

## **1000 Athletics**

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1000 Philosophy of Athletics – BOE Approved 7/16/01, Revised - 7/23/03,10/25/04, 3/6/06

Ankeny Christian Academy believes that we should strive to have Christ as the center of our lives in all aspects, which includes athletics. We believe athletics can assist in building honesty, Godly character, responsibility, self-control, and team-building relationships. Ankeny Christian Academy athletics will equip athletes in setting goals and in being a role model/Christian witness in all areas of their lives. As members of the body of Christ, the athletic department realizes the importance of teamwork, “united in the Spirit and intent on one purpose.”

**Scripture used to support this philosophy are:**

\* **1 John 5:5** “Who indeed is the victor over the world but the one who believes that Jesus is the Son of God.”

\* **1 Cor. 9:24-25** “Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. Everyone who competes in the games goes into strict training. They do it to get a crown that will not last; but we do it to get a crown that will last forever.”

\* **Phil. 2:1-5** “If you have any encouragement from being united with Christ, if any comfort from His love, if any fellowship with the Spirit, if any tenderness and compassion, then make my joy complete by being one in spirit and purpose. Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves. Each of you should look not only to your own interests, but also to the interests of others. Your attitude should be the same as that of Christ Jesus.”

Jr. High: Athletics in Jr. High emphasizes participation, and basic skill development. Emphasis is not placed on winning as much as it is placed on the development of the athlete. Playing time is divided up as equally as possible, extra time will be given to the athletes that display a good attitude and effort on and off the court/field. Both 7<sup>th</sup> and 8<sup>th</sup> grade games will be scheduled to allow the athlete to be able to have adequate playing time. On some occasions it will be necessary to have combined games; these games will allow both the 7<sup>th</sup> and 8<sup>th</sup> grade teams to play together as one team.

Junior Varsity Athletics: Athletics in JV teams will try and strike a balance between competition and participation. This level of play will allow athletes to gain experience, and to hone their skills in the upper level of competition, allowing an easier transition to varsity athletics. JV teams are primarily made up of younger high school athletes, and high school students who are less experienced in the sport. Playing time will try to be as equal as possible, with extra time going to the athlete that displays a good attitude and effort on and off the court/field. JV teams will play to win the match or fame, but not at the expense of non-participation of an athlete.

Varsity Athletics: Athletics in Varsity teams will emphasize team building and competition. At this level the athletes with the highest skill level in the sport will be playing. Not all playing time will be equal. Playing time can be affected by attitude and effort on and off the court/field. The varsity teams will play to win the match/game.

### 1010 Purpose of Athletics

**The purpose of Ankeny Christian Academy athletics is to glorify God and further His kingdom.**

#### **The athlete will:**

- \* Pose the same *right attitude* as that of Christ Jesus (Phil. 2:5).
- \* Develop *responsibility* and commitment to the team, team unity and his/her team role, and encourage the value of each team member to the overall success and accomplishment of the team.
- \* Display *good sportsmanship* and *conduct* in winning and losing.
- \* Develop a strong *healthy body* and an *alert mind* athletically and academically.
- \* Be held *responsible* for his/her actions on and off the field or court.
- \* *Honor and support* school disciplinary and/or ineligibility policies and actions.

#### **The coach will:**

- \* Pose the same *right attitude* as that of Christ Jesus (Phil. 2:5).
- \* Teach and model *discipline* and *character building skills* that will have a positive impact in the athletes' lives.
- \* Assist the individual in achieving his or her *maximum potential*.

- \* Develop *team-building skills* that bring honor and glory to God.
    - \* Work directly with the Athletic Director and the School Administrator when enforcing *disciplinary action* related to *disciplinary probation* and/or *ineligibility*.
  - \* *Honor and support* school disciplinary and/or ineligibility policies and actions.
- The parent will:** (Please see “Parent’s Code of Conduct”)

### 1020 Academic Eligibility Policy

- \* Eligibility will be determined at mid-term, quarter, and the end of each semester. Both quarter and semester grades will be checked when the semester grades are determined.
- \* ACA’s eligibility policy will have the athlete maintain a C- average or higher, with no F’s. ACA will follow IHSAA rules.
- \* Students academically ineligible will not be allowed to play in competitions beginning on the Monday following the Friday that grades are released. The student may practice with the team, but cannot participate in any inter-school competitions. The ineligibility will continue for one week. On Friday grades will be evaluated. If grades have been sufficiently raised, the student may compete the following Monday and onward. If grades are still not high enough, the student will be ineligible for another week, with grades being rechecked again on Friday. Students who have been ineligible will have his/her grades checked weekly until he/she has passed the next scheduled grade check.(mid-term, quarter, and semester) After four weeks or with a semester grade of “F”, Union Rules for eligibility will take over. *Note: Students who have been or currently are ineligible will be closely monitored to assist them in maintaining or achieving eligibility.*

