

Wilmington Christian Academy



Athletic Handbook

www.wilmingtonchristian.com/athletics

Wilmington Christian Academy Philosophy of Athletics

“Let your light so shine before men, that they may see your good works and glorify your Father which is in Heaven.” Matthew 5:16

The athletic staff of WCA desires to see our athletes glorify our Father in all that they do. Athletics and physical education are an integral part of a Christian school education but should never be placed above academic or spiritual training.

The sports guidelines of WCA will be followed by all who participate in athletics. All parents are expected to support the standards and goals of WCA. Parents should keep the long-range goals foremost in mind when decisions and policies are made that limit or eliminate a student’s participation in athletics.

The prevailing attitude among all those connected with the sports program a WCA should be “I want Christ to be evident in my life.” Such an attitude will model Christian character. We believe that the following attributes are among many that can be taught through a quality program of athletics.

1. **OBEDIENCE AND RESPECT** – Do what your coaches and others whom God has put in authority over you tell you to do with a good attitude.
2. **DILIGENCE** – Use all your strength and ability to finish the task whether it is drills, conditioning, competing in a game or any worthwhile activity.
3. **RESPONSIBILITY** – Do everything that is expected of you whether directly supervised or not – our staff will not baby sit.
4. **DETERMINATION** – Determination will make an average athlete a great athlete.
5. **CONFIDENCE** – Confidence is a result of quality practice and preparation. Give as much effort to practice as you would a game.
6. **INTENSITY** – Give a “total release” performance at all times. Stay focused on the task at hand.
7. **PERSEVERANCE** – If winning wasn’t important, there wouldn’t be scoreboards! Winning is the object of competition. If you have done your best, there are NO regrets.
8. **TEAMWORK AND UNITY** – Teamwork is vital to successful athletics. WCA will not become an arena for self-glorification.

WCA STUDENT SPORTS PROGRAM

I. INTER-SCHOLASTIC SPORTS OFFERED AT WCA

A. Fall

Middle School, JV and Varsity Volleyball
Middle School and Varsity Soccer
Cross Country

B. Winter

Middle School and Varsity Girls Basketball
Middle School, JV and Varsity Boys Basketball
Middle School and Varsity Cheerleading

C. Spring

Middle School and Varsity Girls Soccer
Middle School and Varsity Boys Baseball
Golf

II. STUDENT REQUIREMENTS FOR PARTICIPATION

A. Preliminary responsibilities:

1. Each athlete must have a signed NCCSA/WCA Liability Waiver Form on file before participating in any athletic event.
2. Each athlete must have an updated physical before each new school year. The athlete cannot compete in try-outs, practices or games without an updated physical. One physical per year takes care of all sports for the year.
3. Anyone interested in trying out for a team must be at the first try-out practice of the season. The coach must be notified ahead of time if he/she is going to miss the first try-out/practice for an excusable reason (illness, death in family, etc.). New students enrolling in the Academy after the initial try-outs may request an individual try-out to be granted at the coach's discretion.
4. Each athlete must return the form in the back of this handbook to his/her coach before he/she will be allowed to participate in his/her first sport of the year.

B. Game and practice attendance/conduct requirements:

1. Once the student has joined a team they have committed themselves to that team until the last game is completed.
2. Players or cheerleaders must be at every practice or game unless excused for one of the following reasons:
 - a. Verifiable person illness
 - b. Death in family

