

Cape Fear Christian Academy



Athletic Handbook

Revised 2023

Approved by the Board of Directors

Athletic Department Values

- Maintaining a clear Christian testimony through words and actions to opposing schools, officials, and others in public with whom contact is made.
- Involve students, parents, faculty, and staff in development of school unity and spirit.

Affiliation

CFCA is a member of the North Carolina Independent School Athletic Association (NCISAA) for Varsity, Junior Varsity, and Middle School competition. We adhere to the rules and regulations of the NCISAA.

NCISAA Rules and Regulations

CFCA is part of the Mid Carolina 1A Conference

- Crossroads Christian
- Lee Christian
- Cresset Christian

Athletic Program Teams

Varsity

- Boys' Soccer
- Girls' Volleyball
- Girls' Tennis
- Cross Country
- Boys' Basketball
- Girls' Basketball
- Cheerleading
- Swimming
- Boys' Baseball
- Girls' Softball
- Boys' Golf

- Boys' Track/Field
- Girls' Track/Field

Junior Varsity

- Girls' Volleyball
- Boys' Basketball

Middle School

- Girls' Golf
- Girls' Volleyball
- Boys' Soccer
- Boys' Basketball
- Girls' Basketball
- Cheerleading
- Girls' Softball
- Girls' Soccer
- Boys' Baseball
- Boys' Track/Field
- Girls' Track/Field

Sports Seasons

- Fall (August 1st or first Monday of the week containing August 1st. - Last Saturday in October)
- Winter (November 1st or the first Monday of the week containing November 1st - Last Saturday in February)
- Spring (Second Monday in February - Third Saturday in May)

Out of Season Policy

- Attendance from student athletes in any sport during non-seasonal sports are strictly Voluntary.

- Any coach/trainer that communicates any out of season activity as mandatory will be subject to violating the Code of Conduct that he/she committed to.
- Any “voluntary workout” can not coincide with an “In-Season” practice or try out.
- Open Gym/Field can be held as long as the Athletic Director/Coach/ Assistant Coach/Trainer does not play or give any verbal/physical instruction of any kind during the open gym/field.
- All Voluntary out-of-season activity participants must be current students of CFCA.
- Out of season Maximum time per athlete is 90 minutes per day (If athlete participates in an in-season athletic practice or game and also participates in an out-of-season activity; those two sports can not exceed 90 minutes per day of activity combined).

Scheduling/Practice and Games

- No more than 90 minutes per day of practice/physical activity or game time shall be allowed for each student athlete (watching game film is not included in this time) *Although our middle school athletes are not subject to NCISAA requirements they will still be held to a daily limit of physical athletic participation of no more than 90 minutes each day.
- Teams or individual student athletes should not practice more than 6 days per week.
- Sunday practices prior to 1:00pm are strictly not allowed and anytime thereafter on Sunday will need special permission from the athletic director.
- Practices/Games will not attempt to be scheduled on Wednesday evening after 6:30pm unless approval from the athletic director and/or head of school.

Games

- Maximum of two playing dates per week (Monday-Friday) with option of a third playing date on Saturday in order to provide for a rescheduled game or third contest during the regular season.
- Maximum of two preseason dates of scrimmages against other teams (with officials).
- Reschedule a postponed game/contest according to the maximums established.
- Maximum number of games per season:

Sport	Maximum
Soccer	24
Volleyball	33
Cross Country	15
Basketball	33
Cheer	33
Softball	28
Baseball	28
Golf	18

Recruiting

- The athletic director or coaches shall not actively recruit athletes to play sports at the academy
- The athletic director or coaches may not directly contact any prospective student athlete until an applicant for enrollment has been completed
- When a prospective student athlete contacts the athletic director or coach, the student and the family will immediately be referred to the administration of the academy

- When an agency contacts the athletic director or coach on behalf of a prospective student athlete the agency will be immediately referred to the administration of the academy
- No non family student may reside with a coach of the sport in which they both participate during the academic year
- Any coach found to violate these recruiting rules shall be relieved of their duties effective immediately

Transfers

- Student athletes wishing to transfer to the academy follow the same admission procedure as non athletes beginning with the applicant for enrollment
- The NCISAA requires a transfer of eligibility form to be completed before a student may transfer from NCISAA school to another NCISAA school throughout the year off from the Athletic Director and Head of school
- If a student athlete transfers to the academy while a sports season is underway, the decision for that student athlete's ability to participate shall be decided by the athletic director and head of school.

Financial Aid/Scholarships

- Student athletes at Cape Fear Christian Academy do not receive preferential treatment in the awarding of financial aid. No financial aid is awarded for athletic participation of any kind

Athletic Eligibility

- No student who has received appropriate number of credit to graduate or a high school diploma or the equivalent of a high school diploma will be eligible to participate in NCISAA activities
- Six Semester Rule: A student may participate in athletics in no more than six consecutive semesters or nine trimesters after initially enrolling in the 10th grade of any NCISAA school. No more than four consecutive semesters or three

consecutive trimesters after initially enrolling in the 12th grade at ANY school regardless of whether he/she remains continuously enrolled. A student transferring from one NCISAA school to another NCISAA school at any time during the school year and prior to January 1 would be considered to have used up one semester of athletic eligibility for that school year.

