

NORTH HILLS CHRISTIAN SCHOOL



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ATHLETIC HANDBOOK

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FOREWORD AND PHILOSOPHY

Competitive athletic programs instill discipline, character, and integrity in a way that we cannot in the traditional classroom setting. North Hills Christian School (NHCS) provides an athletic program to help instill these characteristics of Christian godliness in its students. Our school places emphasis upon proper training habits, sportsmanship, and conduct. Self-discipline and self-denial are tempered by our responsibility to recognize the rights of the individual within the objectives of our team. Our hope and expectation is that students, parents, and coaches who participate in the athletic program will exemplify the characteristics of godliness and integrity in all of their interactions with others.

Participation in North Hills Christian School Athletics is a privilege with responsibilities. Team and Athletic Departmental policies are designed to hold its members accountable for their behavior, to protect the School community and property, and to protect the rights of the members of the community to function in an environment conducive to academic pursuits and athletic excellence.

The NHCS athletic program offers twenty-four interscholastic teams across middle school and high school levels, which are designed to produce well-rounded students. The program emphasizes development of leadership skills, as well as a sense of responsibility, discipline, accountability, and Christian sportsmanship. Athletic programs at NHCS are governed by rules and regulations established by the Foothills Athletic Conference (FAC) and the North Carolina Independent School Athletic Association (NCISAA).

ATHLETIC DEPARTMENT CORE VALUES

Excellence - the quality of excelling, of being truly the best at something

Humility – to see and accept one’s own strengths and limitations without defensiveness or judgment

Unity - being united or combined into one; focused on what is best for the team

Accountability- taking ownership and being answerable for one’s performance or behavior

Dependability- being reliable and trustworthy

Commitment- being dedicated to the team

NHCS ATHLETIC CODE OF CONDUCT

Attendance

All athletes are expected to attend **every practice and game**. If, for any reason someone is unable to attend practice/game, he/she must notify their coach with at least 24 hour notice if possible. Athletes who **miss or leave early** from a game or practice without an approved excuse may be subject to disciplinary action. This can include **suspension** from the next game or, in more serious or repeated cases, **removal from the team** for the remainder of the season. All decisions regarding disciplinary action will be made at the discretion of the Head Coach and Athletic Director. If an absence is excused, a player may dress out for a game, but the coach may choose not to start a player who missed a practice preceding a game. If you are injured, you are expected to attend practice unless you have been excused by your coach. Athletes are expected to communicate thoroughly and frequently with their coaches about attendance issues.

NCISAA State Playoff Attendance Policy

Unexcused absences from NCISAA state playoff games will result in a **one-year suspension** from all athletic participation at North Hills. This policy reflects the high level of commitment and responsibility expected from student-athletes representing the school at the state level.

Team Event Attendance Policy

Participation and attendance in all team events is mandatory for all players. This includes, but is not limited to, team functions, fundraisers, outings, scrimmages, meetings, and film sessions. Failure to attend a team event without an approved excuse may result in immediate suspension from the team. Additionally, the player may be prohibited from participating in athletics for the remainder of the athletic seasons during that school year. All disciplinary actions will be determined at the discretion of the Head Coach and Athletic Director. This policy reinforces the importance of commitment, accountability, and unity within our athletics programs.

Behavior

Athletes are expected to have a positive attitude both on and off their field of play at all times. Disrespect to coaches, teachers, fans, teammates, parents, officials, and other students will not be tolerated. Poor sportsmanship will not be tolerated. This may include not only words and attitude, but also gestures, verbal language, and body language. Disruptiveness in the classrooms or during practices or games will not be tolerated. Students are expected to well represent NHCS, their families, and Jesus Christ.

Consequences

Depending upon the severity of an infraction, students who break the Athletic Code of Conduct may be subject to a range of penalties. At the discretion of the coach, consequences may include suspension from games or dismissal from the team. Additional consequences may be imposed by the school's administration, including detention, in school suspension, out of school suspension, or dismissal from the enrollment of NHCS. Any student being suspended for any reason will result in the following consequences: 1-day suspension from school = 1 day suspension from athletics, 2-day suspension from school = 2 day suspension from athletics, 3-day suspension from school = 3 day suspension from athletics, and so on. Further disciplinary action can be considered at the discretion of the Athletic Director. Any student being suspended 3 times in one year will automatically be banned from participating in athletics for the remainder of the year.

