

CCA Parent- Athlete Handbook



Dear Students and Parents:

Athletics are an integral part of the educational and social process at Calvary Christian Academy. Our mission for CCA Athletics is to equip student-athletes intellectually, physically, socially, and spiritually so that he/she may use their gifts and talents to impact our world for Christ. As a school that is committed to shaping hearts and sharpening minds, our athletic program works to continue our students' growth alongside their classroom education. We at CCA wholeheartedly believe that athletics provide an immense number of opportunities for individual, group-based, and spiritual maturation. The challenges that students face on the field, and in the classroom, will work together to refine them into the image of Christ, and into impactful members of the community. Our athletic program is yet another opportunity for the sanctification of our staff and students, as well as an opportunity to glorify God. Additionally, research indicates that students who are involved in co-curricular experiences manage their time more effectively and have higher grades than those who are not involved.

In addition, they have a more serious sense of their growth and development. After-hours commitments also teach organizational, decision-making, and interpersonal skills and enhance opportunities for expanding creativity. Athletic activities are events in which lasting positive high school memories are made. For these reasons, I am pleased that you have chosen to participate in the athletic programs at Calvary Christian Academy. This handbook is written for students and their parents to provide you with the information you need to understand the rules that govern athletic participation and the procedures that athletes and their parents must follow. Parents and students should read this handbook. **The acknowledgment must be signed by both the athlete and a parent and**

submitted to the coach before the first practice of the season to be eligible to participate.

Best wishes for a successful school and sports year.

CCA Athletic Director

SPORTS OFFERED

At CCA, we want to allow all our student-athletes to showcase their talents. Therefore, we continue to offer various opportunities, and as we grow in population and athletic interest, more options will become available. Currently, CCA offers:

1. Boys' and Girls' Volleyball
2. Boys' and Girls' Soccer
3. Boys' and Girls' Basketball
4. Boys' and Girls' Cross Country
5. Archery
6. Baseball

SPECTATORS AND PARTICIPANTS EXPECTATIONS

As spectators and participants, each of us— students, parents, teachers, and administrators— are responsible for the school culture. We must extend to our guests— the officials, players, coaches, and spectators— of neighboring schools the courtesy, respect, and act with sportsmanship we wish to have extended to us during our visits as guests in their schools. Our conduct at all athletic contests reflects the CCA community, our education, and our Christian testimony. It is, therefore, most important that our attitude is cordial toward our guests during their visits to CCA. Courtesy should be shown toward opponents, officials, supervisors, spectators, and administrators.

Our coaches graciously volunteer their time to our program, and the officials assigned to our athletic contests are well-trained, each performing a necessary and challenging task. We must run an organized interscholastic athletic program with them. Even when we disagree with an official's or coach's decision during a contest, we should remember that these individuals are human beings and deserve

our respect. The athletes on each team have practiced long and hard to prepare for their season. They are trained to perform to the best of their ability and represent their school and community with sportsmanship and a Christlike manner. Heckling or abusive language directed towards players, coaches, or officials indicates poor sportsmanship. Instead, let us direct our energies toward encouraging and cheering at all athletic contests. As Romans 13:1 states, ***“Let everyone be subject to the governing authorities, for there is no authority except that which God has established. God has established the authorities that exist.”*** During athletic contests, officials are the governing authorities and should be treated accordingly.

We desire that all individuals— athletes, coaches, officials, spectators, and supervisors— involved with interscholastic athletics will display behavior that reflects the ideals of sportsmanship, ethical conduct, and a relationship with Christ. The game’s benefits should be stressed, and any actions that destroy those values will be discouraged. Efforts must be made to achieve a thorough understanding and acceptance of the rules of the game and standards of eligibility, as well as to respect the integrity and judgment of sports officials. Most of all, it is the duty of all concerned with high school athletics to remember that each athletic contest, while important, is still only a contest and should be kept in that perspective. ***“Similarly, if anyone competes as an athlete, he does not receive the victor’s crown unless he competes according to the rules ~II Tim 2:5.”***

STUDENT-ATHLETES ARE EXPECTED TO:

- maturely conduct themselves at all times,
- accept instructions and correction with an open heart and mind,
- not engage in the hazing, initiation, or bullying of any students or staff members,

- demonstrate self-control and mutual respect at all times,
- avoid the use of profanity, abusive language, or gestures in dealing with opponents, officials, or spectators,
- accept victory with grace and defeat with dignity; poor winners or losers do a disservice to themselves,
- set an example in word and deed, both on and off the playing area; remember that student-athletes assume a leadership role and that younger students emulate their behavior,
- observe training regulations and requirements of physical fitness for better personal performance and greater,
- contribute to the team effort,
- place athletic competition in its proper perspective; it represents only one part of the learning process and should not be pursued to the exclusion of everything else.

