA EDUCATIONAL PHILOSOPHY

St. John's Christian Academy's education extends beyond traditional academic standards; it includes biblical understanding, artistic expression, and sportsmanship. This holistic education paired with a multicultural learning environment helps students grow to reach their full potential.

## SJCA MISSION STATEMENT

To promote academic excellence and foster spiritual growth through a college preparatory curriculum in a Christian environment.

## STATEMENT OF FAITH

Though St. John's Christian Academy does not ascribe to any one church or denomination we believe these basic tenets unite all Christians:

**We believe** that there is one infinite, holy, loving and personal God, eternally existing in three persons, the Father, the Son, and the Holy Spirit; and that He speaks to us in scripture and reveals himself to us in creation, salvation, and renewal. As finite human beings created in God's image, it is our purpose and privilege to worship, honor, serve, and obey Him.

**We believe** that the world belongs to God, who created it and faithfully sustains it by His Providence, mercy, and grace.

**We believe** that the Bible is God's written revelation to man, and that it is divinely inspired, authoritative, and without error in the original manuscripts.

**We believe** in the deity of Jesus Christ, His virgin birth, sinless life, miracles, and death on the cross to provide for our redemption, bodily resurrection, and ascension into heaven, His present ministry of intercession for us, and His personal return to earth in power and glory.

**We believe** in the personality and deity of the Holy Spirit, that He convicts us of our sinfulness, performs the miracle of the new birth in unbelievers, and indwells believers, enabling them to live godly lives.

**We believe** that God, in His own time and in His own way, will bring the world to its appropriate end. According to His promise, Jesus Christ will personally and visibly return in glory to judge the living and the dead in righteousness.

**We believe** that God creates each individual as male or female, and these genders reflect the image of God and complement one another.



## **SJCA ATHLETIC MISSION**

The St John's Christian Academy (hereinafter referred to as SJCA) athletic mission is to inspire our student-athletes to develop and maximize their God-given talents; to set positive examples and exercise the Golden Rule through their conduct in school and the larger community; and cultivate their character, confidence, and courage to make the world a better place simply because they are a part of it.

## **SJCA ATHLETIC PHILOSOPHY**

The Primary purpose of school is education. Participation in athletics is a privilege for those who are eligible according to the rules and policies of SJCA, South Carolina Independent School Association (SCISA), and the National Federation of High Schools (NFHS).

We believe

- 1 that participating in sports is an integral part of a student's educational experience;
- 2 student-athletes should
  - A First and foremost, *honor God* in all they do at school, on/off the court or field, at home, and in the community, adhering to the highest standards of ethical behavior;
  - B *Servant lead* as role models who exhibit biblical principles always reflecting sportsmanship in competitions;
  - C *Work hard* to grow spiritually, physically, emotionally, and mentally glorifying God with the talents and abilities that He has given to you;
  - D *Take risks* learning the value of teamwork; testing then determining your limits of physical abilities; practicing and learning self-control; and learning how to handle successes and failures / wins and losses;
  - E *Never quit* though you will face adversity as individuals and as a team;
  - F *Have fun!*
3. as team members, student-athletes should build relationships in our community and with competing schools;
- 4 student-athletes should use athletic experiences to instill life lessons that will resonate beyond the present;
- 5 student-athletes lead school spirit.

## **SJCA ATHLETIC VISION**

The SJCA athletic program is student-centered. Our focus is developing well-rounded student-athletes and providing interscholastic sports as opportunities for them to excel outside of their classrooms, teaching them life-long tools and skills.

## **SJCA ATHLETIC GOAL**

The SJCA athletic goal is to develop and eventually graduate student-athletes who perceive their athletic participation as a fun, yet educational, meaningful; and positive experience and who are better prepared for their future endeavors.

## **SJCA ATHLETIC DIVERSITY STATEMENT**

As in admission of students, our athletic department will not discriminate based on race, creed, or national/ethnic origin. All students have the rights and privileges to participate in sports that are made available at SJCA. We work collaboratively to ensure that SJCA is a place of ethical stance and substance, a place in which everyone cultivates personal integrity of respect and trust for others.

## **SPORTSMANSHIP and COMMITMENT**

1. Before trying out for an SJCA athletic team, student-athletes must count the cost and be prepared to make a commitment to the team for the entire season.  
Any student athlete who begins a sport and quits will be required to sit out the next season; unless the parent and coach agree that it is in the best interest of the team.
2. There will be a required pre-season meeting between athletes, parents, and coaches at the beginning of each athletic season.  
At least one parent and the athlete must attend this meeting for the athlete to be eligible to play or reschedule with the AD within a week of the originally scheduled meeting.
3. It is the responsibility of each individual student-athlete to ensure that he/she has all parts of his/her uniform before a game begins and that all parts of the uniform will be worn by the athlete during the entire athletic event.  
Failure to comply may result in the athlete sitting the bench during the athletic event.
4. Athletes are expected to attend all practices on time and remain at practice until the coach has released them unless previous arrangements have been made with the coach.  
Should an athlete have to miss practice, it is his/her responsibility to contact the coach.
5. If a student is going to miss a practice or game, the parent must contact the Head Coach/AD and advise them of such.
  - A Should no contact be made, the athlete may be required to sit out the next scheduled game.
  - B In the event an athlete misses 2 practices, without a proper excuse, he/she will be required to sit out at the next athletic event.
  - C If more than 2 unexcused absences occur, it will be at the discretion of the AD and Coach as to whether the athlete may continue participating on the team.
6. It is the discretion of the AD/Head Coach to determine if an absence from practice or a game will be an excused absence.
  - A Excused absences include personal illness, death in the family or matters of which the athlete has no control.
  - B Excessive unexcused absences may result in the athlete being released from the team.
7. Any athlete that is seen by a doctor that is injured may not return to practice or active play without a written release from his/her doctor.
8. A student may lose eligibility if he/she consistently defies authority or commits a serious breach of conduct.
  - A This loss may be for a specified period of time or may be permanent, depending on the circumstances, for the remainder of the school year.
  - B Parents will be informed of any such ineligibility by a phone call, email, in person, or in writing.
9. A student athlete must always display good sportsmanship in actions and words; must be respectful to all officials and focus on the game; must be courteous to visiting teams and spectators; respect the facilities of the host school; and, at the end of each game, shake hands with every member of the other team.
10. A student athlete must be respectful and loyal to all coaches, teachers, staff, and chaperones.