Substance Abuse

NHCS is concerned about the damaging effects of alcohol and other drugs on the physical, mental, social, emotional, intellectual, and spiritual well-being of our student-athletes. The use, misuse, and abuse of alcohol and other drugs (AOD) are recognized by NHCS to be a major deterrent to performance, health, and wellness in general.

The unauthorized use of any National Federation of State High School Associations (NFHS) banned substance, or the illegal use, misuse, or abuse of alcohol and other drugs, is expressly prohibited by NHCS. Violation of the program's AOD Policies may lead to suspension or dismissal from the athletic program.

Furthermore, any athlete in possession of tobacco (in any form), alcohol, illegal drug, any mind-altering substance of any kind or vape product of any sort will result in automatic suspension or dismissal from the athletic program.

Bullying/Hazing

NHCS believes that any group organization (composed of students, faculty, staff, and/or visitors) has the responsibility to create an environment in which all activities are pursued in a sound and productive manner.

NHCS defines bullying/hazing as, "any activity or action which subtly, flagrantly, recklessly, or deliberately demeans, embarrasses, threatens, invites ridicule, or draws inappropriate or negative attention to a member, affiliate, and/or group, and/or an attitude which implies one member/affiliate is superior to another or that membership in the group must be earned through personal services or meaningless activities." Furthermore, the definition also includes any actions that result in the impairment of academic performance.

NHCS unconditionally opposes any form of bullying/hazing. Any violation of this should be reported immediately to the Head Coach and/or the Director of Athletics. Any team member or affiliate who is in violation of this policy may be subject to suspension or dismissal from the athletic program.

GENERAL ATHLETIC DEPARTMENT INFORMATION

- 1) Athletic Participation Packets - All athletes must have on file with the Athletic Department the following forms before any official practice/game participation begins:
 - a. Athletic Code of Conduct
 - b. Athletic & Activity Liability Waiver
 - c. NCISAA Consent to Participate Form
 - d. NCISAA Pre-Participation Physical Forms
 - e. Student-Athletic & Parent Concussion Information.

Athletic Participation Packets are renewed every new school year and are valid from July 1 – June 30 of the athletic school season. NO EXCEPTIONS

- 2) Athletic Insurance – Insurance is the responsibility of the parent/guardian. All athletes must indicate on their participation form how they will be covering a possible injury either through Self-Pay/No Coverage or their own medical insurance which covers the student-athlete.
- 3) Attendance - It is the responsibility of athletes to attend school, practices, and games on a regular basis. With few exceptions, students must be present for a half day of school to participate in a game or practice. Appeals to this policy must be directed to the Athletic Director.
- 4) Equipment and Uniforms - **Once issued, equipment/uniform becomes responsibility of an athlete.** If any of these items become damaged or lost, the athlete is held financially responsible for replacement. **All payments** for lost equipment must be made by the end of their season. Students **may not receive report cards or transcripts** until these financial obligations have been met. Also, students may not be allowed to further participate in athletics until uniform/equipment is returned or payment is made. Equipment or practice uniforms purchased by the athlete, or their family are the property of that individual and not required to be returned at the end of the season.
- 5) Athletic Committee - The Athletic Committee serves to provide guidance and direction to the overall athletic department. The Committee consists of the athletic committee chair for the Board of Directors, the athletic administration, and other invited members of the NHCS community. In the need for rules enforcement and regulations in the athletic program, the Athletic Committee can appoint a special athletic council. This council will

consider any appeal of NHCS's athlete(s) who have been dismissed from an athletic team for violation of rules. This council will consist of the Executive Director, the Athletic Director, and selected members of the coaching staff.

- 6) NHCS Athletic Logos and Apparel Guidelines - All apparel purchased by all athletic teams, spirit support, recreation teams, etc. using any of the athletic logos must be NHCS colors – Black, Royal Blue, and White only
 - a. The only exception is varsity team practice gear and these can ONLY be worn at practices.
 - b. There shall be NO apparel purchased or worn, even if this gear is donated by an apparel company.
 - c. Parents/fans who wish to purchase their own apparel with NHCS athletic logos on them must be approved by the athletic department or marketing offices prior to printing. Coaches and team administrators should send these requests to the athletic & marketing department to ensure that appropriate colors and logos are used.

- 7) Club Athletic/Recreational Off-Campus Teams – No High School teams may be formed for recreational purposes within other leagues using the North Hills Christian School name or logos due to our conference and state athletic governing policies.