- Athletic participation for sports at Cape Fear Christian Academy

Grade Range	Grades	Subject to:
Varsity Sports	9th-12th	7th/8th grades subject to AD/Head of School
Junior Varsity Sports	8th-10th	7th grade subject to AD/Head of School
Middle School Sports	5th-8th	All other grades subject to AD/Head of School

Cape Fear Christian Academy academic eligibility Policy approved by Board of Directors

- A student athlete shall not be able to participate in athletics at Cape Fear Christian Academy if the athlete has a single “F (59 or below)” in any class-OR-two “D’s (60-69.4)” in any two classes.
- Fall sports will be assessed on previous semester grades whether at Cape Fear Christian Academy or from another school.
- Winter Sports will be initially assessed on the previous semester grades. However, once Fall semester grades are complete and submitted, grades will be reviewed and taken into consideration for all athletes.
- Spring Sports will be assessed on previous semester grades.
- Progress reports that show improvement and a trajectory to becoming eligible can be assessed by the Athletic Director and Head of School.

- Suspensions from participation for academics will begin when report card is generated
- Any athlete that is not eligible to participate may remain with the team for practice with approval from the athletic director but may not leave school early if the team is leaving early for a game.
- Any student suspended from school will not be able to participate in practice or games during the suspension, and the decision to return to the team will be made by the athletic director and head of school.
- All tests, quizzes, and assigned work must be completed prior to any away trips for student athletes

Home School Student Eligibility

- To be eligible to participate in athletics within Cape Fear Christian Academy a student must be enrolled as a full time student in an NCISAA member school where they are enrolled.

Attendance

- To participate in an athletic practice or game the student athlete will need to be in class for at least half of the day. Excused absences such as doctor's appointments will be excused with a doctor's note. Approval outside of guidelines will be approved by the head of school.

Facilities, Field, Uniforms, and Equipment Care

- All damage to facilities or equipment should be reported to the coach or the athletic director
- Athletes are not permitted in the athletic office or in the equipment storage area
- All facilities and equipment shall be handled with respect
- All equipment should be placed back in storage
- Coaches should not retain equipment personally unless traveling to games and equipment is necessary to warm up for a game.

- Uniforms are to be treated with care. Any uniform damaged or not returned to the Athletic Department after the season is complete will be charged via FACTS to replace the uniform.

Athletic Physicals/Emergency Data Sheets

- Each athlete is required to have a medical examination form and an athletic participation data sheet filled with the athletic director prior to the first day of practice
- Any athlete who has been restricted from participation due to an illness or injury must secure a doctor's release prior to participation in any sport

Health Insurance

- Health insurance is required for all student athletes. Cape Fear Christian Academy does not assume any financial responsibility or liability for injuries received while participating with an athletic team.

Selection of Teams/Squads

- Selection of each team will be performed by the head coach of that sport and approved by the athletic director

General Athletic Cut Policy

- It is up to the head coach to determine if a cut needs to be made and that shall be communicated with the player/parent. The athletic director will be notified. Cuts are generally accepted in all sports at Cape Fear Christian Academy

Travel

- No screaming or yelling on school van.
- Keep hands and feet inside windows.
- Standing or moving around while traveling is prohibited.
- Bus/Van will be returned clean.

- Student athletes that ride the van to athletic events and back to school from events should primarily ride with sports team.
- No physical contact will be allowed.
- No inappropriate contact regardless of gender shall be tolerated.
- Intentional damage to a van or bus will result in the student athletes FACTS being charged the fee to correct damage incurred.
- Athletes may ride home with family members if coach is notified.
- If an athlete needs a ride home with someone other than a family member or another parent of the school, he/she must have permission from their parent/guardian and notify the coach prior to the date of activity.

Dress Code

- Athletes will dress appropriately according to the school's policy to the game and after any activity while at our own facilities or at another school.

Locker Room

- Locker rooms are to be cleaned after each practice/game.
- Valuables are to be kept in safe place and Cape Fear Christian Academy is not responsible for any valuables left in locker room.
- There will be no foul play in the locker room.
- Any student athlete involved in the damage of any part of the locker room will be assessed financially via their FACTS account.

Suspensions

- Any athlete receiving one or more days of suspension from the school for any reason will not be allowed to participate for the duration of the suspension. Any athlete receiving two suspensions (separate infractions) in a season will be removed from that team for the remainder of the season. Any athlete receiving three suspensions for separate infractions may lose their athletic eligibility for the remainder of the academic year.

