

# Mitchell Road Christian Academy



## STUDENT ATHLETIC HANDBOOK

2019-2020

“But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.”

Isaiah 40:31

# **ATHLETIC HANDBOOK INFORMATION/ACKNOWLEDGMENT FORM**

It is the policy of the Mitchell Road Christian Academy Athletic Department to provide each student a copy of the rules and regulations concerning athletic activities.

It is our desire that the material in this handbook be a valuable source of information concerning the MRCA Athletic Department. Please read this handbook carefully! Once you have read the handbook, please sign this acknowledgement form in the space provided and return to the appropriate coach or to the Athletic Office.

By signing this form, both student and parent/guardian acknowledge that they have read the information and will abide by the policies, rules, and regulations that are contained in the MRCA Student Athletic Handbook.

---

STUDENT

---

PARENT/GUARDIAN

---

SPORTS FOR 2019-20 YEAR (Please list each sport you will play.)

---

DATE

**REMOVE THIS PAGE AND RETURN TO YOUR COACH.  
KEEP THE HANDBOOK FOR YOUR REFERENCE.**

## TABLE OF CONTENTS

Acknowledgement Form .....	2
Academic Requirements .....	6
Age Limits.....	7
Athletic Philosophy .....	4
Bad or Threatening Weather Policy.....	11
Beginning and Ending Seasons.....	10
Conditioning Standards.....	8
Conference Affiliation .....	5
Conference Purpose .....	5
General Eligibility.....	6
Insurance .....	7
MRCA Administration.....	4
MRCA Offered Sports .....	5
Non-School Competition .....	7
Objectives of the Athletic Program.....	4
Parental Expectations.....	10
Participation Requirements .....	5
Physical Exams .....	7
Practice Rules and Regulations.....	9
Responsibilities of Coaches .....	8
School Mission.....	4
Sportsmanship.....	7
Student Attendance .....	8
Student Suspension .....	8
Training Rules.....	8
Transportation to and from Athletic Events.....	11

## **MRCA ADMINISTRATION**

Stephen Reel	Head of School
Gail Simmons	Principal
Mark Martin	Athletic Director

## **SCHOOL MISSION**

The mission of Mitchell Road Christian Academy is to partner with Christian parents to equip children to become ambassadors for Christ through academic excellence and an integrated Biblical Worldview.

## **ATHLETIC PHILOSOPHY**

The philosophy of coaching and athletics at MRCA is to encourage and guide athletes to exemplify Christ in whatever they do and to do everything with all their might.

(I Corinthians 10:31; Philippians 1:21; Ecclesiastes 9:10)

Our desire is that each athlete possess and demonstrate Christ-like character qualities, expressing them openly through the medium of athletics. Our aim is to build eternal values in our athletes; thereby, stressing attitudes and actions that are relative to the principles of God's Word.

Our purpose/goal is to develop athletics physically as well as spiritually, in order that the total person may be developed and controlled by the Spirit of God.

(I Thessalonians 5:23)

We desire our student athletes to conduct themselves - both in and out of school – in such a manner as to not discredit themselves or Mitchell Road Christian Academy.

Everything we do, including athletics, is for the purpose of glorifying Christ.

## **OBJECTIVES OF THE ATHLETIC PROGRAM**

- To bring glory to God and be witnesses for Him on the athletic field/court.
- To enhance and develop the talents with which God has blessed each individual athlete.
- To enhance and develop the positive attributes of sportsmanship.
  - ❖ Self-Discipline
  - ❖ Respect for self and the opposition
  - ❖ Respect for coaches and officials
  - ❖ An awareness of representing MRCA and the beliefs of the school
- To strive for the pursuit of excellence both on and off the athletic field.

## **MRCA OFFERED SPORTS**

### **FALL**

- Cross Country      Boys and Girls
- Soccer                Boys
- Volleyball            Girls

### **WINTER**

- Basketball            Boys and Girls

### **SPRING**

- Golf                    Boys and Girls
- Soccer                Girls
- Baseball              Boys

## **CONFERENCE AFFILIATION**

Mitchell Road Christian Academy is a member of the Carolina Middle School Conference (CMSC), which consists of the following schools:

Bob Jones Academy	Prince of Peace Catholic School
Hampton Park Christian School	Shannon Forest Christian School
Langston Charter Middle School	Spartanburg Day School
Lead Academy	Spartanburg Preparatory School
Mitchell Road Christian Academy	St. Joseph's Catholic School
Our Lady of the Rosary Catholic School	St. Mary's Catholic School

## **CONFERENCE PURPOSE**

The members of the Carolina Middle School Conference (CMSC), realizing the benefits that accrue for our students from uniting in our education goals, shall strive to promote and administer athletic events, which will enhance the development of our students and the relationship between the member schools.