ATHLETIC ELIGIBILITY

All students in grades 5 – 12 are eligible for interscholastic athletic participation on some level, provided they meet the following requirements:

- 1) In order to be eligible for athletic competition, a student must be in good academic and behavioral standing and be enrolled as a full time student.
 - a. **ACADEMIC ELIGIBILITY:** All students are eligible for athletic participation at the start of each school year. Athletic Eligibility will be checked at the end of each trimester:
 - i. High school student athletes must maintain at least a 2.00 GPA to be eligible for athletic practices and games.
 - ii. Middle school students who receive (2) D's or (1) F will be ineligible to participate in practices and games until sufficient improvement has been shown. Student athletes in the 5th grade who participate on a Middle School team will fall under these eligibility requirements.
 - iii. Eligibility may be re-gained at the next report card.
 - b. **BEHAVIORAL ELIGIBILITY:** Students athletes will be held to a high standard of behavioral accountability as set forth in the Student Handbook. For Middle School and High School athletes, the following will impact athletic eligibility along with repercussions from the individual team policies set by the Head Coach:
 - i. Behavioral Detentions – these events supersede all athletic activities including away games. The athlete will be required to attend assigned detentions and will not be allowed to depart early in the school day for an away game. If the detention falls on a practice time the athlete is responsible for communicating their absence with their coaches.
 - ii. Suspensions – any athlete that receives a suspension from school for behavioral reasons will be ineligible to participate in any type of athletic event including practices. Any student athlete suspended from school will result in the following consequences: 1-day suspension from school = 1 day suspension from athletics, 2-day suspension from school = 2 days suspension from athletics, 3-day suspension from school = 3 days suspension from athletics, and so forth. Further disciplinary action can be considered at the discretion of the Athletic Director.
 1. Any student athlete that receives a Second Suspension during their sport's season will be removed from the team for the remainder of the season. Any student athlete that receives a third suspension during an academic year will no longer be able to participate in athletics for the remainder of the school year.
 - iii. Fifth (5th) grade student athletes – behavioral eligibility decisions will be evaluated by the Athletic Director and Principal for participation in all athletic activities.
- 2) No player shall have reached his / her 19th birthday on or before August 1st of the current school year.

- 3) Students must have an athletic participation packet on file with the Athletic Director, as described at the beginning of the “General Information” section.
- 4) Any additional regulations relative to participation on a specific athletic team shall be approved by the Athletic Director or his / her designee.
- 5) The Executive Director may revoke eligibility at any time for any reason.

AGES OF ATHLETES

The Southern Piedmont Athletic Association (SPAA) conference consists of a high school division and a middle school division. The middle school conference is defined as 6th-8th grade. Students in 5th grade, that show the ability to compete at the middle school level, may try-out for the team of their choice with no guarantee of a position on that team. The SPAA high school conference is designed for students in 9th-12th grades. The North Carolina Independent Schools Athletic Association (NCISAA) allows for students in 7th-12th grade to play at the high school level when necessary. Students in 6th grade or below are prohibited to play at the high school level under NCISAA rules.

Elementary Development athletics, when available, are designed for 3rd-5th grade students.

No player shall have reached his / her 19th birthday on or before August 1st of the current school year.

ATHLETIC TRANSPORTATION POLICIES

- 1) Students participating in athletic events must ride with the team to and from the event unless approved by the Head Coach and Athletic Director as well as written permission has been obtained from the athlete’s parent/guardian the day before the contest to ride with them.
- 2) If transportation arrangements require members of male and female athletic teams to ride together, the specific seating arrangement will be left to the discretion of coaches.
- 3) If bus transportation is not available for any reason, the student athlete’s parent/guardian will need to arrange transportation. A signed Transportation Waiver form will be required if the athlete is riding with someone other than their parent/guardian.

COACH AND PARENT/GUARDIAN/SPECTATOR BEHAVIOR

Because coaches and attendees of sporting events represent NHCS, and because they must set an example for our students, they are expected to exhibit Godly character and behavior. If a parent/guardian or coach fails to set a good example for our students, he or she **may be asked to discontinue attendance at NHCS’ athletic events**. Coaches or parents/guardians that are ejected from a game by an official or host school administrator will be **suspended the following game for a first time offense**. Second time offenders will be suspended for the remainder of the season. Third-time offenders will be banned for the remainder of the year with additional restrictions that may be applied depending on the severity of the issue.