11. Athletes are to sit with their respective teammates before, during and after their respective athletic events, unless otherwise approved by the AD/Coach.  
A Athletes must remain inside all athletic facilities.
12. A student athlete must conduct him/herself in a God-honoring manner, win or lose.

### **DRESS CODE AT SCHOOL for GAME DAYS**

Dress code for game days (unless specified by the AD) are as follows:

<b>Sport</b>	<b>Dress Code for females</b>	<b>Dress Code for males</b>
Football		Jerseys and khakis
Volleyball, Baseball, Softball, Soccer, Fishing	Jerseys and khakis	Jerseys and khakis
Cheerleaders	Jumpsuit jacket and khakis	
Golf		Khakis and golf polo
Cross-Country	Jumpsuit jacket and khakis	Jumpsuit jacket and khakis

**\*If game is held on Friday, jeans may be worn with jerseys. No sweatpants are allowed.**

### **DRESS CODE for GAMES**

Athletes are representatives of SJCA when they are attending a sporting event. Dress code for home and away games (unless specified by the AD) will be SJCA issued wind suits.

- 1 No T-shirts, shorts, or hats (unless part of the SJCA uniform) may be worn to games.
- 2 Athletes should adhere to all standards of the SJCA school dress code during practice times, as they relate to attire, hair length, facial hair, and fad coloring.
- 3 Female athletes are encouraged to wear compression shorts under their uniform or practice attire.
- 4 If a student athlete is not in compliance with the dress code, he/she may be required to sit out a game.
- 5 Uniforms must be returned in good condition at the end of each season.
- 6 The athlete will be responsible for paying for any uniform damaged or not returned.  
A Report cards and/or permanent records may be withheld until all uniforms are returned or the uniform has been paid for.



## **COMMUNICATION - Parent/Coach Relations**

Parents should support their child's team with Christ-like sportsmanship, encourage loyalty to the team and school, and provide positive reinforcement to all athletes. Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to our student-athletes.

When your child becomes involved in SJCA Athletics, you should understand what expectations are placed upon your student. This begins with clear communication from the coach of the program.

Parents and Athletes should expect communication on the following from their coach:

- 1 Philosophy of the coach
- 2 Expectations, including rules and policies
- 3 Schedule of team events

Coaches should expect communication on the following from parents and athletes:

- 1 Any concerns that arise during the season.
- 2 Notification of any schedule conflicts well in advance.
- 3 Specific issues regarding the philosophy and expectations of the coach.

If concerns arise during the season, the guidelines listed below should be followed:

- 1 The athlete should first talk to the coach.
- 2 If not resolved, the parent should contact the coach to discuss the situation.
- 3 The coach may have additional information from practice and from other contact with the student and the parent may have information about their child unknown by the coach. This discussion should be beneficial to both parents and the coach, keeping the welfare of both the student and the team in mind.

Please refrain from approaching a coach directly before, during or after a game or practice.

- 1 Contact the coach and set up a time to talk or meet personally.
- 2 If the conflict is not resolved, you may contact the AD to discuss your concerns.

Items for parents not to discuss with the coach:

- 1 Your child's playing time
- 2 Coaching strategy or play calling.
- 3 Other student-athletes (other parents' children)

Items appropriate to discuss with the coach:

- 1 The treatment of your child.
- 2 Ways to help your child improve.
- 3 Concerns about your child, i.e., health, behavioral or academic issues

## **COACHES' AUTHORITY**

1. Coaches have the responsibility to model Christ-like attitudes and behaviors for our student athletes while under pressure themselves.
2. Coaches should use teachable/coachable moments that a team or individual faces to impart Biblical principles.
3. The makeup of a team is at the discretion of the AD/Head Coach.
4. Athletes must sign up for a sport by the first practice date of the sport, as designated by the Head Coach, to participate.
  - A Exceptions to this will be approved by the AD.
  - B The maximum number of players, per team level, will be determined by the AD/Head Coach.
5. Should a student not be able to participate, the AD will personally contact the student to explain why he/she may not be able to play.
6. Playing time earned is at the discretion of the Head Coach.
  - A Differences of opinion in coaching will be discussed by a coach and an individual in private, not during or immediately after a game or practice.
  - B Suggestions are welcomed but will be used only at the coach's discretion.
7. Coaches should know if students and/or parents plan to hold a meeting.
8. To support the team by dressing professionally as required of the athletes

## **SJCA ATHLETIC GOVERNANCES**

1. SJCA is a member of and competes in the athletics through SCISA and NFHS. SJCA will adhere to both SCISA and NFHS requirements. Some SJCA athletic standards may be more stringent than SCISA requires.
2. The athletic director (AD) is assigned the responsibility for overseeing the SJCA athletic program.
3. Each participant or athlete is responsible to his/her own coach who is responsible to the AD, administrator, headmaster, and board.

