



RCA Athletic Handbook



Policies and Guidelines
Philosophy of Athletics
Code of Conduct

RALEIGH CHRISTIAN ACADEMY ATHLETICS

Athletics can teach young people many lessons that can help them in their Christian lives. It is the goal of Raleigh Christian Academy that its students exemplify Christ-likeness in everything they do. The purpose of this handbook is to maintain consistency and standards for our athletic program.

Raleigh Christian Academy requires parents as well as athletes to read this handbook. Knowing the expectations of RCA's athletic program will best equip students involved in athletics as well as help parents properly support the school. Thank you for your support.

Dwight Ausley, Administrator

Paul Minor, Principal

Mack Stephens, Athletic Director



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A CHRISTIAN PHILOSOPHY OF ATHLETICS

“And Jesus increased in wisdom and stature, and in favor with God and man.” Luke 2:52

Christian school athletics exists for the purpose of giving to the Christian athlete a positive Christian atmosphere in which he may develop in physical competition. As this purpose is carried out, it is understood that the athlete is to allow the Holy Spirit to be in control, guiding his spiritual as well as his physical development. Ultimately, a Christian athletic program should produce an enhanced Christian character in the participant as well as in the spectator.

Raleigh Christian Academy is committed to the spiritual development of the whole person. Every part of the student's being is included in God's plan for his life. Competing with one's peers in interscholastic competition provides an important opportunity for growth, both physically and spiritually. The desire to win is a legitimate aspect of any athletic endeavor, because winning indicates a level of self-discipline and accomplishment. It is a fruit of effort, but it is not the only reward, nor the most important one. If one has maximized his athletic potential, glorified Christ, done his best, and given all the credit to the Lord, the reward will be a more gratifying relationship with Him as well as a more fully developed ability to serve Him effectively.

It is not the purpose of Raleigh Christian Academy to offer interscholastic athletics to provide a launching pad for an athletic career. Education cannot be subordinated to athletics. Sports should be only an adjunct to consistent, quality classroom instruction. To make athletic competition an end in itself runs contrary to a sound philosophy of Christian education, and indeed to properly conceived secular education.

From a positive perspective, athletic competition serves the purpose of providing fellowship opportunities with players and coaches from other schools. If fellowship is overshadowed by rivalry, the competition has become displeasing to the Lord. Furthermore, the competition

serves the purpose of giving testimony to the spectators and officials of the “all things have become new” truth in the athlete’s personal department. If the testimony is not rendered faithfully, the competition has again become displeasing to the Lord. Coaches must insist on the prominence of these two elements, and they must model their importance to the young people.



Testimony is not only a personal but also a corporate responsibility. Parents, relatives, friends and students who watch games are also expected to conduct themselves in a manner which is pleasing to the Lord. It is essential to maintain a good testimony, and it is delightful when fellowship also takes place. “How good and how pleasant it is for brethren (from both schools) to dwell together in unity.” Fans who do not accept at least the testimony responsibly will be asked to leave the game site.



SPORTS PROGRAM OFFERINGS

Fall

Grades 6-8	Girls Middle School Volleyball
Grades 6-8	Boys Middle School Soccer
Grades 6-8	Middle School Cheerleading
Grades 8-10	Junior Varsity Cheerleading
Grades 9-12	Girls Varsity Volleyball
Grades 9-12	Boys Varsity Soccer
Grades 9-12	Girls Varsity Cheerleading

Winter

Grades 6-8	Girls Middle School Basketball
Grades 6-8	Boys Middle School Basketball
Grades 6-8	Girls Middle School Cheerleading
Grades 8-10	Junior Varsity Cheerleading
Grades 9-10	Boys Junior Varsity Basketball
Grades 9-12	Girls Varsity Basketball
Grades 9-12	Boys Varsity Basketball
Grades 9-12	Girls Varsity Cheerleading

Spring

Grades 6-8	Boys Middle School Baseball
Grades 7-12	Girls Varsity Softball
Grades 9-12	Boys Varsity Baseball
Grades 8-12	Boys Varsity Golf



SPECIAL REQUIREMENTS

- A. Each athlete must have a new or updated physical before each new school year. The athlete cannot compete in tryouts, practice, or games without a new or updated physical. One physical per school year takes care of all sports for that school year.
- B. Anyone interested in trying out for a team must be at the first practice of the season. The coach must be notified ahead of time if he/she is going to miss the first practice for an excusable reason (illness, death in the family, etc.).
- C. Each athlete must return the form in the back of the handbook to his/her coach before he/she will be allowed to participate in his/her first scrimmage or game of the school year. This is only required before he/she participates in his/her first sport of the school year.
- D. Being a student athlete at RCA is a privilege, not a right.



