



Revised
Student/Parent Athletic Handbook
2020-2021

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Dear Student Athletes and Parents,

On behalf of the entire faculty and staff at New Life Academy, we would like to welcome you to the Athletic Program! We believe that participation in athletics helps to provide a wealth of opportunities and experiences that assist students in personal growth and development.

I am very pleased that you have expressed an interest in the interscholastic athletic program. It has been my experience that students who get involved in extracurricular activities, whether it be music, drama, clubs, student government or athletics, have a much better and richer experience in Middle and High School.

We are very excited to be able to offer our students and opportunity with our sports program! It is the role of the Athletic Department to make rules governing competition. These rules need community support to be fully effective. This is best achieved through communication between the Athletic Director, students and parents.

Thank you for taking the time to read and familiarize yourself with the athletic hand book. I hope you understand the school's guidelines, policies, and expectations for our student athletes. Should you have any questions or concerns, please feel free to contact the Athletic Director.

Go Bobcats!

Tiffany Saunders

Athletic Director

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Philosophy of the New Life Athletic Program:

New Life Academy recognizes the importance of athletic activities in providing students with important opportunities for a well- rounded education. Students are taught lifetime values such as commitment, discipline, hard work, leadership, teamwork, support and physical fitness; all of which are the foundation for academic and life long success.

It is our mission to develop our students, not only as athletes but also their mind and spirit. Our students should Glorify God, be an example of "Christ like" love, play hard and have fun.

Our teams coaches and athletes will always strive to win, but not at the expense of character, positive attitudes, good habits, and good judgement.

We are a Christian school and are part of the North Carolina Christian Athletic Association. Our athletes and coaches should be known for their character and class; humble in victory and gracious in defeat.

Our athletic program is designed to develop, promote and provide the following: self-esteem, school spirit and pride, good citizenship, sportsmanship, cooperation, higher academic performance, responsibility, respect, positive role models, healthy lifestyles, and team building. We believe that sports should not only be rewarding, but fun!

New Life Athletic Program expects the following from each of our participating athletes to be worthy and represent teammates, coaches and the school.

Core Values

1. Christ
2. Responsibility
3. Integrity
4. Trust
5. Teamwork
6. Enthusiasm
7. Respect

ROLES FOR ATHLETIC DIRECTOR, PARENTS, SPECTATORS, STUDENTS, ATHLETES AND COACHES

Athletic Director

The Athletic Director is responsible for administering the Athletic Program at New Life Academy. His/her duties include but are not limited to: finding and training coaches, coordinating the athletic budget, scheduling games and coordinating practice schedules with schools and coaches of each sport, approving and scheduling transportation of athletes and officials, conflict resolution, and overseeing all aspects of the Athletic Department. He/She will advise staff, teams, coaches, and parents of any changes and communicate the needs to the school director or pastor.

The Athletic Director is expected to provide appropriate instruction and support to all coaches. He/She must also be a positive representative of the New Life Academy Athletic Department.

Code of Ethics for Spectators

Spectators should attempt to understand and be informed of the playing rules. Spectators should show compassion for an injured player and applaud positive performance no matter who they are.

Spectators should NOT heckle, jeer or distract players; and avoids the use of profane and obnoxious language and behavior.

Spectators should respect the judgment and strategy of the coach, and do not criticize players or coaches for the loss of a game. Please respect the property of others and authority of those who administer the competition also respect officials and accept their decisions, without gesture or argument.

Code of Ethics for Student Athletes

Academic performance is your primary responsibility. Students need to read and comply with policies outlined in the Athletic Handbook AS WELL AS your Coach's specific set of team policies. Please treat advisors, coaches and opponents with respect and dignity. Respect officials and accept their decision without argument or gesture.

Athletes need to exercise self-control at all times while setting an example for others to follow. Win without boasting, lose without excuse and never quit. Always remember that you represent New Life Academy and the community; it is a privilege to play **NOT** a right.

Athletes must return any equipment. Equipment that is lost, damaged or stolen is the responsibility of the participant and it is the responsibility of the participant to make restitution to the school.

Athletes should report any injury to the coach no matter how minor the injury may appear. If the injury requires a physician's care, the participant must have written permission from the doctor before returning to activity.