SPECTATORS ARE EXPECTED TO:

- conform to accepted standards of good sportsmanship and behavior,
- encourage their children from the stands, not yell at or coach and demean them,
- respect officials, coaches, and players and extend all courtesies to them,
- refrain from feet stomping, disrespectful remarks, and the use of noisemakers,
- remain silent when players require total concentration, i.e., a free throw in basketball or a serve in volleyball,
- obey the regulations of the school; those who do not conform will be brought to the attention of the administration,

- understand that schools are responsible for the conduct of their respective spectators, whether home or away.

*****Violators of this code are subject to eviction from the game.**

HAZING, INITIATION, BULLYING

According to the University of Colorado Boulder **hazing** is defined as “any activity that is condition upon recruitment, admission, affiliation, or continued participation in a group that humiliates, degrades, abuses, or endangers someone, regardless of consent or a person's willingness to participate.” **Initiation** is “any potentially humiliating, degrading, abusive or dangerous activity expected of a junior ranking. athlete by a more senior teammate, which does not contribute to either athlete's positive development, but is required to be accepted as part of a team, regardless of the junior-ranking.” Finally, **bullying** is defined by the American Psychology Association as “a form of aggressive behavior in which someone intentionally and repeatedly causes another person injury or discomfort. Bullying can take the form of physical contact, words, or more subtle actions.”

The student-athletes will understand the seriousness of participation in any activity considered hazing, initiation, or bullying and that CCA has a zero-tolerance policy. **Violators of this code are subject to suspension or dismissal from the team should they be found to be participants in hazing, initiation, and bullying activities.**

ATHLETE/ PARENT/ COACH COMMUNICATION PROCESS

Communication will be encouraged and maintained among parents, athletes, and coaches. Parents are entitled to answers to legitimate questions regarding their child’s performance and/ or status on the team. At CCA, we employ the **Matthew**

18 Principle, which states, *“Moreover, if your brother sins against you, go and tell him his fault is between you and him alone. If he hears you, you have gained your brother. But if he will not hear, take with you one or two more, that ‘by the mouth of two or three witnesses, every word may be established.’ And if he refuses to hear them, tell it to the church. But if he refuses even to hear the church, let him be to you like a heathen and a tax collector ~Matthew 18:15-17.”*

During the season, concerns may arise. The following communication process should be followed:

- The minutes following a game or practice can be very emotionally charged. Never approach a student-athlete, coach, or administrator following a game or practice. Please allow at least 24 hours before discussing any issues with the coach or Athletic Director.
- Speak with your child before meeting with the coach; often, issues are a matter of simple miscommunication. Your child may have more accurate information about the issue and be able to resolve it before it escalates.
- If you feel a meeting with the coach is warranted, allow your child to meet first. This is a beautiful opportunity to “coach” your child in conflict management/resolution. If unresolved the following are the next steps:
 - Player & parent meet with a coach for further discussion, if unresolved
 - Player, parent, and coach meet with the Athletic Director for further discussion, if unresolved
 - Player, parent, coach, and Athletic Director meet with the School Administration.

“If your brother sins against you, go and tell him his fault, between you and him alone. If he listens to you, you have gained your brother ~Matt 18:15.”

GOSSIP AND RUMORS

Ephesians 4:29 states, “Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.” Gossiping and spreading rumors creates a toxic environment amongst the team and spectators. What we speak of teammates, coaches, and parents sets a tone that can be destructive. Should an student-athlete has a conflict with a teammate, it is their responsibility to be accountable to their words and actions and employ the Matthew 18 Principle to resolve any issues.

If you as a parent have a conflict with a coach or another parent, please use be the example to your child by using the Matthew 18 Principle. We can be our child’s best teachers by practicing God’s Word. Please know that your coaches are volunteers and doing the best to instill the knowledge of game to your child. Questioning his/her decisions during or after a game and in front of your child causes division and dissension. If you have a question about a decision that was made by your child’s coach, please speak to them directly. Additionally, at no time should you as an adult gossip or spread rumors about a student-athlete.

