

Gateway Christian Academy
5473 Virginia Beach Blvd
Virginia Beach, VA 23462



Gateway
CHRISTIAN ACADEMY

757.499.6551

www.gatewaycrusaders.com

perseverance
scholarship
conviction



Athletic Handbook
revised 8/4/15

Table of Contents

Student Athlete Handbook

Our Philosophy	3
League Information	4
Eligibility	4
Tryouts	5
Sports Fees	6
Practice	6
Practice Tardiness Policy	6
Summer Practices	7
Games	7
Game Day Guidelines	7
Conduct During a Game	7
Transportation & Bus Policy	8
Unexcused Absences from games	8
Conduct (Drugs, Steroids, Hazing)	9
Equipment and Uniform Care	10
Dress Requirements	10
Participation on Outside Teams	10
Quitting a Team	10
Gym Floor	11
Requirements for Participation	11
Parents Handbook	
Relationship with Coaches	12
Expressing Concerns	12
Relationship with Officials	13
Expectations for spectator behavior	13
Additional Expectations	15

time depending on the severity and frequency of the improper conduct.

Additional Expectations

- It is expected that all parents of participating athletes volunteer to help in the concession stand, gate (charging admission), scorekeeping, and/or running the clock one to two times per season. Any training needed will be provided. Parents will receive free admission into the game at which they volunteer. The Athletic Director is responsible for setting up the schedule, but it is the responsibility of the parent to reschedule if a conflict exists.
- Possession of intoxicants and/or illegal substances is prohibited. Smoking is also prohibited on school property.
- While this section of the handbook is specifically for parents, the beginning section *Handbook for Student Athletes* is to be read and agreed upon by the parents, as well.

But continue thou in the things which thou hast learned and hast been assured of, knowing of whom thou hast learned them
PERSEVERANCE
SCHOLARSHIP
CONVICTION
-2 Timothy 3:14

- Accept all decisions of officials by not booing, yelling, or arguing.
- Treat the competition as a game and not war.
- Congratulate the opposing team's players and coaches for a job well done.
- Show concern for an injured player regardless of which team he/she plays for.
- Maintain class and dignity even when the game is not going well for your team.
- Never talk badly about a player from another team, whether or not you feel it is true; remember how you would feel if someone were saying those things about your child.
- Vulgar or inappropriate language will not be tolerated.
- Never say anything negative to the other team's players during a game, which includes taunting or trash talking.
- Spectators cannot enter onto the court or field during a contest.
- Fans should be supportive and positive; cheering should be done for our team and not against the other team.
- Allow the cheerleaders to lead their selected cheers; it is not appropriate for fans or parents to take this responsibility into their own hands.
- Never impede, interrupt, or interfere with our opponent's cheerleaders as they are leading their cheers.
- In some specific sports such as basketball and volleyball, do not yell when an opponent is shooting a free throw or serving the volleyball.

School officials have the authority to remove a spectator from a contest for unruly or improper conduct. The individual may be removed for the duration of the contest or for any extended period of

Handbook for Student Athletes

Introduction

Thank you for allowing your student to participate in Gateway Athletics. We would ask parents and students to prayerfully consider the commitment involved, and we welcome all those who seek the challenges and fun that lie ahead. We desire that our athletes be taught and challenged in their relationship with Christ, their performance in academics, and their participation in athletics. We praise God for each participant and for the privilege we have to work with each one. We are excited about all that God is going to teach us about ourselves, each other, and, most of all, Himself this year.

The purpose of this handbook is to describe the rules, procedures, and framework within which Gateway Christian Academy's Athletic Department functions. The content should be carefully reviewed by both parent/guardian and athlete. Upon reviewing the contents, the student and parent/guardian should sign the contract and then submit it to the coach prior to the first contest.

