



ARBORBROOK ATHLETIC HANDBOOK

Last Updated June 2022

Our athletic program exists to be an extension of the Christian values being taught in the classroom. We seek to glorify God with our words and actions while playing, coaching, volunteering and cheering. While preparing and striving to win, our coaches look for opportunities to integrate sports concepts with life principles and Biblical truths.

1. STUDENT RESPONSIBILITIES

A. Academics Over Athletics

This school policy should be viewed as a natural consequence rather than a punishment. Because we value student-athletes and firmly believe it is a privilege to participate in sports, we have purposely set a high standard. Academics must still take priority over athletic participation. It is recommended that student-athletes who are having trouble keeping up with class responsibilities consider hiring a private tutor.

B. Academic Eligibility

In order to participate in any school-sanctioned sport, student-athletes are required to ***maintain a grade of 70 (C-) or better in all core classes*** which includes Science, History, Math, English, and Foreign Language. Those unable to meet this requirement will be placed on Academic Probation.

C. What Does Academic Probation Mean?

When on academic probation, student-athletes lose the privilege of dressing in their uniform for games and playing in games. **Student-Athletes on academic probation are still required to participate in practices and sit on the bench during games.** If a student-athlete is failing to make positive progress, he/she may be excused from attending practices and/or games in order to use that time to get caught up (may be recommended in some situations). If this is needed, the coach must know asap and be kept informed on academic progress.

D. How Can Student-Athletes Regain Eligibility?

Academic Probation will be evaluated on a weekly basis beginning the third Wednesday of each new semester (mid-September and mid-January). The athletic department will check

grades on Monday mornings to determine the eligibility of all student-athletes (update emails will be sent). Those meeting the requirement will remain eligible or be reinstated effective immediately. Those not meeting the requirement will remain ineligible or be placed on academic probation effective immediately.

E. What Happens if a Student-Athlete Finishes a Semester with a Low Grade?

If any student-athlete fails to meet the requirement at the end of a semester (final grade is below a C-), he/she will be placed on Academic Probation until *the third Wednesday of the next semester* (at that time, the past semester will no longer apply, eligibility will be determined based on the current semester grades). This means second semester final grades will carry over to the first semester of the next school year for returning student-athletes.

2. Value of Athletics

Athletics can be a great way to glorify God. Colossians 3:23 says to “work heartily as for the Lord.” Matthew 5:16 states, “In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven.” By participating, students can learn so many key Christian values such as leadership, working together, hard work, respect for others, and being a Christian example to those around you. As Christians we want to strive to set a Christian example. Our coaches will teach our athletes how to glorify God through sports. While we all want to win on the scoreboard, the most important part of athletics is to grow, learn, and glorify Jesus in how we conduct ourselves.

3. Policies and Procedures

A. Code of Conduct

Student-Athletes, parents, administration, and coaches are expected to conduct themselves in a Christ-like manner at all times – both on and off the field/court. Involvement in any inappropriate activities on or off the playing field may result in suspension or dismissal from the team. The behavior from each of us represents our faith, our school, our families, and ourselves.

Any student that is suspended from school is ineligible to practice or play on the days they are suspended. A second suspension in the same season can result in removal from the team.

B. Illness Policy

If a student-athlete is unable to attend school due to illness, he/she will not be permitted to participate in a practice or game later that evening. This policy only applies Monday-Thursday. Please notify your coach as soon as possible if you will not be at school or will miss a practice/game due to illness.

C. Time Commitment

It is important for those interested in playing sports to be fully committed to attending all practices and games (aside from illness, required school activities, and family emergencies).

The consistent absence of one or more players can lead to challenging situations for the team. Vacations/family trips should be scheduled for before or after the season in which a player is playing (**Example:** A boys soccer player should not be on vacation on Monday-Friday after August 1st through the rest of the soccer season. If this does happen, the player should expect that there will be playing time lost. Head coaches will determine the amount of playing time lost due to a situation such as the one stated above).

If a player will not be able to play in a game or practice for any reason during the season, this needs to be communicated to the head coach ASAP. Telling a coach you can't be at a game or practice on short notice, unless it is an emergency situation, hurts the team in multiple ways and will likely result in less playing time.

