

FCA Athletic Handbook

2019-2020

Athletic Policies, Regulations and
Code of Conduct

Students | Parents | Coaches

FORWARD

Dear Athletes, Coaches, and Parents,

I am pleased to be beginning my sixth year as Athletic Director and Physical Education Coordinator of Faith Christian Academy. I am looking forward to many years at FCA where I have the opportunity to teach, coach children in a Christian environment where teachers can share their faith.

I am also pleased that Andrew Michos is continuing as our Assistant Athletic Director and one of our lead Physical Education teachers. Andrew is in his fourth year at FCA and is also pursuing his Masters Degree in Physical Education.

Welcome to the Faith Christian Academy Athletic Program. It is our desire that our students grow, mature, and glorify God through participation in athletics. Athletics are a central part of our educational process here at Faith Christian Academy. It is our belief that participation in athletics provides the opportunity for developing lifetime skills that will help students in becoming well rounded individuals. Participation in athletics can teach loyalty, confidence, compassion, hard work, dedication, practice skills, and persistence. We also believe that our students can please and honor God by giving the best effort they can in all their pursuits including athletics. We hope that all students will participate in some level of our athletic program. We currently offer sports and athletic programs at the following levels: Modified (grades 6-8), JV (grades 7-9), and Varsity (grades 9-12). 5th graders will be considered for the Modified level depending on ability levels and physical development, as determined by the Athletic Director, Coach, and the School Nurse. Participating successfully in our athletic program requires the investment of parents/guardians, coaches, friends, and team member's time, energies, dedication, and talents.

We are working to grow and expand our athletic programs, as well as raise our level of expectation of commitment to our athletic program from each student athlete. We added a bowling and a tennis team the year before last and both will continue. We had a very successful year last year competing in two leagues – the MHCAL (Mid-Hudson Christian Athletic League) and the HVAL (Hudson Valley Athletic League). We will continue to compete in both leagues. We will also be discussing with our teams and athletes, a program of glorifying the Lord with our efforts and our pursuit of excellence in athletics as well as in everything we do. The program is called Total Release Performance. You will be hearing more about it as the year goes on. This was introduced two years ago.

This year is the second year that we are full members of the New England Preparatory School Athletics Council (NEPSAC). NEPSAC is the larger organization of schools that our Hudson Valley Athletic League (HVAL) belongs to. Any of our Varsity teams competing in the HVAL that win the League will now be eligible to compete in the NEPSAC Regionals and then possibly the NEPSAC Championships. We have won 8 HVAL league titles in four sports and will now be eligible for the NEPSAC Playoffs.

NEPSAC is a large organization that includes many of the most prestigious private schools in the Northeast and in the Country.

Please check our athletic website often. Team schedules, team and individual highlights, pictures and weather cancellations and changes will be updated daily.

Check out the website at: www.faithchristianacademy.org and click on athletics.

Here are several guidelines you can use to enhance the athletic experience:

Be a good role model with Jesus as our example (words and actions together).
Attempt to please and glorify the Lord in all we say or do.
Be mindful of words and how we say things to each other. Refrain from judgments and unhealthy expectations. Use and model constructive criticism in communication(s).
Support achievements and acknowledge limitations/disappointments without causing discouragement.
Encourage improvement and the enjoyment of athletics and sports. Have fun while working to achieve the highest level of skill you can.
Encourage and model good sportsmanship.
Encourage positive time management skills.
Support and respect our athletic programs and coaches.
Attend games and events, and volunteer when possible.
Develop the habit of thinking TEAM first and me second.
Take advantage of additional opportunities for athletic development outside of FCA athletics.
Teach and encourage the athlete to speak to his or her coach on their own before parents speak to the coach about an issue, as is appropriate. These should be private conversations and not shared with others. Please speak to your coach about a problem, instead of telling others before you speak to your coach.

When a student athlete chooses to participate in one of our athletic programs, we expect that they understand and commit themselves to the responsibilities and obligations of FCA athletics. This handbook will acquaint you with most of the specific rules and policies of FCA athletics. The program is governed by the regulations established by the New York State Commissioner of Education's basic code for interscholastic athletics.

FCA competes in the Mid Hudson Christian Athletic League and adheres to the rules of the MHCAL and now also the HVAL (and NEPSAC).

Please contact me with any comments, questions, or concerns. We are expecting a great school year and a great year of participation in athletics and sports. We wish you each a great school year as we strive to glorify our Lord Jesus Christ in all that we do.