RESPECTFUL COMMUNICATION WITH COACHING STAFF

Please direct concerns or comments directly to your head coach. Call to schedule an appointment to talk with the coach. **Do not attempt to confront a coach before or after a contest or practice.** These can be emotional times for the parent, player, and the coach. Meetings of this nature do not promote resolution. **Give the coach 24 hours before contacting them** following a contest. Communicate in an honest and respectful manner with the coach and refrain from negative talk with others who are not part of the solution.

If the meeting with your coach did not provide a satisfactory resolution, call and set an appointment to meet with the Athletic Director to discuss the situation.

ATHLETIC SEASONS AND PLAYER COMMITMENT

The school year consists of three athletic seasons: fall, winter, and spring. Students are prohibited from leaving one athletic team to join another during the current season. The athletic season begins after the first contest for the team has occurred. **If a student personally elects to quit during their team's athletic season, they will not be permitted to play a sport the remainder of the school year** – if this occurs in the spring season, the Athletic Director will determine eligibility for the following fall athletic season.

Students are prohibited from participating in athletic programs for other schools, unless NHCS does not offer the sport and then must receive written permission from the NHCS Athletic Department, NHCS Administration, and the Administration of the other school involved. Final permission must also be given by the either the NCISAA or NCHSAA, whichever governs the athletics of the school.

UNIFORMS AND DRESS CODE POLICIES

1. Uniforms may be worn only during athletic competitions/games unless otherwise designated by the Athletic Director.
2. Game uniforms and practice uniforms shall not be worn during gym class for any reason.
3. Athletic team uniforms must be worn as designed. Specific permission for alterations, necessary for proper fitting, must be requested and is only granted by the Athletic Director.
4. For practices only, students may wear appropriate athletic wear for their sport (shorts, athletic pants, and t-shirts or school jerseys). Shorts can be no shorter than fingertip length when the athlete is standing straight up, with arms at their sides. No biker shorts or Spandex, unless covered by shorts that meet the fingertip requirement.
5. Whenever provided, athletes shall be required to wear specific practice clothing provided for their team.
6. Athletes are required to wear shirts at all times.
7. Athletes in athletic dress are prohibited from any other areas of campus other than the locker room, and practice/competition areas, unless they are under supervision of a coach.
8. Students must meet all grooming requirements outlined in the NHCS student handbook.

9. Athletes must wear proper attire to school on game days. On away game days boys must wear a dress shirt and pants, no jeans; girls should wear dresses, skirts, or slacks, (no jeans), with a dress blouse. On home game days athletes may wear school approved warmups or team t-shirt ONLY if approved by the athletic director. Elementary students will remain in school uniform.

PRACTICES – GENERAL EXPECTATIONS AND POLICIES

- 1) Attendance at all athletic practices is expected.
- 2) All of the student's personal appointments should be scheduled around and not conflict with NHCS athletic practices and games.
- 3) Students are expected to also attend practice in its entirety. Students arriving late or leaving early for unapproved reasons may see a loss in playing time or other consequences deemed appropriate by the coaching staff.
- 4) For most sports, practice will be held for 1-2 hours in duration Monday-Friday. All teams may offer optional Saturday practices.
- 5) NHCS does not expect sick or injured students to practice, but students should not miss practice due to minor ailments, especially without permission from their Coach. Injured players who are able to attend school are expected to attend practice, though they will not be asked to play. If situations arise that cause attendance to be impossible, the player involved is expected to clear this personally with their coach.
- 6) At the discretion of the coach and Athletic Director, practice may be held on days when school is not in session, provided the conference and state athletic association guidelines permit these practices. Practices over Christmas and Easter break will be deemed optional. Games and tournaments on non-school days have mandatory attendance unless approved by the Head Coach and or Athletic Director.
- 7) Athletes may not use hallway lockers after school is out of session. The high school hallway, beyond NHCS' water fountain, is off limits after school, unless the athlete received permission to enter from their coach. Any student found outside of their designated practice area can result in detention, suspension from school, suspension from athletics or dismissal from a team. Disciplinary action will be decided by either the athletic director, the upper school principal or both.
- 8) No students may remain on campus after school dismissal to wait for a practice that does not start immediately after school. Student-athletes are to leave campus or report to After

Care at the expense of the family. Any student that does not comply with this rule can receive detention, be suspended from school, suspended from athletics, or dismissed entirely from a program. Disciplinary action will be decided by either the athletic director, the upper school principal or both.