- c. Previously scheduled church commitment
 - d. Emergency absence pre-arranged with coach
 - e. Out of town trips during scheduled school vacations
3. WCA is very supportive of the many local churches represented in our student body. We will not schedule a game on Wednesday or a practice or game on Sunday that would interfere with a regularly scheduled worship service.
 4. Discipline policies for unexcused absences from practice will be administered by the individual coach.
 5. All athletes must be on time for practice. The coach will announce the starting time for his/her practice. "On time" means dressed and on the floor or field ready to practice. Every tardy will result in a penalty of extra conditioning after practice. Excessive tardiness can lead to suspension.
 6. Discussion with game officials should come from the coaches and team captains and not from individual players.
 7. The use of profanity will not be tolerated. The use of profanity on or off the field/court may result in at least a one-week suspension from the team and at least one game missed. Continued use of profanity will result in expulsion from the team.
 8. Fighting during athletic events will result in suspension from one or more games. More severe discipline may be enacted depending upon the circumstances.
 9. Any athlete receiving a technical foul for conduct (attitude, arguing with officials, etc.) will automatically sit out the first half of the next game.
 10. Any and all technical fouls or red/yellow cards must be reported to the athletic office the following morning.
 11. Athletes are to be good representatives of Christ and WCA on all road trips. Failure to do so may result in suspension or dismissal from the team.

C. Rules for Eligibility for Participation in Practices and Games*

1. To be eligible for a game, an athlete must attend at least a half day of school on a game day.
2. If a student makes an "F" in any subject on a report card or progress report, he/she will be declared ineligible until the next report card or progress report.
3. Students must maintain a "C" average in core subjects on each report card or progress report or he/she will be declared ineligible until the next report card or progress report.

4. Evaluation:
 - a. Grades will be evaluated in the Athletic Office after teacher grades are due.
 - b. The Athletic Office will email a report of ineligible players to teachers.
 - c. Teachers must respond before progress reports or report cards are issued.
 - d. Once report cards or progress reports are issued eligibility is final, unless an incomplete is listed for a subject.
5. One or more incomplete grades in core courses – no participation until work is completed. Consideration may be given for incompletes due to extended consecutive day absences.
6. At the end of a semester, athletic eligibility will always be based on the average from the just completed nine weeks grades not the semester average.
7. Each athlete starts the new season with full privileges.
8. An athlete on academic probation is to attend all practice sessions and attend all home games and sit on the bench with the team dressed in game day dress.
9. Eligibility will be issued in the morning and take effect the next school day.
10. If an athlete becomes ineligible twice in the same season, that student will not be allowed to participate with the team for the remainder of the season. This includes post-season tournaments.

*Any exception to this policy is at the discretion of the administration.

D. Quitting

1. Character is not built by quitting. Trying times are not times to quit trying.
2. A student may drop off the team anytime before the third practice without penalty. After that period of time, no student may quit the team without penalty. There should be a strong sense of belonging to the teams even when personal injuries would restrict the individual's participation in practices and games. An injured player is to be at all practices and games as if they were healthy.
3. Any athlete who quits a team will sit out the next consecutive sport season, plus the next season of the sport he quit. For example, if an athlete quits the basketball team, he/she would have to sit out of the spring baseball/softball and the next basketball season. Very rarely there might be an unusual circumstance that would deem it necessary for an athlete to leave a team. In this scenario, the decision would be left to the discretion of the Athletic Director and Administration.
4. Any player who quits will be removed from the team roster and forfeits any post-season awards.

E. Transportation

1. This policy applies to all off-campus games and tournaments when transportation is provided by the school. It does not apply to activities for which the school does not provide transportation.
2. Adequate school owned or rented transportation will be provided for all athletic activities. All team members, cheerleaders, managers, statisticians and scorekeepers must travel to the game on the school-provided bus or van. No one other than the driver or coach's immediate family may ride on the players' bus. The only exception to this rule would be at the discretion of the Administration.
3. A team member may ride home from an off-campus game with his/her parents or legal guardian provided the coach has been notified prior to leaving the game.
4. An athlete may ride home from an away game with a friend's parents if the athlete's parents have provided the coach with a signed consent form authorizing their student to ride with that driver.
5. Only a DMV-approved driver, 21 years old or older, will be allowed to drive athletic transportation.
6. Transportation policy for In-town Games:
 - a. If a student has a driver's license, they may drive to the game but may not have any other WCA students as passengers (excluding siblings). WCA car registration/permission may be obtained in the main office.
 - b. If a student does not have a driver's license, they will need to ride the bus to and from the game, unless their parent picks them up from the game.
 - c. If parents want to take their own children to the in-town game they may.
 - d. In-town games include Ashley, Cape Fear Academy, Coastal Christian, Hoggard, Laney, New Hanover and Heidi Trask and Topsail in Pender County.
7. All book bags and larger bags are to be stored in the compartments under the travel bus. **No bags on the bus.**
8. No portable music players are to be taken on trips. Cell phones may be used for calling, but not as music players. No headsets are to be taken.

