



**Cornerstone Christian Academy  
Bulldogs**

**Student-Athlete Handbook  
2016-2017**

## **Cornerstone Christian Academy Mission**

Strengthen Foundations For Future Generations

## **CCA Athletic Motto**

Pursuit of Excellence through Christ

## **CCA Athletics Purpose Statement**

Our commitment is to prepare our athletes for the ultimate test: life as a follower of Christ. Athletics are a vital part of the Christian educational process and are an important component in fulfilling the vision of CCA. The CCA athletics program exists to provide programs which pursue excellence by allowing students to identify and use their God given gifts and talents, enable them to increase their skill level, develop excellence in Christian character, stress the importance of academics and enhance their overall competitive development in a Christ-like manner.

## **Statement of Philosophy**

With God's help, players will graduate as exemplary young men and women. Our focus is eternity, by helping athletes encounter God and develop a genuine faith. The CCA athlete is offered immeasurable athletic opportunities to develop Christ-like character traits participating in competition that mirrors life's challenges. The value of athletics is not found solely in the achieving of athletic goals, though these goals must be strived for with diligence. The true value of athletics is found in the changes and experiences that the process of striving for the goal produces in the lives of the people who are directly or indirectly involved with our athletic program. Ultimately, athletics provides an arena whereby students can be trained in Christ-likeness.

## **Culture**

CCA Athletics are co-curricular activities at CCA are an integral part of the education process. The CCA athletic program will energize and unite the community and be a place of great joy for athletes, coaches and parents. We will strive for 70% participation among high school and middle school students. The CCA athletic program will encourage multi-sport participation among student-athletes. We will offer as many teams/sports as possible that our small size can support, and extend the opportunity to participate to as many students as possible. We believe that all teams are vital for our student-athletes and each is a valued part of our athletic program. No one program is considered more important than any other. As a program we will set the standard for academic excellence. Every effort will be made to provide the best coaching, facilities and equipment as possible.

## **CCA Athletic Program Objectives**

- Build a genuine faith in Jesus Christ,
- Provide every student-athlete with an exceptional experience being involved in CCA Athletics



- Develop leadership by emphasizing and teaching the importance of character, integrity, perseverance, discipline, and service
- Instill an uncompromising work ethic
- Compete with great attitude and effort with a focus on team achievement
- Strengthen fundamentals, skills, and health of athletes in their respective sports
- Compete successfully at the league, district and state levels of competition
- Facilitate and strengthen relationships between players, coaches and the community
- Ensure every student-athlete has a mentoring/discipleship connection with an adult in the CCA Athletic program
- Primacy of Academics

### Eligibility Requirements for Student-Athletes

CCA is a CHSAA affiliate. Therefore, as members, all athletes and programs are subject to its rules and guidelines, in addition to CCA rules and guidelines

1. Participation in interscholastic activities as a part of a school's educational program is a privilege and not a right. Students wishing to participate are required to meet standards of personal behavior and academic performance which are related to school purposes. In this regard, the CHSAA and its member schools may exercise the fullest discretion permitted under law.
2. Prior to participation in any interscholastic practice or competition, it is required that all athletes the following on file with CCA:
  - a. Release from prior sport/activity (turned in all equipment & fees)
  - b. Signed Cornerstone Athletic Form
  - c. Current sport physical
  - d. Signed Emergency Contact Form
  - e. Sport fee
3. In order to be eligible for interscholastic athletics, a student-athlete must be a full time student enrolled in 2.50 Carnegie Units and have passed 2.50 Carnegie Units (equivalent of five classes each carrying a .50 credit) each semester. At the end of a semester, the student's final credits in his\her subjects shall be used to determine eligibility for next semester athletic participation.
4. If a student receives **one or more "F's"** in a weekly grading period, the student will be placed on Athletic Restriction. The student's name which appears on the restriction list will not participate in any scheduled activities for one week. Monday through Saturday. Progress will be re-evaluated every week. Students who have improved to the administration's satisfaction will be released from restriction and have full privileges restored. (Weekly grade checks are done at 9am Monday mornings. Athletes put on restriction will be communicated to coaches by the AD)



