

CORNERSTONE CHRISTIAN ACADEMY



ATHLETIC HANDBOOK

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TABLE OF CONTENTS

Philosophy of Athletics	3
Athletic Policies	3-4
Standards of Conduct for Coaches	5
Sports Program Offerings	6
Behavior at Athletic Events	6
Requirements	6
Concussion Policy	7-8
Game and Practice Attendance	9
Athlete's Code of Conduct	10
Rules of Eligibility for Participation in Practice and Games	10-11
Years of Eligibility	11
Career Statistics	11
Participation of Homeschoolers	12
Selection of Teams	12
Quitting	13
Transportation	13
Uniforms and Equipment	14
Athletic Dress Code	14
Miscellaneous	14
A Word to Our Parents	15
Standards of Conduct for Parents	15
Statement of Faith	16-17



Philosophy of Athletics

Cornerstone Christian Academy aims to teach fundamental physical development to our students to benefit them for the rest of their lives. We teach each student to take proper care of his/her body, the temple of the Holy Spirit; to exhort one another in times of trial; to complete tasks which are begun; and to cooperate with team members.

We at Cornerstone Christian Academy must never allow the athletics program to become The Program. Athletics is offered so that the student can learn to face tough circumstances with determination and to continue on even if victory seems impossible. We desire for our athletes to learn to persevere, lose with grace, and win with humility.

Finally, the athletics program at Cornerstone Christian Academy teaches self-sacrifice, self-discipline, and personal commitment to attain the goal of excellence. Its primary goal is to develop characteristics in students that will enable them to overcome challenges they will meet throughout their lives.

Cornerstone Christian Academy Athletic Policies

Administrator (Head of School)

The administrator has the authority to employ and terminate coaches with the approval of the school board, and the advice of the athletic director.

Athletic Director

The athletic director oversees the final scheduling of athletic events in the school year. In appropriate situations, the athletic director will assist in executing policy within the manual and from the administrator. It should be the goal of the athletic director to oversee each sport and prevent or resolve any problems that may occur during any athletic season. The athletic director should also produce a workable athletic schedule which complies with Cornerstone Christian Academy Board policy and supports the normal daily operations of the school.



Coach

The coach is responsible for the development of his or her team. The coach will take any dictated policy from the administrator or athletic director and execute it without dispute. It should be the goal of the coach to successfully develop his or her team, spiritually and physically, within the framework of a sound philosophy of the sport and to unite all players on the team. The coach should build up a student athlete using constructive criticism and encouragement, while avoiding berating and needless criticism. Furthermore, it should be the goal to develop the team from top to bottom as best as possible, leaving a relative consistency of team success from year to year. However, the playing time of each athlete will be determined strictly by the coach. The coach will delegate authority to assistant coaches, who are approved only by the administrator and athletic director. In addition, the coach will be ultimately responsible for the conduct of the assistant coaches. A coach should also be open to the suggestion of an assistant coach, administrator, and athletic director. The coach will be ready and willing to discuss any matter in private with anyone. However, a coach should be careful of being influenced by favoritism from parents or players, an action which may disturb or destroy team unity. A coach will not publicly criticize athletic policy; rather, the disagreement may be addressed in a private meeting.

Assistant Coach

The assistant coach is directly responsible to the head coach for any actions taken involving the team. The administrator and the athletic director will approve the appointing of assistant coaches by the head coach. The assistant may be called upon to act as head coach should the head coach not be able to lead the team (sickness, leave of absence, suspension, termination). Each assistant coach should aim to support the head coach in all phases of team leadership. Disagreements between the assistant coach and the head coach should not be made public, which could destroy team unity. Any major disagreement should be addressed in private.



Standards of Conduct for Coaches

The athletic program at Cornerstone Christian Academy is intended to help students increase in wisdom and stature so they will be able to overcome challenges throughout their lives. The following Standards of Conduct are given to coaches as an aid to them in assisting Cornerstone Christian Academy in being faithful to its athletic philosophy.

