

High Point Christian Academy Cougars Athletic Handbook

Program Goals

The Athletic Department at High Point Christian Academy desires to serve the Lord as thoroughly as possible through a structured program of organized athletics. We believe a team experience and the personal challenge offered by athletics are valuable components of a complete education. Our student athletes are expected to meet the demands of our rigorous academic program as well as daily practice requirements and schedules. Athletes are encouraged to accept active leadership roles both on and off the field or court, to exhibit behavior that is consistent with the high ideals of integrity and sportsmanship pleasing to God. Athletes are encouraged to do their best, but most importantly, to do it heartily as unto God and not unto men (Colossians 3:17,23).

Each athlete will receive instruction that helps him/her to develop the ability he/she possesses for God's glory. They will be disciplined and trained in leadership, encouraged to promote school spirit and unity, and encouraged to demonstrate Christian character.

Eligibility

Academic Standards

All student athletes must maintain a 2.0 cumulative grade point average (77% or above) to be eligible to participate in the athletic program. Grades will be checked each quarter when report cards are distributed. Student athletes who participate in the fall must have had a "C" average (77%) or better in the pre-spring quarter. Student athletes who do not have a "C" average will be ruled ineligible and cannot participate. If the student athlete pulls his/her grades back above the minimum standard the next quarter they will be eligible to participate in the program.

Health Physicals

Every athlete must have a physical exam before the season begins. This form must be from a physician stating you are physically fit for interscholastic athletic competition. It is your responsibility to get a physical every school year. You may not compete or practice until you have a physical. The Office and Athletic Department have Health Physical forms available. They are valid for one full calendar year.

Conduct & General Policies

Any student who is disciplined in other areas of school life is subject to suspension from the athletic program to be determined by the coach, Athletic Director and/or administrators.

Any student athlete demonstrating unacceptable behavior will be subject to suspension to be determined by the coach and administrators. It is very important that each player compete while they are in control of their emotions. Respect towards officials, players and coaches is always expected.

Any student found to be misusing or abusing school property or equipment can be dismissed from the program.

and will be expected to pay for the damage. The student will replace lost equipment.

Uniforms and Equipment

The Athletic Department will issue all uniforms to members of our teams. All Cougar athletes who are issued uniforms and/or equipment are responsible for their care. The cost of any such uniform or equipment, which is lost or damaged, will be billed to the athlete. Failure to turn in uniforms on time will result in disciplinary action from the administration.

Injuries and Sickness

Students with illnesses or injuries which result in medical exemptions from practices or contests must submit a release from a physician other than a family member before participation may be resumed.

Absences and Tardies

If a player is continually absent or habitually tardy to practice or games, it may affect his/her standing on the team. Consequences for unexcused absences or tardies will be determined by the coach and Athletic Director.

School Attendance

Each student must be in school at least half of the day to be eligible to practice or play in games. Extenuating circumstances will be considered on an individual basis.

Code of Sportsmanship

It is our desire at The Academy to have a great testimony from our coaching staff, players and spectators. We never want to be a stumbling block to others as we either host or travel to another school. Here are some guidelines for all spectators at home or away sporting events.

- 1) Spectators shall role model positive behavior while attending athletic events.
- 2) Spectators shall show respect for the opposing players, coaches and spectators.
- 3) Spectators shall only participate in cheers that support and uplift the teams involved.
- 4) Spectators shall respect and accept the judgment of game officials.

We understand questions from players and/or parents may arise during the course of a season. What we do remember is the Matthew 18 principle -- the person with the question should go to the person who can directly answer the question. If you have a question for the coach, please do not go to the Athletic Director or Administration. We need to remember our sons/daughters are always watching to see how we handle questions and situations.

Transportation

Safety is of the utmost concern and therefore, in attending sports events students will be required to travel together with the coach(es) via HPCA or chartered transportation. Behavior set forth by High Point Christian Academy for all trips will be followed. No loud voices or standing while the bus or van is moving. Please

Readiness for an injury will be followed. The rules of no parking while the bus is moving. It may, under certain situations, bring their son/daughter to the away games. Please clear through the Athletic Director first. Parents may drive their son/daughter home after away games after communicating with coach and/or Athletic Director. Traveling to and from games with older brothers or sister is not allowed.

Athletic Banquet and Awards

At the end of each season, the Athletic Department will have a banquet to honor the teams, coaches recognize individual achievements on those teams.

For the individual awards on each team, the coaches will be looking for these qualities and others:

- Christian character development, leadership
- Hardest workers at practice
- Those who sacrifice for the good of the team
- Those whose growth in skill is exceptional

Three awards will be given out for each team to be determined by the coach, Athletic Director Administration.

Athletic Insurance

Because the risk of injury increases for students involved in athletics, all student-athletes participating on H athletic teams must be covered by health insurance. It is the responsibility of the athlete's parents to purchase insurance in the event of an injury while participating in practice or in a game. HPCA does not assume financial responsibility for injuries received while participating on an athletic team.

Athletic Associations

For Middle School, we participate in the Triad Middle School Athletic Conference (TMAC). Our Varsity sports compete in the Triad Athletic Conference (TAC). We are a member of the North Carolina Independent Schools Athletic Association. The NCISAA offers State Tournaments for all Varsity Sports.

Sports Offered

	Fall	Winter	Spring
Middle School	Boys Soccer	Boys Basketball A & B	Baseball
	Volleyball	Girls Basketball A & B	Softball
	Cheerleading	Cheerleading	Girls Soccer
			Golf
Jr Varsity	Girls Tennis	Boys Basketball	Baseball
	Girls Volleyball		
	Football		
Varsity	Boys Soccer	Boys Basketball	Baseball
	Volleyball	Girls Basketball	Softball

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	Girls Tennis	Boys Swimming	Girls Soccer
	Boys Cross Country	Girls Swimming	Golf
	Girls Cross Country		Track
			Boys Tennis

College-Bound Student Athlete

Athletes who are interested in playing at the NCAA Division I or II level must qualify academically. They must graduate from high school and make at least a 2.0 grade point average (based on a 4.0 scale) in 13 core academic courses. The NCAA requires a minimum combined SAT score of 820. All athletes who intend to participate in Division I or II athletics as a college freshman must register and be certified by the NCAA Initial-Eligibility Clearinghouse. Student athletes can pick up appropriate forms from the high school guidance counselor. More information can be obtained at www.ncaaclearinghouse.net.