5. Homeschool athletes will have additional requirements. They are as follows:
  - a. Due 1x Upon Entering the Cornerstone Athletic Program:
    - i. CHSAA Transfer form if they competed for any previous HS
    - ii. Interview
    - iii. Birth Certificate
  - b. Due Yearly
    - i. Copy of Notification of Intent to Homeschool Filed with Adams 12 (due Aug 1 to Adams 12)
  - c. Due Every Sport Season
    - i. Non-CCA Student-Athlete Eligibility Form
    - ii. Transcripts
  - d. Due Weekly
    - i. Eligibility Report due to AD every Monday by 9am, during the athletic season
6. Non-CCA Private/Public school student-athletes will have additional requirements. They are as follows:
  - a. Due 1x Upon Entering the Cornerstone Athletic Program:
    - i. Interview
  - b. Due Every Sport Season
    - i. Non-CCA Student-Athlete Eligibility Form
    - ii. Letter from current school Athletic Director verifying that attending school does not offer sport that athlete desires to play at CCA

#### **No Quit Policy**

If a student chooses to become a member on one of the Cornerstone Christian Academy athletic teams, it is important that he/she makes a firm commitment to that team. Therefore, quitting a team after becoming a member ( official team member on date of 1st contest) is strongly discouraged. If any student-athlete quits a team after participating as a member of that team , that student-athlete is prohibited from trying out for another Cornerstone Christian Academy extracurricular team during the same season. Furthermore, it should be clearly understood that the action of any student-athlete quitting a team will certainly be among the criteria considered by coaches of subsequent teams on which a student athlete desires a position. Exceptions may occur if coaches agree it is in the best interest of the student.

#### **Prospective Collegiate Student Athletes**

Many college athletic programs are regulated by the National Collegiate Athletic Association (NCAA), an organization founded in 1906 that establishes rules on eligibility, recruiting and financial aid. If you are planning to enroll in college as a freshman wishing to participate in Division I or II athletics you must be certified by the



NCAA Eligibility Center. (Formerly the NCAA Clearing House) This Center ensures consistent application of NCAA Initial-Eligibility requirements for prospective student-athletes at all member institutions.

### Eligibility

- NCAA Registration: [eligibilitycenter.org](http://eligibilitycenter.org).
- Registration for NAIA member schools: [playnaia.org](http://playnaia.org).
- A \$50 registration fee (payable with a credit card) will be needed at the time of registration.
- Two copies of the printed form must be given to a counselor (Form 1 and 2 signed).
- Check the approved core course list.
- Coach's release form in Counseling Office.

\* Questions concerning testing and core class requirements can be accessed through the websites. Let us know if assistance is needed in regards to the Eligibility Center. If your Son\Daughter is a Senior you need to apply A.S.A.P. Meeting requirements is a process and will take time. Don't get caught at the end of your Senior year being ineligible.

### **The Purpose of Sub-Varsity Athletics**

The Junior Varsity team should be considered the developmental team, and as such, should not have Varsity player's playing down for the express purpose of winning. Though this is a coaching decision, it is the philosophy of this department that the athlete can only learn sufficiently from game situations by playing the game which for he/she has practiced.

Sub-Varsity or Middle School or athletics exist to provide those students unable to participate at the varsity level a chance to have fun and develop their skills and gain experience. While the student-athlete's age, size or skill level may be the limiting factor in not making the varsity squad, participation, at wherever they find themselves should be fun, rewarding and hopefully a stepping stone in them becoming a varsity player in the future.

A caution, however, must also be given. Being a member of a sub-varsity team does not guarantee that a student-athlete will automatically move up the following year to the varsity level. The student-athlete's best suited for varsity competition will make the squad each year.

Striving to be successful is important in athletics; however, compiling a great record or winning a championship should not be the primary objective of sub varsity-play. The development of student-athletes is the ultimate purpose of sub-varsity and Middle School while at the same time acknowledging that value of excellence should be part of the experience as well.