1. All coaches (paid or volunteer) will have fingerprinting done by the Washington County Sheriff's Office and submit paperwork for a background check.
2. In matters relating to athletic philosophy and policy, always submit to the Head Coach and/or athletic director. If you are ever unable to do so in good conscience, you are to do so until you have appealed the issue to the Administrator.
3. Never push athletics as "The Program" most critical at Cornerstone Christian Academy. Show interest in other school programs by attending some non-athletic activities or events.
4. Be an example of those traits we wish to build in our students:
 - A. Lose with grace
 - B. Win with humility
 - C. Exhibit self-sacrifice
 - D. Display self-discipline
 - E. Follow personal commitment to excellence
 - F. Persevere in tough circumstances
5. When interacting with opposing coaches and parents, return evil with good.
6. Allow the Head Coach to respond and handle disputes with game officials.
7. When problems arise with parents of students on the team, immediately involve the Head Coach and/or athletic director.
8. When coaching your son or daughter, beware of showing special treatment toward them or unfair high expectations of their performance. As a coach at Cornerstone Christian Academy, you represent the school at every athletic event that your team participates in. Failure to conduct yourself in a manner consistent with the standards stated above will lead to your removal as a coach.
9. All out of season practices and open gyms must be approved and scheduled through the athletic director.



Anticipated Sports Program Offerings for 2023-2024

Fall sports

Boys/Girls Cross Country (Grades 1-12)
Boys/Girls Golf (Grades 9-12)
Girls Volleyball (Grades 5-12)

Winter sports

Boys Basketball (Grades 5-12)
Girls Basketball (Grades 6-12)

Spring sports

Boys Baseball (Grades 7-10)
Boys/Girls Middle School Golf (Grades 6-8)
Girls Softball (Grades 6-12)

Behavior at Athletic Events

Cornerstone Christian Academy students are all aware of the standards set forth by the school but are oftentimes unaware of what we expect from them as spectators. Therefore, we have listed a few things to keep in mind when you attend an athletic event:

1. Do not criticize. Fans sometimes feel that they are able to do it better, but this is not their job. Support the players and coaches; **build them up – don't tear them down!**
2. As difficult as it may be, comments to officials and opposing teams should be positive.
3. Do not make derogatory comments to athletes on the opposing team or officials.
4. Realize that the word Christian means "Christ-like." We as Christians are always testimonies, whether good or bad. Cornerstone Christian Academy desires to portray a good testimony.

LONG AFTER THE SCORE IS FORGOTTEN, OUR BEHAVIOR AND REPUTATION ARE REMEMBERED

Requirements

Each athlete must have a medical physical before each new school year. The athletic department will set a date when physicals are due for each year, and the athlete cannot compete without a physical on file. One physical per school year takes care of all sports for that school year. Student athletes and their parents must also fill out an athletic registration form each year, which requires reading the Athletic Handbook and signing their agreement with the Statement of Faith and policies of the Athletic Department. Athletes are required to pay a \$50 athletic fee per child, per sport. In addition, students and parents must sign a copy of their coaches' policies/expectations form for each sport they participate in with Cornerstone.



Cornerstone Christian Academy Concussion Policy

A concussion is a brain injury that is characterized by an onset of impairment of cognitive and/or physical functioning, and is caused by a blow to the head, face or neck, or a blow to the body that causes a sudden jarring of the head.

Common symptoms:

- headache or feeling of pressure in the head
- dizziness/feeling “in a fog”
- balance deficit
- unequal pupil size
- sensitivity to light and sound
- blurred vision
- nausea/vomiting
- overall slowed down feeling
- slurred speech

Do not ignore the symptoms of a concussion. If you feel it, report it. Report symptoms to your coach immediately.

Cornerstone Christian Academy Concussion Procedures

1. The head injury is reported to the coach and athletic director immediately.
2. The athlete will be evaluated and immediately referred to a physician.
3. The athlete must be evaluated by a physician, PA or nurse practitioner following recognition of concussion symptoms.
4. A doctor’s note must be given to the athletic director, who will then give a copy to the coach.
5. Once diagnosed as a concussion, the athlete will remain out of all activity until released by a physician to begin the graduated return to play.
6. The graduated return to play will begin only once released by a physician, PA or NP-C, and the student athlete is *completely symptom free*.
7. There will be a five-day graduated return to play process (one (1) stage per day) that must be completed prior to returning to activities, and the athlete must remain symptom free throughout.