Our Philosophy

Athletics in the Christian school must complement and reinforce the basic goal of Christian education: to bring the student to a position of conformity to the image of God through Christ (Romans 8:28, 29). The athletic program is not the main focus of the school, but when used correctly, will support the school's purpose of training young people for God. Since the ability to perform in athletics is a God-given talent, it should be used to glorify God, which is in fact required by God (Matthew 25:14-30). Athletics cannot be a "spiritual neutral"; it must be a positive influence for the cause of

Christ. It is our desire to see young people trained to do the will of God, and athletics is just one of the tools that we use.

League Information

The Hampton Roads Athletic Conference is a league that consists of Christian and other private school programs from the Hampton Roads area. The charter members of the league are listed below.

Full Members

1. Chesapeake Bay Academy
2. Gateway Christian Academy
3. Suffolk Christian Academy
4. Summit Christian Academy
5. Oaktree Academy
6. BEACH Breakers
7. Veritas Christian Academy
8. Friends School

Partial Members

1. Yeshivas Aish Kodesh
2. Great Bridge Christian Academy

Eligibility

Any student desiring to be a member of any sports team or cheer-leading squad must meet certain eligibility requirements. These requirements are outlined below.

1. Maintain a “C” average with no “F”s in any course.

Student’s grades will be checked every three weeks. At the end of a progress report period, any athlete having below a “C” average (anything below 2.0) or an “F” in any classes will be placed on *Active Probation*, which allows the athlete to participate in practice but not in games.

3. If no solution can be reached at that point, call the athletic director to set up a meeting with all parties involved.

When expressing a concern to the coach, please refer to the following guidelines:

- Never approach a coach immediately after a game. This is not the proper time and place to discuss a problem concerning your child or the team.
- Call the following day and make an appointment which is convenient for both you and the coach.
- Raise your concern in a calm and civil manner. Yelling and being rude is entirely unacceptable.
- Once you have stated your question or concern, listen to the explanation. Listen receptively as the explanation may bring understanding to the situation.

Relationship with Officials

Remember, the home team does not choose the officials, but rather they are assigned by a commissioner. They do not have a vested interest in either team winning. Further, The officials are a very necessary part of the game; we could not play without them. While you may not agree with all calls, do not harass or taunt them.

Coaches and athletic directors work hard to establish a relationship with officials and will likely see them several times during a season.

Expectations for Spectator Behavior

Since athletics should be educational in nature, it is important that all parents demonstrate good sportsmanship and serve as role models for our athletes and students. Sportsmanship is an overt display of respect for the rules of sport and for all others. It also involves a commitment to fair play, ethical behavior, and integrity. This involves the following:

Handbook for Parents of Athletes

Introduction

Being a parent is often challenging. This effort and responsibility is frequently complicated by being the parent of an athlete. The best way to help your athlete is to provide encouragement and to be positive, both at home and in the stands. Don't add pressure and unrealistic expectations on any athlete, especially your child. Allow them to grow and enjoy their experience. Know that you are the most important person in your child's life, and that he/she wants you to be proud of him/her.

Relationship with Coaches

Always show respect to the coaches and allow them to do their job without any interference. Be supportive of each team, coach, and the overall athletic program. Remember that your negative comments can be absorbed by your children and carried to their practices and games.

Further, allow the coach to determine playing time for his players. Any concerns about your child's playing time must be voiced to the athletic director only, and never to the coach.

Expressing Concerns

If there is a problem, please follow these steps to find a solution:

1. Have your child talk to his or her coach.
2. If the problem is not resolved or if it is serious enough in nature, then call the coach yourself.

If an athlete is unable to bring all "F's" to a "D" or he fails to bring his grades up to a "C" average (after he has been on Active Probation), he/she will be placed on *Inactive Probation*, which will remove the athlete from the team until the average has been raised to a "C" or all "F's" are brought to a "D" (or both if applicable). Any student that is removed from the team forfeits any post-season awards and will not be included in the team pictures. The school administration may make exceptions based on an individual's situation.

2. Attend church faithfully.

Each athlete is expected to attend 2 out of the 3 main services each week: Sunday morning service, Sunday night service, or Wednesday night service. Athletes not meeting this requirement will receive a warning and on the second offense will be placed on a week's Inactive Probation (cannot practice or play with the team). Following the third offense, the athlete will be removed from the team. Any student that is removed from the team forfeits any post-season awards and will not be included in the team pictures.

