



2023-24 Athletic Handbook

Cornerstone Christian Academy, 1600 McCurdy Ave N, Rainsville, AL 35986

Please note this handbook is a dynamic document, with ongoing updates as needed. Thank you for remaining aware of the most current procedures and policies for CCA.

Introduction

Welcome to the Cornerstone Christian Academy Athletic Program. The opportunity to work with your athlete and family is a blessing. We believe athletics is an important part of education and ministry. We desire not only to build students physically, but to develop them spiritually. Your student is our main focus as they participate in school sports throughout the year. There is excitement for what God is doing through our athletic program to grow our students to achieve their God-given potential.

The CCA school board has appointed Heather Harrison as Athletic Director. A Board Committee consisting of Jonathan Andrews, Shaunathan Bell, Rex Creswell, and Seth Stone work closely to support, plan and help govern the program. Jr High and High school teams compete in the Alabama Christian Athletic Association (ACAA). Eight-Man Football competes in the Christian Football Association (CFA). The elementary teams compete with the DeKalb County Pee wee Leagues.

Research indicates that students who participate in extracurricular activities will have more success in the classroom. Also, these students will gain character traits that will enable them to be successful in life. Many life lessons are learned through athletics that will assist athletes in their character development.

Parental support and encouragement are needed from each parent. Parents are expected to be respectful to coaches, players, officials, and other spectators, thus, being a good example for everyone.

We trust the following information will make your family's experience with Cornerstone Christian Academy Athletic Program rich, rewarding, and promoting Godly character. We will partner with you and encourage your student to have a life pleasing unto God.

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CCA Sports

FALL SPORTS

Jr High Cross Country: co-ed	Grades 6-9
Varsity Cross Country: co-ed	Grades 9-12
Middle School Volleyball (Girls)	Grades 6-8
Jr High Volleyball (Girls)	Grades 7-9
High School Volleyball (Girls)	Grades 7-12
Jr High Eight-Man Football (Boys)	Grades 6-9
Varsity Eight-Man Football (Boys)	Grades 7-12
Varsity Cheer	Grades 7-12
Varsity Golf	Grades 7-12

WINTER SPORTS

Little's Basketball (co-ed)	Grades 1-2
Elementary Girls Basketball	Grades 2-6
Elementary Boys Basketball	Grades 2-6
Elementary Cheer	Grades 2-6
Jr High Girls Basketball	Grades 7-9
Jr High Boys Basketball	Grades 7-9
Varsity Girls Basketball	Grades 7-12
Varsity Boys Basketball	Grades 7-12
Varsity Cheerleading	Grades 7-12

SPRING SPORTS

Teeball (co-ed)	Ages 4-6
Baseball (boys)	12 and under
Softball (girls)	12 and under
JV Baseball (Boys)	Grades 7-19
Varsity Baseball (Boys)	Grades 7-12
Varsity Softball (Girls)	Grades 6-12
Track and Field	Grades 6-11

Purpose of CCA Athletics

Our purpose is to advance the school's mission. We want athletics to develop Christian character in our student athletes. The athletic staff is dedicated to help mentor and encourage the student athletes in their endeavors - not only in the athletic area, but also in the classroom, community, at home and church. The ultimate goal is for them to attain Christian life skills.

Goals for CCA Athletic Department

The athletic department seeks to glorify God on and off the court, field or course.

1. To develop highly competitive programs and first class facilities
2. To develop a training system with the elementary and middle school programs that will prepare our students for varsity level competition
3. To develop a training system beginning with elementary that will instruct our faculty, staff, parents, and students in the philosophy and expectations of our athletic department
4. To use athletics to glorify Jesus Christ, competing and training in a way that promotes the overall athlete according to Luke 2:52, "And Jesus increased in wisdom and stature, and in favor with God and men."

