

HCA Athletic Handbook (revised January 17, 2017)

Philosophy

The athletic program at Hernando Christian Academy is designed to adhere to the mission statement of Hernando Christian Academy athletics, to reinforce the concepts of the Christian worldview and the institution of citizenship. The H.C.A. athletic program works hand-in-hand with academics to develop the best qualities in our student-athletes. We are committed to developing the well-rounded student-athlete emphasizing spiritual commitment, academic excellence, and year-round physical conditioning.

HCA Athletic Mission Statement

Hernando Christian Academy athletics endeavors to "Build leaders with Christian character". We strive to impart upon our student-athletes; integrity, sportsmanship, discipline, teamwork, self-sacrifice and a willingness to be 'role' players in the kingdom of God. *"To act justly and love mercy and to walk humbly with your God," Micah 6:8*

Objectives:

- To impart spiritual truths in a real world setting.
- To recognize that each individual student is a unique creation of God, and to provide the opportunities for maximum participation for all students in a variety of activities and play.
- To develop within each athlete the individual and team skills necessary to compete successfully and reach for that individual's God given potential.
- To develop within each athlete strong team spirit and a loyalty to the school.
- To teach good sportsmanship.
- To provide opportunities for athletes which encourage self confidence, sociability, initiative, and a feeling of belonging.
- To promote an understanding of body growth and development and the importance of good health habits in aiding that growth and development.
- To provide the leadership, rules, and disciplines necessary to assist each athlete in attaining all of these objectives.

General Beliefs:

Hernando Christian Academy believes that athletics are an integral part of our total educational program.

- We believe that the whole program is important.
- We believe that each sport provides an activity through which students may express themselves physically, emotionally, and mentally.

- We believe that coaches have the unique opportunity to direct and encourage students in the development of their life.
- We believe that the head coach is the department head of the sport for which he/she has been selected. He/she must work closely with the Athletic Director and Superintendent.

The Athletic Director has been assigned by the Superintendent to administer the athletic program. Head coaches are directly responsible to the Athletic Director and are charged with the supervision of those coaches related to their program.

Administering the Athletic Program

- Athletics are to be closely coordinated with the general instructional program and properly communicate with other departments of the school.
- Athletics are to be conducted under the rules of the Florida High School Athletics Association and FCAPPS, of which Hernando Christian Academy is a member.
- Athletics should be amateur competition in procedure and in spirit. Students should consider participation as recreational and should play for the joy of the game rather than for anticipated material awards. They should always play to win, but winning should not overshadow spiritual or educational goals.
- It is of vital importance to the entire department, as well as to the boys and girls, that professional loyalty exists on the highest levels.
- Each student-athlete will be administered a \$75 athletic fee for each sport the student-athlete participates. Because of insurance fees, student-athletes participating in football will be administered an additional \$125 for a total athletic fee of \$200.

Hernando Christian Academy Interscholastic Activities

Hernando Christian Academy interscholastic program is the program of athletics in the school which involves competition with other schools. Presently HCA fields the following teams in interscholastic activities.

FALL

BOYS Football Cross Country* Golf* <i>*Subject to number of interested students.</i>	GIRLS Varsity Volleyball Junior Varsity Volleyball Middle School Volleyball Cross Country* Varsity Cheerleading Middle School Cheerleading
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WINTER

BOYS Middle School Basketball Junior Varsity Basketball* Varsity Basketball Varsity Soccer Junior Varsity Soccer <i>*Subject to number of interested students.</i>	GIRLS Middle School Basketball Junior Varsity Basketball* Varsity Basketball
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SPRING

BOYS Varsity Baseball Middle School Baseball Tennis* <i>*Subject to number of interested students.</i>	Girls Varsity Softball Middle School Softball* Tennis*
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2016-17 HCA Head Coaches:

<u>Sport</u>	<u>Coaches' Name</u>
Varsity Football	David Raley
MS Football	David Rotteveel
Girl's Varsity Volleyball	Michelle Tannoia