HOMESCHOOLED STUDENT-ATHLETES

At CCA, we find it an honor and blessing to build relationships with our homeschooled (HS) families as their children join our teams. They are an extension of the community and valuable assets to the team dynamics. Like CCA athletes are held to conduct and academic status standards, so will HS athletes. Additionally, within the DVCAC and MIL league constitutions, guidelines regarding how many HS athletes can be on the field/court must be followed.

Below are the roster ratios for each sport and the ratio of CCA athletes to HS athletes who can be on the field of play at any given time. Please know that as an HS athlete, your child will be sharing a sport with other HS athletes.

- a. **DVCAC Boys' Soccer:**
 1. Up to 22 athletes (no more than 6 HS)
 2. Field of play: up to 4 HS athletes

- b. **DVCAC Girls' Volleyball: 4-2 on the court**
 1. Up to 12 athletes (no more than 3 HS)
 2. Field of play: up to 2 HS athletes

- c. **DVCAC Boys' and Girls' Basketball: 3-2 on the court**
 1. Up to 14 athletes (no more than 3 HS)
 2. Field of play: up to 2 HS athletes

- d. **MIL Girls' Soccer: 9-2 on the field**
 1. Up to 22 athletes (no more than 2 HS)
 2. Field of play: up to 2 HS athletes

- e. **DVCAC Baseball: 6-3 on the field**
 1. Up to 20 athletes (no more than 5 HS)
 2. Field of play: up to 3 HS athletes

- f. **MIL Boys' Volleyball: 3-2 on the court**
 1. Up to 12 athletes (no more than 2 HS)
 2. Field of play: up to 2 HS athletes

TEAM TRYOUTS

CCA wants to allow student-athletes to showcase their talents on the field/court. We are members of two competitive leagues (DVCAC and MIL) and have had student-athletes move on to play at the collegiate level. As we have grown as a community, so have we in the interest of those wanting to compete in athletics. Therefore, the first one to two weeks of each sports season will be spent conditioning to prepare for tryouts. Each student-athlete in grades 6th-12th will have an equal opportunity to try out for a spot on the middle school and varsity teams.

Coaches of each team will carefully evaluate student-athletes on their skill, character, and conduct. **Student-athletes in grades 6th-8th making the team will be placed on the MS team, and those in 9th-12th will be placed on the varsity team.** No expectations will be made unless we do not have enough student-athletes to field a MS team, but the coach believes s/he can compete at the varsity level. In that case, the Athletic Director will make the final decision as to whether they would be suited to play at the varsity level. Sixth graders may not play at the varsity level in either league as they will be subject to losing their senior year of eligibility.

ATHLETES' RESPONSIBILITY

PREREQUISITES FOR PARTICIPATION

To participate in interscholastic athletics, every student-athlete must pass a health examination. All student-athletes evaluated by a physician must submit the appropriate, completed **Physical Evaluation Form** to the School Nurse's Office. Each student-athlete must also have a current **Athletic Registration Packet and**

signed Athletic Handbook completed, signed, and filed with the Athletic Director. All forms, except for the Physical Evaluation, must be completed and signed before the first day of practice. We know many student-athletes see their family physician for sports physicals and that insurance dictates when they can be completed. If your child cannot complete their Physical Evaluation by the first day of practice, please inform the Athletic Director when their appointment is scheduled. Student-athletes may **not** re-use the same forms from one year to the next.

Lastly, each student-athlete must pay the business office an annual athletic fee before uniforms are administered. CCA athletes will pay \$200/year, and HS athletes will pay \$250/year for the first sport. All students playing multiple sports will pay an additional \$25/sport.

RESPONSIBILITIES OF STUDENT-ATHLETES

To participate in our interscholastic sports program, each student-athlete must assume responsibility for the following:

- Appropriate, considerate, and responsible behavior in all practice and game situations
- Attendance at all practices
- Attendance at all games
- Three unexcused absences may result in dismissal from the team.
- The athlete is responsible for reimbursing CCA the total cost of missing equipment or uniforms.

CCA SCHOOL ATTENDANCE:

Your child is a student before they are an athlete, so school attendance is essential. Students must attend school at least half a day (8:30-11:30 or 11:30-2:55) **AND** have a valid excused note for their absence to attend practices and games. Valid excuses include medical appointments and family emergencies. Valid excuses do not include sleeping in because your child is too tired or not feeling well enough to attend school. If your child is too tired or is not feeling well, they should sit out until they are healthy enough to compete to the best of their ability. Likewise, if your child is homeschooled and is too tired to complete their schoolwork or does not feel well, they should sit out.