## **SJCA ATHLETIC PROGRAM OFFERINGS**

- 1 **Elementary: (Grades K5-6 – Pom Pons, B-Team Cheer, B-Team Sports)**
  - A Through our elementary programs, SJCA seeks to lay the foundation for athletic success by teaching the fundamental skills, tools, and techniques that students need to master as they grow and develop in their preferred sports.
  - B Because elementary sports may be a student's first step into competitive athletics, we also teach key concepts of commitment, teamwork and sportsmanship.
  - C SJCA does believe that every player should be given an equal opportunity to develop his/her talents and compete for playing time in practice.
  - D Even at the elementary level, we will compete against other schools; therefore, our goal is to try to win every game. We do, however, recognize the importance and confidence-building nature of game experience.
  - E Unfortunately, this does not mean equal playing time, but we do encourage our coaches to ensure that each player has an opportunity to play in every game, whenever possible.

## **2 Junior Varsity (Grades 7-10) or Middle School (6-8)**

- A This level of competition is for those athletes who are preparing to play on the Varsity level.
- B Through our JV and MS sports programs, our goal is twofold:
  - 1. continue to develop and enhance the solid, fundamental skills that are vital to becoming a knowledgeable, capable, and successful student-athlete;
  - 2. create a team-oriented environment where focus, commitment, maximum effort, a Christ-like attitude, and resilience are expected and embraced.
- C Practices are held almost every afternoon and are mandatory for teamwork and teambuilding.
  - 1 JV and MS are quite competitive levels of play and student-athlete responsibilities must be met.
- D Although the goal of every coach is to give each athlete playing time during each competition, it is not guaranteed.
  - 1 Playing time is awarded at the coach's discretion.
  - 2 Coach emphasis at this level is skill development, team strategy, and teamwork.

Note: Elementary teams include 5th and 6th grade students (occasionally 4th when needed) while Middle School teams include students in grades 6-8. JV teams may include 7<sup>th</sup>-10<sup>th</sup> grade students.

## **3 Varsity (Grades 9/10 – 12)**

- A This level of competition is for those athletes who perform at the highest level.
- B At the varsity level, coaches intend to put our best players on the court or field, at all times, with the goal and expectation of winning games and competing for championships.
- C Practices are held during the summer and after school and are mandatory.
- D Because Varsity sports are so competitive, playing time is awarded to those athletes who perform at the highest level, are dedicated, and meet student-athlete responsibilities including educational requirements
- E Playing time simply cannot be guaranteed to everyone on the team; it is awarded at the coach's discretion.
- F At Varsity level, the primary goal is to win through fair play and teamwork while improving individual skills and honing team strategies.
- G The attributes - commitment, hard work, discipline, preparation, teamwork, and sportsmanship - are the most important cornerstones of the Christ-centered framework upon which we build our pursuit of excellence in Cavalier sports.
  - 1 Because our high school student-athletes are among the most visible representatives of our school, we expect them to win without the scoreboard, both in the classroom, in the halls, and in our community.

Note: Most Varsity teams are comprised of high school students in grades 9-12 (Freshmen-Seniors).



## **SJCA SPORTS by SEASONS**

<b>FALL</b>	Girls	Cheerleading, Volleyball	Boys	Football
	Co-ed	Cross-Country		
<b>WINTER</b>	Girls	Cheerleading, Basketball	Boys	Basketball
<b>SPRING</b>	Girls	Softball	Boys	Baseball
			Boys	Golf
	Co-ed	Soccer		
<b>ALL-YEAR</b>			Boys	Fishing

## **SJCA ATHLETIC ELIGIBILITY REQUIREMENTS**

To participate in Cavalier sports, a student must

1. qualify as a full-time student
2. support the team by meeting the requirements for team practice
3. be a member in good standing of the team.

### **Residence Requirements**

A student must reside with his/her parent(s) or a legal guardian to be eligible for athletic participation.

### **Eight Semester Rule**

A student has Eight (8) Consecutive Semesters of varsity eligibility from the time he/she first enters the ninth (9th) grade.

### **Academic Requirements**

1. Academic achievement is a prerequisite to participation. A student must meet the following criteria:
  - A. Maintain a "C" average per class grade for core classes (Math, Science, Social Studies, and English).
  - B. Pass Bible
  - C. Take and pass all core courses (as defined in #6 below) each report card period
2. A senior who has met or is meeting all requirements for graduation must pass four one-credit courses each report card period.
3. Students in grades 6-12 must have passed and earned 4 core units or any 5 units of credits and pass any Bible class the previous school year to be eligible for participation in the first grading period of the next school year.
  - A. The end of 4<sup>th</sup> quarter grades will determine fall eligibility.
  - B. Starting 2023-24, returning SJCA students must complete their assigned summer assignments to be eligible for fall sports.
4. A maximum of two (2) credits earned during the summer sessions may be accepted from an accredited school.
5. A student may use college/dual credit courses for eligibility purposes provided the student has met or is meeting requirements for graduation.
  - A. A one-credit Course is a course taken for 36 weeks, one period each day for a minimum of 45 minutes or the equivalent.
  - B. A course taken each day as above for 18 weeks would be a half credit which, when combined with another half-credit course, would be the equivalent of a one- credit course.
  - C. A course taken for 36 weeks but only three, 45-minute periods each week would not be a one- credit course.