<u>Sport</u>	<u>Coaches' Name</u>
Girl's JV Volleyball	Vicki Balogh
Girl's MS Volleyball	Niki Klukowski
Boy's Cross Country	Amy Baldwin
Girl's Cross Country	Amy Baldwin
Boy's Golf	Jeff Moore
MS Boy's Basketball	Tony Alvarez
MS Girl's Basketball	Chance Phillips
Boy's Varsity Basketball	Jeremy Barker
Girl's Varsity Basketball	Mike Drummond
Boy's Varsity Soccer	Jeremy Crawford
Boy's JV Soccer	Amy Opat
Varsity Baseball	Tony Alvarez
MS Baseball	TBD
Varsity Softball	Mike Drummond
MS Softball	TBD
Girl's and Boy's Tennis	Jeff Moore
Varsity Cheerleading	TBD
MS Cheerleading	TBD

Organization and Administration

"The Florida High School Activities Association" Hernando Christian Academy is a member of the Florida High School Activities Association (FHSAA). "This association shall supervise and control all of the interscholastic activities which its member schools may engage."

Hernando Christian Academy is also a member of the Florida Christian Association of Private and Parochial Schools for seven man football.

Athletic Discipline Policy

The purpose of this Athletic Discipline Policy is to assist coaches in regard to discipline procedures and standards for students participating in extra-curricular activities, and who may violate school rules either at school or at a school sponsored activity.

Athletic Training Rules

General:

The following training rules apply to all interscholastic athletes and each athlete is to adhere to this code and will share the contents of this code with his/her parents. Athletes may be required to follow additional rules established by individual coaches. Any member of the coaching staff may report a violation of the rules. A coach may personally observe a violation or can be convinced by the circumstances that a violation has

occurred. All violations will be reported to the Athletic Director, who will take appropriate action. Appeals will be directed to the Athletic Director.

Rules:

1. Drinking and smoking and drug abuse are considered as unacceptable habits for high school athletes and will not be tolerated.
 - Student-athletes who engage in the use drugs, alcohol, or tobacco on or off campus will be subject to immediate seasonal suspension and may be expelled.
2. Practice Seasons-Athletes are expected to attend all practices. Athletes may be excused in advance by the coach for any practices missed. Injured athletes who are able to attend practice sessions shall be expected to do so. A violation of this rule may result in suspension from the next contest following the violations.
3. Profanity will not be tolerated in any form. A violation of this rule will be dealt with by each coach depending upon the circumstances.
4. Absence from school- If a student-athlete misses ½ of their scheduled classes of the day of a game or performance, they will not be permitted to participate in that day's scheduled event unless permission is granted by administration.
5. Appearance- Students involved in interscholastic athletics are required to follow the school's guidelines for proper appearance as well **as any additional requirements from the coach** and practice modesty in dress and appearance to all practices and games.
6. Disciplinary action- Students having received disciplinary penalties by the administration must satisfy these obligations as assigned before they may return to practice or competition.
7. Quitting without coach's consent- Suspension for rest of the season, **AND MAY BE SUSPENDED FOR THE FOLLOWING SPORT SEASON**. Athletes are to fulfill their obligations to their team; therefore, quitting on a commitment will be dealt with severely. A student who does not complete his or her obligation with or without the coach's consent will be expected to pay the sport's athletic fee.
8. If a student has to miss any game or contest he/she must notify the coach in advance. The coach will determine if a penalty will be administered for missing a game or contest.
9. Players must ride school transportation to and from all away games. They may be released to their **parents or to the care of others** after a game, if the coach has a

signed permission slip from the parents.

10. Future eligibility of an athlete who is dropped from a squad for disciplinary reasons not contained in the rules listed above will be determined by the Athletic Director.

Notes:

Suspension definition:

Athlete may not participate or dress in a scheduled game. The coach **may** require the athlete to participate in practice depending on the type of suspension given.

Season definition:

A season begins on the official opening day of practice, as designated by the FHSAA, and ends at the conclusion of the HCA season. The "scheduled" season includes regular season games, matches, meets, plus guaranteed tournament games, matches and meets.