Players who are on an Arborbrook sports team while also playing on another team (Club, AAU, Rec.) in the same season is allowed. However if there is missed practice time with the Arborbrook team because of the Club, AAU, or Rec team, the player will likely see less playing time during the games they play for Arborbrook. **As a school sport, this should take precedence over other leagues during the school season.** This also MUST be communicated with your ACA coach.

(We do try to leave Wednesdays open for families who attend church/church functions. If a team has to reschedule a practice or game to a Wednesday, the coach will let the team know ASAP).

- *School Sports* require a commitment **of at least 4-5 days/week** (multiple practices/games during week, possible Saturdays and Wednesdays if needed)

D. Dress Code

All athletes and coaches must dress appropriately for practices and games. All coaches must wear ACA shirts or shirts that have no other affiliation, logo, etc. during games (excluding small brand logos like Under Armor, Nike, etc.). Pants must be khaki or dress pants (khaki shorts can be worn during hotter times of the year). Dresses for female coaches and suit/tie for male coaches are acceptable as well, but not required. **No athletic type shorts during games for coaches.**

Players must wear the exact same uniform during games. If there is an issue with a players uniform, this must be communicated with the coach well before the game. Players must come in their uniforms for road games. Other clothes can be worn over them, but must be appropriate (think school dress code).

E. Communication

Communication between coaches, parents, and players is very important during the season. Every parent needs to be on the sportsYou application to receive notifications and communication from each team your child plays on. Practice/game cancellations or postponements will be communicated asap. **Sometimes these can happen last minute**, so we will communicate changes as soon as we can. Each coach should be responsible for

communicating practice/game times, changes to the schedule, when players should arrive for practice and games, and any other info players and parents need. All game and practice schedules can be seen on the sportsYou app.

An all sports parent/player meeting will take place in early August, while individual team parent meetings should take place before respective seasons begin. **The All-sports meeting is strongly encouraged to be attended by the athlete and at least one parent.** These individual team meetings should be communicated by the head coach in a timely manner. All communication on the sportsYou app, email, or in person should be respectful and represent who we are as Christians. This includes all coaches, parents, players, and administration.

Coaches should not communicate via text or email with any player unless the parent is attached in the communication. In case of an emergency, the coach should make sure to let the parent know that he/she has been in communication with their child. Private information regarding the student should be shared in-person with the student along with their parent or another coach/school administrator present. sportsYou is the best way to communicate individually with a player if you need to use a phone/technology to communicate with them. Again, coaches or administration should not share any sensitive/private information unless in-person along with the parent or ACA coach/administrator.

F. Music Played at Practice and Games

Music played at practices and games should be clean of any vulgar language. Music that has “bleeped out” words is also not acceptable. Sometimes we do miss this, so we will do our best to review every song before being played. Playlists made by players or coaches should be reviewed beforehand before playing at a practice or game.

G. Players Interested in Playing in College

Players who are interested in playing at the college level need to be sure their transcripts and ACT/SAT scores are sent to the schools they are interested in/are being recruited by. This needs to be communicated with the school counselor. Any player who is accepted to and signs to play at a college will have a college signing day event that they can invite family, friends, and former coaches to come to and sign their National Letter of Intent (NLI) and celebrate their accomplishment. The NLI should be sent to the student-athlete by the college. Once the student has this, the signing day event can happen. More info on college academic eligibility can be found at ncaa.org.

H. Social Media

Arborbrook Athletics has its own Instagram and Facebook page. We do not have any other social media page, so any account that says it is associated with ACA athletics is not associated and should be reported immediately. Individual team accounts can be created at the discretion of the AD and head coach.

Players should not post any inappropriate behavior to their social media accounts. Suspension and/or removal from the team can happen depending on the severity. This will be determined by the coach and athletic director. Anyone associated with ACA or ACA Athletics should keep in mind that you are representing your school, team, family, and your faith on social media.

