

Athletic Handbook (2020-2021)



A ministry of



AHOSKIE CHURCH
FREE WILL BAPTIST

Academic Excellence

Christian Perspective

Proud member of the North Carolina Christian School Association
and the Southeastern Association of Christian Schools

Sports Participation

The purpose of the A.C.S. athletic program is to provide a showcase of the talents and Christian testimonies of our young people. It is also provided to instill in our students an attitude reflecting Christian character in competitive sports. This document governs all J.V. and Varsity sports, cheerleading, and any other athletic event the administration deems necessary. This document DOES NOT apply to the Junior Warriors basketball program.

1. As our school participates in athletic events, we expect all coaches, athletes, students, and parents/guardians to always conduct themselves in a Christ-like manner. Unsportsman-like conduct will not be tolerated by anyone. Such conduct can result in being prohibited from participating in or attending athletic events.
2. We expect all coaches, athletes, students, and parents/guardians to honor the A.C.S. dress code as well as the rules and regulations of the participating schools.
3. Athletes are expected to be prompt to all practices and games.
4. Participants in any sports activity are required to be at all practices. Permission to miss a practice must be obtained ahead of time from the head coach. Athletes who miss practices or games for unexcused reasons will be disciplined.
5. During practices, players are not allowed to leave the practice areas unless the coach is willing to take personal responsibility for them. A note should be sent to the coach if a player must leave practice early. While waiting for practice to begin, a player who does not drive a vehicle to school is not allowed to leave school grounds without a note from the parents allowing them to do so.
6. Players may ride back with their parents from away games as long as the coach has been notified. Any other players not riding back with the team must have permission from the coach and a written note from their parents giving them permission to ride with someone else.
7. Parents and all students involved in sports are required to assist in athletic fundraisers.
8. Athletes are not to have any electronic devices, including cell phones, out at practice or during game time. If extenuating circumstances require a student to have his or her phone at one of these events the student must obtain permission from the head coach.
9. An annual fee of **\$80.00** is required for sports participation.

10. Money received to participate in the athletic program will be first applied to any past due amounts owed to the school. Therefore, accounts must be current in order for the student to participate in the athletic program.
11. We feel that the ones leading our young people here at A.C.S. do not only need to be able to equip the young athletes to participate in sports but also to be a spiritual guide to them as well. Therefore, the athletic director, head coaches, and assistant coaches, must hold a faithful attendance record at church to be eligible for such a position.
12. Any person desiring to be a head coach or assistant coach must be interviewed and approved by the athletic director. Candidates must also submit to a standard background check.

Athlete Eligibility Requirements

While we at A.C.S. recognize the importance of a well-rounded scholastic approach, we give priority to a student's academic progress. The student's participation in extracurricular sports is contingent upon this progress.

1. The athlete is responsible for maintaining a passing grade in all of his or her classes. If any of the athlete's grades are considered failing (64 or below), then the athlete is deemed ineligible to participate in athletic events.
 - A. If an athlete is failing a class, he or she will still be allowed to participate in team practice sessions but is NOT allowed to participate in or dress out for games.
 - B. The athlete's grades will be reviewed every **two** weeks to determine whether he or she is eligible to resume full participation. The decision to reinstate an athlete is made between the teacher of the class in which the athlete was failing and the athletic director; however, final authority rests with the athletic director.
 - C. If there are grades of "Incomplete" at the end of a nine-week grading period, the student may be ineligible on a game-by-game basis until all incompletes are converted to satisfactory grades as determined by the principal. Reinstatement of the athlete must be done by the athletic director.
 - D. Athletes do not have the authority to reinstate themselves after being suspended from participation; only the athletic director can reinstate an athlete. An athlete who has been deemed ineligible who attempts to participate in a game without being reinstated may be subject to further suspension from the athletic program. Athletes must realize that even if

they are able to correct their grades, they are still ineligible until the athletic director as reinstated them.

2. If a student is absent or goes home early, they will not be allowed to go to practice or play in a game if scheduled for that day. If a student is absent, tardy or leaves early the day after a game, they will not be allowed to play in the next game. The only exception to this rule would be for a regularly scheduled doctor or dentist appointment.
3. A.C.S. expects full cooperation from students and parents in our athletic program. If at any time the administration and coaches feel that this cooperation is lacking or that the student is portraying a behavior or attitude problem, the student may be benched or released from the team.
4. We expect our students to portray a Christian testimony and practice good sportsmanship at all times with their own teammates and other teams against which we are playing. If a student's attitude or behavior is not reflective of good sportsmanship and Christian character during a game, disciplinary action may be taken by the head coach or athletic director.
5. If a student is suspended from school, they will be suspended from the next game.