Concussion Return to Play Guidelines

It is important for an athlete's parent(s) and coach(es) to watch for concussion symptoms after each day's return to play progression activity. An athlete should only move to the next step if they do not have any new symptoms at the current step. If an athlete's symptoms come back or if he or she gets new symptoms, this is a sign that the athlete is pushing too hard. The athlete should stop these activities and the athlete's medical provider should be contacted. After more rest and no concussion symptoms, the athlete can start at the previous step.

Baseline: Back to School First

Athlete is back to their regular school activities, is no longer experiencing symptoms from the injury when doing normal activities, and has the green-light from their health care provider to begin the return to play process.

Step 1: Light aerobic activity

Begin with light aerobic exercise only to increase an athlete's heart rate. This means a stationary bike, walking, or light jogging. No weight lifting at this point. 10 minutes total activity

Step 2: Moderate activity

Continue with activities to increase an athlete's heart rate with body or head movement. This includes moderate jogging, brief running, moderate-intensity stationary biking, and moderate-intensity weightlifting (less time and/or less weight from their typical routine) 25 minutes total activity.

Step 3: Heavy, non-contact activity

Add heavy non-contact physical activity, such as sprinting/running, high-intensity stationary biking, regular weightlifting routine, non-contact sport-specific drills (in 3 planes of movement) 30-45 minutes total activity.

Step 4: Practice & full contact

Young athlete may return to practice and full contact (if appropriate for the sport) in controlled practice. 60 minutes total activity

Step 5: Competition

Young athlete may return to competition.

(Taken from the CDC Heads Up Website)



Game and Practice Attendance

1. Once you have joined a team, **you have committed yourself to that team** until the last game is completed.
2. Students of Cornerstone Christian Academy are expected to participate in sports with Cornerstone Christian Academy. A student is not allowed to play for other schools.
3. Participation on the school team will take priority over playing for club/park and recreation teams. Personal choice by the athlete or family to give club/park and recreation team higher priority may reduce the athlete's game time with the school team.
4. Athletes must be at every practice or game unless excused for one of the following reasons:
 - A. Personal sickness
 - B. Death in the family
 - C. Doctor/Dentist appointment (must be communicated to coaches)
 - D. Math Lab or Study Session at school (must be communicated to coaches)
 - E. Previously scheduled commitment approved by the athletic director.
5. If an athlete misses a practice the day before a competition, playing time will be at the discretion of the coach for the following game.
6. Any athlete who misses a practice or game may have to make up practice activities and face the team's policy for reduction in playing time. This is not meant as punishment for an excusable absence, but as a reward and incentive to those team members who were present. A team member who must miss a practice or game may return to their former status as soon as they have fulfilled the team's policy for absences.
7. Each coach will announce his/her discipline procedure for missed practices or games. The coaches will have their policies/expectations in writing and parents and athletes will be required to sign a copy of it for each sport they participate in with Cornerstone. **More than three unexcused absences** after the official start day for each sport may result in dismissal from the team.
8. Official start dates for each season are as follows:
 - Fall Sports: August 1
 - Winter Sports: November 1
 - Spring Sports: March 1Coaches may have open gyms and try-outs before the official start dates, but absences will not count until after this date.
9. All athletes must be on time to practices and games. Coaches will announce their discipline procedures for tardiness.



Athlete's Code of Conduct

1. Every athlete is expected to maintain a good Christian testimony. Any time an athlete is not maintaining a Christian testimony on or off the field or in the classroom, he/she may be suspended or dismissed from the team.
2. An athlete who receives a detention that forces him/her to miss practice must serve that detention. Coaches will discipline players who are late or miss practice for detentions.
3. Athletes are expected to be examples of good conduct to other students. In that regard, when an athlete receives an in or out of school suspension, the student will be suspended from his/her team during that period. Further action will be at the discretion of the administrator.
4. A suspended athlete may participate in tryouts for a team but may not actively participate in practice or games until he has served a probationary period.
5. The use of profanity will not be tolerated. The use of profanity on or off the field may result in suspension from the team or loss of game time.
6. Athletes are to be good representatives of Christ and Cornerstone Christian Academy on road trips. Failure to do so may result in suspension or dismissal from the team.
7. Cornerstone Christian Academy does not condone and will not tolerate "hazing" or "initiations" of athletes by other athletes. Any such actions will result in suspension and/or dismissal from the athletic team.
8. Any athlete or coach that is ejected from a game will be suspended for the next game. If the athlete or coach receives a second ejection, he will be suspended for two games. A third ejection will result in dismissal from the team and forfeiture of athletic privileges for the remainder of the school year.