Note: A One- Credit Course taken for 18 weeks shall meet for one period each day for a minimum of 90 minutes or the equivalent.

6. Core Courses are those courses in Bible, English, mathematics, science, and social studies that are required by SCISA and recommended by the Commission on Higher Education (CHE) and are common to SCISA schools.
7. Student-athletes' grades will be checked every two weeks within a nine-week grading period to ensure they are meeting academic requirements.
  - A Students will present an Athletic Eligibility Form to each of their teachers to complete every two weeks into each nine-weeks grading period.
  - B If the student athlete is failing a class during any academic check (every two weeks) then the student athlete will attend an Academic Intervention Program after school. The student athlete will remain in the program until they have obtained a 2.0 (grade of at least 70) in the class that they are failing.
8. The AD and/or Administration have the authority to remove any student who does not follow these requirements, from any sport played, until academic requirements are met accordingly.

### **Transfer Student Eligibility**

Transfer students who are retained for reasons other than failing grades will be ineligible for athletics during their first year at SJCA. Upon successful completion of one academic year, they will be eligible for full participation in athletics as long as they meet all other requirements.

### **SCISA Transfer Student / Recruiting Rules**

1. A transfer student must wait sixty (60) days to become eligible to play for SJCA if the student
  - A has attended one class at another school, or
  - B filed the Agreement for Participation at another school during the defined sports season or practices with the other school's team on or after the first official practice date.However, these requirements *may* be waived if a *Bona Fide* change in residence is determined. *Bona fide* means:
  - A The move must be with the intent of being permanent.
  - B The entire household must be moved into the new residence.
  - C The original residence must be clearly closed as the residence of the family and must not be used by the family.
2. A transfer must have attended classes for thirty (30) days prior to the start of the play-offs to be eligible to participate in the play-offs.
3. An academically eligible transfer student (school year transfer as defined above) must have been eligible to represent his/her former school under any school, student, or athletic policy that was in place when the student transferred, or the student must wait for ninety (90) calendar days to become eligible.
4. A student who transfers before the start of the school year (has not attended one class and has not practiced with another school's team on or after the first official practice date) and has met all eligibility standards is eligible for athletic participation.
5. A student must not have transferred because of recruiting or undue influence.

### Age Eligibility Requirements/Restrictions

1. **Varsity:** A student is ineligible to play if his/her 19<sup>th</sup> birthday is before September 1<sup>st</sup> of the current school year.
2. **Junior Varsity:** To participate in junior varsity athletics, a student must not have reached his/her sixteenth (16<sup>th</sup>) birthday before July 1.
3. **B-Team/Middle School:** To participate in B-Team athletics, a student must not have reached his/her fifteenth (15<sup>th</sup>) birthday before July 1.
  - A. Exception: B-Team Football. A student must not have reached his/ her fourteenth (14<sup>th</sup>) birthday before July 1.



### SCISA Blue Book Eligibility Rules: ARTICLE VI

1. Students must be full-time and is meeting all academic, grade, age, residency (guardianship), eight semester, and additional eligibility rules.
2. An ineligible player is not allowed to participate against another school in any competition whether practice sessions, scrimmages, jamborees, or scheduled games (SCISA or out-of-league games).
3. An academically ineligible player may not take part in practice sessions.
4. A student must not have received a high school diploma or its equivalent.
5. A student shall become eligible or ineligible at 12:01 AM on the fourth school day after the end of the marking period.
  - A. Example #1: The marking period ends on Friday. Student X becomes eligible or ineligible at 12:01 AM on Thursday.
  - B. Example #2: The marking period ends on a Monday and Tuesday is a holiday for students. Student Y becomes eligible or ineligible at 12:01 AM on the following Monday.

### GAME SCHEDULES/POSTPONEMENT

It is the responsibility of the AD to prepare all schedules for athletic events. They will be posted on our website [wearesjca.com](http://wearesjca.com) under the Athletics tab. In cases when games are postponed, cancelled, or re-scheduled, parents and student-athletes will be notified as soon as the information becomes available. Inclement weather can cause last-minute changes in scheduling. If a scheduled game is cancelled or postponed on the day of the event, students will be notified via the school's announcement system; parents will receive a parent alert through Renweb.

## **TRAVELING TO GAMES**

SJCA is committed to transporting our athletes to and from sporting events safely and easily.

1. When we travel to an "away" game, all athletes are required to ride the school's bus or carpool in parents' vehicles.
2. Students are not allowed to drive to school events.
3. Any exceptions must be approved by the Athletic Director prior to the event, NO EXCEPTIONS.
4. Only athletes, coaches, and designated chaperones may ride the schools' bus or sanctioned transportation.
5. A written note is required for any student not riding with his/her parent before OR after a game or event. Please give to the coach.
6. All athletes will conform to the dress code established for our traveling teams when attending any away games or competitions.

## **Bus Behavior**

Proper behavior on the bus is a necessity for student and driver safety. Bus guidelines are as follows:

- 1 Stay in your seat at all times and do not distract other drivers with inappropriate actions or gestures
- 2 Keep hands, arms, and head inside the windows...and to yourself!
- 3 Talk quietly, so other students are not disturbed and so the driver is not distracted
- 4 Obey the driver and coaches/sponsors on the bus
- 5 Be early to get on the bus! The bus will not wait on you if you are late and SJCA will not provide alternate transportation should you miss the bus.
6. Do not throw anything out the windows.
- 7 If you take food on the bus, take your trash off the bus.
- 8 Students who ride the bus are responsible for its cleanliness.
- 9 Not following these guidelines may cause a student to be dismissed from the team.