4. Parent Responsibilities

A. Registration Fees

Each student-athlete will be required to pay a registration fee in order to participate on any Arborbrook Athletic team. The registration fee per player will vary from sport-to-sport and year-to-year and will be used to cover the cost of equipment, facility rental fees, referees, and other needed expenses. We will try to keep the cost as low as possible. If a family has multiple players participating during the same sports season (same team or different teams), they will receive a discount for each additional player. Registration fees for ACA students will need to be paid online through FACTS at the time of registration. Payment plans will often be available through the business office. Homeschool families must pay via check made out to Arborbrook Christian Academy and in the memo, the name of the sport they are playing. Example: "Volleyball Registration." The online payment option is temporarily unavailable to homeschooled students due to transferring our sports website to the arborbrook school website. New uniforms must also be bought by parents.

B. Volunteering

Parents of players are asked to help with carpooling to and from practices and games. They are also asked to support each team by volunteering with concessions, ticket sales, clean up after games, etc. A minimum of 3 hours is required in order to count towards a parent's school PVC hours. (Parent volunteers are vital to putting on athletic events at ACA. We appreciate your help and time investment into our athletics program!)

C. Waiver of Liability & Statement of Faith

During the online registration, Parents will need to accept a Waiver of Liability and agree with the Arborbrook Statement of Faith. Both are required in order for any student-athlete and homeschool student to participate in the Arborbrook Athletic Program. This is also signed by every ACA coach and administrator.

D. Communication with Coaches

Please do not try to speak with your child's coach before, during, or after a game if possible. It is crucial for coaches to have time to prepare for and evaluate the day's activities without interruption. If there is an emergency, a message can be sent to them and then contact AD Stephen Widenhouse or Assistant AD Nikki Baldwin.

If you need to speak with your child's coach, set up an official appointment that does not interfere with the times stated above. You may call the office to leave a message for the coach or you may email the coach directly. Please do not call coaches at home or work unless you have scheduled an appointment with them.

E. Travel for Games

ACA Athletics does not currently have a bus to travel to and from games. Therefore parents/guardians are responsible for taking players to and from road games. Carpooling is encouraged, especially for games over 30-45 minutes away. While we try not to schedule games far away, scheduling and opposing team availability may require us to travel farther.

F. Behavior

Fan/parent behavior is crucial to the overall experience at our games. PLEASE do not disrespect coaches, officials, or other spectators during or after a game. We are to set a Christ-like example for others. Self control is a major part of being a Christian example. The coaches and officials do the best they can each game, and while there are mistakes made or "bad calls" we fully expect our parents and fans to conduct themselves in a Christian way. Please cheer on our team and have fun, but do not let your behavior get out of control.

Players ejected from a game will be suspended at least one game. A longer suspension can be placed on the athlete at the discretion of the coach and AD, depending on the severity of the player's behavior.

Coaches will also be suspended one game if ejected from a game. A longer suspension can be placed in the coach at the discretion of the AD.

5. Team Information

A. Equality of Teams

At Arborbrook, all teams and sports are not created equal when resources are limited. High School teams and sports will be given priority in all situations (gym space, coach availability, practice times, etc.).

B. Tryouts

Each team will conduct tryouts before the season and official practices begin. Depending on the sport and how many players come out for the team, there may be cuts made in order to have the proper amount of players on the roster. **The head coach has the final say on who makes the team.**

C. Levels of Teams

We will strive every year to have at least a middle school and high school team for every sport offered. Some years, we will have enough for a "JV" or junior varsity team. This is made of high school players that are in 9th, 10th, and sometimes 11th graders.

D. Participation of Homeschoolers

Arborbrook values its on-going relationship with the home-schooling community. For this reason, homeschooled students are allowed to try out for Arborbrook athletic teams (only those officially registered with the state). The number of homeschoolers allowed per roster varies from sport to sport and season-to-season.

In order for a homeschooler to be eligible to tryout for a team, the family will be required to agree with and sign Arborbrook's Statement of Faith during registration. You can also find the full statement on the Arborbrook School Website (www.arborbrook.org).