GAME AND PRACTICE ATTENDANCE REQUIREMENTS

- A. Once an athlete has joined a team, he/she is committed to that team until the last game is completed.
- B. Players must be at every practice or game unless excused for one of the following reasons:
 - 1. Doctor or dental appointment
 - 2. Personal sickness
 - 3. Death in the family
 - 4. Previously scheduled church commitment
 - 5. College visits for juniors and seniors
- C. The coach should be notified if the player is going to miss a practice/game whether he/she is excused or unexcused.
- D. If a player is injured he/she is still part of the team. Therefore, he/she will be required to attend every game and practice.
- E. If a player misses a practice or game for any other reason, he/she will sit out half of the next game. The second offense will result in a two game suspension. On the third time, the player will be removed from the team.
- F. Each player must be on time to all practices and games. If a player is more than ten minutes late to practice, it will count as an absence. All coaches will announce their discipline procedures.



ATHLETES CODE OF CONDUCT

- A. Every athlete is expected to maintain a good Christian testimony. At any time, if an athlete is not maintaining a Christian testimony on or off the field or in the classroom he may be suspended or dismissed from the team.
- B. An athlete who receives a detention that forces him to miss practice must serve that detention. Coaches will discipline players who are late or miss practice for detentions.

RULES FOR ELIGIBILITY FOR PARTICIPATION IN PRACTICE AND GAMES

- A. All those involved in the athletic program must be in school by 11:30 A.M. each day in order to participate in a practice or a game scheduled for that day. The only exceptions would be a previously scheduled doctor or dentist appointment.
- B. No practices are scheduled on Wednesdays. Athletes are encouraged to be regular in attending youth activities and mid-week prayer services.
- C. All athletes, managers, and statisticians will be academically evaluated when report cards are distributed every nine weeks. Any student who is participating in athletics with an “F” average in any subject will be placed on academic probation until the next report card is issued. At that time the student will be reevaluated and immediately reinstated to the team if his/her grades are all above passing.

During the academic probation, the following guidelines will be observed:

1. The student will not dress out or participate in any games or practice games.

2. The student will attend and participate in all regular team practices.
3. The student will attend and sit with the team on the bench at home games.
4. The student will not travel with the team to away games.



DRESS REQUIREMENTS

- A. Athletes are **never** to be in shorts when entering a public place on a road trip.
- B. Athletes, managers, and statisticians must wear what team members are required to wear to school or travel in until returning to school.
- C. All athletes must meet the school code for modest dress at practices.
- D. An athlete is **never** to enter one of the academic buildings while wearing shorts.

The following chart summarizes dress code requirements.

SPORT	DURING SCHOOL	TRAVEL & ARRIVING AT GAME	LEAVING GAME
Volleyball	School Attire	Uniform	Uniform
Cheerleading	Uniform	Uniform	Uniform
*Soccer *may wear jerseys for home games	School Attire	Uniform	Uniform
Basketball (Girls)	School Attire	Dress	Dress
Basketball (Boys)	Tie & Dress Pants (No gym shoes)	Tie & Dress pants (No gym shoes)	Uniform. If staying for another game, must be in game day attire.
Softball	School Attire	Uniform	Uniform
Baseball	School Attire	Uniform	Uniform
Golf	Golf Shirt	Uniform	Uniform



COMMITMENT TO THE TEAM



- A. Character is not built by quitting. Trying times are not times to quit trying.
- B. A student athlete may drop off a team anytime before the third practice without penalty. After that period of time, no athlete may quit a team without penalty. There should be a strong sense of belonging to a team even when personal injuries would restrict the individual's participation in practices and games. An injured player is to be at all practices and games as if he were healthy.
- C. Any athlete who quits the team will sit out the next two consecutive sports seasons. (Example - An athlete who quits basketball must sit out baseball that spring and soccer the following fall.) RCA strongly believes an athlete is giving a commitment to a team and should remain with that team no matter the circumstances.
- D. A player who leaves a team while on probation and does not return will be deemed to have quit.
- E. A player who quits will be removed from the team roster and forfeit any post-season reward such as team pictures, letters, awards, etc.
- F. The only exceptions to the rule would be for death in the family or serious injury. The athletic director and principal will decide any exceptions.