## **Early Release to Games**

Because of travel time to some SCISA schools, it is, sometimes, necessary for teams to leave school prior to normal dismissal times. It is the responsibility of the student-athlete to make arrangements with their teachers to make up any missed assignments and be prepared for the next day's lessons. NO EXCEPTIONS!

## **COLLEGE-BOUND ATHLETES/NCAA ELIGIBILITY**

Those student-athletes who will eventually participate on the college level need to meet NCAA guidelines as they relate to recruiting and eligibility. A copy of the NCAA guide for the college bound student-athlete is available to the athlete online at [www.ncaa.org](http://www.ncaa.org). The NCAA eligibility center site is [www.eligibilitycenter.org](http://www.eligibilitycenter.org). Please see Mrs. Quattlebaum if you need assistance with questions concerning the NCAA.

## HEALTH and SAFETY

1. Parents or guardians should provide adequate health insurance coverage for an athlete.
2. All SCISA/NFHS required forms must be on file or renewed before a student-athlete can practice/participate/play sports at SJCA. The AD and coaches will be responsible for distributing the necessary paperwork to student-athletes and/or their families to complete.
- 3 **SCISA/NFHS Athletes Required forms:**
  - A **Physical**
    - 1 A licensed physician must perform a physical exam, then complete and sign the Medical Examination Form.
    - 2 A Physical Examination is valid from April 1st through the following school year or for one year from the Date of the Examination.
    - 3 These forms must be on file for all participating students regardless of level of competition.
    - 4 This form will be placed in the student athletes' permanent file, and a copy will be filed in the AD's office.
  - B **The Agreement for Participation (Parent's Permission Form)**
    - 1 This form is required on all student athletes before they are allowed to practice/participate/play.
    - 2 These forms must be on file for all participating students regardless of level of competition.
  - C **Pre-Participation History & Health Assessment**
    - 1 This form is completed and signed by the parents.
  - D **Warning of Inherent Risk**
    - 1 This form is required on all student athletes before they are allowed to practice/participate/play.
    - 2 This form must be on file for all participating students regardless of level of competition.
  - E **Student-Parent Awareness Concussion Form**
    - 1 This form is required on all student athletes before they are allowed to practice or participate.
    - 2 This form must be on file for all participating students regardless of level of competition.
  - F **New Student/Transfer Form: Parent (if applicable)**
  - G **New Student/Transfer Form: Student (if applicable)**
    - 1 All "new-to-your-school" students who play a varsity sport must submit a completed New Student / Transfer Student Form.
    - 2 New Students are defined as students who enroll during the summer and before the start of fall practice.
    - 3 Transfer students are defined as students who transfer after the start of a school year or after practicing with a team on or after the first official practice date.
  - H **International Student Form (if applicable)**
    - 1 All International Students participating in athletics must be submitted on an International Student Certificate of Eligibility Form before being allowed to participate.
    - 2 An international student is not eligible until ruled so by SCISA or the SCISA Evaluation Committee.
    - 3 Completed I-20 Forms are also required.

Note: To print or learn more information and explanations concerning these forms, please go to the SCISA website @ [Athletic Forms - South Carolina Independent School Association \(SCISA\)](#) and click on each form.

## **WEATHER CONDITIONS**

### **1 Heat**

- A SJCA uses the IHSA Heat Index Chart to determine whether to hold outdoor practices during the hotter months of the year. The index uses a combination of actual temperature and humidity to assign heat-related threat categories.
- B Those categories are as follows:
  - 1 Caution (Heat Index 80-90)
    - a. Outdoor practice is allowed.
    - b. Coaches are instructed to give frequent water and rest breaks.
    - c. Practice times also can be adjusted to avoid hotter temps.
  - 2 Extreme Caution (H.I. 91-105)
    - a. Outdoor practice is allowed.
    - b. Coaches are instructed to scale down practice plans.
    - c. Practice is limited to 1 hour outside with breaks every 10-15 minutes.
    - d. Students should be encouraged to find shade and drink liquids during breaks.
    - e. Students should weigh in prior to and after practice.
    - f. If more than 3 lbs. are lost during practice, the student is losing too much fluid and may face physical repercussions.
  - 3 Danger (H.I. 106-129)
    - a. No outdoor practices allowed. Practice can be moved inside, if appropriate facilities are available, or the practice will be canceled.
  - 4 Extreme Danger (H.I. 130 or higher)
    - a. No outdoor practices allowed.
    - b. Practice can be moved inside, if appropriate facilities are available, or the practice will be canceled.

### **2 Lightning**

- A Outdoor activities will be suspended with athletes sent into the school until the lightning subsides.
- B Practice or a contest may resume after the officials or coach issues an all clear.
- C Games are delayed 30 minutes from each lightning strike.

### **3 Tornado Watch**

- A If before a practice or contest, events will be canceled unless there is an all clear two hours before the scheduled starting time.
- B If during a practice or contest, events will be suspended and athletes will be released to leave with parents.

### **4 Tornado Warning**

- A Suspend the contest or practice at the sound of the warning siren.
- B Take cover in the nearest building on the east and north sides if at an outdoor facility, or in the designated areas in the school if indoors.
- C Practice or a contest may resume following the discontinuation of the warning.

