



## 2022-2023 Athletic Manual

### Philosophy of Athletics

The athletic program of Arrowhead Christian Academy exists as a tool to promote the school's overall mission: to glorify God by providing an educational environment for developing balanced, discerning, and maturing Christian servants. Interscholastic athletics is a teaching tool that supports what is being taught in the classroom and school. Many biblical principles can be taught very clearly in the athletic context, which is no surprise considering the athletic imagery sometimes used in Scripture to describe the Christian life.

The following are the philosophical principles that guide the athletic program of ACA:

1. Promoting God's Glory – As in everything the believer does, athletics should be an area where giving one's best for God's glory is the priority (1 Corinthians 10:31). As a created image bearer (Genesis 1:26-27), it is the believer's responsibility to reflect his Maker and Savior in an accurate way. ACA athletics seeks to impress upon each student athlete that while he puts on a uniform with the school's name on it, his ultimate allegiance is to God. With this in mind, winning games becomes a motivation to do one's best. Winning is not everything. A team can win a game without doing its best or giving God glory. A team can also lose a game though giving its best and glorifying God. But winning is not a worthless endeavor either. It gives a tangible goal for teams to target as they seek to give God the greatest possible glory. Student athletes are taught to find their joy, not in their success or lack thereof in sports, but in their accurate reflection of God.
2. Prioritizing Time – ACA has sought to be careful and purposeful in developing an athletic program. God expects His children to redeem the time (Ephesians 5:15-16), and it can be very easy for sports scheduling to interfere with one's personal walk with the Lord and personal involvement in the local church. ACA has taken great care to keep athletics in its proper place. There are simply things that should be prioritized above sports. Because of this, ACA offers a limited number of athletic options, and no student is ever pressured to play or prioritize sports. As a ministry of Northwest Valley Baptist Church, athletic events are scheduled in order to not conflict with other ministry activities.
3. Pursuing Christlikeness – The athletic program of ACA seeks to disciple athletes in those things which last for eternity, not only in their own lives, but also in the lives of those whom they will disciple (2 Timothy 2:2). Wins and championships hold very little significance in the long term of one's Christian life. But growing in Christlikeness (Romans 8:29) lasts for eternity (1 Corinthians 3:11-15). Each coach will focus on teaching biblical principles concerning personal work ethic (2 Thessalonians 3:10-12), submission to authority (Romans 13:1-2), servanthood (Luke 22:26-27), and self-control (1 Peter 5:8).

## **Athletic Director**

The athletic director provides oversight for the entire athletic program and reports directly to the school administrator. He selects head coaches for each sport and provides direct accountability for those coaches. He oversees the budget, distribution/collection of uniforms, and maintenance of athletic equipment/first aid supplies.

The athletic director is responsible for reporting game scores as well as scheduling all games, home game facilities/fields, and home game officials. He will make sure home facilities/fields are prepared for games and make arrangements for travel to and from away games.

## **Coaches**

Head coaches are in the primary teaching position of ACA's athletic program and report directly to the athletic director. It is the responsibility of the head coach to effectively teach the sport to the student athletes, providing both the means and atmosphere for developing God-given abilities in that sport. Head coaches must also instruct and enforce expectations of student athletes in areas of proper conduct while participating in practices/games. These expectations are in keeping with the philosophy of athletics and sportsmanship guidelines stated in this manual.

Head coaches are also responsible for scheduling practices (practices need approval from the athletic director), communicating practice schedules to parents/students, enforcing dress policy for games/practices, organizing travel to and from practices/games, and choosing team captains (with the approval of the athletic director/school administrator). If vehicles are departing near school dismissal time, they should be loaded up in the front parking lot.

Coaches are responsible to make sure all buildings are secure after practices and games. They must also stay after practice until all the players on their team have left. If other school personnel are present after all players are picked up, coaches should personally delegate the final securing of buildings to those remaining after their departure.

Head coaches may delegate certain tasks to assistant coaches, but the head coach is still ultimately responsible for those things. Assistant coaches are to be focused upon aiding the goals of the head coach in conjunction with the overall athletic philosophy of ACA.

All coaches and assistant coaches are required by the Canyon Athletic Association to be certified through the National Federation of High Schools or Positive Coaching Alliance. Head coaches must also complete the NFHS first aid course. Coaches must also complete concussion certification through the Barrow Neurological Institute in order to coach in any practice or game.