TRANSPORTATION

All student-athletes must travel to athletic contests using the transportation CCA provides. We do understand that there are situations that arise that necessitate the need for student-athletes to be transported to the game by a parent/guardian. Such occurrences would be school functions, religious obligations, and medical appointments. If this is the case, please first notify the Athletic Director of your situation, and the coach will be informed. Students must have permission from the Athletic Director first. Student-athletes may ride home with their parent/guardian after a contest, but please inform your child's coach that they will be riding with you. Parents are not permitted to take home another child without written or verbal permission from that child's parent/guardian. **Students are not permitted to drive their automobiles to away contests.**

BEHAVIOR AND CELL PHONE USE ON THE BUS

The coach must ensure student-athletes behave responsibly and follow the school's bus safety guidelines. Students are not allowed to have their bodies outside the bus windows, make obscene gestures to passing vehicles, stand or walk up and down the aisle, or sit on top of the bus seats. Student-athletes should be reminded that they represent CCA and God, and their behavior and decorum will reflect on their team, coach, and school.

Additionally, it is difficult for coaches to monitor proper cell phone use while on the bus to ensure it aligns with CCA's guidelines and core values. We want to remove any temptations that may arise to use the phones improperly. Thus, the church pastor, CCA administration, and Athletic Director have prohibited the use of cell phones while traveling to and from games. Your child's phone will be stored in a caddy that will be in the possession of their coach. Student-athletes may have their cell phones when arriving at the game through dinner. Once they return to the bus after dinner, cell phones must be placed in the caddy.

PARENTAL SUPPORT

We encourage all parents to attend games and model constructive support and guidance when student-athletes experience success or failure in game situations. Most importantly, we ask parents to help us reinforce the inherent values of striving for individual and team progress, good sportsmanship, and commitment to maintaining team morale. Parents should act as their child's cheerleader and support system, not as their coach from the stands. **Therefore, it is asked that parents and fans refrain from "coaching" from the stands or yelling at their child as it creates frustration and confusion for our student-athletes.** All practice sessions are closed to parents. Our athletic staff welcomes speaking with parents about specific concerns and ideas. However, discussions on

the field/court can become fragmented, incomplete, and unnecessarily public. Consequently, the most productive conversations can and should occur at scheduled times in more private settings.

ACCIDENTS AND INJURIES

All student-athletes are expected to report all injuries sustained to their coaches, no matter how minor. Those injured during a game, especially a head injury, will be required to sit out until evaluated by a medical professional. If there is one present at a contest who can evaluate and clear your child to return to play, then permission will be granted. However, if your child cannot be evaluated at the time of the injury, s/he will sit for the remainder of the contest. Every time a student-athlete requires treatment by a physician, that student must obtain a signed release from their physician before subsequent athletic participation can occur. The physician's release must authorize our school to allow the student to participate in interscholastic competition. The release must be submitted to our School Nurse.

ELIGIBILITY

To qualify for athletic eligibility, each student must fulfill the following criteria.

- Earn Academic Eligibility – Earn and maintain a minimum 2.0 GPA with no **failing** grades in any subject.
- Disciplinary Eligibility—Maintain a clean disciplinary record throughout the sports season. Depending on the offense, individuals who accumulate disciplinary actions during school hours are subject to athletic probation and permanent removal. Teachers, coaches, parents, and administrators will handle disciplinary issues case-by-case.

ATHLETIC DRESS CODE

Each coach and/or sponsor is responsible for overseeing the athletes' dress before, during, and after each athletic event as long as the athlete is under their supervision. The philosophy we espouse at Calvary Christian Academy regarding the dress of our athletes includes the following:

- A. Modesty
 - B. A Godly example
 - C. A positive reflection on Calvary Christian Academy
 - D. Appropriateness of uniform for the sports activity
1. The Athletic Director and Administration must approve all athletic attire.
 2. Only CCA P.E. or approved practice uniforms will be worn for athletic practices. Student-athletes may wear sweatpants or jogging pants as a substitute for athletic shorts. If CCA P.E. uniforms are not available, athletes may wear other dress that meets CCA guidelines— girls may wear shorts for practice no shorter than **4 inches above the knee (7-inch inseam)** as reflected in the school's dress code. Compression or spandex shorts/shirts, under armor, and sliding shorts are not considered appropriate practice/game-day dress code unless worn underneath game jerseys/athletic shorts.
 3. Student-athletes must adhere to the school dress code even on game days unless coaches arrange a team uniform day. Coaches are responsible for enforcing dress standards to and from all athletic events.
 4. For practice, clothing may not be altered to create immodest attire— **hemming or rolling shorts** to an unacceptable length, cutting sleeves off shirts, or using inappropriate language or gestures on clothing.