- 9) All athletes must be completely dressed and ready to begin practice promptly at the scheduled time. If the practice facility is being used by another team, athletes shall take care to not disrupt the ongoing practice session.
- 10) Standard of conduct for practice sessions shall be consistent with those of NHCS, with specific emphasis on the following:
 - A) **All language used shall be of a nature that presents a positive Christian testimony.** Foul language of any nature is unacceptable and must be reported to the coach or Athletic Director.
 - B) Athletes must not participate in criticism or derogatory comments about their teammates, coaches, or practice team personnel.
 - C) Hazing of any kind will not be tolerated under any circumstance. Please see the section on Bullying/Hazing on page 5 of this Handbook.
- 11) **All athletic teams will have closed practices**, enabling us to speed up practices, eliminate distractions, and make practices more effective. Parents/Guardians may drop off their child up to 15 minutes before practice to allow time to change and warm-up, unless previous arrangements have been made with their Coach. **Parents/Guardians may not enter a practice facility until after the designated time for the conclusion of practice.**

ATHLETIC CONTESTS AND GAMES

- 1) The Athletic Director in collaboration with the coaches will schedule games for NHCS athletic teams. Athletic games and contests may be played on Saturdays. Athletic schedules will be communicated as soon as they are available. High School athletic schedules will be available on Max Preps and will be updated immediately with any changes.
- 2) Athletes shall take all books and supplies that must be taken home with them to away games. Students are not permitted to return to their lockers after returning from a contest. Students that would like to work on homework while at away games should notify the coach. In most cases, away facilities are equipped in a manner that an area can be used to complete homework.
- 3) Teams from time to time will travel to away contests in uniform. Team members shall change into uniforms just prior to leaving school. When changing is necessary, students

must do so.

- 4) Every attempt will be made to determine an estimated time of return from away contests to allow parents to be available to arrange for students' transportation home.
- 5) After most away games, teams will stop for a meal at the cost of the athlete. Proper arrangements by the parent/guardian must be made to ensure the player has money for a meal.

CONTEST/GAME ATTENDANCE FEES

Gate fees are required for all home athletic contests and established by the SPAA conference for the middle school and high school levels. Fees to home games will not be collected from NHCS students, coaches, NHCS faculty and staff members, clock keepers, scorebook keepers, concession or gate workers, referees and umpires. Children 5 & under are free. The fees are as follows:

- 1) Tickets for high school contests: Adults \$6.00; non-NHCS minors cost \$4.00.
- 2) Tickets for middle school contests: Adults \$5.00; non-NHCS minors cost \$3.00. Ticket prices for any Elementary athletic contest will be based on the Middle School price levels.

PARENT/GUARDIAN ATHLETIC COMMITMENT

Each individual athletic team will be required to staff every home game through the dedicated volunteer efforts of the team families. Scheduling notices will be sent out in advance by the team's commissioner to allow parents/guardians the ability to adjust their schedules accordingly. Volunteers have the option to switch dates with another family but must coordinate that on their own and communicate any changes to their team commissioner a week prior to the contest date.

ATHLETIC AWARDS

- 1) Letters may be awarded to Varsity team members (9th-12th grades) who achieve NHCS established criteria. Individuals recognized as managers of athletic teams who are recommended by their coach of that sport shall be eligible for a letter for that sport.
- 2) The basic criteria for eligibility for a Varsity letter award shall be participation in any part of 80% of all contests and being on this team at season's end. Individuals who do not meet this criterion may be recommended for an award (by their coach), provided they participate in a minimum of 50% of the sport's contests.
- 3) Each coach will be allowed to present a team Most Valuable Player award. Coaches may also present sport specific awards after conferring with the Athletic Director for eligibility.
- 4) E.A.G.L.E. Award - The top varsity individual athletic honor which is awarded to a senior student-athlete annually by the Athletic Department. To be eligible, the student-athlete must have attended 2 years at NHCS, be a multi-sport participant, and maintained high NHCS academic & disciplinary standards. The E.A.G.L.E. Award recognizes the senior student-athlete best demonstrating the following characteristics, which are sought after by coaches, readily recognized by teammates, and represents the highest principles of a North Hills Christian student-athlete:

Enthusiasm for the game

Attitude that is consistently positive

Guts - tough when going gets tough

Leadership by example on and off the field

Encourager to all student-athletes

The Kingdom Competitor Award

A prestigious honor that recognizes an individual who exemplifies Christ-like character while pursuing excellence in athletics.

Key Values:

Faith, Integrity, Perseverance and Leadership- all while excelling at athletics.