Health and Safety

1. All students are required to have proof of an annual physical on file in the school office. Students who haven't received an updated medical physical in the last year will be not be allowed to participate in team practice sessions or dress out for games until the physical is on file. It is the responsibility of the student and parent/guardian to make sure this is done on time. There will be no exceptions made to this rule.
2. If a student is injured to the degree that they are unable to participate in an athletic event, that student must receive medical clearance from a healthcare professional before he/she will be allowed to participate in school athletics again (this includes team practice sessions).
3. A.C.S. takes no responsibility for injuries that students may experience in the athletic program. We do not carry insurance on students for injuries that may be experienced. By signing this handbook, the parent/guardian and student athlete agree that they understand and accept the potential risks that come with playing athletic sports. The parent/guardian also agrees not to hold A.C.S. or its affiliates responsible for injuries sustained as a result of athletic participation.

Dress Code

A.C.S. expects all students and coaches to abide by the school's dress code concerning athletics. Failure to adhere to these regulations may result in disciplinary action.

1. During all sports practices, participants may wear sleeveless shirts, (no tank tops or spaghetti straps,) and knee length shorts. Undergarments must not be visible.
2. For away games, teams have the option to choose their dress code; however, once decided at the beginning of the season consistency is required for the rest of the season. Ultimately, the decision rests with each head coach. Whatever decision is made applies to every athlete on the team. There are two options teams can choose from:
 - A. Traditional Dress Code
 - i. Boys: Dress shirts with appropriate ties, dress pants with no jeans accepted, dress shoes with no form of tennis shoes or basketball shoe accepted.
 - ii. Girls: Appropriate and modest dresses or skirt and blouse (with no spaghetti straps, no visible undergarments and no clinging material). Dresses and skirts must come to the knee. Dress shoes, with no form of tennis or basketball shoe accepted.
 - B. Team Jerseys – Athletes can dress out for the game **before** they arrive at the other team's facilities. During the school day the athlete is expected to follow A.C.S. dress code.
3. We expect our students to dress modestly at the annual sports banquet:
 - A. Boys: Dress shirts (ties are optional), dress pants with no jeans accepted, dress shoes with no form of tennis shoes or basketball shoe accepted.
 - B. Girls: Appropriate and modest dresses or skirt and blouse (with no spaghetti straps, no visible undergarments and no clinging material). Dresses and skirts must come to the knee. Girls may also wear appropriate dress pants if desired. Dress shoes with no form of tennis or basketball shoe accepted.
 - C. Any athlete who violates the dress code at the sports banquet will be asked to leave.

Addendum for the 2020 Volleyball Season

Due to the COVID-19 virus and the restrictive guidelines that have been implemented by national, state, and local officials, the NCCAA, and the administration of A.C.S. the athletic department has mandated the following changes for the 2020 Volleyball season:

1. All student athletes and at least one parent/guardian must sign an NCCAA COVID-19 waiver in order to participate. This waiver will be sent home at the next volleyball practice.
2. The volleyball team must dress out for away games at school. Not all schools in the conference will be providing locker rooms for the teams; therefore, it is necessary for the girls to dress out in their uniforms before leaving A.C.S. for the away game.
3. Team athletes will be allowed to ride on the van to away games; however, no other person will be allowed to ride on the vans (i.e., friends, siblings, etc.). Only team personnel and student athletes will be on the van. We do highly encourage parents/guardians to provide separate transportation for their child if possible. This will decrease the number of people on the vans and will decrease the likelihood of transmission of COVID-19 from an infected individual. There will be no exceptions to this rule.
4. A.C.S. students choosing to do remote learning will not be eligible to play volleyball during the 2020 season. Only students who are participating in traditional in-classroom instruction will be on the team roster.
5. Siblings of players who stay after school for volleyball will not be allowed to stay in the gymnasium after school.
6. If any player on the team (J.V./Varsity) tests positive for COVID-19 at any point during the season, all games will be suspended for 14 days. The student athlete who tested positive for COVID-19 will be required to self-quarantine from the team and school as indicated in the A.C.S. COVID-19 policies and procedures.
7. Only student athletes on the team volleyball roster, parents/guardians of student athletes, coaches, and other official team personnel will be allowed to attend practice sessions.
8. Basketball and volleyball practices will not be held on the same day.

AHOSKIE CHRISTIAN SCHOOL ATHLETIC HANDBOOK

I HAVE READ AND UNDERSTAND THE A.C.S. ATHLETIC HANDBOOK AND AGREE TO FOLLOW THE RULES AND REGULATIONS OF THE SCHOOL. I ALSO UNDERSTAND AND ACCEPT THE CONSEQUENCES OF VIOLATING THE RULES, POLICIES, AND REGULATIONS THERE ARE SET FORTH IN THE A.C.S. ATHLETIC HANDBOOK.

STUDENT SIGNATURE

DATE

PARENT SIGNATURE

DATE

***This sheet must be turned in before the first game of the season.**