Any student-athlete found violating these guidelines will be first given a verbal warning by the coach or Athletic Director. Subsequent offenses will result in dismissal from practice or contest up to dismissal from the team, with school administration approval.

PRACTICES

Practices are held after school, beginning at 3:30. Athletes at Campus 4 will be transported to Campus 2 for indoor practices. Student-athletes in soccer will be transported by bus to Southside Baptist Church, and Campus 4 student-athletes will be picked up on the way to the field. Student-athletes who have permission to drive to Southside may do so but **may only** transport family members. Parents will pick up their child at the designated practice location at the conclusion of practice.

EXPECTATIONS DURING GAMES

- Athletics are an extension of the classroom, and students are responsible for conducting themselves according to the same high standards that apply in school.
- Student-athletes and Coaches are the only personnel allowed to enter locker rooms at home or away games. No guests are to be admitted or asked to enter the locker room anytime.
- Student-athletes **may not** use electronic devices while traveling to and from contests.
- During a contest, the team not playing should sit together and cheer for the team on the field/court– Girls’ team cheering for boys’ team and vice-versa.

- For the safety of players and officials, spectators must sit in approved spectators' sections— spectators should not sit near or on the bench during athletic contests.
- Student-athletes are responsible for their meals while traveling to and from contests. Coaches usually arrange a dinner stop on the way home from away contests, so students must have money if they want to buy something.

EQUIPMENT AND FACILITIES

- Extreme care and caution should be taken in the use of facilities. Coaches should enlist the help of athletes to ensure that every field, court, and bus is left in the condition in which it was found. All cups, bottles, and other trash should be picked up. Any student defacing or destroying property will be disciplined according to school policy. Activities by teams should be limited to the area specifically designated for the team's use. All other areas are off-limits.
- Uniforms are the property of Calvary Christian Academy. The coach is responsible for distributing and collecting uniforms. Student-athletes are responsible for the uniform care and should follow the manufacturer's instructions for cleaning after each use. ***A student-athlete who loses or damages a uniform beyond normal wear must pay the replacement cost.*** All uniforms are to be cleaned and returned to the coach and accounted for within one week of the season's final game.
- All equipment used by athletic teams at Calvary Christian Academy is the school's property. At the beginning of each season, the coach will be given an inventory of the equipment checked out to him/her. The care of the equipment is the responsibility of the coach. After each practice and contest, a careful check should be made to ensure all equipment is

accounted for. No equipment should be checked out to students for personal or home use. At the end of the season, all equipment should be returned within one week of the final game.

COACHES

- Each coach and/or sponsor is responsible for developing this philosophy in the sport s/he leads. S/he is to impart these principles to each student and endeavor to make them a part of the athlete's life.
- Coaches are responsible for maintaining discipline, order, and unity of the team they are privileged to train. Any rule violations related to Calvary Christian Academy must be reported through the Athletic Director to the administration for review.
- Attitude plays a vital role in providing a quality athletic program. The student-athletes and coaches alike must maintain a positive and working relationship with each other as well as the administration. If a working relationship is unable to be maintained, it will become necessary to make changes or corrections. For that reason, an open line of communication is necessary between all parties concerned. A griping spirit or a complaining tongue will not be tolerated.
- Coaches are responsible for the student athletes placed in their care. After all games and practices, the coach is responsible for the student athlete until he leaves the school premises or is placed in the care of his parents or guardian. Coaches are not to leave until all student athletes in their care are off the grounds. Coaches are not to take students home or to other destinations without written approval of parents/guardians.

- Coaches are still responsible for their players during downtime between or after matches. Often, teams will stay to watch another match or contest, and it is imperative that coaches monitor and work together with the team captains to maintain the appropriate behavior and school standards.