CCA Team Commitment Policy

1. Maintain Good Standing in Behavior

Rules for any school-sponsored athletic event will be in conjunction with rules and policies in the CCA student/parent handbook. We expect our athletes to be leaders and set good examples at all times, in every situation at school and off campus. The discipline codes will coincide with the Discipline section of the Student/Parent Handbook.

If a student-athlete receives a yellow card/technical foul or that sport's equivalent of a "flagrant action", the student-athlete may meet with the AD and a redemption plan will be determined. The student-athlete may be suspended for one game unless determined otherwise by the AD and/or Upper School Principal. If a student-athlete is ejected from a contest, the student-athlete may meet with the AD and a redemption plan will be determined. The student will serve a two-game suspension unless determined otherwise by the AD and/or Upper School Principal.

2. Maintain Passing Grades

All athletes must maintain passing grades in four core subjects per semester.

3. Value attendance and punctuality

Student-athletes are expected to attend and be on time to every practice and competition. Any absence or tardiness for practice and/ or a competition should be communicated directly to their head coach or assistant coach. This teaches responsibility, commitment, and good sportsmanship towards their fellow teammates and coaches. Missing practices will also place a greater burden on those in attendance and alter the team's effectiveness during a game.

There may be scheduled practices on Wednesday. Church is a top priority for our student-athletes. Therefore, practice will end no later than 6:00 on Wednesday. Wednesday practice may be missed without repercussion depending on the circumstance. However, additional work may be required to catch up.

4. Respect decisions of administration, coaches and officials.

Respect toward officials, authority figures, facilities, property, coaches and other teammates is expected at all times. These guidelines will be enforced by each coach and the athletic administration. Consequences for disrespect will be determined by the athletic administration.

5. Conduct should promote Christ-like behavior in word, action and attitude.

- A) Cursing and/or inappropriate language is absolutely prohibited. Punishment will consist of one week or a two game suspension, as well as, placed on probation.
- B) Conduct that defames the integrity or reputation of the school or athletic program will not be tolerated. This includes social media posts. Families and athletes should follow Biblical principles as they represent the school. Concerning conduct may be addressed by the athletic administration, possibly resulting in disciplinary action.
- C) The athletic handbook must be read, and statement papers must be signed by all student-athletes and parents prior to participation in any sport. Student-athletes and parents must abide by the contents of the athletic handbook.

Participation Eligibility for Jr High/Varsity

1. All athletes must maintain passing grades in four core subjects per semester.
2. If an athlete receives a failing grade in a core subject at the 9-weeks, he is on probation. Test grades will be monitored by the Athletic Director and School Counselor. Students will be on probation for the rest of the semester. Any test grade in the failing subject below a D during probation will result in athletic suspension for four weeks or the end of the nine-week grading period or for the rest of the season. No game play (practice is permitted) during probation.
3. Academic eligibility is reviewed at mid-terms and quarters. The student-athlete and parents/guardians will be notified via email that the student-athlete is in danger of probation. However, the athlete and parent are responsible to monitor grades through FACTS throughout the grading period.
4. A student must attend school to be eligible to play in that day's contest, unless pre-approved by the Athletic Director.

5. Athletic contests are *no excuse* for late classroom work. Each student is expected to complete all homework and assignments regardless of whether the game is home or away. If the team is traveling away and has to leave school early, it is the student's responsibility to obtain all assignments for classes missed prior to leaving school.
6. Returning late from away games will not result in an excused absence the next school day. Students are expected to be in regular attendance the day following an athletic competition.
7. Students having office referrals for behavior will have possible sports probation and possible suspension from sports involvement. This will be to the discretion of School Administration, Athletic Director and Coach.
8. Parents must be supportive. If parents cause disunity, they risk possible suspension or termination of their child from the team.
9. Athletes must adhere to the attendance policy of the school in order to be eligible for game play.