Homeschooled students will be invited to tryouts at the same time as Arborbrook students. Coaches have the freedom to select homeschooled students over Arborbrook students, however they are not required to do so to meet a quota. Selection is based on performance and attitude during tryouts. ***Note: The 2022-2023 school year is the final year that homeschooled students can play on varsity teams, pending our acceptance into the NCISAA.**

E. Younger Players on High School Teams

Middle school players (grades 5-8) are only permitted to tryout for the high school team if invited by the coaches. In addition, based on the situation of each team as the season progresses, one or more middle school players of any age may be asked to join the high school team to help fill a void left by an injury, academic ineligibility, or other situations where the team is in need of additional players. If the middle school season concludes before the high school season, coaches are permitted to invite one or more middle school players of any age to join the high school team. "Moving up" to the high school team at the end of a season does not guarantee that that player will play on the high school team the next season.

Fifth graders are encouraged to tryout for middle school teams. This does not guarantee they will make the team, unless there is a shortage of players on a given team. Head coaches determine who makes the team at the end of tryouts.

F. Playing Time

There is **NO** guaranteed playing time for middle school or high school teams. The players who perform the best along with their behavior/attitudes being in line with expectations will get the majority of playing time. Head coaches will ultimately decide playing time during each game.

G. Athletic Trainers, Health and Safety of Athletes

We are striving to have a certified athletic trainer at all home games beginning in 2022-2023. This will help in the event of an injury or emergency that happens during a game. Trainers have the final say as to if an athlete can go back into a game after an injury.

All of our coaches will be certified in concussion training via NFHS (National Federation of High School Sports) before the 2022-2023 school year. All head injuries will be taken seriously and evaluated by our athletic trainers. All players **MUST** take their Impact Concussion Baseline Test before participating in games. This can be found at arborbrooksports.org under the "Information" tab. This test gives your doctor a baseline of where a player's brain function normally is compared to where it is at the time of injury.

In the case that an athlete sustains a concussion, a return to play form, which will be provided by your coach, must be completed by the physician who is caring for the athlete before the athlete can return to games and practices.

Any pre-existing condition or injury needs to be communicated with the AD and head coach before the season starts. It is recommended that a student athlete go to their physician to have a physical done to be sure they are healthy enough to play. This will be required in 2023-2024.

6. General Information

A. Athletics To Be Offered

Arborbrook is interested in offering as many sports as we have time and resources for. However, in order to offer team sports at Arborbrook, many things have to come together: players, coaches, adult supervision and facilities. Athletics are an extracurricular activity and are not guaranteed from year to year.

B. Player Interest

All sports require a minimum number of players to create a team. If the minimum number of players is not established the sport will not be offered that season.

C. Coaching Availability

Teams can only be created based on coaching availability, which may vary from year-to-year. Coaches are to uphold the Christian values and behavior expected by Arborbrook Christian Academy.

D. Facility Availability

When no on-campus athletic venues are available, Arborbrook will attempt to rent field and gym space at the best possible price in the best possible location. This means practice and game venues may change from year-to-year, week-to-week, and possibly day-to-day. If there are no available facilities that sport may have to be canceled until such time as the appropriate space can be secured.

E. Adequate Supervision

A minimum of two (2) adults known by and in good standing with Arborbrook must be present at all athletic practices. If two (2) adults are not able to be present, the practice will be canceled for that day.

F. Athletic Awards Night

All student-athletes (including homeschoolers) will be recognized and honored at the end of each school year during the Awards Banquet. Location and time will be announced in the Spring semester.

G. Student Volunteer/Service Opportunities Through Athletics

Service opportunities will be made available for athletes and parents during the year. This may be by an individual team or the program as a whole. These are encouraged to be attended by players because of the value of serving our community.

H. Recruitment of Athletes

ACA does not condone any recruitment of athletes from other schools. If you are approached by a student or parent from another school about information regarding athletics offered at Arborbrook, please direct them to our admissions office. You are free to tell others about your experience at our school and with our athletic programs, but intentional recruiting strictly for athletics purposes is not tolerated.

I. Arborbrook Sports Website

Updated information, registration forms, calendars, game results, cancellation information, and more can be found on the Arborbrook Sports Website (www.arborbrooksports.org).