Rules of Eligibility for Participation in Practice and Games

1. All those involved in the athletic program must be in school at least 3 hours and 30 minutes (half of the school day) to participate in a practice or game scheduled for that day. The only exception is a previously scheduled doctor or dentist appointment or a previously scheduled commitment approved by the athletic director. If you are sick and do not attend school you cannot attend a practice or game scheduled on that day.
2. No athletes will be added to a team's roster after 50% of its regular season games have been completed.
3. An athlete must have no F's on their mid-term progress reports or at the end of the nine-week grading period report card to be eligible to compete. If a student has a grade of F on their mid-term progress report or at the end of a nine-week grading period report card, they will be put on athletic probation.
 - A. An athlete on probation can practice but will not be allowed to compete in games/matches/meets with the team while on probation. If an athlete



attends games/matches/meets while on probation, they are to sit on the team bench in school attire.

- B. Students on academic probation will have weekly grade checks on Monday mornings to determine the end of their probation period.
 - C. These guidelines also apply to managers, statisticians, and scorekeepers.
 - D. Any violation of the probation guidelines may result in dismissal or suspension from the team.
4. The administration is responsible for the determination of eligibility of students and communicating to coaches. The length and impact of the probation period will be at the discretion of the administration and assessed weekly.

Years of Eligibility Requirements

1. To be eligible to participate with Cornerstone Athletics, a student cannot turn 19 before August 1 of the current participation year.
2. Upon entering the 6th grade, students will have 3 consecutive years of logic school eligibility, ending with the 8th grade, and 7 consecutive years of total athletic eligibility, ending with their senior year. Homeschool students must provide documentation proving their current grade level upon beginning participation with CCA Athletics.
3. Upon entering the 9th grade, students will have 4 consecutive years of rhetoric eligibility, ending with their senior year. Homeschool students must provide documentation proving their current grade level upon beginning participation with CCA Athletics.
4. Should a parent elect to hold a student back for academic reasons, the student will still be limited to 3 years of logic school eligibility and 4 years of rhetoric school eligibility.
5. All eligibility disputes must be submitted to the athletic director in writing. Any such dispute will be ruled upon by:
 - a. Head of School – Mr. Fred Conley
 - b. The Logic/Rhetoric Principal– Mr. Jamie Davidson
 - c. Athletic Director– Mrs. Ashley Smith

Career Statistics Eligibility Requirements

1. For statistics record keeping purposes, students will have 4 consecutive years of rhetoric eligibility upon entering 9th grade and ending with their senior year.
2. If students participate on a JV or Varsity Team in 8th grade or below those statistics will not count toward their career numbers.
3. Scrimmages will not count toward career numbers.
4. Starting with the 2022-2023 school year, points scored during a JV competition will not count toward career numbers.



Participation of Homeschoolers

For the 2023-2024 school year, we will continue to allow homeschool families that have participated in athletics with us in the past to be a part of our teams. New homeschool participants can join a CCA team if the number of homeschool students represented on the team is less than 20%. If additional homeschool participants are needed to field/build a team for an emerging sport, administration has discretion to allow additional homeschoolers to participate even if the homeschool representation will be more than 20%.

For the 2023-2024 school year the homeschool fee will be \$200 per individual, per season (fall, winter & spring) for grades 6–12. Homeschool athletes will not be allowed to participate for a homeschool team and a CCA team during the same season.

Students that attend other smaller, Christian schools may participate in athletics with Cornerstone as long as their school does not offer the sport in which they wish to participate. The same homeschool participant rules and regulations apply for these athletes as well.

Selection of Teams

1. Each coach has the responsibility to select his/her team.
2. Each coach will have try-outs to select team members.
3. Final approval will come from the athletic director and the administrator.
4. To provide proper training and appropriate playing time for each team member, there will be a limit to the number of athletes allowed on each team.