### **Practice Sessions and Games**



Practice sessions are normally closed to spectators and there is a very sound reason for this. These sessions are the equivalent of a teacher's classroom and there is real, quality instruction taking place. Interruptions and interference to a student-athlete's concentration and focus in practice cannot be allowed any more than a disruption would be tolerated in an academic setting. Education in any setting cannot be compromised. Spectators at games, however, are very much encouraged. Positive and nurturing support of teams and student-athletes can be very helpful to performance in athletic contest.

CCA High School, practice sessions:

1. May last 2 ½ hours.
2. May start and end at different times due to the schedule of the coach or of our facilities.
3. Check with the coach and the google practice calendar for the specific times.
4. Will not be held when school is dismissed early due to inclement weather.
5. Will not be held when school is not in session due to inclement weather.
6. May be held on Saturdays and over holiday periods.

### **Risks of Athletic Participation (Assumption of Risk)**

In spite of protective equipment, and the supervision and sound instruction by our coaches, there are some risks associated when someone participates in athletics. Injuries in some of our activities can and do occur. In extremely rare cases, death could also result. All student-athletes and parents need to be aware and understand this possibility. At Cornerstone Christian Academy, we will do all that we can to ensure a safe and healthy environment for our student-athletes.

### **Expectations of the Student-Athlete**

Participation on an athletic team at CCA is a privilege not a right. Being on and maintaining one's membership on the team means accepting all the responsibilities of a student-athlete. Team Goals, welfare and success must come before any individual. Participation in athletics may constitute Physical Education credit at CCA. Failing to complete the season will result in zero credit received toward P.E.

Players are expected to:

- Attend all scheduled practices and games. In the event of an emergency situation prohibiting my attendance, the student-athlete must communicate this to the coach prior to the absence.
- Have great attitude and effort and be receptive to coaching.
- Agree to and to follow team rules. Student athletes need to remember that they are ambassadors of the Lord, coaches and school.



- Follow the standard of conversation as set forth by Phil. 4:8 and represent Jesus in all that you say and do, especially when representing the team and traveling with the team to away games.
- Travel with the team to all games. If a player will not be returning with the coach, the athlete will get the coach's approval and provide the coach with a signed parent note prior to leaving CCA.
- Take care of all equipment assigned to the athlete for each sport and only to use the equipment for its intended purpose. Do not wear game uniforms for practices, or use any of the CCA athletic equipment for non-CCA purposes.
- Pay for the replacement cost of any equipment not returned to CCA or damaged beyond normal wear and tear (Families will be billed a week after check-in date and student-athlete will not be able to compete in any co-curricular activities until all equipment fees are paid or equipment is returned)
- Pay a late fee for any equipment that is returned after the equipment check-in date (\$25).
- Follow the dress standards established by the coach for game days.
- Report all injuries to the coach.
- Refrain from using all chemical substances such as alcohol, tobacco, marijuana and illegal drugs.
- Use appropriate speech. Cursing, which includes taking the Lord's name in vain will not be tolerated. High emotions are not an excuse for the use of poor language.
- Understand that violation of any of the standards of the student-athlete contract may result in suspension or dismissal from the team
- Understand that all policies as outlined by the CCA Student Handbook apply to our program. We are leaders of the community as well as the student body. We will adhere to these policies and set the standard on this campus
- Understand that equal or guaranteed playing time does not exist. Playing time in contests is reflective of a number of factors including, but not limited to, skills, practice time, attitude and commitment. If an athlete misses practice, they may have little or no participation in a competition. Playing time will be determined solely by the individual coach or director.

### 1. Classroom

Show respect to your teachers. Do not allow a poor attitude, misbehavior or poor attendance to get you into trouble. You are responsible for your behavior and academic performance, not your coach. Players who have problems in this area will not represent the team.

### 2. On The Field

CCA will not tolerate behavior on the field that:

1. Draws attention to yourself and not the team
2. Embarrasses our team, school or community



We will celebrate great plays with each other, as a team. There will be no taunting, fighting, unsportsmanlike conduct or profanity of any kind.