Sincerely,

Roy Arnesen
Faith Christian Academy Director of Athletics

**The quote on Attitude by Charles Swindol captures our
desire for FCA Student Athletes.**

ATTITUDE

**“The longer I live the more I realize the impact of
Attitude on life. Attitude, to me, is more important than
facts. It is more important than the past, than
education, than money, than circumstances, than
failures, than successes, than what other people think,
do, or say. It is more important than appearance,
giftedness, or skill. It will make or break a
company...a church...a home...(or school). The
remarkable thing is, we have a choice every day
regarding the attitude we will embrace for the day. We
cannot change the inevitable. The only thing we can do
is play on the one string we have, and that is our
attitude...I am convinced that life is 10% what happens
to me and 90% how I react to it. And so it is with you...**

...we are in charge of our *Attitudes*”

Charles Swindoll

Injury Procedure(s)

- A. All injuries must be reported to the head coach immediately.
- B. Any participant who misses a practice with a doctor's note may return to practice only with approval from the doctor. This requires the student to give this approval directly to the Athletic Director who will then give a copy to the school nurse.
- C. Medical expenses resulting from an injury must first be submitted to your own insurance carrier. Any remaining balance can be submitted to the school's accident insurance carrier by processing a claim from the school.

Medical Insurance

- A. Students are covered when:
 1. They are participating in a practice or covered sport.
 2. Traveling to and from practice and/or school sponsored contests/events.
- B. Filing procedure(s) for Parents/Guardians:
 1. Make sure the head coach has been notified immediately of the injury, and contact FCA at 845-462-0266, and leave a message for the Athletic Director.
 2. Parents/guardians must file a claim with their own insurance carrier first.
 3. If parent/guardian insurance does not completely cover the bill, they should contact FCA (nurse, business office, or AD) for the appropriate form to file with the school's insurance provider.

Practical First Aid

Recovery time after the initial injury can be aided by using R.I.C.E.

1. R=Rest
2. I=Ice
3. C=Compression
4. E=Elevation

Pray for healing: (Matthew 18:19) "if two of you agree about anything you ask for, it will be done for you by your father in heaven."

MEDICAL CLEARANCE AND PRACTICE REQUIREMENTS FOR PARTICIPATION IN ATHLETICS

All student athletes must have a current Physical and Medical History form on file with the school nurse in order to participate in athletics.

Physicals are valid for one year from the date of the physical.

You can obtain the Physical form and the Medical History form from the School Nurse or Athletic Director if they are not included in this packet. The Physical and Medical History forms can be returned to the School Nurse or Athletic Director.

Team members are expected to attend/participate in a minimum of six practices before the first game or contest to be sure that they are ready and safe to participate in games/events.

Conduct for Coaches, Athletes, Parents, and Spectators

Coach's Responsibilities

The coach bears the greatest burden of responsibility for sportsmanship. The coach's influence upon the attitudes of the players, students, and spectators is unequalled. Please refer to the quote from Charles Swindoll in "**Attitude**". A coach leads by example and our example is Jesus.

Within that framework, FCA coaches will:

- Model and demonstrate "Christ like" words and actions for others.
- Instruct student athletes in sportsmanship (**character development**), skill development, rules, and strategies that are age/team appropriate.
- Model and implement the acronym **LIGHT – when ever appropriate!**
- **L-Loyalty, I-Integrity, G-Generosity, H-Honesty, T-Teamwork**
- *Practices/Displays hospitality to opponents, spectators, officials.*
- **Teach about Audience** – who is it we play for?
- **Be clear about expectations.**
- **Ensure student athlete's are well conditioned.**
- **Provide feedback verbal/written before, during, and after season.**
- **Solicit player and parent feedback.**
- *Make fair and tough decisions.*
- **Be their friend and leader or be their leader.**
- **Be professional** – "Conduct yourselves in a manor worthy of the gospel of Christ" Phillipians 1:27

A scripture to encourage and challenge us as coaches/mentors is found in Michah 6:8:

"What does the Lord require of you, to act justly, love mercy and walk humbly with your God."

- **Communicate with the Athletic Director**
- **Use the Pyramid of Success by John Wooden as a model for coaching student athletes.**

Athlete's Responsibilities

We understand and recognize that membership on a team is a privilege.

We understand who our real **audience is**. We play for the glory of God - not myself!

We understand that we are student athletes pursuing athletic excellence and are in a continual process of developing and modeling Christian character (both on and off the field/court).

We will at all times display good sportsmanship by giving proper respect to all coaches, officials, parents, the community, as well as our teammates and opponents.