### 1030 Behavioral Eligibility/Disciplinary Policy

**All behavioral ineligibility will be determined by the Administrator based on teacher input.**

\* In keeping with the Philosophy of Athletics and the ACA School Philosophy, ACA is committed to help families bring up their children in the nurture and admonition of the Lord (Eph. 6:4) as well as building

Christian character and self-control. Athletes as well as other students are expected to *practice self-control as well as show respect to those in authority.*

\* Athletes will be expected to adhere to the Student Conduct and Disciplinary Policy as listed in the Student Handbook.

\* Students who have been placed on suspension are ineligible until the end of the suspension period assigned by the school administration. Athletes cannot play sports on any day of time served while on suspension.

### 1040 Attendance Policy

- \* All athletes must report to school by 11:40 AM to be eligible to play a game or practice that afternoon or evening. They should bring a note explaining the reason for their absence to the Administrator.
- \* Appointments or Emergencies of any kind will be treated on an individual basis with the Athletic Director or Administrator.
- \* Friday absences do not affect Saturday eligibility unless the absence is unexcused.

### 1050 Game Policy

\* No games will be scheduled by ACA on Wednesday evenings or Sundays. High school players may practice on Wednesdays until 5:00 p.m. ACA will not schedule any Sunday practices. *Post-season games are determined by the IHSAA and the IGHSAU. These organizations will schedule all post-season games. ACA will comply with game dates and times.*

\* The athletics schedules will be approved by the Board of Education with a recommended number of games as listed below:

**Basketball:** ACA is permitted to play 21 interscholastic basketball games per season. Jr. High is limited to 12 games per season. If ACA elects to play in an invitational, conference, or other tournament, each date they participate in will subtract one game off their limitation rule. *Pre or post season play are exceptions to this rule.*

**Volleyball:** ACA is permitted to play 14 different dates during the season. Jr. High has 9 dates.

**Football:** ACA is permitted to play 5 Jr. High games and 9 JV games per season.

**Golf:** ACA is permitted to play 12 meets.

- \* Rescheduled games will be at the discretion of the Administrator and the Athletic Director.
  - ACA will follow IHSAA and IGHSAU regulations for scheduling practices and games during the holiday season.

### 1060 Participation Regulations

Students who participate in athletics must be enrolled in a minimum of four full-time classes. These classes must count toward graduation. One of these classes may be a college course taken outside of ACA, but it requires prior approval of the Administrator to count as a high school credit. See IGHSAU Constitution & By-Laws 36.15(2)c.

All students must meet the following requirements in order to participate:

- \* Meet academic and conduct requirements.
- \* Have a physical exam each year on file in the school office by the first practice.
- \* Have an emergency medical release on file in the school office by the first practice.
- \* Home schooled players may make up one third or less of the whole team.

Note: Non-ACA athletes cannot participate on an ACA sport team if:

- a) The school they attend offers the same sport;
- b) They play the same sport for another school.

### 1070 Training Regulations

Hebrews 13:17 “Obey your leaders and submit to their authority. They keep watch over you as men who must give an account. Obey them so that their work will be a joy, not a burden, for that would be of no advantage to you.”

- Athletes are expected to attend games and practices. Missed practices and/or games will effect playing time.

Violation of this regulation will result in loss of at least 25% of playing time during a match.

\* Excused absences will be handled on an individual basis. Whenever possible make sure the coaches are notified **at least 2 days** in advance of a scheduled athletic event if the student will be absent. A written doctor's excuse or a written or verbal notification from a parent/guardian may be allowable as an exception.

\* Uniforms are the property of ACA. Uniforms must be turned into the coaches immediately after each game. Loss or careless damage of a uniform will result in a fine not to exceed the replacement cost of the uniform. Uniform shirts must be worn tucked in at all times unless designed to be worn out.. No sports bra may show through or on the outside of the girls' uniform. Head bands, wrist bands, or arm bands may be worn by individual players. They must be the same color as the uniform with matching emblems and follow athletic union rules.

\* Uniformity in appearance will create a "team look," with no attention being drawn to one player. Violation of this regulation will result in loss of at least 25% playing time during the match.