3. Accumulate no more than 8 demerits within a semester.
4. Practice with the team at least 2 weeks before being allowed to play in an official game.
5. Do not quit any teams you have been on in the last calendar year (see "Quitting a Team" for further information).
6. Follow other regulations set by the coach or sponsor.

Tryouts

Tryouts are available to each student that is enrolled in Gateway Christian Academy who is in good academic and behavioral standing with the school. Team rosters are determined by the coaching staff and verified by the Athletic Director and school administration.

A student who wishes to be on a team must be present for every day that tryouts are being held or receive permission to be absent **prior to the beginning of tryouts** (exceptions will be made for those students not enrolled at the time of tryouts). A roster will be posted in the school once tryouts have been conducted. We ask that no parents be in the gym or on the field during tryouts.

Sports Fees

The purpose of the sports fee is to help offset some of the costs associated with sports (uniforms, referees, coaches' pay, utilities, etc.). Without this added revenue, the school would be unable to continue offering athletics. The cost of the sports fee is **\$40 per sport** and must be paid before the athlete can receive a uniform. All sports fees must be paid in the school office.

Practice

Practice is an integral part of any sport and is necessary to achieve the maximum amount of preparation for games. It is expected that athletes be present for every regularly scheduled practice. Appointments and other scheduled events should be scheduled at a time other than practice. Illness and other extenuating circumstances are the only valid excuses for being absent for practice. In addition, tardiness to practice will not be tolerated. Violations will be dealt with using the procedure outlined below.

Practice Tardiness Policy

1 st Tardy	extra running
2 nd Tardy	double running
3 rd Tardy	miss 1 st half of game (2 sets in volleyball and 3 innings in baseball)
4 th Tardy	miss entire game and meeting with coach and Athletic Director
5 th Tardy	dismissal from team

after this point will not be allowed to participate in school athletics for one calendar year. For example, if a student quits during basketball season, he/she will not be permitted to play another sport until the next year's basketball season. An athlete that quits will be removed from the roster and will forfeit any post-season awards. In addition, this athlete will not be permitted to be a part of the team pictures. An athlete that is injured is expected to be at practices and games just as if he were playing. Exceptions to this rule would be for family hardships, severe injury, or serious academic problems.

Gym Floor

All students must wear **non-marking, athletic shoes** (must meet both those requirements) while on the gym floor. In addition, cleats are not to be worn on the gym floor at any time. Any athlete having practice in the gym may not wear the same shoes that were worn outside, since this may bring in rocks and grit that can damage the floor. Athletes must always have a clean pair of athletic shoes for practice.

Requirements for Participation

- Although not required, all students are encouraged to complete a sports physical each year. There is a form available on the school website to use at your doctor's appointment and turn in to the school office.
- Medical Information Form must be completed.
- Student-Athlete Code of Conduct must be signed by the athlete and his/her parent/guardian.
- Risk of Participation Form must be signed by athlete and parent/guardian.
- Sports fee must be paid in the school office.
- Any other forms given by the coach must be completed.

the athletic program. This includes on the field, in the locker room, on the bus, or at any other time.

Equipment and Uniform Care

Uniforms are loaned by the school to the athletes and must be returned in good shape. Athletes have one week after the last game to wash and turn in their uniform. This includes anything that they did not purchase for themselves.

The player will be responsible for a minimum charge of \$50 for any damaged or lost items. Many of the school's uniforms are very expensive, and therefore, may cost well above the \$50 minimum.

Dress Requirements

Before, during, and after practice, all athletes must be dressed according to the school dress code. All t-shirts and shorts must meet school standards. During game days, boys will be required to wear ties to all away games. Failure to do so will result in a warning for the first and second offense, half-game suspension for third offense, and full-game suspensions for each offense after that. After the game, athletes are required to maintain school dress code.

Participation on Outside Teams

While participating on a school team, students are permitted to participate in other sports outside of school during the sports season, as well. However, the outside participation must not conflict with the sports schedule of the school, including practices, games, and tournaments.