5     **Snow Storm**

- A     Practice or contest may be held at the discretion of the headmaster or AD.
- B     Absences from practice or contest under these conditions will be excused.
- C     In the event of a snow day, sub-varsity teams will not have practice.
- D     Varsity teams may practice with the approval of the AD or headmaster.
- E     Evening high school events are not automatically cancelled when school is cancelled.
- F     Event cancellations are updated on the website as soon as possible.
- G     Every effort will be made to make up a cancelled or postponed event

**USE OF SOCIAL MEDIA**

**\*Coaches and players should not associate on social media with other teams or their parents.**

- 1     Everything that is posted on a social media website is public information – any text or photo placed online is completely out of your control the moment you post it – even if you limit access to your site. Please understand that items posted online are a part of your testimony permanently reflecting on you, your family, your school, and the Lord.
- 2     What you post may affect your future. Many employers and college admissions officers review social networking sites as part of their overall evaluation of an applicant. Carefully consider how you want people to perceive you before you give them a chance to misinterpret your information (including photos, videos, comments, etc.)
- 3     Like comments that may be made verbally, in person, SJCA will not tolerate disrespectful comments and behavior online, such as:
  - A     Derogatory language or remarks that may harm teammates or coaches; other SJCA student athletes, teachers, or coaches; and student-athletes, coaches or representatives of other schools, or officials.
  - B     Incriminating photos or statements depicting violence; hazing; sexual harassment; full or partial nudity; inappropriate gestures; vandalism; stalking; underage drinking; selling, possessing/using controlled substances; or any other inappropriate behaviors.
  - C     Creating a serious danger to the safety of another person or making a credible threat of serious physical or emotional injury.
  - D     Indicating knowledge of an unreported school or team violation—regardless if the violation was unintentional or intentional.
    - 1     Disciplinary action may result from any posting deemed inappropriate by the A.D. and school administration, up to and including suspension or removal from the team.

## **PROCEDURE FOR HANDLING ATHLETIC COMPLAINTS**

All coaches, athletes, and parents/guardians are expected to read and follow the guidelines below. In order to ensure the reasonable expression of differences that can occur in athletic activities, these procedures have been developed to establish a line of communication between SJCA administration, our AD, parents, athletes, and coaches when a problem arises.

SJCA Administration will review these procedures with all athletic personnel at the start of each season. Please remember that all SJCA athletic staff and students are required to follow these procedures. Should need arise, parents are expected to adhere to this process as well.

### **Standards for Conflicts:**

1. No conflict between a parent, student, official, or coach should be addressed during or immediately following a game or practice. The game sites, practice field, lobby, or locker rooms are not appropriate places to handle conflict or disagreement.
2. Coaches are NOT to meet or deal with conflict at these times or places.
3. We ask that parents and guests respect the decisions of the coaches and officials during competitions and practices. We realize that you may disagree with these decisions from time to time; however, to teach sportsmanship and fair play, we need our adults to be visible role models. Please keep cheering and comments in a positive mode and encourage all our athletes.
4. There will be no discussion on the following topics: other athletes, playing time, strategies, and/or tactics.

### **Procedure for Conflicts:**

1. If an issue arises, a meeting should be arranged between the player and coach to discuss the situation, first.
2. If a further meeting is needed, the coach, athlete, and/or parent may request the meeting. This should be done at a mutually agreed upon time and place.
3. If the conflict is still not resolved, the AD will become involved by contacting all parties and deciding how to proceed.

### **Group Conflicts**

1. No group shall meet to discuss team problems without representatives from SJCA, which can include the AD, the Headmaster, an administrator, and/or the coach. At any group meeting, individuals must speak for and represent themselves, not other individuals, or groups.
2. The SJCA Athletic Program is a part of the overall educational program of the school. We recognize that the athletic program is meant to serve the development and enhancement of the participating athletes, within the framework of the school's philosophy. As difficult as it can be at times, parents are expected to abide by coaches' decisions regarding a student's playing time and related issues.



## **SJCA ATHLETIC CEREMONY AWARDS**

### **Sarah H. Steele Award**

- Must be a Varsity athlete
- Must be a Senior
- Must play at least two sports in the current school year
- An athlete who has overcome adversity
- An athlete who demonstrates sportsmanship and high degree of team support/spirit
- All the Varsity and JV coaches determine the athlete

### **Denise C. McWhorter Christian Service Award**

- Must be a Varsity athlete
- Athlete must do community service and/or in school service to help others
- Athlete can be any grade level
- The SJCA Administration selects the athlete for this award

### **Male and Female Scholar Athletes of the Year Award**

- Must be a Varsity athlete
- Must play at least two sports in the current school year
- Must have the highest GPA
- Can be any grade level as long as the athlete played at the varsity level of at least two sports during the current school year
- Athlete displays good behavior and conduct in the classroom
- Lorene Quattlebaum determines who has the highest GPA

### **Male and Female Athletes of the Year Award**

- Must be a Varsity athlete
- Must play at least two sports in the current school year
- Athlete demonstrates good sportsmanship and team spirit
- Athlete displays good behavior and conduct in the classroom
- All the Varsity and JV coaches determine the athlete

### **MVP (Most Valuable Player) Award for Each Sport**

- Best overall player who contributes to the team
- Talented and shows the highest skill level of the sport
- Demonstrates leadership and sportsmanship through their actions on and off the field
- Maintains a positive attitude through competitive play
- Athlete displays good behavior and conduct in the classroom

### **Offensive Award (For Varsity Sport Only)**

- Athlete who overall has helped the team offensively
- Demonstrates sportsmanship through their actions on and off the playing field
- Maintains a positive attitude through competitive play
- Athlete displays good behavior and conduct in the classroom