**To exemplify the Bulldog Way players will be expected to:**

- Be relentless in their efforts
- Celebrate with their teammates
- Give sincere congratulations to the opposition after the game
- Thank the CCA crowd for their support

**Playing Time**

Playing Athletics is a privilege, not a right. Everything in the CCA Bulldogs Program is earned, not rewarded by age, grade or any other external factors. Playing time is awarded in the same manner. The best players will play.

Athletes receive playing time because:

- They exhibit high character on the field, in the classroom and in the community
- They get the job done better than someone else
- They add the most value to the team
- They understand their role on the team
- Their number one goal is to make the team better
- They do the things that are required plus more
- They make plays in games and practice

**General Lettering Guidelines**

Only one athletic letter may be given to a participant during his/her high school career. Each sport and/or year after that, if a letter is earned, a pin or service bar will be awarded.

All requirements, including completion of the season, must be met before an athlete can be recommended for a letter. Coaches may recommend that students do not receive an athletic award due to disciplinary reasons. These reasons may include but are not limited to: citizenship, sportsmanship, and behavior detrimental to the school, community and/or team.

**\*Each coach will develop a team plan that will contain the lettering requirements of that sport or activity.**

**Responsibilities of the Coach**

1. Select the squad (Varsity/JV)



2. Determine the style of play, including the offensive and defensive philosophy
3. Teach and instruct at all practices with an emphasis on skill and scheme acquisition
4. Determine who starts and how long an athlete plays in a contest
5. Decide who plays in what position
6. Establish team rules
7. Select team captains
8. Set lettering standards (with the AD approval)

### **Expectations of the Coach**

- Keep MaxPreps updated with stats and standings
- Keep up to date practice/game participation records
- Fill out End-of-Season All-Conference selection form and turn into AD promptly
- Turn in End-of-Season equipment inventory sheet provided by the AD
- Organize End-of-Season banquet
- Attend yearly league rules meeting
- Attend monthly (optional but beneficial) meeting with the Athletic Director
- Fill out end-of-season coaching evaluation form and attend exit interview with the Athletic Director
- Provide a Yearly Coach's Plan (Goals, example practice plans, schedules, discipline guidelines, Fees, Awards, Captains, Lettering, Feedback to athletes, communication plan...)
- Develop Criteria for Level of Play for athletes and communicate to players regularly on where they stand in relation to other team members and what their expected role will be
- Be intentional about helping athletes develop a genuine faith (Ex. weekly devotional after practice, 1-on-1 mentorship, off-season activities)
- Create detailed and organized practice plans (see CCA Practice Rubric Handout)
- Teach the fundamental philosophy, skills, and knowledge essential to the sport.
- Coach with effort and intensity
- Be present for every practice and game (make accommodations ahead of time with assistant coaches with approval from the Athletic Director, for extenuating circumstances. A CHSAA certified coach must be present at all times)
- Improve in the art of coaching by attending coaching clinics or other professional development opportunities (NFHS coaching courses, attend college/HS practices...)
- Communicate proactively with student-athletes and parents with respect to practice times and locations, game time and locations, end-of year banquet, meetings, and summer program opportunities
- Be a quality role model that coaches with focus, enthusiasm and love for your players.
- Most of all at CCA, provide a direction that leads directly to Jesus Christ and a relationship with Him.

\*Preparation, organization and Communication are vital.



### Expectations of Parents

1. To accompany my child to as many orientation and informational meetings offered by the athletic department, as my schedule will permit.
2. To work closely with all school personnel to assure an appropriate academic as well as athletic experience for child while he/she is in high school.
3. To assure that my child will attend all scheduled practices and athletic contests.
4. To require my child to abide by all training rules.
5. To acknowledge the ultimate authority of the coach to determine strategy and player selection.
6. To promote mature behavior from students and parents during athletic contests.
7. To work cooperatively with other parents and school personnel to assure a wholesome and successful athletic program for our school.
8. To show respect to coaches, opponents, other parents, officials, and game workers at all times.
9. To work closely with coaches and other school personnel to identify a reasonable and realistic future for my child as a student athlete, both in high school and in college.
10. To represent Cornerstone Christian Academy, its athletic program, and my student-athlete in a positive manner.