Playing Time for Jr High/Varsity

1. Personal success is not based on the amount of playing time of student-athletes. Personal success is using their God given ability to contribute to the team's success.
2. Every eligible student has the opportunity to try out for a team. **However, everyone may not make the team.**
3. Athletes who make the team will be given every opportunity to demonstrate and improve their skills, and prove their abilities to the coaches, thus increasing their chances of playing time.
4. Parents must instruct and prepare their children for participation in a competitive athletic program at CCA. We are preparing students for the competition that will be encountered in the world after graduating from high school.

5. Student-athletes are expected to work hard, be committed, dedicated, self-disciplined, and determined on and off the field. We want our student-athletes to grow in their relationship with God, their athletic skill, and academic knowledge.
6. Our athletes must show leadership in all activities on and off campus.
7. Coaches will make every effort to allow each student-athlete the opportunity of competing. However, the amount of playing time is never guaranteed and should never be expected. There will be times a student-athlete will not have any playing time. Coaches choose playing time based on ability and need at the moment.
8. If a student-athlete receives little to no playing time in a season, this does not mean the student-athlete should quit. Playing time is awarded differently every year. When an athlete puts in time and is dedicated, they will likely receive more playing time as they gain experience.

Transportation

It is the responsibility of parents to provide transportation to and from athletic events. In the event the parent cannot, they must make arrangements for their child. The athletic department will not arrange rides for players. It is not the responsibility of the coach to provide transportation.

Parental Involvement

Parents are an important part of success in our athletic program. Your support and assistance will be needed during the year. Parents may be asked to drive to games. We also ask for parents to volunteer in the concessions, gate sales, and support fundraising activities. Your cooperation and support is a blessing to the program, as well as, an encouragement to the student-athletes. A parent who is not supportive of the team can have a negative effect on team unity.

Coach's Policies

Coaches are assigned by the athletic administration. Volunteers are appreciated, but those working on the field/court with teams **MUST** be approved by the athletic administration. Coaching assignments are evaluated each year.

Background checks will be completed and required for all coaches and assistants.

Policies which include playing time, game and practice strategy, and play calling will be the discretion of the coach. Each coach will make decisions based on what is best for the team. Coaches and athletic directors have an open door policy; however, coaches will not discuss playing time or other athletes. Also, coaches will not have discussions with parents before, during or after any game.

Team practices will be closed to maintain team focus. For outdoor practices, parents may be asked to stay off the field, possibly to remain in the parking lot.

Parent and Coach Relationship

When a student becomes involved in the CCA Athletic Program, parents have the right to know the expectations which will be placed on the student-athlete. This knowledge begins with clear communication from the coach. If a parent desires a conference with a coach or the athletic director, please call the school office (256-638-9311) to schedule an appointment. **Do not confront a coach before, during, or after a game or practice.**

Communication Parents Should Expect From Coaches:

1. Injury of the student-athlete
2. Expectations of your student-athlete
3. Locations and times of practices and games
4. Team requirements: fees, special equipment, off-season conditioning, and camps
5. Discipline which may result in suspension from team
6. The student's attitude, work ethic, and eligibility
7. Procedures for contacting coaches

Communication Coaches Should Expect From Parents:

1. Discussion of injuries
2. Discipline of the student-athlete
3. Notification of any schedule conflicts

Issues Not Appropriate to Discuss with Coaches:

1. Amount of playing time
2. Team strategy
3. Other student-athletes

As your student-athlete becomes involved in the sports program at CCA, they will experience a sense of pride and accomplishment. Please encourage them to have a positive attitude and respect for the coach and team. There are situations which may require a conference between the coach, athletic directors, and parents. A conference is encouraged and welcomed. It is important for all parties to have a clear understanding of the positions. The results of these conferences should promote a resolution to the concerned issue.

Appropriate Concerns to Discuss With Coaches:

1. Ways to help your student-athlete improve
2. Concerns about your student-athlete's behavior

It is very difficult to accept your student-athlete not playing as much as you may hope. Coaches are professionals. They make judgment decisions based on what they believe to be best for all student-athletes involved. As you have seen from the list above, certain issues can be and should be discussed with the coach. Other issues must be left to the discretion of the coach.

