
MITCHELL ROAD
CHRISTIAN ACADEMY



**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

STUDENT ATHLETIC HANDBOOK

2011-2012

**2011/2012 STUDENT ATHLETIC HANDBOOK
INFORMATION/ACKNOWLEDGMENT
FORM**

It is the policy of the MRCA Athletic Department to provide each student a copy of the rules and regulations concerning activities.

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

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

STUDENT

PARENTS/GUARDIANS

SPORT

DATE

**TEAR OUT THIS PAGE AND RETURN TO YOUR COACH.
KEEP THE BOOK FOR YOUR REFERENCE.**

TABLE OF CONTENTS

Academic Requirements	4
Acknowledgment Form	Behind Front Cover
Academy Administration	2
Age Limits	5
Athletic Philosophy	2
Bad Weather Policy	7
Citizenship	5
Coaches' Responsibilities	9
Conditioning Standards	7
Conference Affiliation/Purpose	3-4
Eligibility	4
Expectations of Parents of Athletes	12
Insurance	7
MRCA Sports	3
Non-School Competition	5
Objectives	2
Parental Permission	7
Participation Limits	5
Physical Exams	7
Practice	10
Purpose	4
School Mission	2
Sportsmanship	6
Starting and Ending Seasons	10
Student Attendance	7
Student Detention	6
Training Rules	6
Transportation	8

MITCHELL ROAD CHRISTIAN ACADEMY ADMINISTRATION

Robert Schmidt – Headmaster

Tony Lesley – Middle School Principal

Gail Simmons – Admissions/Assistant to Headmaster

Mike O'Leath – Athletic Director

SCHOOL MISSION

The mission of Mitchell Road Christian Academy is to equip children of Christian parents through a Biblical worldview education to become Christ's ambassadors of redemption.

ATHLETIC PHILOSOPHY

Our philosophy of coaching and athletics is to encourage and guide our 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 would 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 the physical skills of the athlete, as well as the spiritual side, so that the total person may be developed and controlled by the Spirit of God. (I Thessalonians 5:23)

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

OBJECTIVES

- 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 opposition.
 - Respect for coaches and officials.
 - An awareness of representation of MRCA and the beliefs of the school
- To strive for the pursuit of excellence on and off the field.

MRCA SPORTS

FALL

Cross Country – Boys & Girls
 Soccer – Boys
 Volleyball – Girls

WINTER

Basketball – Boys & Girls

SPRING

Golf – Boys & Girls
 Soccer – Girls

CONFERENCE AFFILIATION

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

Mitchell Rd. Christian Academy	Eagles
Mount Zion Christian School	Warriors
Oakbrook	Knights
Shannon Forest Christian School	Crusaders
Spartanburg Day School	Griffins
St. Mary’s Catholic School	Ducks
St. Joseph’s Catholic School	Knights

PURPOSE

The members of the Carolina Middle School Conference, 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 relations of the member schools.

ACADEMIC REQUIREMENTS

Students must meet the following guidelines:

1. The student must have at least a C- average.
 - a. No F’s or U’s.
 - b. Grades will be determined initially from the most recent mid-term grade or report card.
2. Ineligibility will be determined on the “mid-term” date and/or on the “end of the quarter” date as noted on the School Calendar.
3. The student will be ineligible for the entire next week. At the end of that week, the student’s grades will be reviewed. If grades have not improved to the acceptable level, he/she will be ineligible for the following week and so on until grades are raised to the acceptable level.
4. The student must be in good standing with all his or her teachers in regards to classroom behavior.

ELIGIBILITY

General eligibility rules are as follows:

- A. Team rosters should be turned in to the athletic office as soon as the team selection is complete.
- B. No student is allowed to participate in an athletic contest before the Athletic Director has declared him eligible. The following items must be turned in to the athletic department before the student can participate.
 1. Activity Fee (\$75.00)
 2. Pre-participation Physical Evaluation Form
 3. Release of Liability Form
 4. Athletic Handbook Acknowledgement Form

These forms must be filled out completely. If any portion of these forms is left blank, it will be considered incomplete, and it will be returned to the student. The student will not be able to participate or try-out until the forms are complete.

- C. No names will be added to the team roster once the first contest has been played unless approved by the Athletic Director.
- D. 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.
- E. Any athlete, 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.
- F. If a student does not participate in scheduled PE classes, he/she will not be eligible to participate in after school athletics.
- G. If an athlete misses a practice for any reason, it will be the coach's decision whether the athlete will be allowed to start the next game and if the athlete will sit out for a portion or for the entire game.
- H. If an athlete 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.
- I. An athlete must be present at school the day of a game. If the athlete misses more than ½ a day on a game day, he/she will not be allowed to play in the game.

CITIZENSHIP

Student athletes must be creditable school citizens. Creditable school citizens are those students whose conduct – both in school and out of school – will not reflect discredit upon themselves or the school.

PARTICIPATION LIMITS

To be eligible to participate in any sport, a student must be enrolled as a full time middle school student at MRCA. Fifth graders are ineligible to participate in middle school athletics.

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

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

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 so that the coach can address expectations, conflicts, etc. before selecting the team.

SPORTSMANSHIP

- A. All athletes 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.
- B. 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.
- C. If a student spectator's conduct is found to be unsportsmanlike, the student could be barred from attending any middle school athletic contests.
- D. 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 school and athletic handbooks.

STUDENT SUSPENSIONS

A student receiving an In-School or Out-of-School Suspension may not participate in a game or practice on the day they serve the suspension.

STUDENT ATTENDANCE

Students are expected to be in attendance the day they are participating in an extracurricular activity. Students arriving after 10:00 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.