### Athlete/Coach/Parent Communication Guide

Place responsibility on your son/daughter whenever possible, help them grow and be a self-advocate. Before we know it, these young men/women will be out on their own, let's partner together to prepare them.

Coaches have an open door policy with **PLAYERS** and are available to discuss playing time, role, position, playing level (varsity/JV), ways to improve, academics, personal issues, spiritual development...

Of course, parents are always welcome and encouraged to talk to the Coach about non-football items: grades, family, background, etc.

It is inappropriate to discuss with a coach:

- Playing time
- Lineups
- Coaching philosophies (play calls, offensive/defensive schemes/strategy)
- Player position
- Varsity/JV Team Level
- Other athletes/parents

Coaches often need parents to communicate with them about:



- Concerns for safety/health
- Schedule conflicts (well in advance)
- Attitude/behavior of coach or athlete
- Spiritual development
- Academic Concerns
- Communication issues
- Praise

### **Chain of Communication**

The following should be the standard communication chain for resolution of issues:

1. Student-athlete will make an appointment and meet with head coach
2. Student-athlete and parent will make an appointment and meet with head coach
3. Student-athlete and parent will make an appointment to meet with coach and athletic director
4. Student-athlete and parent will make an appointment to meet with coach, athletic director and principal
5. If the issue is still not resolved the issue may be taken to the school board via a written explanation and request for a meeting.

\*No concerns or issues will be addressed without following the chain of communication above.

### **When expressing an occasional concern with a coach, please refer to and use the following guidelines:**

1. Raise your concern in a Christ-like fashion. (Philippians 4:8)
2. Remember our philosophy when evaluating a situation: The team comes first.
3. Never approach a coach immediately following a contest. This is not the proper time or place for a discussion concerning your child or the team.
4. All Meetings should take place a minimum of 24 hours after an incident occurs and will be made by appointment only, in accordance with the chain of command represented above.
5. Once you have stated your question or concern, listen to the explanation. Often a parent may be blinded by emotion and this overrides logic and reason. Listening receptively may really help you to understand any explanation which is given.

**Coach-Player Relationship:** The coach's job is to love these players and build their character. They will teach them how to win and motivate them to improve. Our coaches will coach their confidence, and speak greatness into them in hopes of building them into the best possible versions of themselves. Our ultimate hope is to raise the players to higher levels than we reached, in sport and beyond.



**Player-Coach Relationship:** Listen to the coaches and do what they say. The love coach's show the players will give the coaches all the credibility that they need. Know that Coaches will only ask players to try something different if they feel it will help team and the player.

**Coach-Parent Relationship:** Our goal is to maintain positive, working relationships for four years, and hopefully beyond. To do that, we must seek to trust what the other is doing. Parents should seek to support CCA in every way possible in serving however your time, talent, and treasure will allow. Be a parent who eliminates negativity in yourself and others, opting for excitement instead. Ultimately, the CCA coaching staff is seeking to “Unify to glorify” – unify the community to glorify the Lord. The coaches will trust and desire to partner with the parents in the process of raising young men/women to be leaders who can transform the world for Christ.

**Parent-Player Relationship:** We encourage you to show your player Agape (unconditional) love. Don't instruct or coach them, just encourage them. If you choose to coach or instruct, you're just creating problems for your relationship with your son/daughter and we want you to avoid that. We've seen too many instances of the game becoming a detriment to a relationship. Sport and failure go hand-in-hand, and our players don't need to hear about their failures when they go home.

Set realistic expectations for your son/daughter, and be appreciative of the opportunity to play here. Be excited for your son's/daughter's teammates as well, maybe as much as your own. Set high, yet appropriate expectations for our team. Recognize that the coaches are in control of what happens on the field, and that there is no need to talk to your son during a game.