## **PARTICIPATION REQUIREMENTS**

Mitchell Road Christian Academy requires a student be enrolled as a full time middle school student (6<sup>th</sup> through 8<sup>th</sup> grade) in order to be eligible to participate in any athletic sport at MRCA. Fifth graders are ineligible to participate in middle school athletics.

A student may only participate in one MRCA sport per season unless approved by the Athletic Director.

Coaches are not allowed to coach more than two teams at MRCA during a single school year.

## ACADEMIC REQUIREMENTS

Students must meet the following academic guidelines in order to participate in MRCA athletics:

1. Student are expected to maintain a C or 2.0 GPA among all their classes combined, without any F's. Failure to do so will result in a suspension from the team.
  - a. Grades will initially be determined from the most recent mid-term grade or report card.
2. Ineligibility will be determined on the "mid-term or progress report" date and/or on the "end of the quarter" date as noted on the School Calendar.

## GENERAL ELIGIBILITY

General eligibility rules are as follows:

1. Team rosters are to be turned in to the Athletic Office as soon as team selection is complete.
2. No student will be allowed to participate in an athletic event before the Athletic Director has declared him/her eligible.
3. The following items must be turned in to the Athletic Department before the student can participate:
  - a. Activity Fee (\$100 for Cross Country, \$125 for all other sports except Golf and \$175 for Golf)
  - b. Pre-participation Physical Evaluation Form - **MUST** be dated after **June 1st** of upcoming school year (forms can be found on our website)
  - c. Release of Liability Form – this form must be signed.
  - d. Athletic Handbook Acknowledgement Form - this form must be filled out completely.
  - e. Concussion Awareness Form – this form must be signed.
  - f. If any portion of these forms are left blank, it will be considered incomplete and will be returned to the student. The student will not be able to try-out or participate until the forms are complete.
4. No names will be added to the team roster once the first contest has been played unless approved by the Athletic Director.
5. To be eligible to try-out for a team, the student must be enrolled at MRCA prior to the completion of the first third of the current season.
6. Any student who quits a team for any reason other than medical, may forfeit his/her opportunity to play on a team during the next athletic season. Final determination will lie with the Athletic Director.
7. If a student does not participate in scheduled PE classes, he/she will not be eligible to participate in after school athletics.
8. If a student misses a practice for any reason, it will be the coach's decision whether he/she will be allowed to start the next game or if he/she will sit out for a portion or for the entire game.
9. If a student forgets his/her uniform for a game, he/she will not be allowed to start and will sit until the coach allows him/her to play.
10. A student must be present at school the day of a game. If he/she misses more than ½ a day on a game day, he/she will not be allowed to play in the game.
11. If a students' conduct on or off the court/field is found to be detrimental to the philosophy of the athletic department and the mission of MRCA, he/she will be subject to suspension or removal from the team.
12. If a student is expelled/suspended from school, then he/she will be subject to suspension of game/s.

## **PHYSICAL EXAMS**

1. The school requires a student participating in athletics have a physician's EXAM certificate stating that he or she is physically able to participate in tryouts and/or the athletic contests of his/her school. The necessary form will be available to the student in the Athletic Office or on the school website and must be turned in before or at the tryout. Only one physical is required per school year (after June 1<sup>st</sup> for the upcoming school year).
2. A student will not be permitted to practice or compete for the school until verification of adequate health insurance coverage is on file in the Athletics office.

## **INSURANCE**

The school will provide student secondary insurance to cover school activities.

## **AGE LIMITS**

Age limits will be enforced for our recreational soccer program only.

## **NON-SCHOOL COMPETITION**

Participation on any organized non-school athletic team should be brought to the attention of the coach prior to tryouts in order for the coach to address expectations, conflicts, etc. before selecting the team.