DELAWARE VALLEY CHRISTIAN ATHLETIC

CONFERENCE MEMBERS

Calvary Christian Academy is a proud Delaware Valley Christian Athletic Conference member. The following are member schools in the DVCAC. CCA regularly competes against these schools throughout the athletic year.

Chestertown Christian Academy 401 Morgnec Rd Chestertown, MD
21620

Concord Christian Academy 2510 Marsh Rd, Wilmington, DE 19810

Fairwinds Christian Academy 801 Seymour Rd Bear, De 19701

Faith Baptist 30505 Dagsboro Rd, Salisbury, MD 21804

Greenwood Mennonite School 12802 Rd 631, Greenwood, DE 19950

Holly Grove Christian School 7317 Mennonite Church Rd, Westover, MD
21871

Seaside Christian School 12637 Ocean Gateway A, Ocean City, MD
21842

Mid-ATLANTIC INDEPENDENT LEAGUE CONFERENCE MEMBERS

Several of our team participates in the Mid-Atlantic Independent League. The following are member schools in the MIL CCA regularly competes against these schools throughout the athletic year.

Tome School 581 Maryland Ave, North East, MD 21901

Tristate Christian Academy 146 Appleton Rd, Elkton, MD 21921

West Nottingham Academy 1079 Firetower Rd, Colora, MD 21917

Avon Grove Charter School 110 State Rd, West Grove, PA 19390

Delaware Valley Classical School 903 E Basin Rd, New Castle, DE 19720

Providence Christian 505 Blue Ball Rd Building #200, Elkton, MD 21921

Aquinas Academy 2370 Red Lion Rd, Bear, DE 19701

Fellowship of Christian Athletes

CONCLUSION

We realize that no handbook can anticipate and comprehensively answer every question. Our athletic director, Shelley Jackson, is available to discuss any concerns or questions about our athletic programs or your child's progress. She can be reached at sjackson@wearecca.com.

CCA student athletes' priorities should be:

1. God
2. Family
3. School
4. Sports

What it means to be a LION:

Lead

We expect our student-athletes and coaches to use their platform to lead, influence others, and glorify God on the field of competition and in the classroom. ~Proverbs 11:14

Integrity

We expect our student-athletes and coaches to be honest, moral, and upright during trials created and replicated by athletic competition. ~Proverbs 10:9

Obedient

We expect our student-athletes and coaches to hear, trust, submit, and surrender to God's Word. Be modest in their opinions of themselves and use their talents and abilities to Glorify God. ~John 14:15

Nobility

We expect our student-athletes to be of high character, setting an example for others to follow, and be motivated by how their performance benefits and serves others more than themselves. ~Philippians 2:3

Strength

We expect all student-athletes and coaches to maintain poise and harness emotions in stressful, competitive situations. ~Philippians 4:13

Student/ Parent Athletic Agreement

I, _____ (Print), as a member of the Calvary Christian Academy athletic team, agree to abide by the following rules and standards of conduct. I further acknowledge that penalties for misconduct can result in extra running, other miscellaneous punishment, early morning practices, suspension, or dismissal from the team or school.

1. I read and agree to abide by the rules and regulations outlined in the CCA Athletic Handbook.
2. I agree to follow all the guidelines to this Student/Parent Athletic Handbook.
3. I agree to treat coaches, adults, and players with proper Christian respect.
4. I agree to personally obtain prior permission from my coach if I must be late or miss a team function.
5. I agree to keep an attitude of encouragement towards my teammates in every situation.
6. I recognize the lack of practice due to injury or other causes may limit my playing time.
7. I agree to attend all practices and games, home and away, unless excused by my coach.
8. I agree to inform my coach of an illness or injury that may affect my playing ability.
9. I agree to inform my coach of transportation problems that may arise.

10.I agree to perform any function that the coach, in his/her judgment (not mine), determines best for the team's success.

11.I agree to give 100% effort on the playing field or court during all practices and games.

12.I realize that being late due to detention is UNEXCUSED and WILL NOT be tolerated.

13.I agree to maintain the necessary academic standard and will inform my coach of any academic problems I may encounter, such as low grades, term papers due, or upcoming tests, which may necessitate help in managing my time correctly or include tutoring.

14.I agree to take good care of my uniform and will pay to repair or replace it if it is damaged or lost due to my negligence.

I HAVE READ THE ABOVE RULES AND STANDARDS AND AGREE TO ABIDE BY THEM.

Student Signature

Date

Parent/ Guardian Signature

Date