Quitting a Team

Character is not built by quitting; therefore, we have instituted the following policies regarding quitting an athletic team. A student may drop off of the team within one week after the official roster has been posted, but must communicate with the coach and athletic director before doing so. However, any athlete that quits a team

Summer Practices

Because our fall sports begin so early in the school year, it is necessary to hold practices during the summer break. It is understandable that athletes will miss a few of these practices due to vacation and other family-oriented events. With that being said, it is expected that these absences from practice be **minimal and pre-approved**. Communication is the key whether school is in session or not.

Games

Game Day Guidelines

- Be present for a minimum of three full class periods in order to be eligible to play in that day's game. Unforeseen or extenuating circumstances will be taken into consideration and may be excused by school administration.
- Before, during, and after a game, be dressed properly as determined by the coach.
- Be present at least 45 minutes prior to the start of your game.
- If involved in a Physical Education class the same day as a game, still bring P.E. clothes as though you are going to participate in P.E. class as normal, even if your team is leaving early.
- Have everything needed to play in the game (uniform and equipment).
- At the end of an away game, inform the coach whether or not you are riding back on the bus or with your parents/guardians.

Conduct During a Game

The athlete must realize that, as a Christian, he represents Christ at all times, even in athletic events. The athlete should never show

disrespect to an official, a coach, or another participant. Athletes should not express dissatisfaction with an official's call, as this is an open show of disrespect for authority. This disrespectful action cannot be rationalized by saying, "It is only a sports game." The athlete needs to understand that he is a Christian, representing Christ, regardless of what others are doing. If the athlete exhibits conduct unbecoming to a Christian, he will be removed from the contest.

It is expected that athletes conduct themselves in a manner that is honoring to both their school and their Lord. This includes refraining from negative remarks toward coaches, teammates, opponents, opposing coaches, referees, and fans. This includes booing and yelling in any form.

Transportation and Bus Policy

- Males and females are only permitted to sit together in the first 4 rows of a bus or the first row of a van.
- No headphones/earbuds are allowed at any time.
- The only riders on the bus will be sponsors, drivers, coaches, and student athletes, unless other permission is given.
- Athletes should be ready to help clean the bus/van after returning from a trip.
- Students are not permitted to ride with anyone other than their parent/guardian to and from practices and games. A note must be signed or verbal agreement given by a parent/guardian in order to allow any other riding arrangements. Athletes who plan to ride home with their parent/guardian must notify the coach prior to leaving.

Unexcused Absences from Games

Players are expected to be at all games during the season. Any appointments or other extracurricular activities should be scheduled at times so as not to interfere with the player's participation in

games and practices. However, if the player needs to miss a game for illness or other excused reason, he must communicate with the coach. If the coach and/or athletic director do not excuse a player's absence, the following outlines the procedure that will be followed with athletes who have unexcused absences from games.

1 st Unexcused Absence	miss 1 st half of game (2 sets in volleyball; 3 innings in baseball)
2 nd Unexcused Absence	miss entire game and meeting with coach and Athletic Director
3 rd Unexcused Absence	dismissal from team

Conduct

Drugs/Steroids

The use of any controlled dangerous substance including steroids can present serious health issues. Such use places the quality of life for the student-athlete in jeopardy. Further, his coaches and teammates are depending on him, and it is important that the athlete be ready mentally and physically. Use of any substances not prescribed by a physician can place an athlete in serious jeopardy. In the case of a violation, the GCA Student Handbook will be enforced first. However, the minimum athletic policy is that if use or possession of these substances by a student-athlete during the sport season is verified, he or she will receive a 30-day suspension. A second violation will incur a 12-month ban from all athletic participation. Any substance violation will also preclude the athlete from receiving any awards at the end of the season.

Hazing

In athletic settings, some may view hazing as a harmless rite of initiation or an important activity for team bonding. However, it is actually a form of harassment and is considered a serious offense. Hazing, therefore, cannot and will not be condoned or permitted in