### **Defensive Award (For Varsity Sport Only)**

- The athlete who has helped the team defensively
- Demonstrates sportsmanship through their actions on and off the playing field
- Maintains a positive attitude through competitive play
- Athlete displays good behavior and conduct in the classroom

### **Cavalier Award for Each Sport**

- Demonstrates a high level of sportsmanship
- Gives 100% on and off the field
- Has a positive attitude, is dedicated and determined when participating in the sport
- This athlete is a role model of behavior and sportsmanship and represents the school in a positive light
- Athlete displays good behavior and conduct in the classroom

- Athlete is willing to do anything and everything when asked by their coach
- This athlete is not necessarily the most skilled in the sport but is the most well-rounded athlete by giving 200% to the team in any aspect that he/she is asked of by their coach
- Through the above attributes this athlete has helped to improve the overall team's performance

#### **Most Improved Award for Each Sport**

- The athlete is any player on the team that increased the impact they have on the team in a positive way the most from the beginning to the end of the season.
- Always working hard with a positive attitude and demonstrates a high level of sportsmanship
- Athlete displays good behavior and conduct in the classroom.

\*No more than one half of the team should receive awards.



#### **MANDATORY PARENT MEETINGS**

Each season: Fall, Winter, and Spring, our AD and pertinent coaches will conduct an informative meeting to review the sport specific requirements for the athletes; present team specific information; and be available to answer any questions that you may have. You will be notified via email or parent alert.

#### **PARENT VOLUNTEERS**

The success of SJCA's athletic program depends heavily on parent volunteers. There are many areas in which volunteers are needed: field set-up and take down, concessions, gates, and admissions. In many cases, parent volunteers find themselves serving as assistants to the coaches in positions such as assistant coaches, score-board operators, and bookkeepers. It is the policy of SJCA that all adult volunteers who have direct contact with the student-athletes be subjected to the same screening as do all employees of our school. Therefore, no adult, parent or otherwise, will be permitted within the immediate area of a team's practice or sanctioned athletic event without prior approval of our AD. For volunteer opportunities contact our AD.

#### **SJCA CAVALIERS BOOSTER CLUB**

The SJCA Athletic Booster Club is under the control of the school's Athletic Director. It is comprised of a group of parents who make things happen by volunteering their time in an effort to enhance our sports program. They fundraise, provide meals for our teams, manage the concessions for all sports, and provide enthusiastic support for our teams. They especially encourage and desire all parent and/or student involvement during athletic activities and events. These functions make our booster club a necessary and valued resource for SJCA. Join today!!

## THE ROLE OF STUDENT-ATHLETES

### Athletes' Code of Honor and Statement of Commitment

Participating on a sports team is a privilege, not a right! I understand and accept the responsibilities of representing SJCA and its community.

1. I will remember that I am first and foremost a Christian and that it is an honor and privilege to represent my school.
2. Remember that any talents are from God, and I will rely upon His strength to use them for His glory.
3. I will demonstrate high ideals, maintain good habits of courtesy and a healthy lifestyle, and demand the same from my fellow teammates.
4. I will encourage my teammates to excel to their potential and ability level and speak highly of them to others because the good of the team always comes first.
5. I will pray for my coaches, my team members, and opponents.
6. I will be courteous to visiting teams, coaches, and fans. Also, I will respect and accept all official's calls and decisions without gestures or arguments.
7. I will refrain from any inappropriate language and understand that if I violate this, I may forfeit my participation in the current game or next game.
8. I will follow my Christian principles in my behavior and my attitude. I will put my team first and ensure that my comments are positive.
9. I will always maintain self-control exhibiting learned knowledge; sportsmanship; leadership; respect; understanding and tolerance; hard work; commitment; discipline; personal integrity; responsibility; pride; and good citizenship.
10. I will do my best to attend every practice and game unless otherwise approved by my coach. I will inform my coach if illness or emergency keeps me from attending practice or a game.
11. I will maintain my athletic eligibility and advise my coach of any academic problems I may be having.
  - A If I miss class time due to early dismissal for traveling to a game, I will get and complete missed assignments for the next day.
  - B I will attend the mandatory four class periods on practice and game days to be eligible to participate in scheduled practices or games.
12. I will not be allowed to play any other sport for one (1) sport's season if I do not honor my commitment to the team.
13. I will take care of my uniform and/or equipment and will return it at the end of the season. I agree to repair or replace my uniform or equipment if any damage (beyond normal wear and tear) occurs.
14. I will report any personal or teammate injury to my coach immediately.
15. I fully understand that if SJCA is fined by SCISA because of my unsportsmanlike conduct, I must reimburse the school for the total amount of the fine.
16. I will accept my coach's discipline without hesitation or complaint.
17. I will adhere to all school and team rules.
18. Most of all, I will win with dignity, lose without excuses.

## THE ROLE OF OUR COACHES

The coach is responsible for teaching our athletes sport-specific skills and mentally preparing them for competition, while maintaining a positive and caring attitude toward and for them. Coaches are in a position to develop moral excellence, build self-esteem, and teach life skills—such as hard work, discipline, commitment, sportsmanship, respect, honesty, and teamwork—through their respective sport.

SJCA strongly believes that sportsmanship and fair play are main components to our athletics program; in that, the moral development of our student-athletes is of the upmost importance. Coaches are also expected to teach fair play as the rules for the game have intended.