F. Uniform and Equipment

1. The student is responsible for any equipment or uniforms issued to him/her and should be returned in good condition.

2. Equipment or uniforms that are lost or damaged due to negligence will be charged to the athlete.
3. School athletic uniforms are only to be worn for games and no other occasion.
4. Students may be responsible for washing and drying their uniform after each game. Wash the uniforms in cold water using a mild detergent and no bleach. Allow to drip dry or dry on a very low cycle in the dryer. Do not wash with other clothes to avoid the risk of fading.
5. All uniforms and equipment must be returned to the coach within three days after the last game of the season.
6. Any athlete who does not return the school uniform or equipment may have his report card held and cost for replacement charged to his school bill. An athlete will not be allowed to participate in another sport until all overdue uniforms and equipment has been returned.

III. AWARDS AND LETTERS

- A. Middle school athletes are not eligible to receive a letter. However, awards will be given for Best Offense, Best Defense, Most Improved, Coach's Award and Sportsmanship. These awards will be given at a special awards chapel.
- B. Junior varsity athletes are not eligible to receive a letter; however awards will be given at the Varsity Awards Banquet.
- C. A Varsity player may earn a letter by playing at least half the playing time for a season.
 1. First-year lettermen will receive their letter and an insert for each sport lettered in. They will receive one chevron for the first year they lettered.
 2. Second-year lettermen will receive a second chevron. If they letter in a sport they did not letter in previously, they will be given an insert for that sport.
 3. Third-year lettermen will receive a third chevron. If they letter in a sport they did not letter in previously, they will be given an insert for that sport.
 4. Fourth-year lettermen will receive a fourth chevron. If they letter in a sport they did not letter in previously, they will be given an insert for that sport.
 5. Only WCA varsity lettermen jackets are to be worn on campus and only by those who have earned them.

D. Sport Banquet

1. A Sports Banquet will be held each spring to recognize students who have had outstanding achievements for that school year.
2. Only athletes who finish the season and are still on the team roster will be recognized at the banquet.
3. At the banquet each Varsity coach may present the following five awards for outstanding achievement:
 - a. Major Varsity Sports – up to five awards
 - b. JV Sports – up to four awards
 - c. Minor Sports – up to three awards
 - d. Middle School Sports – up to four awards
 - e. Some examples for awards are as follows:
 1. Best Offensive Player
 2. Best Defensive Player
 3. Most Improved Player
 4. Sportsmanship
 5. Coach’s Award (can substitute another area of achievement)
4. The “highest” award given at the Sports Banquet is the Patriot Cup. A Patriot Cup can be presented to one male and one female athlete. Coaches will meet before the Sports Banquet and select these awards from those athletes who meet the following criterion for the current year:
 - a. Must be a Junior or Senior
 - b. Demonstrates strong Christian character
 - c. Participated in at least two varsity sports and lettered in both
 - d. Demonstrated responsibility in academic endeavors
 - e. Demonstrated positive leadership abilities in their athletic participation

IV. CHEERLEADING

- A. Tryouts for cheerleading squads will be held in the spring. The varsity coach will announce the tryout dates several weeks in advance.
- B. The varsity cheerleading coach will determine the judging procedure to be used during the tryouts for all squads.
- C. Each cheerleading coach will determine the number of positions available per squad. It may vary from year to year.
- D. The squad lists will be posted the first Monday following the conclusion of the tryouts.
- E. The process for selecting captains will be determined by the coach of each squad.