BAD WEATHER POLICY

If school is cancelled due to bad weather, all athletic events will be cancelled as well. This includes games, practices and team meetings.

CONDITIONING STANDARDS

Each squad 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.

PARENTAL PERMISSION

Prior to each year of interscholastic athletic participation, a student shall furnish a statement, signed by the student's parents or guardians, which grants permission for the student to participate in interscholastic athletics.

PHYSICAL EXAMS AND INSURANCE

- A. The school shall require of each student participating in athletics a physician's certificate stating that he or she is physically able to participate in tryouts and/or athletic contests of his or her school. The necessary form will be available to the student athlete in the Athletic Office or on the school website, and must be turned in before a tryout can take place. Only one physical is required per school year (August-May).
- B. A student shall not be permitted to practice or compete for the school until verification of adequate health insurance coverage is on file.
- C. The school shall provide student secondary insurance to cover school activities.
- D. No student will be allowed to try-out for any sport without a completed physical exam form.

TRANSPORTATION TO AND FROM ATHLETIC EVENTS

- A. The coach will be responsible for coordinating with the Athletic Director to arrange transportation of the school buses. The coach will also be responsible for arranging time to learn how to drive the bus.
- B. The coach should provide for his/her team parents a travel itinerary, providing accurate directions, departure and return times.
- C. All players are to travel to and from games on school provided transportation. Players may leave with their parents following a game, but must inform the coach before leaving.
- D. Parents should be instructed to be prompt when picking up athletes after away games.
- E. It is the coach's responsibility to supervise all athletes until they have been picked up.
- F. The coach is responsible for the conduct of his team from the time they leave until the time they return to MRCA.
- G. Parents are asked to pick up their child in a timely manner after practices and games.

- H. Any parent who is asked to help drive to games must have a copy of their driver's license and insurance card on file in the school office.

COACHES' RESPONSIBILITIES

1. The coach will have a devotional time with their team before practices and games.
2. Each practice and every game should include a time of prayer.
3. Teach/model the values of cooperation, self-control, and the proper spirit of competition.
4. Support and enforce policies and standards of behavior and sportsmanship formulated by the school.
5. Know and follow the CMSC and school rules governing the sport.
6. Check on your athlete's grades at the mid-point and end of each marking period.
7. Plan and supervise practice sessions in keeping with the age, maturity and ability of the player.
8. Establish and enforce rules for the proper use and care of athletic equipment.
9. Do not allow athletes to participate in tryouts, practice, or games without required physical check-up by a licensed doctor.
10. Do not allow athletes to participate in tryouts, practice, or games without completion of the Pre-participation Physical Evaluation form and the Release of Liability form.
11. Prepare a list of students for eligibility and present it to the Athletic Director by the third day of practice. Promptly report, in writing, any additions to this list.
12. 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.
13. Keep the student body informed about your team and its contests and promote your sport as well as the entire athletic program.
14. Report the outcome of all your games and requested statistics to the Athletic Director.
15. Inventory and store uniforms and equipment at the completion of the season.
16. Ask other teams to pray with you after games.

STARTING AND ENDING SEASONS

- I. **Starting:**
 - A. Soon after 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.
 - B. Directions to away contest should be distributed at this time.
- II. **Ending:**
 - A. End of Season reports should be completed and should include:
 1. Season record and special team accomplishments
 2. Award Winners
 3. Equipment inventory
 4. Equipment needed for next year
 5. Uniform inventory
 - B. Identify any major items you wish to have purchased by the Athletic Department for next season.

PRACTICE

- I. General:
 - A. Each practice session is to be treated as a classroom session. Athletes should report to practice on time and in proper uniform. Tardiness should not be tolerated.
 - B. Athletes should be permitted and encouraged to attend help classes when offered. This is an acceptable reason for tardiness to practice.
 - C. Each athlete must complete five practices prior to first meet or match.
- II. Practice Area and Equipment:
 - A. Practice area should be clean and safe.
 - B. Equipment should be in good repair.
 - C. 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.

III. Practice Length:

- A. Length of practice will vary with each sport. It is suggested that practice be limited to no more than 2 ½ hours each day. Practices and/or team meetings are not permitted on Sunday. Practices on Wednesday will end no later than 4:30 p.m. and should only occur on special occasions.
- B. Practice times and days should be given to parents prior to the first day of practice.
- C. Coaches are responsible for each athlete until he/she leaves campus. A coach should never leave an athlete outside unsupervised after dark.
- D. Holiday practices cannot be mandatory, only optional.

IV. Team Camp:

Coaches will be permitted to run a week of team camp, which will be exempt from the time limits stated above.

V. Water Breaks:

If practices are more than one hour in length, there should be a water break. In case of extreme heat, water breaks should be more frequent.

VI. Injury:

- A. In case of an injury during practice session, the coach should make an evaluation. Parents should be notified of all injuries.
- B. Call EMS for a head, neck or back injury.
- C. Call EMS for any broken bones or suspected broken bones.

VII. Threatening Weather:

- A. In case of threatening weather, you should exercise extreme caution.
- B. The coach should not begin practice when lightning is in the immediate area.
- C. Practice will be terminated when lightning is observed in the immediate area.

EXPECTATIONS OF PARENTS OF ATHLETES

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 list 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 youngsters.
3. Coaches are entrusted with the responsibility for selecting their team members from those students who wish to try out. Choosing team members is quite subjective for many sports, and this is especially true for players of less obvious ability.
4. The management of the team is the responsibility of the coach. It is the coach's decision as to the starting line-up, rotation, practice schedule, and playing time. Within the guidelines of the school, these decisions are not 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 that. It takes maturity and wisdom to do that well.

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