### **Coaches are expected to**

- 1 there must a coach on the bus to and from away games.
- 2 make sure our student athletes do not cheer or make derogatory comments towards the opposing team
- 3 be completely certified as required by NFHS and SCISA before they begin coaching for the season; respect and abide by all NFHS, SCISA, and SJCA rules and regulations for his/her sport.
- 4 make certain that all athletes and parents have completed all necessary paperwork/registrations to be cleared to participate/practice/play at least one week ahead of the scheduled season open practices.
- 5 meet with and submit rosters to the AD as soon as possible
- 6 dress professionally
  - A Inside sports: women, dressy clothes; men, dress shirt with tie, pants
  - B Outside sports: SJCA issued shirt and pants
- 7 realize that as the coach, you are an educator and therefore understand the sport that you are coaching and know the proper behavior for that sport
- 8 treat players, parents, opponents, and officials with respect
- 9 teach and inspire players to love the game like you do
- 10 promptly communicate with players and parents about practice/game times; transportation to/from games; and cancellations/reschedules of practices/games
- 11 compete fairly and in a sportsmanlike manner at home and away games
- 12 demonstrate by example the type of person you want your players to be
- 13 always supervise and have control of your players and command discipline
- 14 stay with your players at games or practices until all of your players have left
- 15 with the help of the AD, monitor the student-athlete's grades (progress reports and report cards) and behavior to ensure that the student athlete's academic performance is at an acceptable level
- 16 report any breach of conduct by the athletes to the appropriate school authority
  - A Example: Fighting during an athletic contest.
- 17 fairly discipline any student-athlete as the situation warrants and according to SJCA's Parent-Student Handbook.
- 18 lock the gym or field house after practices or games
- 19 maintain equipment, reporting any damage to the gym, fields, or equipment to the AD immediately
- 20 keep good rapport with the athletes, parents, assistant coaches, AD, and SJCA administration
- 21 schedule and assign devotions/prayers to individual student-athletes for each practice and/or game
- 22 meet with the AD for a season ending evaluation

## **THE ROLE OF OUR PARENTS**

As parents/guardians of our student athletes, you are an integral part of our athletic program. Supportive parents allow our coaches to coach, officials to officiate, and our athletes to learn and grow through the celebrations and challenges of a sports season. We appreciate our parents acting in a manner that encourages and supports the team and school atmospheres, not only individual performance. Parents are to be exemplary role models for good sportsmanship and team play.

You are strongly encouraged to become involved in the various school, team, and other organizations that support our programs. Please contact SJCA or our AD for information on how you can support our programs.

### **PARENT'S CODE OF ETHICS**

1. I will encourage good sportsmanship and demonstrate positive support for all players, coaches, and officials at all SJCA sporting events.
2. I will remember that the game is for the students, not the adults. I will place the spiritual, emotional, and physical well-being of my child and the other student athletes ahead of a personal desire to win.
3. I will insist that my child play in a Christ-like manner and treat other players, coaches, fans, and officials with respect and apply the Golden Rule.
4. I will my child maintain a healthy environment and diet while playing sports.
5. I realize and appreciate that my child has an experienced coach with countless hours of evaluation at practices and competitions; therefore, I will not coach my child during practices and competitions from the sidelines.
6. I will communicate directly with the coach should a concern arise. However, I understand that before, during, and after games are not the appropriate or proper times to confront, argue with, or discuss a concern with the coach. If necessary, I will make an appointment with him or her. If I am dissatisfied with the outcome of that meeting, I will make an appointment with the AD next.
7. I will neither enter the locker rooms pre-game, half-time, or post-game nor sit on the team benches/chairs (except if my child is injured)
8. I will be supportive of my child and his/her teammates and coaches in wins and losses; successes and failures.
9. I will not make derogatory statements to any other teams, fans or officials. If bad behavior is continuously demonstrated, the SJCA administration can band the parent from attending any further SJCA games.

Please read, sign and date both portions and return to the Athletic Director.

## **PARTICIPANT AND PARENT/LEGAL GUARDIAN AGREEMENT AND PERMISSION**

I, \_\_\_\_\_, being an SJCA athlete, have read in detail and agree to abide by the policies, guidelines, and expectation set forth in this handbook. I understand that playing sports is a privilege at SJCA and commit to doing my best to present my God, teammates, family, school, and self in a manner consistent with the philosophy set forth in this handbook.

\_\_\_\_\_  
Student Athlete's Signature

\_\_\_\_\_  
Date

I/We \_\_\_\_\_ being the parents/guardians of the above stated SJCA student athlete have read in detail and agree to abide by the policies, guidelines, and expectations set forth in the SJCA Athletic Handbook, the SJCA Parent/Student Handbook, the Parent's Code of Ethics, and the Athlete's Code of Honor and Statement of Commitment and agree to abide by the rules and guidelines stated therein.

I/We understand that it is a privilege to be involved with our child(ren)'s sports program, teammates, coaches, and competitions and commit to doing my/our best to represent my/our God, family, school, and self in a manner consistent with the philosophy set forth in this handbook.

I/We do understand that our child whose name appears above may only participate in athletics for SJCA. Transferring to another school after this form has been filed with SJCA will subject the student to the Ninety Day Rule.

I/We do understand that there are inherent risks in all athletics and that injuries do occur and will not hold SCISA or any of its agents, members, employees, or affiliate organizations responsible in the event of an accident or injury. We further authorize any/all emergency medical treatment for the student named above and will be responsible for any/all such costs.

I/We understand that this form is a binding contract.

Parent's Signature \_\_\_\_\_

Date \_\_\_\_\_

Parent's Signature \_\_\_\_\_

Date \_\_\_\_\_

Date received \_\_\_\_\_