### **Relationship with Officials**

Officials agree to and follow a code of ethics. Officials are unbiased and are interested only in securing a safe and fair contest. They really do not care or have a vested interest in which team emerges as the victor. It is also important to understand that they are a very necessary part of a game. A contest cannot be played without them.

The assignment of officials is overseen by a commissioner or assignor to each contest. Honoring and treating our assigned officials is one way we, at CCA can set the standard for excellence and exhibit Christ like-behavior.

While you may not agree with all of their calls, it is inappropriate to harass or taunt them. It is also important to remember that they are in charge of the contest and have complete authority to have unruly spectators removed. In many sports, a team will see the same official several times during a season. Coaches, athletic administrators and schools often work hard to establish a rapport and good working relationship, which can easily be damaged by spectators.



## Sportsmanship Expectations

### **Acceptable Behavior**

1. Applause during introduction of players, coaches and officials
2. Accept Official's decisions as part of the game.
3. Cheerleaders lead fans in positive school yells in positive manner.
4. Handshakes between participants and coaches at the end of contests, regardless of outcomes.
5. Support and pray with us after games.
6. Treat competition as a game not a war.
7. Coaches\players seek out and congratulate opposing coaches.
8. Applaud all contestants for being a part of the competition.
19. Pray for and ask God to help all injured athletes.
10. Encourage everyone to be a good sport.

### **Do's**

Do cheer **for** your team.

Do remain in the bleachers before, during and after the contest.

Do set a positive example for our students, let us be a blessing!!

### **Don'ts**

Don't cheer **against** your opponent.

Don't yell at your opponents.

Don't wave arms with intent of distracting opponents.

Don't use disrespectful remarks, chants, songs or gestures that antagonize opponents.

Don't use vulgar, profane language or displays of anger.

Don't yell at officials.

Don't boo or heckle an official decision.

Don't taunt or trash talk (players/coaches/officials)

Don't interfere with our opponent's cheerleaders and their attempt at leading cheers.

Don't kick the bleachers

**\*CORNERSTONE CHRISTIAN ACADEMY** reserves the right to **EJECT** any spectators whose conduct is detrimental to good sportsmanship. Misbehavior at sporting events may lead to prosecution or school disciplinary action.

## Club Sports and Outside Groups



1. While Cornerstone Christian Academy understands the benefit of some — “Club” participation, we maintain the importance of staying dedicated during the CHSAA governed season to the CCA team to which a student athlete makes a commitment. It is also important that students and parents understand the risks of sport specific conditioning and training when athletes are not benefitting from rest periods.
2. The following should be taken into account:
  - a. It is required that your #1 athletic priority, loyalty, and concern during the season be your CCA Sport. Your coaches and fellow players are relying on you to perform at your best while participating in this program.
  - b. Will participating in — “Club or Outside Group” affect your level of stamina?
  - c. Will participating in — “Club or Outside Groups” affect your commitment to this program?
  - d. Participating in — “Club or Outside Groups” will increase the possible risk of injury.
  - e. Participating in — “Club or Outside Groups” will increase the possibility of “burnout.”
  - f. You will increase time constraints on school work and eligibility.
  - g. It is CHSAA policy that you fill out Form 24 (Permission to play with outside groups), and be granted permission by the Principal to play with clubs sports or outside groups in the same school sport.

**CCA HS Sport Affiliations**

<b>SPORT</b>	<b>LEAGUE</b>	<b>CLASSIFICATION</b>
BOYS FOOTBALL	NORTHERN	1A
GIRLS VOLLEYBALL	5280	1A
BOYS BASKETBALL	5280	1A
GIRLS BASKETBALL	5280	1A
BOYS BASEBALL	DISTRICT 2	1A
GIRLS SOCCER	REGION 3	2A
BOYS/GIRLS GOLF		3A



**CCA MS Sport**

Boys Football

Girls Volleyball

Boys Basketball

Girls Basketball

Boys Baseball

Girls Soccer

Boys/Girls Golf