Procedures to Discuss Concerns:

1. Message the coach with your concern. Please use the team messaging system established by the coach.

2. Please do not confront a coach before, during, or after a game or practice. At these times emotions run high and an issue will not be solved. It is suggested to consider the situation for 24 hours before reacting.
3. To schedule a meeting with the athletic director, you may email. Contact information is located on the school website.
4. Parents please support and respect the athletic program and coaches. Support the athlete's achievements and encourage during struggles. Please refrain from criticizing the coach in front of your child or any other members of the team. By remaining positive, team unity will be encouraged. This includes social media reactions.

Leaving a Team

A student-athlete who quits a team or is dismissed because of a violation of rules may not participate on any other team during that particular season. If anyone leaves the team before the final cuts are made, they may try out for another team after asking permission from the coach of each team.

Appearance

Appearance and dress should meet the dress code of the school during athletic events. The coach is in charge of the team and their appearance. When student-athletes are traveling to an away game, they are expected to dress according to the standard of the coach. The student-athlete should exhibit respect for others, CCA, and themselves. They are not only representing CCA, but also Christ.

Concussion Protocol

This protocol is to be used for any type of head injury.

- 1. Remove the student athlete from play.**

Look for signs and symptoms of a concussion if the student-athlete has experienced a bump or blow to the head or body. **When in doubt, keep the athlete out of play.**

2. Ensure the student-athlete is evaluated by a healthcare professional experienced with concussions.

Do not try to judge the severity of the injury yourself. Healthcare professionals have a number of methods used to assess the severity of concussions. As a coach, recording the following information can help health care professionals in assessing the student-athlete after the injury:

- o Cause of the injury and force of the hit or blow to the head or body
- o Any loss of consciousness (passed out/knocked out) and if so, for how long
- o Any memory loss immediately following the injury
- o Any seizures immediately following the injury
- o Number of previous concussions (*if any*)

3. Coach should inform the student-athlete's parents of the possible concussion..

Make sure they know the student-athlete should be seen by a healthcare professional experienced with concussions.

4. Keep the student-athlete out of play until an experienced health care professional releases them.

Cornerstone Christian Academy Parent Contract

At CCA, we acknowledge that parents play a vital role in what we do at this school. Our goal for all parents and students involved in the athletic program is to understand the importance of representing Christ in everything we do. Athletics are a great opportunity to show our relationship with Christ. Also, we want anyone who is unsure of their faith to know Christ personally.

I understand the importance of the responsibility set before me and commit to conduct myself in accordance with the proceeding statements, as well as, the following guidelines:

1. I will treat all coaches, officials, staff, student-athletes and other fans with respect at all times.
2. I will not make any commands or unnecessary comments to any official, student-athletes, or coach during a game or practice.
3. I will have my child on-time for practices and games. I will inform the coach if my child cannot attend a game or practice.
4. I understand that coaches may decide to have closed practices (no spectators) and I will fully comply with those wishes.
5. I will NOT speak negatively of CCA, its athletic program or anyone involved.
6. I understand that any student discipline during school hours will affect athletic participation.
7. If I have a concern I will not approach the coach before a game/practice or directly after a game/practice. I agree to follow the chain of command with a private appointment. The chain of command is first the athletic director, the athletic director and coach, and if needed the school's administration.
8. I understand that just because my child is on a team it does NOT guarantee playing time.
9. I understand there are many areas that determine my child's playing time. I will support my child by teaching them to be patient and work hard for playing time. Just because they are not playing does not mean they never will.
10. I will do my best to support CCA athletics and offer my time when available. I will do my best to make CCA athletics as successful as possible. I will support my child by volunteering where my abilities allow.
11. I will always be a good supporter and cheerleader.
12. I understand that failure to comply with this agreement can affect my child's position on a team.

Parent Signature: _____

Student Name: _____ Date: _____