## **SPORTSMANSHIP - PLAYERS/SPECTATORS**

1. All students are expected to put forth their best effort and demonstrate good sportsmanship at all times. Any form of poor sportsmanship, bad attitude, disrespect or foul language will result in removal from a game and possible removal from the team.
2. Spectator Sportsmanship – The book of Matthew tells us that a tree is recognized by the fruit it bears (Matthew 7:15-20). In light of this truth, it is only proper that we display outwardly what we confess to believe inwardly. Spectators need to provide a positive witness to all who are present at each event. We should cheer for our team and acknowledge a good play by our opponents. We should refrain from outward explosive criticism of the officials and coaches during the game. They are God's authority figures. Young people watch how their leaders respond. Adults should strive to be a constant example for Christ to our young athletes in our words and deeds.
3. If a student spectator's conduct is found to be unsportsmanlike, the student could be barred from attending any middle school athletic contests.
4. The unsportsmanlike conduct of any spectator – regardless of age – could cause that spectator to be barred from attending school athletic contests.

## **TRAINING RULES**

Each head coach is responsible for establishing training rules for his or her program. These rules should be written and distributed to participants at the beginning of the sports season. One copy should also be submitted to the Athletic Director.

Although specific rules are to be determined by each head coach, general guidelines will apply to all athletic programs as stated in the student and athletic handbooks.

## **CONDITIONING STANDARDS**

Each team must have five days of practice and each individual must have participated in five practices on five different days prior to the first interscholastic contest in all sports (excluding pre-season jamboree).

## **STUDENT ATTENDANCE**

Students are expected to be in attendance the day they are participating in an extracurricular activity. Students arriving after 11:30 a.m. on the day of a game/match will be ineligible to participate in the game/match unless excused by an administrator. Likewise, students who leave school early because of illness will not be allowed to participate in a game/match that day.

## **STUDENT SUSPENSION**

A student receiving any type of school suspension will be subject to suspension of game/s.

## **RESPONSIBILITIES OF COACHES**

1. Coaches will lead with our 4Dimensional Coaching Model (Physical, Mental, Spiritual and Application).
2. Coaches will have a devotional time with their team before practices and games. Every practice and game should include a time of prayer.
3. Coaches will teach/model the values of cooperation, self-control, and the proper spirit of competition.
4. Coaches will support and enforce policies and standards of behavior and sportsmanship formulated by the school.
5. Coaches will know and follow the CMSC and school rules governing the sport.
6. Coaches will plan and supervise practice sessions in keeping with the age, maturity and ability of the player.
7. Coaches will establish and enforce rules for the proper use and care of athletic equipment.
8. Coaches will not allow students to participate in tryouts, practice, or games without completion of the Pre-participation Physical Evaluation form and the Release of Liability form.
9. Coaches will prepare a list of students for eligibility and present it to the Athletic Office by the third day of practice. Promptly report, in writing, any additions to this list.
10. Coaches will have a pre-season meeting with the team parents. Items such as concessions, uniforms, trainers, road trips, managers, team moms, parties and costs will be discussed.
11. Coaches will keep the student body informed about their team and its contests and promote your sport as well as the entire athletic program.
12. Coaches will report the outcome of all your games and requested statistics to the Athletic Office.
13. Coaches will inventory and store uniforms and equipment (as directed by the Athletic Office) at the completion of the season.



14. Coaches should ask other teams to pray with their team after games.

## **PRACTICE RULES/REGULATIONS**

### **General Rules**

1. Each practice should be treated as a classroom session. Students should report to practice on time and in their proper uniform. Tardiness should not be tolerated.
2. Students should be permitted and encouraged to attend academic help classes when offered. This would be an acceptable reason for being tardy to practice.
3. Each student must complete five practices prior to the first meet or match (excluding pre-season jamborees).

### **Practice Area and Equipment**

1. Practice areas should be clean and safe.
2. All equipment should be in good repair.
3. All equipment should be picked up and returned to equipment room following practice. It is the coach's responsibility to account for all equipment and to keep equipment room neat and orderly.

### **Length of Practice**

1. Length of practice will vary with each sport. It is suggested that practice be limited to no more than 2½ hours each day.
2. Practice days and times should be given to parents prior to the first day of practice.
3. Practices and/or team meetings are not permitted on Sunday.
4. No Practices on Wednesday.
5. Coaches are responsible for each athlete until he/she leaves campus. **A coach should never leave an athlete outside unsupervised.**
6. Holiday practices are optional, not mandatory.