Quitting

1. Character is not built by quitting. Trying times are not times to quit trying.
2. A student may drop off the team any time before the third practice without penalty. After that period of time **no student may quit the team without penalty. Any athlete who quits a team will not be allowed to join the team the following year.** There should be a strong sense of belonging to the team even when personal injuries would restrict the individual's participation in practices and games. An injured player is expected to be at all practices and games as if he/she were healthy.
3. An athlete who quits will be removed from the team roster and forfeit any post-season rewards such as team pictures, letters, awards, etc.
4. Exceptions to this rule would be for family hardships, severe injury, or serious academic problems. The athletic director and the principal will decide any exceptions.

Transportation

1. A team member may ride home from off-campus game with his/her parent(s) or legal guardian provided that the coach has been notified by written or verbal communication from the parent(s) or legal guardian prior to leaving the game.
2. An athlete may ride home from an off-campus game with a friend's parent(s) if the athlete's parents have provided the school or coach with written or verbal communication from the parent(s) or legal guardian prior to leaving the game.
3. Parents must turn in a copy of their driver's license and proof of insurance to the office before providing transportation for any student other than their own for athletic events.
4. All exceptions to the above can be amended by the athletic director/administration.



Uniforms and Equipment

1. Team Sports (Volleyball, Basketball, Baseball, & Softball) will have a fundraiser to help offset the cost of uniforms.
2. Other sports will require the participant to purchase their individual uniforms.
3. Any uniforms or equipment issued to an athlete are the athlete's responsibility to return in good shape.
4. Lost or damaged equipment will be charged to the athlete.
5. All uniforms and equipment must be returned to the coach or athletic department within one week after the last game of the season.

Athletic Dress Code

1. All athletes must meet the school dress code for modest dress at practice.
2. Shorts must be mid-thigh length. (If shorts do not meet this standard, compression shorts must be worn underneath them to reach mid-thigh length. Compression shorts must also be worn with very loose fitting shorts so as not to reveal undergarments during athletic participation.)
3. Spandex/compression shorts may ONLY be worn under another pair of shorts, not on their own.
4. Sleeveless shirts must have at least 2 inch shoulder straps, cannot have wide holes at the arm pits that hang down, and cannot reveal undergarments. (No tank tops. No spaghetti straps.)
5. Athletic uniforms will be approved by the administration and coach and will be modest in style.
6. Students are expected to travel to games in either their school uniform or sport's uniform as the coach and athletic director decide.
7. These guidelines apply to all players, managers, statisticians, and scorekeepers associated with each team.

Miscellaneous

The athletic director and administration will decide any questions or issues not discussed in this handbook.



A Word to Our Parents

How to Best Support Your Athlete

The best way to support your athlete is to provide encouragement and to be positive, both at home and in the stands. If you or your child has a question, please have your child talk to his/her coach. If a situation is not resolved or is of a serious nature, then call the coach yourself. If no solution can be reached at that point, then call the athletic director to set up a meeting with all parties involved. Know that you are the most important people in your child's life and that he/she wants you to be proud of him/her. Be in the stands, rain or shine, and cheer.

Standards of Conduct for Parents

If you, as parents, are involved in any way with such teams, the Administration and Board of Directors ask that you consider the following Standards of Conduct as you "represent" the school in the community.

1. Be an example of those traits we wish to build in our students:
 - a. Lose with grace
 - b. Win with humility
 - c. Exhibit self-sacrifice
 - d. Display self-discipline
 - e. Follow personal commitment to excellence
 - f. Persevere in tough circumstances
2. When interacting with opposing coaches and parents, return evil with good.
3. Do not make derogatory comments to players on the opposing team.
4. Show respect for the referees who are in positions of authority during the game.
5. No degrading comments, name calling, or confrontations after the game.
6. Referees may not always be right, but they are never wrong.



Statement of Faith for Cornerstone Christian Academy

In a world increasingly searching for truth, CCA stands on the solid foundation of the Word of God. The Bible is our standard of faith and practice and every component of our Statement of Faith is derived directly from what it teaches us about God and our relationship with Him.