## **Eligibility**

Participation in interscholastic athletics is an extracurricular activity; it is a privilege and should be respected as such. Students in 7<sup>th</sup>-12<sup>th</sup> grade will be eligible to participate based upon the behavioral and academic standards noted in the Parent/Student Handbook. The coaching staff and school administrator may remove a player from the team if that player's conduct is not consistent with team and/or school policy.

School suspensions that occur immediately prior to or during an active sports season will automatically result in the student being suspended from the next scheduled game. Multiple day suspensions may result in further disciplinary action from the coaching staff and school administrator. Detentions that conflict with games or practices must still be served by the student when scheduled. If a student is serving detention on a game day and the team leaves the school prior to the end of detention, the student may be permitted to make his own arrangements to travel to the game with an approved ride, such as a parent.

## **Participation Fees**

A participation fee (\$75 per sport) is due to the school office before an athlete receives a uniform and participates in games.

## **Required Forms/Physicals**

Students and parents are expected to be familiar with the athletic policies found in this manual and in the Parent/Student Handbook. Parents and students must *both* sign the Parent/Student Agreement and Permission Form indicating that they both understand and are willing to comply with the standards outlined in this manual. This form must be on file in the school office before the student will be allowed to participate in practices and games.

All participants must have a pre-participation physical form for the current school year completed and on file at the school office before being allowed to participate in practices and games. Parents are not permitted to sign a waiver to release their child from having a sports physical. Blank forms are available in the school office.

## **First Aid**

First aid supplies will be available and administered when necessary at all games and practices. Tylenol and ibuprofen may only be given to student athletes for whom a permission slip is on file in the school office (each distribution of such medication will be logged). A copy of physicals and emergency contact information for each athlete will also be present at all practices and games.

## **Concussion Policy**

Coaches, parents, and athletes are each provided with concussion information/training in keeping with the ACA Concussion Policy (in conjunction with Canyon Athletic Association requirements). Participation in the athletics program of Arrowhead Christian Academy communicates a commitment to work together in adherence to that policy.

## **Rosters and Playing Time**

Athletic teams will include all eligible participants not exceeding a maximum roster number which will be determined by the athletic director/coaching staff. If more wish to participate than there are roster spots, tryouts will be held to determine who will fill those spots. The roster will consist of those players who demonstrate abilities in the given sport, attend practice consistently, and display an attitude and conduct consistent with the expectations of the coaching staff. The head coach will post a roster at the end of tryouts.

Playing time on Varsity teams is at the discretion of the coaching staff. While coaches will do their best to allow all team members to participate in games, playing time is not guaranteed and must be earned at practice. Coaches of Jr. Varsity teams will make sure each healthy athlete gets playing time in each game.

## **Practices**

Practice is a time for focus and work as well as enjoyment through participation. Players are expected to come to practice ready to give their best effort. Any inability to attend a practice (including detention) must be communicated to the coaching staff in advance to be considered as excused. Unexcused absences may impact a player's status on the team.

Practices for all sports are normally scheduled from 3:30 PM to 5:30 PM on non-game school days other than Wednesdays (Practices are not held on Wednesdays to permit students to attend mid-week church services). Any changes to practice times will be communicated by the coaching staff. Players are expected to be at practice on time and stay through the duration unless they have obtained prior permission to do otherwise from the coaching staff. Failure to be at practice on time may impact a player's status on a team.

Student athletes should wear appropriate shirts and loose fitting shorts or pants that come to at least the top of the knee. Coaches may require other practice attire as well.

Excessive heat warnings are monitored by the Physical Education department of Arrowhead Christian Academy. The PE teacher will communicate with coaches in the event that outside temperatures and ozone levels require outdoor activities to be cancelled or limited.

## **Game Day Dress**

Students are permitted to “dress up” for game days instead of wearing a school uniform. Any attire that does not fall within communicated guidelines may result in that particular student’s loss of dress privileges on game days.

## **Uniforms**

Uniforms will be provided for those who make a team’s roster. They are the property of ACA and are expected to be cared for and returned cleaned within one week after the final game of the season. Some required uniform accessories (shin guards, shoes, etc.) are not provided and will need to be purchased by the athlete with the rules and regulations of the sport and the overall look of the team uniform in mind. Other uniform expectations will be communicated by the coaching staff when necessary.