We will work to meet all of our obligations/commitments involving academics , practices, contests and family.

We will show pride in our team and our school by properly caring for our equipment and facilities. This includes my uniform. It will be washed, folded, and returned within one week of the season ending. Put uniform in a paper bag with name and uniform # on the bag.

We will respect ourselves. Our bodies are the temple of the Holy Spirit and we will do all we can to keep it healthy. We will not harm our body with any illegal substances.

We will cooperate with coaches, officials and teammates as well as opponents to promote good sportsmanship.

We will make every effort to exercise self control, accepting and abiding by decisions outside of our control (by coaches, officials, parents, school staff, etc.)

We will learn to accept both victory and defeat with pride and compassion, never being boastful/rude, knowing we played/participated to the best of our abilities. That is what brings "Peace of Mind".

Parents, Grandparents & Spectators Responsibilities

Spectators (all those watching the contest/game) have the following responsibilities:

1. **Demonstrate the fundamentals of sportsmanship and adhere to the athlete's responsibilities as found in the athletic handbook.**
2. **Respect all the players, coaches, officials, and fans – either for or against the individual(s) you are supporting – This is a key word.**
3. **Demonstrate self control in words and actions before, during, and after all practices and/or contests.**
4. **Support the school program whenever possible. Teach your student/athlete to discuss matters directly with the coaching staff.**
5. **To be a Godly example: Positive remarks about players and coaches are to be encouraged. Negative remarks should be avoided and discouraged.**
6. **Unsportsmanlike behavior will not be tolerated. Continued inappropriate words/actions will result in removal from contest/game and follow up from AD/FCA administration.**
7. **Recognize that the purpose of athletics is to promote the spiritual, physical, social, mental, and emotional well-being of each individual player.**
8. **Remember that an athletic contest is only a game... not a matter of life and death for players, coach, school, officials, fans, community, church, state or nation.**

Characteristics of Leaders: Coaches, Players, and Parents

1. **Leaders are optimistic** – They have an affirmative manner about them. They are believers, builders and encouragers.
2. **Leaders are enthusiastic** – They have a “spirited urgency” to accomplish good things. **“Be quick but don’t hurry”** – John Wooden.
3. **Leaders take initiative** – They don’t have to wait for the crowd - they Step out in front of it.
4. **Leaders are good listeners** – They find a way, even when busy, for focused listening to those who depend on them for leadership.
5. **Leaders welcome ideas and are not threatened by them** – They are not looking to surround themselves with “yes people”. They believe criticism can/should be constructive.
6. **Leaders value time and use it wisely** – Other people are amazed by how much they are able to accomplish – and do it well.
7. **Leaders set both long range and intermediate goals** - They are both dreamers and doers.
8. **Leaders expect achievement** – They make those around them want to achieve and are not hesitant to push them in that direction when needed. They work to equip others to achieve.
9. **Leaders stay calm** – In times of stress, they can be counted on for clear, concise decision making.

Consequences for Code Violations

“I realize that with my choices are consequences. I will accept the consequences listed if I fail to adhere to the Athlete’s Code of Conduct.”

Athletic Discipline Code: To protect the safety of the athlete and/or teammates and to maintain the proper atmosphere for learning within the framework of a FCA education, a fair and firm discipline policy is necessary. While our goal is to promote self-discipline, it is necessary that penalties/consequences be imposed on those who willfully violate school and team rules, as well as standards for physical fitness and personal safety, which could also endanger teammate’s safety. The following rules and standards shall apply to all FCA teams/clubs and will be administered by the Athletic Director, Headmaster, Dean of

Students and coaches. Parents will be notified and a conference may be held with those involved in the decision.

Choice/Infraction and Consequence

- | | |
|----------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1. Academic Ineligibility | 1. As per school policy |
| 2. Late for practice | 2. Coach's discretion |
| 3. Late for game | 3. 1st time - Coach's discretion
2nd time - will miss some/all of that game.
3rd time - may be suspended from team. |
| 4. Absent/unexcused from practice | 4. Coach's discretion – but missing practice will result in reduced playing time.
More than 3 missed practices may/ will result in less playing time or game suspension. |
| 5. Excused from Phys. Ed. class (medical excuse). | 5. A student excused from PE will not be permitted to practice or play that day. |
| 6. Suspension/Detention | 6. Participation will not be allowed that day. |
| 7. Care of Uniform and Equipment | 7. Each player assumes full responsibility for the uniform and/or equipment issued to them and are financially responsible for lost or misplaced items. |
| 8. Sportsmanship/Attitude | 8. The Athletic Director, coaching staff, and/or Administration has the power to restrict play or practice time if a player's conduct does not represent the best interests or set a positive example for FCA athletes. |