1. We believe the Bible to be the inspired and only infallible authoritative Word of God. (II Timothy 3:16-17; Rev. 22:18-19)
2. We believe that man was created in the image and likeness of God, but that in Adam's sin the human race fell, inherited a sinful nature, and became alienated from God; and, that man is totally depraved, and of himself, utterly unable to remedy his lost condition. As a consequence, to man's sin, death (both physical and spiritual) and bloodshed entered into this world. (Gen. 1:26-27; Rom. 3:22-23; 5:12; 6:23; Eph. 2:1-3; 4:17-19).
3. We believe that there is one God, eternally existent in three persons: Father, Son and Holy Spirit. We believe God created everything and upholds His creation by the word of His power. God is eternal and all knowing, all powerful and unchanging. He is holy in character and just in His dealing with us. God is love and truth. He is the sovereign Lord of all. (Revelation 4:11; Hebrews 1:3; Isaiah 40:9-17; 1 Peter 1:15; Psalm 19:9; Romans 3:2-26; 1 John 4:8; John 14:6; Ephesians 1; Romans 9; Gen. 1:1; John 10:30)
4. We believe in the deity of our Lord Jesus Christ, in His virgin birth, in His sinless life, in His miracles, in His atoning death through His shed blood, in His bodily resurrection, in His ascension to the right hand of the Father and in His personal return in power and glory. (Isaiah 7:14; Luke 1:35; John 8:46; Hebrews 7:26; John 1:1)
5. We believe all human beings, born or unborn, are made in the image of God and are descendants of Adam. Everyone, regardless of skin color, ethnicity, religion, class, sex or age, has an intrinsic dignity and is worthy of our love and service. Our salvation in Christ will transform all of our personal and social responsibilities. Faith must be reflected in our lives. (Isaiah 1:17; Genesis 1:26-27; Leviticus 19:18; Luke 6:27-36; Acts 17:24-26; James 2:14-26)
6. Our Statement on Marriage, Gender, and Sexuality consists of the following points:

We believe that God wonderfully and immutably creates each person as male or female. These two distinct, complementary genders together reflect the image and nature of God. (Gen. 1:26-27.) Rejection of one's biological sex is a rejection of the image of God within that person.

We believe that the term "marriage" has only one meaning: the uniting of one man and one woman in a single, exclusive union, as delineated in Scripture. (Gen. 2:18-25.) We believe that God intends sexual intimacy to occur only between a man and a woman who are married to



each other. (1 Cor. 6:18; 7:2-5; Heb. 13:4.) We believe that God has commanded that no intimate sexual activity be engaged in outside of a marriage between a man and a woman.

We believe that any form of sexual immorality (including adultery, fornication, homosexual behavior, bisexual conduct, bestiality, incest, and use of pornography) is sinful and offensive to God. (Matt 15:18-20; 1 Cor. 6:9-10.)

We believe that in order to preserve the function and integrity of Cornerstone Christian Academy as a local Christian school, and to provide a biblical role model to Cornerstone Christian Academy members and the community, it is imperative that all persons employed by Cornerstone Christian Academy in any capacity, or who serve as volunteers, agree to and abide by the Statement on Marriage, Gender, and Sexuality. (Matt 5: 16; Phil 2:14-16; 1 Thess. 5:22.)

We believe that God offers redemption and restoration to all who confess and forsake their sin, seeking His mercy and forgiveness through Jesus Christ. (Acts 3:19-21; Rom 10:9-10; 1 Cor. 6:9-11.)

We believe that every person must be afforded compassion, love, kindness, respect, and dignity. (Mark 12:28-31; Luke 6:31.) Hateful and harassing behavior or attitudes directed toward any individual are to be repudiated and are not in accord with Scripture nor the doctrines of Cornerstone Christian Academy.

7. We believe that salvation is by grace alone through faith, apart from works by the merit of the shed blood of Christ and that the born-again believer is eternally secure in Christ. (Acts 13:38-39; Ephesians 2:8-9; Titus 3:5; Romans 3:25; Hebrews 9:14)

8. We believe in the present ministry of the Holy Spirit, by whose indwelling the Christian is enabled to live a godly life. (John 16:8; Romans 8:9; I Corinthians 3:16; 6:19; 12:13; Ephesians 1:13; I John 2:27)

9. We believe in the resurrection of both the saved and the lost: those who are saved to eternal unity with God and those who are lost to eternal separation from God. (John 14:1-6; Philippians 3:20; Revelation 21:1-4; Matthew 25:46; Revelation 22:11)

10. We believe in the spiritual unity of believers in our Lord Jesus Christ. (I Corinthians 12:12-13; Hebrews 12:2)