V. MISCELLANEOUS

- A. Cleats are not to be worn on the gym floor at any time.
- B. Athletes practicing in the gym are not allowed to wear the shoes that they wore as they entered the gym. They must have gym or basketball shoes worn exclusively in the gym.
- C. Eating or drinking in the gym proper is not allowed.
- D. An athlete must be appropriately clothed and wearing shoes to enter any of the academic buildings while wearing P. E. or athletic attire.

VI. SUMMER PROGRAMS

- A. Many of our coaches will schedule camps, clinics or open gym times in the off-season and summer.
- B. Notification will be given will in advance for these events.
- C. We strongly encourage athletes to make arrangements to attend these sessions.
 - 1. We understand that summer is “family time”
 - 2. We are not “requiring” these activities, but for the program to be competitive, these activities are necessary.
 - 3. If we don’t have players present we can’t make proper use of the opportunities.

VII. A WORD TO PARENTS AND SPECTATORS

Wilmington Christian Academy students are all aware of the standards set forth by our school, but you may be unaware of what we expect from our spectators. Therefore, we have listed a few things to keep in mind when you attend a WCA athletic event.

- A. WCA’s goal is to present a positive testimony for Jesus Christ at all times. This is especially true during our competitions with other schools whether Christian, private or public. The word Christian means “Christ-like”. It is your responsibility as a parent, fan or spectator to represent properly Christ and WCA at all times. This certainly applies to all athletic events at home or away.
- B. As difficult as it may be for some, comments and remarks to game officials and opposing team’s coaches or players should be positive. Antagonizing, acoustical remarks hurt our school’s testimony as well as our team’s relationship with the officials.

- C. Please do not coach our athletes from the bleachers. We have good, capable coaches who are trained for that job.
- D. Do not criticize! As fans you may sometimes feel that you are able to do a better job than the coach. Despite your feelings you must realize that coaching is not your responsibility.

ATHLETES' MINIMUM DRESS REQUIREMENTS

SPORT	DURING SCHOOL	TRAVEL AND ARRIVING AT GAME	LEAVING GAME
Volleyball	School attire	Uniform or matching team warm-ups	Uniform or matching team warm-ups
Cross Country	School attire	Game uniform	Team warm-ups or wind pants
Cheerleading	Uniform	Uniform or matching team warm-ups	Uniform or matching team warm-ups
Soccer (Boys)	Dress shirt, tie and dress pants (no blue jeans) or school uniform (coach's discretion)	Game uniform	Uniform or wind pants
Basketball (Girls)	School attire	School attire or uniform team warm-ups	School attire or uniform team warm-ups
Basketball (Boys)	School attire	School attire or uniform team warm-ups	School attire or uniform team warm-ups
Soccer (Girls)	School attire	Game uniform	Game uniform
Baseball	School attire	Game uniform	Game uniform

ATHLETIC HANDBOOK FORM

This form is to be turned in to the coach before an athlete participates in their first sport of the school year.

I have read and understand the rules, regulations and guidelines in this handbook. I agree to abide by these rules, regulations and guidelines.

Parent's/Guardian's Signature

Date

Athlete's Signature

Date

Dear Parents,

Having made a sports team, your child will be making numerous team trips to opposing schools both in and out of the Wilmington area. All of these trips will require your athlete to be transported to the game and back, sometimes arriving back at WCA quite late in the evening. Some trips, especially Regional and State Tournaments, may require an overnight stay.

Your child will always be adequately supervised and cared for to the best of our ability on these trips. We are asking you as parents to sign this one-time permission request for your athletes to participate in all school sanctioned trips. In case of an emergency and you cannot be reached, this signature will give the coaching staff permission to act and/or make decisions on your behalf.

Thank you for your cooperation.

Sincerely,

Craig Tucker
Athletic Director

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I give _____ permission to travel to and from
(Student's Full Name)
any sports trip on school provided transportation. In case of an emergency, I understand that every effort will be made to contact the athlete's parents or guardians. In the event that I cannot be reached, I hereby give permission to the physician selected by the chaperons to hospitalize, secure proper treatment for, and/or order injection of anesthesia or surgery for my child.

Parent's/Guardian's Signature

Home Phone #

Emergency Phone #