Athletes must attend classes the day of competition as well as the day after. Extracurricular activities are not an excuse for being tardy. Should an athlete need to leave for a match, the athletic director will inform the teachers. It is the student's responsibility to complete all work beforehand, if at all possible.

Failure to conduct yourself in an honorable and respectful manner, could result in game suspensions, ineligibility, or dismissal from the team.

National Federation of Middle/High Schools Code of Ethics for High School Coaches

- The responsibility of a coach is to teach Godliness, attitudes, proper habits, knowledge and skills. The athletic program is designed to enhance academic success. Each student/athlete should be treated as an individual whose welfare shall be primary at all times. The coach must be aware that he or she serves as a model in the education of the student athlete and, therefore, shall never place the value of winning above the value of character building.
- The coach must constantly uphold the honor and dignity of the teaching profession. In all personal contact with the student athlete, officials, athletic directors, school administrators, the state high school athletic association, conference participants, the media and the public, the coach shall strive to set an example of the highest ethical and moral conduct.
- The coach shall support and enforce school rules for the prevention of drug, alcohol and tobacco use and abuse, and under no circumstances shall authorize the use of these substances.
- The coach shall promote the entire interscholastic program of the school and direct his or her program in harmony with the total school program.
- The coach shall be thoroughly acquainted with contest, state, league, conference and local rules, and is responsible for their interpretation to team members. The coach shall abide by the letter and spirit of these rules at all times.
- Coaches shall actively use their influence to enhance sportsmanship by their spectators, working closely with spirit groups, booster clubs, and administrators.
- Contest officials shall have the respect and support of the coach. The coach shall not indulge in conduct that will incite players or spectators against officials or against each other. Public criticism of officials or players is unethical.
- Before and after contests, rival coaches should meet and exchange friendly greetings to set the correct tone for the event.
- A coach shall not exert pressure on faculty members to give student athletes special consideration.
- It is unethical for coaches to scout opponents by any other means than those adopted by the state high school athletic association and the league.
- It is the goal of the athletic department to meet the needs of students by introducing and eliminating activities based on the desires of the student body.

Code of Ethics for Parents of Athletes

- Encourage your child and team. Be enthusiastic! Show school spirit.
- Maintain a positive attitude whether your team is winning or losing.
- Refrain from being insulting or showing bad sportsmanship during the competition. Any problems or concerns should be brought to the attention of the coach or the athletic director at another time.
- Support the team with team sponsored events, such as fundraising initiatives, phone trees etc.
- Parents, as spectators, are expected to exhibit good sportsmanship at all times. Spectators, including parents, who, in the judgement of the Director, Athletic Director, and/or the site administrator, behave in ways that are **inappropriate** and in violation of the guidelines set forth, will be warned about the behavior and then will be asked to leave the competition, immediately.
- Respect the judgement and strategy of the coach.
- Do not criticize players or coaches for loss of game.
- Be mindful of the words that are said to your student athlete, following a competition. What is said can resonate within the mind of a young person, longer than may be presumed.

We appreciate all the assistance parents provide for their children and the athletic program!

Athletic Forms

The following athletic forms must be signed and returned before an athlete can attend the first practice/game:

1. Liability Waiver form
2. Sports Physical form
3. Emergency Contact form
4. Athletic Fee Contract
5. CoVid Waiver

These can all be found online under the athletics tab

It is New Life Academy's policy that all student athletes have a medical examination conducted. The Sports Physical form needs to be completed and submitted prior to the first practice. No student will be allowed to participate without this form.

Injuries and Illnesses

During the course of your athletic season, you may find it necessary to seek the advice of a healthcare practitioner for reasons other than orthopedic sports injuries (i.e., the flu, strep throat or other illnesses). Please remember to obtain medical clearance from your practitioner stating when your child can return to sports participation. A medical note stating, "may return to school" is not sufficient. The note must indicate "cleared to participate in sports". Orthodontic work and dental cleanings are the only exceptions.