TRANSPORTATION

The following policies apply to all off campus games and tournaments when transportation is provided by the school.

- A. For all activities for which one vehicle will accommodate all team members, the team will be transported in either a school-owned or school-rented vehicle or in a privately owned vehicle. If more than one vehicle is necessary to accommodate the team members, the team will be transported only on school-owned or school-rented vehicles.
- B. When transportation to away games is provided by the school, all team members, cheerleaders, managers, statisticians, and scorekeepers must travel to the game on the school bus or van.

NOTE: At the discretion of the school, a team member living in the vicinity of an away game may be allowed to drive to the game if the school is provided with a consent form signed by his/her parent or legal guardian. No student or team member other than a member of the driver's immediate family will be allowed to ride with the student.

- C. A team member may ride home from an off campus game with his/her parent(s) or legal guardian provided that the coach has been notified by written or verbal communication from the parent(s) or legal guardian prior to leaving the game.
- D. An athlete may ride home from an away game with a friend's parents if the athlete's parents have provided the school or coach with a signed consent form authorizing their student to ride with that driver.
- E. At the discretion of the school, a team member may be allowed to ride to an away game with the student's parent(s) or legal guardian. In all instances, caravanning should be avoided!

UNIFORMS AND EQUIPMENT

- A. Athletes are held responsible to return in good condition any uniforms or equipment issued to them.
- B. Lost or damaged equipment will be charged to the athlete.
- C. School uniforms are only to be worn for games, not practices or other functions.
- D. All uniforms and equipment must be returned to the coach or athletic director within one week after the last game of the season.
- E. Any athlete who does not return uniforms or equipment may have his/her report card held and costs for replacement charged to his/her school bill. An athlete will not be allowed to participate in another sport until all overdue uniforms or equipment has been turned in.

CHEERLEADING

- A. Tryouts for all cheerleading squads will be held in the spring. The coach will announce the tryout dates several weeks in advance.
- B. The cheerleading coach will determine the judging procedure to be used during tryouts for all squads.
- C. Each cheerleading coach will determine the number of positions available per squad. This may vary from year to year.
- D. The Varsity squad will be selected from the most qualified girls in grades 9-12 who are trying out. Girls will be judged on their Christian character as well as their skills in cheerleading.

- E. No rings, watches, necklaces, or earrings may be worn during practice or games.
- F. Nail polish should be clear or light in color.
- G. Hair needs to be up and out of the cheerleader's eyes. Long hair must be in a ponytail or a braid. Make up and hair color should look natural.
- H. Cheerleading shoes are to be worn to ball games only as they are part of the uniform.

SPECIAL AWARDS

- A. Only athletes who finish the season still on the team roster will be recognized at the assembly.
- B. At the Spring Awards Ceremony, the following special awards will be given as selected by the administration and coaches:
 - 1. Christian Athlete Award** - given to a senior high and middle school athlete who best exemplifies Christ-likeness both on and off the field.
 - 2. Deborah Award** - given to a cheerleader who best exemplifies Christian leadership and overall school spirit.
 - 3. Senior Awards** - given to each graduating senior who has participated in a senior high sport all four years of high school.

A WORD TO OUR SPECTATORS

Raleigh Christian Academy students are all aware of the standards set forth by the school, but often are unaware of what we expect from our spectators. Therefore, we have listed a few things to keep in mind when you attend an RCA event:

1. Do not criticize. Support the players, coaches, and officials; build them up - do not tear them down!
2. As difficult as it may be, comments to officials and opposing teams should not be negative, but rather positive.
3. Remember that the word *Christian* means “Christ-like.” Christians should strive to have a good testimony, even at sporting events.
4. Long after the score is forgotten, one’s behavior and reputation is remembered.

THANK YOU FOR YOUR HELP!



Please cut out and return to the athletic director

I have read the Athletic Handbook in its entirety and understand that I am responsible for what I have read.

Student athlete's signature _____

Date _____ Grade _____

Parent's signature _____



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