\* Music that could be considered offensive by other athletes or parents must not be played or shared during travel to or from the game, at the game facility, or at an eating establishment. No portable listening devices will be allowed at these same locations.

\* Student conduct prior to, during, and after an athletic event should be Christ-like. Improper language or behavior will not be accepted. This includes vulgarity, boasting, and disrespect.

Violation of this regulation will result in loss of at least 25% of playing time during a match.

#### 1080 Game Day Dress Code

**Game day dress regulations for boys and girls are as follows for all games:**

**Boys and Girls:** The ACA athletic polo shirt, dress shirt or zipped hood shirt designated by the coaches will be worn with chapel approved pants . Players may wear chapel day dress appropriate for the season as designated in the student handbook. The coaches may raise the dress code policy on special game days as they see fit. Prior to game day, the coaches will notify the Dress Code Policy Administrator of any dress code changes. Students will make efforts to have the game day dress appear neat and clean. Football players may wear clean football jerseys and appropriate jeans as designated in the handbook on game days.

Violation of this regulation will result in loss of at least 25% of playing time in a match.

**Hair:** No extreme styles are allowed. (A cut that's only purpose is to draw attention to one's self). Hair should be kept out of the eyes. Boys- Hair should not be covering the earlobes and should be above the collar (no unnatural color extremes). No facial hair (facial hair below earlobes) is allowed.

**Hats/Visors:** No hats/visors are to be worn.

**Jewelry and Accessories:** No excessive or extreme jewelry/accessories are allowed. Body piercing is not allowed. Tattoos are not allowed. Boys are not permitted to wear earrings. Neck and wrist chains are allowed as long as they are not extreme or offensive in nature. No other chains are allowed. Girls may have pierced ears, but may wear only one earring per ear.

This dress code is in effect at school on game day. Dress to and from games is left to the discretion of the coaches.

#### 1090 FEES – ACTIVE

\* ACA students will be assessed a sports fee for Volleyball of \$60.00 for Jr. High and \$70.00 for Varsity. The fee for Basketball for Jr. High is \$75.00 and \$ 90.00 for Varsity. Jr. High Football is \$60.00. JV Football is \$70.00. Golf fees are \$60.00. Home school students are asked to pay \$120.00/sport. Students of teachers/staff are exempt from this fee.

\* Athletes will be expected to pay for any meals or lodging expenses associated with an away game or tournament. These expenses will be minimized as much as possible, so as not to become a financial burden on school families.

### 1100 Transportation

Transportation to away games and practices is the sole responsibility of the athlete's parent(s). If there is a bus driver available the athletes will ride the bus. Permission slips to not ride the bus home must be given to the Athletic Director or coach prior to the bus leaving for the match.

### 1110 Lettering/Awards - ACTIVE

Varsity Lettering Requirements:

Senior high athletes will receive a varsity letter based on the following criteria:

Basketball: The athlete must play in at least half of the scheduled quarters (4 quarters/game) and attend at least 80% of the practices.

Volleyball: The athlete must play in at least half of the scheduled games (3 games/match) and attend at least 80% of the practices.

Football and golf: - ACTIVE

Athletes not receiving a Varsity Letter will be awarded a Certificate of Participation. In order to qualify for a letter an athlete must also demonstrate the character qualities of dependability, punctuality, love, enthusiasm, faith, humility, endurance, and boldness.

First-year qualifying athletes will receive a school letter and sports pin. A service bar will be awarded for all other years that an athlete qualifies for a varsity letter.

All sports may receive the following awards:

**Most Improved:** Presented to the athlete who shows the most improvement in their overall development, performance, and attitude.

**Mighty Spirit:** Presented to the athlete who best shows spiritual leadership, Christ-like character, and spiritual insight.

**Intensity:** Presented to the athlete who shows the best intensity in their performance. They must give all they have at all times and do it unselfishly unto the Lord.

**Soaring Eagle:** Presented to the athlete as a total person award. It is given in recognition of spiritual leadership in sports, total commitment, performance, attitude, athletic ability, and academic performance. It is given to the outstanding male and female athletes who show the best all-round character, ability, and accomplishments.

**Scholar Award:** Based on cumulative 3.5 G.P.A. or better for an athlete. The G.P.A. must be calculated from at least one semester of accumulated grades at the H.S. Level.

**Most Valuable Player Award:** Presented to the player who records the highest overall statistical marks throughout the entire season. Player also has game-changing performances throughout the season.