Academic Eligibility

Academic Eligibility Defined: Student athletes must be **passing all courses with a "70" or above** in order to be eligible for competition. When a student-athlete receives a grade below "70" in one class, that student will be placed on academic probation for a period of 4 weeks. It is important to note that during the time of their academic probation the student athlete is still required to attend and participate in practice and games with their respective team, but will not be able to participate in any games. During the 4 week probation, the athletic director will work directly with the student athlete and the teacher to remain in contact regarding the status of the class.

Student Athletes with failing grades:

Student athletes will be **ineligible for competition** if they have a failing grade in a course on a progress report or on a report card.

1. The student/athlete remains on academic probation for a four week period until the next progress report or report card is issued.
2. The student/athlete must maintain passing grades in all classes. Eligibility is certified by the Athletic Director or Principal/ School Director.
3. A student who is not eligible according to the above guidelines, but who has a quarter GPA of 1.85 or higher, may have his/her eligibility reviewed by the Director and/or committee. Section 504 or and IEP status does not affect athletic eligibility.
4. If the athlete maintains a **failing** grade, he/she may be declared ineligible to practice or travel with the team. If the athlete does not improve the failing grade after the probation period he/she may be removed from the team.

Process:

Once progress reports and/or report cards have been distributed, the Athletic Director will meet with students that have been identified as ineligible (on an individual basis). The Athletic Director will contact the student's parents to review with them the eligibility process and their due process rights as outlined in this document. The process will start two days after progress reports/reports cards have been distributed.

Student Athletes with Incompletes:

If a student has an incomplete, the student is eligible as soon as the incomplete is converted to a passing grade. If the incomplete becomes an F, ineligibility regulations apply.

Conduct Eligibility:

Student athletes are expected to maintain satisfactory conduct in all classes. Any student-athlete who does not maintain satisfactory conduct in class will be subject to a behavioral probation that will follow the same 4 week guidelines as the academic probation.

Communication for Athletic Concerns

Good communication is critical in athletics, on and off the field/ court. A communication plan is in place to assist and improve communication between parents, Coaches and administrators; Ultimately for the benefit of the student and their experience.

Involvement in athletics and activities will allow the students to experience some of the most rewarding times of their lives. However, there will likely be times when things don't go their way or they will disagree with a Coach. It is important that students and parents realize these difficult situations are as much a part of the learning experience as are the good times.

The Coaches work hard to do the best they can for all of their athletes, and we ask the students and parents to respect the fact that their decisions are often extremely difficult, and are made based on factors of which students and parents may not be aware. The student, *not the parent*, is strongly encouraged to talk to the coach about any issues or problems that arise during the season. This is not only the most direct and productive means of communication, but also a valuable method of teaching responsibility. This will also help build the confidence of the player to have courage to talk with an adult about something that may be bothering them, which provides a fantastic learning opportunity!

Communication the PARENT should expect from your child's COACH:

- The coach's philosophy and criteria for the team selection process.
- Specific team policies and consequences for when policies are not followed or training rules not adhered to.
- Expectations the coach has for your child as well as all the players on the squad.
- Locations and times of all practices and contests.
- Team requirements, i.e. practices, special equipment, out of season conditioning.
- Any special events or activities planned, including optional team garments that the team is considering to purchase.
- Procedure to follow should your child be injured during participation.
- Specific ways to improve an athlete's ability/ skills.

Appropriate concerns PARENTS should discuss with COACHES:

- Notification of any schedule conflicts in advance.
- Specific concerns with regard to a coach's philosophy and/or expectations
- If their child, at any time, feels threatened or uncomfortable in any way by actions of teammates or coach(es).
- Any specific information that the parent feels would be of value to the coach to help him/her coach their child.
- Any specific information that the parent feels would be of value to the coach to help him/her coach their child.
- Ways the parent can help the child improve.
- Any concerns a parent may have about their child's behavior or performance in or out of school (Oftentimes a coach may have a very positive influence in the lives of their athletes). It is recognized that situations may arise where parents find it necessary to raise a concern with a coach, and it is imperative the parent(s) adhere to the following communication guidelines.