## **Games**

### *General Guidelines*

Game schedules will be limited to the following number of games plus one tournament per sports season.

Girls/Boys Soccer – 12 games

Girls/Boys Basketball – 16 games

Players should always bring *both* home and away uniforms to *all* games in case circumstances necessitate a uniform change. Specific game day instructions will be communicated by the coaching staff.

### *Away Games*

Team members will travel together in school provided transportation for all away games. Occasional exceptions may be made to this policy if a particular situation warrants such. Athletes must ride back from away games on school provided transportation or with their parents. One may only ride with another parent if that student has a written note from his own parent granting permission on file with the coach prior to the travel date. Those not returning on school provided transportation should inform the coach before leaving.

## **Travel Policies**

Travel policies in school provided transportation follow the policies used for Northwest Valley Baptist Church. Riders must wear seatbelts at all times. Bus and van drivers are not allowed to use their cell phones while driving. (One option if cell phone use is necessary is to designate the front seat passenger as the driver’s “operator.”) This is a standard U.S. D.O.T. policy that the ministries of Northwest Valley Baptist Church are adopting.

## **Sportsmanship and Game Conduct**

Athletic sportsmanship is often a very visible litmus test of one's personal character. When something does not go the way a person hopes, plans, or thinks it should during an athletic event, the raw emotion of the moment can reveal personal idols of the heart. The primary deterrent of poor sportsmanship is a vibrant walk with Christ, Who gives an ability to see everything that happens from an eternal perspective (Romans 8:28-29).

Secondarily, all those attending or participating in an athletic event can think through things in advance to guard against the temptations presented in moments of raw emotion. One key is for each person present to remember the role he has in that particular moment. Many displays of poor sportsmanship occur when someone assumes a role that is not rightfully his.

1. Coaches – A coach is not an official, player, or a fan. He has a primary responsibility to teach and direct players for spiritual and athletic success. The moment the coach tries to become an official, he is no longer focused on his players. There is certainly a time and place for a coach to respectfully approach an official about a disagreement. But he must submit to the authority of the official. The moment a coach tries to be a player, he can be frustrated with his team's lack of execution. The moment a coach tries to be a fan, he can miss multiple teaching opportunities. Coaches should be focused upon coaching.
2. Players – Athletes are not officials, coaches, or fans. They have the primary responsibility of doing their very best for God's glory under the authority of game officials and coaches. They should also treat their opponent with respect as also being made in God's image. The moment athletes become focused upon officials' calls or coaching decisions they do not agree with, they miss opportunities to focus upon being a better player to God's glory. The moment athletes begin to treat the game from a spectator's point of view, they have effectively removed their ability to be a positive contribution to the game and their team. Athletes should be focused upon playing the game.
3. Fans – Spectators are not officials, coaches, or players. They have the primary responsibility of supporting and encouraging student athletes to do their best to God's glory. The moment fans become focused upon an official's calls or coaching decisions they disagree with, and poor player performance, they can quickly become discouragers instead of encouragers. Fans should be focused upon positive cheering.

All coaches, players, and fans are to follow the guidelines set forth in the Arrowhead Christian Academy Athletic Events Code of Conduct (this is available from the school office).

## **ACA Athletic Excessive Heat Policy**

There are days the heat and air quality in Glendale can become excessive and thus create situations where athletic competition and practices are dangerous to the health and wellbeing of the student athletes at Arrowhead Christian. The following guidelines will be used to determine if competition and/or practices should be held or restricted in the amount of activity.

### **Competition:**

1. Temperatures are 105-110 and the air quality in the area is poor competition would be cancelled or rescheduled.
2. The temperature is 110 or greater, regardless of air quality competition would be cancelled or rescheduled. (This is the policy of the Deer Valley School District.)

### **Practices:**

1. The temperature is 105 or above and the air quality is poor practice would be cancelled.
2. The temperature 105-110 and air quality is moderate, practice time should be shortened with breaks for hydration, cooling and monitoring the breathing of the athletes.
3. The temperature is 105-110 air quality is good. Practice as usual with more breaks for hydration and cooling.
4. The temperature is 110-115 and air quality is good, the total practice time should be shortened with activities limited to 15 minute periods with a break for hydration and cooling prior to the next 15 minute period of activity.
5. The temperature 110 or above and air quality is moderate to poor, the practice will be cancelled.

No practice will be held if the temperature is 115 or greater regardless of the air quality condition.