### **Injury Protocol**

1. In case of an injury during a practice session, the coach should make an evaluation of the seriousness of the injury. Parents should always be notified of all injuries.
2. Be sure if head injury, coach will need to follow proper Concussion test protocol. Notify parents immediately.
3. Call EMS for needed support with head, neck or back injury and for any broken or suspected broken bones.

### **Water Breaks**

If practice lasts more than one hour, there should always be a water break. In case of extreme heat, water breaks should be more frequent.

### **Team Camp**

Coaches will be permitted to run a week long team camp. Camps are exempt from the time limits stated above.

## **PARENTAL EXPECTATIONS**

Parents are expected to support the core mission of the athletic program at MRCA, which is to honor Christ through athletic competition. In light of this, the following outlines the behavior expected of MRCA parents.

1. The testimony for Christ is to be preeminent in every aspect of the athletic program. The conduct of parents in support of their children, the team, and the coaches is an element of that testimony.
2. Teams are a part of the school because the athletic experience is part of the extracurricular educational process and provides the basis for teaching valuable lessons to middle school students.
3. Coaches are responsible for selecting their team members from those students who desire to try out. Teams are chosen based on the certain criteria each coach has for their specific team.
4. The management of the team is the responsibility of the coach. It is the decision of the coach as to the starting line-up, rotation, practice schedule, and playing time. Within the guidelines of the school, these decisions are non-negotiable.
5. Parents are expected to lend their support to the team, including the coach, whether as a spectator or as the parent of a player. If some element of the coach's management of the team seems to be a problem, the parent should meet with the coach and discuss it in a respectful manner. Given the tensions and stresses that coaches, and at times parents, feel prior to and just following contests, it is wise to pick a time to meet not directly associated with a game.
6. Parents in the stands can help set a positive tone to the fan support. Support can be given to our athletes (your children), without critiquing the officiating, the coaching (theirs or ours), or the other team. Let them know they are supported. The real remuneration for coaching is not money but the joy of working with young people in a game that a coach has learned to love.
7. Parents can help their children deal with the rigors of athletic competition in such a way that the valuable lessons are not lost. At times young people are not happy with every situation in sports; if that occurs, it is expected that parents will work cooperatively with the coach in working through the situation. It takes maturity and wisdom to do that well.

By the grace of God, Mitchell Road Christian Academy has had a long history of good athletic teams, great parent and fan support, and a positive testimony in our athletic program. We look forward to that being continued, and for this year to be a positive athletic experience for your child.

## **BEGINNING AND ENDING THE SEASON**

### **Beginning the Season**

As soon as the team has been selected, the coach will have an organizational meeting for the parents. Information regarding team policies and philosophy will be covered at that time.

### **Ending the Season**

As soon as the season has been completed the following end of season reports should be completed:

1. Season record and special team accomplishments
2. Award winners
3. Coaches receive student uniform and equipment and check accuracy of inventory
4. Equipment needed for next year

Coaches should also identify any major items they wish to have purchased for next season and give that information to the Athletic Director.

## **TRANSPORTATION TO AND FROM ATHLETIC EVENTS**

1. Coaches will be responsible for coordinating the use of school buses to an athletic event with the Athletic Director. New coaches are also responsible for arranging a time to take the bus driving test.
2. Coaches will provide a travel itinerary, accurate directions, and departure and return times for their team parents.
3. All players are to travel to games on school provided transportation. Our desire would be to have all players travel back to school together as a team (team building and comradery). However, we know some of the game locations are closer to MRCA families homes so parents who desire may take their student home BUT student must inform coach before leaving.
4. Parents should be instructed to pick up their child in a timely manner after practices and games.
5. Parents should be instructed to be prompt when picking up athletes after away games.
6. It is the responsibility of the coach to supervise all athletes until they have been picked up by their parent. No team member should be left unsupervised at any time.
7. Coaches are responsible for the conduct of their team from the time they leave MRCA until they return to MRCA.

## **BAD OR THREATENING WEATHER POLICY**

1. If school is cancelled due to bad weather, all athletic events will be cancelled. This includes games, practices and team meetings.
2. In case of threatening weather, coaches should exercise extreme caution.
3. Coaches should not begin practice when lightning is in the immediate area.
4. Practice should be terminated when lightning is observed in the immediate area.