fca athletics

www.faithchristianacademy.org/athletics

FCA Program Registration

Sport/Activity: _____ Level: Intramural/Club, Modified, JV or Varsity

Students Name: _____ Grade: _____ DOB: _____ Age: _____

Parent/Guardian Name(s): _____ Home Tel.#: _____

Mother's Cell and Business #'s _____, _____

Father's Cell and Business #'s _____, _____

Emergency Name: _____ Emergency #: _____

Insurance Carrier: _____ Policy #: _____

In the event that I cannot be reached in an emergency, I hereby give permission to the authorized FCA school personnel to secure appropriate treatment for my son/daughter.

Signature of Parent/Guardian: _____

Physician's Name: _____ Tel. #: _____

Preferred Hospital: _____ Tel.# _____

Program Screening

1. Have you had any serious injury or illness since your last physical? Yes _____ No _____
If Yes, explain: _____

2. Have you had an illness requiring hospitalization or medical treatment in the last 3 years? If Yes, explain: _____

3. Do you have asthma? Yes _____ No _____ If Yes, how treated?: _____

4. Any known allergies? Yes _____ No _____ If Yes, explain: _____

5. Are you presently taking any medication? Yes _____ No _____ Explain _____

Signature Required:

Parent/Guardian _____ Date _____

****Yes answers to above questions will/may require review and evaluation from FCA Admin/Staff. Athletic Program Registration Fees: \$75 per season for Officials, transportation, coaching remunerations, equipment, etc.**

fca athletics

www.faithchristianacademy.org/athletics
25 Golf Club Lane, Poughkeepsie, NY 12601
phone: 845.462.0266 / fax: 845.462.1561

Date _____
(Today's Date)

Dear Faith Christian Academy,

I am the parent/guardian of _____, a student/athlete who
(insert name of student)
participates in the following activity/activities (List them) _____
_____. It is my understanding that FCA will transport
my child to the sites of above-mentioned activity/activities for the scheduled or
rescheduled games, trips, events, and/or activities.

I am hereby requesting that I be allowed to pick-up my child from these activities,
whereupon he/she will not be transported back to FCA as otherwise required.

Should the need arise for parents/guardians to transport other student athletes, a
written note will be required by the other parent(s)/guardian(s) will be required
prior to departure from FCA. Phone calls regarding the above mentioned will not be
considered acceptable during transportation to or during events.

Thank you for your cooperation in this matter.

Sincerely yours,

Parent/Guardian
Signature: _____

FCA School Admin.
Approval: _____

fca athletics

www.faithchristianacademy.org/athletics

Athletic Handbook Awareness Form

I have received and read the FCA Athletic Handbook .

Print Student Last Name, First Name

Student Signature here

Date

Print Parent/Guardian Last Name, First

Parent/Guardian Signature

Date

For the player

For the Parents/Guardian's

I, _____
Agree to:

I, _____
Agree to:

Practice the Athlete's responsibilities
as found in the FCA Athletic Handbook.

Practice Spectator responsibilities
as found in the FCA Athletic Handbook.

Accept the consequences of my behavior
as stated in the FCA Athletic Handbook.

FCA's disciplinary procedures as stated
in FCA's Code of Conduct.

Always play according to the rules
and represent FCA and the Lord
in an appropriate manner.

Uphold & reinforce playing by the rules,
and represent FCA and the Lord in an
appropriate manner.

Student/Athlete's Signature

Date

Parent/Guardian Signature

Date

Parent/Guardian Signature

Date

fca athletics

Roy Arnesen AD / rarnesen@faithchristianacademy.org
25 Golf Club Lane, Poughkeepsie, NY 12601
phone: 845.462.0266 / fax: 845.462.1561
Roy Arnesen cell: 845.416.8075

Andrew Michos - Asst. AD
amichos@faithchristianacademy.org
cell: 845.264.4810

ATHLETE / PARENT - GUARDIAN CONTACT INFORMATION

ATHLETE / STUDENT NAME _____

PARENT / GUARDIAN NAME _____

E-Mail _____

Home Phone _____

Cell Phone _____

PARENT / GUARDIAN NAME _____

E-Mail _____

Home Phone _____

Cell Phone _____

ATHLETE / STUDENT E-Mail _____

Cell Phone _____

Home Phone _____

(Student information is optional but is helpful)