Protocol for registering concerns:

1. Contact the coach first, to set up a meeting.
2. If the coach cannot be reached, contact the Athletic Director.

MOST IMPORTANTLY

3. DO NOT CONFRONT A COACH BEFORE, DURING OR AFTER A PRACTICE OR CONTEST. THESE CAN BE EMOTIONAL TIMES FOR BOTH PARTIES. MEETINGS OF THIS NATURE DO NOT PROMOTE RESOLUTION. 24 hour rule may be applied here.

It can be very difficult to accept your child's not playing as much as you may hope. They make judgement decisions based on what they believe to be best for all students involved. As you have seen from the list above, certain things can be and should be discussed with your child's coach. Other things, such as those listed below, must be left to the discretion of the coach:

Issues NOT appropriate to discuss with coaches:

1. Playing Time
2. Play Calling
3. Team Strategy
4. Other student athletes

There are situations that may require a conference between the coach and the parent. In most instances, it is vital that the athlete and athletic director be present. It is important that all parties involved have a clear understanding of the other's position as a resolution is reached.

Next Steps after parent/athlete coach meeting:

What a parent can do if, in their opinion, the meeting with the coach did not provide a satisfactory resolution:

1. Call and set up an appointment with the Athletic Director and Director to discuss the situation. (335-5812)
2. After this step, an additional meeting may be held with the athlete included to resolve any conflict and find a resolution.

Other Important Points:

Please do not discuss with your child a coach's tactics or playing strategies, starting lineup decisions, or decisions a Coach makes about the playing time of other players. This will only undermine the Coach's ability to help your child improve, to develop team harmony and develop constructive team play. New Life Academy has established a variety of co-curricular activities because they teach valuable athletic, academic and life skills. Research indicates a student involved in co-curricular activities has a greater chance for success during adulthood, as many of the character traits required to be a successful participant are exactly those that will promote a successful life after high school.

The intent of this communication plan is to help make the experience with New Life Academy's athletic program more enjoyable and productive for all athletes, coaches, parents and fans. If you are in any way interested in Coaching or helping with any other areas of our athletic department, please feel free to contact our Athletic Director for open opportunities.

SOCIAL MEDIA

Student athletes represent New Life Academy all year, not just during the sports season. As a result, New Life Academy encourages safe, RESPECTABLE and responsible student behavior with regard to internet use. We highly recommend our students avoid inappropriate use of public web sites such as Myspace, YouTube, Facebook, Instagram, TikTok, SnapChat, Twitter, Pinterest or any other such sites. Any identifiable image, photo, video, or posted on-line conversation which implicates a student athlete to have been in violation of our Alcohol and Drug Policy, Student Code of Conduct and Athletic Code of Ethics, may be investigated and action taken by the administration.

Performance Enhancing Supplements or Drugs

Healthy student athletes do not need supplements. Our students are encouraged to maintain a healthy diet, lifestyle, and exercise regimen in order to optimize performance. Use of illegal performance enhancing substances such as anabolic steroids, diuretics, HGH, etc., is now included in our athletic training rules and will result in dismissal from the team. There are many other commercially available products (such as creatine and other nutritional supplements) marketed for the purpose of enhancing athletic performance. We advise against the use of these products – studies on their long terms effects are incomplete, and

they may be detrimental to the health and performance of young student athletes. They potentially can be dangerous when used inappropriately.

Travel

Athletes are able to travel to and from events in school transportation, if needed. Coaches may use their discretion in allowing athletes to ride home with their parents when permission is obtained in advance or verbal permission is granted at the time of the event. If the family will be transporting their student athlete to a contest, please let the athletic director and coach know, in a timely manner.

Awards Criteria/ Lettering

The recognition for successful participation in an activity is important to the participants, the school, and the community. All awards will be decided between the coaches and the Athletic Director.

1. All junior varsity and varsity participants will receive a certificate of participation.
2. There will be an end of the year awards banquet for all athletes and their families to present major awards to student athletes.

High School Varsity student-athletes have the opportunity to earn a varsity letter based on their participation. While the requirements for lettering may vary from sport to sport, general guidelines include the following criteria:

1. Good practice habits
2. Knowledge of and compliance of rules
3. Sportsmanship and be coachable
4. Regular attendance at practices and games

Policy on School Attendance for Athletes

An athlete with an unexcused absence from school may not participate in any athletic practice or game on that day.