Limit of Practice Days and Times

Coaches are to hold practices when they deem them necessary. Saturday practices may be held at the coach's discretion. **No organized Sunday practices are allowed on the campus by any HCA team unless granted permission by administration.**

Open Gym Policies

Definition: Open gym refers to off-season workouts and/or practices that are called by the coach. The purpose is for athletes to work on their skills and become better at that particular sport. Coaches may have as many open gyms as they deem necessary to improve the skills of their team. Athletes are encouraged to attend, but attendance is not mandatory. However, coaches must take extreme care not to interfere with scheduled practices, contests, and meetings of all other athletic programs which are **IN SEASON. ALL FHSAA RULES AND REGULATIONS MUST BE ADHERED TO.** In fact, coaches must maintain a level of professionalism to support and encourage athletes and coaches of all other athletic programs that are **IN SEASON.**

Summer season is not regulated by the FHSAA. Summer season is defined by the period between the last day of school and the first day of the defined FHSAA fall season.

Rules:

1. All students, including ones that do not participate on any team, are invited to participate and play during open gym times.
2. A coach or school employee **MUST** be present at every open gym.
3. Coaches will submit their days and times to the athletic director as to when they desire to have open gym. Once the athletic director has all requests, he/she will make the schedule.
4. Open gym/field opportunities must adhere to bylaws and policies as stated in the FHSAA handbook.

Summer Camp Policies

Summer camps of any kind must be approved by HCA administration. All finances pertaining to summer camps shall be administered through the HCA business office. Coaches must submit a detailed plan including dates, costs and admission prices to the athletic director for approval of all summer camps.

Athletic Fundraising Policies

All fundraising activities for any HCA sanctioned sport must be approved by administration and be administered through the booster club both physically and financially.

Athletic/Activity Conflict Policy

This policy is to be adhered to in the event of a conflict between school activities for a student participant.

- All students participating in extra-curricular activities should be advised of the procedure that will be followed in the event of a conflict. This should occur prior to the beginning of the season or the activity.
- The sponsors or coaches shall meet with the principal and athletic director to identify anticipated conflicts before they occur. Once this meeting occurs the **sponsors and coaches** are to meet to resolve the identified conflicts while adhering to the guidelines of this policy on or **before** the conflicts occur.

Note:

Additional meetings may be called at the discretion of the sponsors/coaches.

- The purpose of these meetings will be to determine possible conflicts and to resolve them by using the following criteria:
- District, conference, sub-district, regional, sectional, semifinal, or state competitions should have priority. If two similar events occur on the same date, the participant will perform in the event which has the greatest importance toward the team, group, or individual event or outcome. If both events are of equal importance to both parties then the decision will be left up to the student.
- Consideration should be given as to how the loss of the individual will affect the group or team concept and the total function of the program before a decision is made.
- Regularly scheduled contests or performances **take precedence** over any type of practice session.
- Students may not participate in two sports that are taking place at the same time unless receiving permission from administration. The athlete must pick one or the other before the two seasons begin.

- Decisions should be made by the sponsors/coaches (when possible) prior to getting students involved.
- A student may not be penalized in the event a conflict still exists after all options have been exhausted by the sponsors and the student makes the choice.
- Disagreements between sponsors pertaining to student conflicts will be handled by the Superintendent and shall be final.
- Coaches should **NEVER** pressure student-athletes into participating or not participating in a particular athletic program. Remember we are a small school with limited athletes to represent all of our equally important athletic programs.

Athletic Eligibility

The Florida High School Activities Association and Hernando Christian Academy Rules and Policies govern the Eligibility of all Athletes.

- Each coach will be responsible for checking the above rules and regulations which affect the eligibility of his/her athletes.
- Eligibility must be certified under FHSAA rules.
- Permits and agreements- **Before a student is permitted to draw equipment, practice, or play in a contest; he/she must have a signed FHSAA EL 2 medical examination form, a signed FHSAA EL 3 parent consent form, a signed FHSAA Concussion and Heat Related Illness Release Form, a signed Extracurricular Statement of Cooperation form, and an Informed Consent Awareness of Sports Injury Risk Warning form for HCA athletes fully filled out and on file in the athletic director's office.**
- Athletic Insurance- all student athletes and coaches participating in a HCA sponsored event are covered by HCA's insurance as a secondary insurance to the parent's and/or coaches primary insurance or becomes the primary insurance to parents and/or coaches who do not have private health insurance. **It is mandatory for head coaches to fill an accident report in the Main Office for ALL injuries incurred during HCA sponsored practices, games or events.**

Eligibility Rules

In order to represent Hernando Christian Academy in any interscholastic athletic competition, a student must meet the following eligibility requirements as prescribed by the **Florida High School Activities Association**.