- Any student using alcohol, tobacco, vape, or any other illegal substances will be suspended from the athletic program for a minimum of one week. Athletic suspension begins on the first day of the school of said suspension. Any students using illegal drugs will forfeit their eligibility for the remainder of the season.
- Any student who received a total of three days of after school detention in a single academic quarter will lose their eligibility for the remainder of the quarter.
- If a coach (subject to athletic director approval) determines that a student athlete is not demonstrating a positive attitude, that student athlete may be suspended, placed on probation, or lose eligibility. A parent conference will be conducted alongside the athletic director to facilitate that process.
- If a parent has a higher expectation those expectations should be communicated to that coach.

Technical Fouls/Yellow Card/Red Card/Ejections from Sporting Events

- Any athlete receiving violations in two consecutive games will be removed from that game and suspended from the following game.
- Any athlete removed from two games in the season will be removed from the team.
- Any athlete who is suspended from three games for cautions, ejections may lose athletic eligibility for remainder of academic year.

Playing Time

- Playing time is subjective and reserved for each sports coaching staff to decide.
- Any parent that questions a student athlete's playing time should address the athletic director so that the athletic director and coach can have dialogue to understand motive.

Quitting a Team

- Any student athlete should provide transparent communication to both the coach and athletic director if a decision to remove self from the team occurs.

Athletic Awards

- Athletic awards and the types of awards are decided by coach and athletic director.
- Any award should be objectively decided and approved by the athletic director.
- Any student athlete that has been removed from a team due to academics or conduct throughout the year will not be eligible for an award.
- Any athlete who has violated the conduct of how an athlete should carry themselves at Cape Fear Christian Academy will not be allowed to receive an award.

Effective Parent/Coach/Athlete Relationships at CFCA

- Respect one another. Be devoted to one another in brotherly love. Honor one another above yourself. Romans 12:10
- Parents and coaches should interact with kindness and respect. If an issue arises a meeting between the coach, athletic director, and thre parent should be called so all parties can begin to see each person's vantage point.
- If parent/coach is angry please use caution and take 24 hours or longer to be able to communicate in a calm manner.
- Do not confront a coach before or after an athletic event.

The Head of School/ Athletic Director/Board of Directors have the right to make decisions according to the values established. There are potential topics not covered within this handbook that will need to be discussed and a decision outside of any of these guidelines will be communicated to parties impacted.

Parents/Athlete Code of Conduct Pledge, Permission and Acknowledgement

Parent Pledge

- As a parent, I acknowledge that I am a role model. I will remember that athletics is an extension of the classroom, offering a learning experience for the student. I will show respect for all athletes, coaches, spectators, and supporters. I will participate in cheers that support, encourage, and uplift teams involved. I will help in honoring other schools/ teams that we are playing. I will promote sportsmanship amongst all and accept my responsibility to be a model that comes with being a parent of a student athlete.

Conduct

- Allow coaches to perform their duties
- Support the program
- Encourage all athletes
- Understand and display appropriate game behavior
- Help your athlete keep their priorities
- Keep athletics in proper perspective

Student Pledge

- As an athlete, I acknowledge that I am a role model for other students here at CFCA as well as in the community. I will remember that athletics is an extension of the classroom and must be noticed as such. I will show respect for my teammates, coaches, and all athletes. I will not use any academy athletic facilities or equipment without supervision from an academy faculty or staff member.

My student _____ has permission to participate in athletics with Cape Fear Christian Academy sports team. I/We have read and understand the Athletic Handbook and expectations as a parent and student athlete.

Student Athlete _____

Student Athlete Signature: _____

Parent/Guardian: _____

Parent/Guardian Signature: _____

Athletic Director Signature: _____

Head of School Signature: _____

Coach's Assistant Coach's Code of Conduct

Pledge:

- I, _____, will demonstrate the values set before me as an extension of Cape Fear Christian Academy. I understand I am a leader and should demonstrate sportsmanship and Christian values to the best of my ability while coaching. I have read the athletic handbook and will adhere to its policies. I will be a leader in the treatment of all coaches, athletes, and anyone that is involved with the athletics of Cape Fear Christian Academy. I will respect and honor officials and anyone in leadership.

Conduct of Coach

- Uphold Christian values
- Uphold values of Cape Fear Christian Academy
- Abide by the athletic handbook provided to you
- Lead the way in sportsmanship
- Be objective in a student athlete's development, playing time, and their position on the team.
- As a coach, you report to the Athletic Director of Cape Fear Christian Academy.
- If you are an assistant coach you report to the head coach of that sport
- Your contract to coach at CFCA is an annual contract and is subject to an annual review
- There will be no profanity allowed at any time which includes practice
- There will be no inappropriate contact with any student athlete
- Any fee assessed to the school due to technical fouls/ejections/etc. payment will be deducted from the coaching stipend. There will not be an approved reason to object.
- All coaches will refrain from any illegal substance while coaching and/or on the grounds of Cape Fear Christian Academy or any competing school.
- Coaches will also refrain from any tobacco use or vaping while coaching on the grounds of Cape Fear Christian or competing school.
- All coaches, including assistant coaches, will be subject to a background check prior to any contact with a student athlete.
- All coaches will be subject to a drug test at the discretion of leadership

Coach Name/ Signature: _____

Athletic Director Signature _____

Head of School Signature _____

Date: _____