Students who miss class as a result of an extracurricular contest or excused absence are expected to make up work as soon as possible. This may include after school sessions. Oftentimes, students can complete most of their work beforehand. Participants and coaches should understand that practice is not an acceptable excuse for failing to complete make-up work or for failing to attend after school help sessions.

Policy for Practice Attendance

Each Coach is entitled to have their own specific set of attendance/tardy policies which will be communicated at the beginning of the season. Missing practices during school vacations or extended breaks is always a concern and depending upon the game schedule, different coaches may have different consequences. As a courtesy to the coach and fairness to the team, it is vital and expected that the athlete, and if necessary the parent, communicates any vacation plans, or any other situations that may require the athlete to miss practices, to the coach well ahead of time. When parents and student athletes choose to take family vacations during a sports season, it must be understood that

the time missed by the student athlete may affect team performance and chemistry. Student athletes who miss practices or competitions for reasons related to vacations can (and likely will) have their playing time adjusted. The coaching staff certainly recognizes that there are extenuating circumstances that may lead to an athlete missing practices.

Hazing and Harassment

Hazing and harassment will not be tolerated in any form. Harassment is defined in the NLA Student handbook as any type of physical activity that adversely affects the mental or physical safety of the student; any activity involving the ingestion of a substance that could cause risk or harm; any activity that causes the student extreme mental stress; or any activity that induces or causes the student to perform a crime or an act of hazing. A person is considered to have committed an act of hazing when he/she engages in hazing; solicits, encourages, directs, or aids hazing; or intentionally, knowingly, or recklessly permits hazing to occur. It is not a defense of one's actions that the person against whom the hazing is directed has consented in the hazing activity.

Drug, Alcohol and Tobacco Policy

We support zero tolerance in regards to drugs, alcohol, or tobacco at any time during the season. Please be aware that athletes who violate the procedures around substances are subject to school and athletic consequences.

New Life Academy prohibits the purchase, use, possession, and being under the influence, possession of a reasonably related alcohol or drug device, participation in a related incident or any refusal to cooperate with an investigation. School violations include all activities in school and in all buildings and grounds owned, operated, or rented by New Life Assembly of God and/or New Life Academy, or any other school sponsored activities.

VIOLATIONS DURING THE SCHOOL DAY OR AT A SCHOOL SPONSORED EVENT:

If athletes are found to be in violation of this policy according to the above criteria during school times or at a school sponsored event during the season, the athlete shall have the consequences from New Life Academy's Policies as well as the athlete consequences outlined below. To review the New Life Academy Policies concerning substances please see the New Life Academy Student Handbook to review those specific policies.

VIOLATIONS OUTSIDE OF THE SCHOOL DAY OR NOT AT A SCHOOL SPONSORED EVENT:

If a NLA athlete is found to be in violation of the zero tolerance expectation anytime during the season (at a school sponsored event or not), a hearing will be held with coaches, athletic director, school administration and pastor to determine consequences.

NCAA and Collegiate Eligibility

Students may wish to participate in intercollegiate athletic activities upon completion of High School. In order to be academically eligible the NCAA requires certain minimums on high school core courses, grades, and Sat/ACT standardized test scores. It is the responsibility of the student to monitor his/her status with regard to meeting NCAA requirements. Any questions in this area may be directed to the Athletic Director. Students that wish to pursue this avenue should reach out to their AD prior to their sophomore year.

Community Service

All teams are strongly encouraged to design and implement a community service project each season. The rationale behind this: to bond as a team, to learn to work together, and most importantly, to give back to the community in which they live. Coaches should submit a news release of the event, preferably with a photo to the Athletic Director.

Coaches Responsibility to the School

Coaches are expected and required to be familiar with all school policies and procedures and follow them at all times. Failure to support NLA in these ways, will seriously affect the coach's status at the school. Coaches are responsible to turn in all information requested by the Athletic Director. All Coaches undergo a background check and specific training to ensure they are prepared.



Athletic Handbook Acknowledgement 2020-2021

I have read, acknowledged and understand the policies and procedures of the New Life Academy Athletic Program. I have reviewed these policies and procedures with my child/children.

Student Name

Grade

Student Signature

Date

Parent Signature

Date