A student:

- Shall participate until they reach the age of 19 years 9 months. Upon reaching this age a student is deemed ineligible for further participation.
- A student's eligibility is limited to four consecutive years after entering the 9th grade for the first time.
- "A student must have a cumulative grade point average of 2.0 or above on a 4.0 scale, in all courses taken at the conclusion of each semester to be eligible during the following semester. A student whose cumulative grade point average is below a 2.0 on a 4.0 scale in all courses taken at the conclusion of a semester shall not be eligible during the following semester."

In addition to the FHSAA eligibility requirements, students must meet the following Hernando Christian Academy Athletic requirements as stated in the HCA Student Handbook:

- If a student athlete misses $\frac{1}{2}$ or **more of his or her scheduled classes** on a game or performance day, he/she will not be permitted to participate in that day's scheduled event.
 - All athletes must maintain passing grades in all classes during the season in order to remain eligible. The following is the proper procedure for the **WEEKLY ACADEMIC REPORTS FOR ATHLETES:**
1. The Systems Administrator will set up team lists for teachers through the school network at the beginning of each season.
 2. By Monday afternoon each week, teachers are to enter the current quarter grades for athletes.
 3. Tuesday morning the Athletic Director's office will print a report of grades for the week.
 4. The Athletic Director will supply coaches a copy of the report for their sport.
 5. At the third week, sixth week, and end of a quarter, athletes who are failing a class will be ineligible for a minimum of one week and not allowed to participate in any team activities.
 6. Team suspension will start on the Tuesday of the grade report showing ineligibility. Reinstatement will be on the Tuesday of a satisfactory grade report.
 7. The Athletic Director will inform any athlete, parent and coach of a suspension ASAP on the Tuesday that the suspension begins and on the Tuesday that the suspension ends.

These requirements meet or exceed all of the Florida High School Activities Association requirements.

Transportation of Athletes

Coaches may release their athletes to a parent after an athletic event. A coach may release an athlete to someone other than their parents only *after receiving a note from the parent stating the athlete may be released to the said adults who are taking responsibility of the athlete*. The note must be signed and dated. Without prior notice in writing, **Student athletes may only be released to their parents.**

Requirements for earning Varsity and Junior Varsity Letters and Awards

- A student-athlete who earns his or her initial roster position on any of the Hernando Christian Academy varsity interscholastic sports programs and successfully completes the season shall receive a one-time only Varsity Letter and a first-year participation pin. After earning his or her initial Varsity Letter and first year participation pin, the student-athlete will receive participation pins for each successive year the student athlete successfully completes that particular sport's season.
- A student-athlete who earns his or her initial roster spot on any junior varsity roster and successfully completes the season, shall receive a one-time only Junior Varsity Letter.
- A student-athlete who earns his or her initial roster spot on any middle school roster and successfully completes the season, shall receive a participation certificate.
- At the conclusion of each sport's season, at the coach's discretion, player awards shall be given to selected student-athletes at the annual awards banquet.

Family Service Commitment

Each family of student-athletes are required to contribute a minimum of five volunteer service hours per student-athlete, per sport. In lieu of service, the family will be billed at the rate of \$10 per hour. These charges will be applied to the families' monthly statement after each sports season concludes. These charges will be above the athletic fee required for each student-athlete.

Gender and Sexuality at HCA

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. In student life, Hernando Christian Academy (HCA) will not affirm attempted alterations by medical intervention of one's sex at birth and should dress in conformance with one's biological sex. *Restrooms, locker rooms, and changing facilities are to be used conforming to one's biological sex.* Any deviation of non-conformance may be grounds for removal from school campus and possible mandatory withdrawal from school.