



YORKTOWN CHRISTIAN ACADEMY
A Calling Preparatory School • Christ Centered • Family Focused

YCA ATHLETIC POLICY 2024-2025 Academic School Year

PAROCHIAL (P) AND MIDDLE SCHOOL (MS) LEVEL SPORTS TEAMS

Yorktown Christian Academy (YCA) offers a variety of extracurricular sports. We believe that by playing on a competitive sports team, athletes can learn spiritual, physical, and mental disciplines. YCA does its best to provide coaches of Christian faith, knowledgeable in their sport, enthusiastic, firm, with leadership ability, and able to instruct.

HEALTH PHYSICALS AND RISK OF INJURIES (P & MS)

- All athletes are required to have a health physical exam completed and turned into the athletic department no later than 2 weeks after the start date of the first practice day or the first game, whichever comes first.
- Any health concerns or previous injuries that the athlete may have should be discussed with the AD and the team coach prior to the first day of practice.
- Parents and athletes should be aware that injuries often occur while playing sports. YCA administration and coaching staff is not held responsible for any athlete injuries and/or doctor, hospital or therapy fees that result from an injury while playing on a YCA athletic team.
- At times, a physician's medical release may be required for an athlete to continue participation after an injury has occurred.

PLAYERS PER TEAM (MS)

It is often necessary to hold try-outs for a team when the number of interested players exceeds 12 per team.

- There will be a minimum of 4 practices before a team try-out cut is held.
- It is possible that if there are enough players to field two teams for that level, an "A" and a "B" team may be considered.
- The AD and team coach have final say of which athlete is placed on a specific team.

PLAYING UP (P & MS)

YCA allows athletes to play up a grade level and/or team level. Playing up is considered and determined by AD and the team coach. Playing up is an option when the skill level of an athlete is determined to be at a higher level than the athletes' current grade and/or necessary to field a team.

ATHLETIC ELIGIBILITY* (P & MS)

ACADEMICS

Any student who wishes to participate in YCA athletics must have a 70 or above average during grade check periods throughout the season to be eligible to play.

- At the conclusion six-week grading period, any student who has an average below 70 will be ineligible to play for 10 consecutive school days.
- The ineligible period must include at least 1 game.
- AFTER this 10-day period, grades will then be checked for passing. The athlete is eligible to play once they have a 70 or above average.

*During academic ineligibility, the student is required to attend and participate at practice, and attend all games. At games the student is encouraged to sit on the bench to support their team. If the student sits on the bench in uniform, their name may not be written in the scorebook. Practices may only be missed during an ineligible period if the student is attending tutoring. It is the athletes' responsibility to notify the team coach of any missed practices due to tutoring.

DISCIPLINE

A student's athletic eligibility may also be suspended for disciplinary reasons. Any athlete who is suspended from school for disciplinary reasons forfeits the privilege of participating on any YCA athletic team during the duration of his suspension. During the suspension, the suspended student may attend any team event as a spectator, but they may not participate in any practices or games.

- The principals, AD, coaches, teachers, and parents are encouraged to be in constant communication in regard to disciplinary issues. Together the Principals and AD have authority to remove an athlete from a team at their discretion without the approval of the parents.

BEHAVIOR ON and OFF THE COURT (P & MS)

YCA athletes are expected and required to behave in a manner that is representative of the values of their Church and school. Any student who does not abide by these standards should expect consequences for their actions. YCA encourages students to be mindful of their behavior on and off the court, including but not limited to bullying (in-person and online) and their social media accounts.

PLAYING TIME (MS)

Playing time for each game is determined by the team coach. Coaches consider the following when deciding which athlete to play during games:

- Does the athlete display a positive & Christian attitude?
- Does the athlete display full effort during practices and games?
- The athletes' skill level.
- Is the athlete coachable?
- Is the athlete respectful towards others, including the opposing teams & referees?
- Attendance at school and practices
- What is the competitive nature of the current game being played?
- The athletes' cognitive awareness and knowledge of plays
- Does the athlete pay attention during time-outs?
- Does the athlete show selflessness toward their teammates?

Each coach will do their best to play the athletes they feel will most benefit the team as a whole during that current game. Questions about playing time should come directly from the athlete to the coach and should take into account the items listed above prior to playing time being addressed. Athletes should always be willing to accept the coaching on areas they can improve to increase their playing time.

TRAVEL TO AND FROM EVENTS AND GAMES (P & MS)

Parents are responsible for transporting their athletes to and from away games and other events that take place after school hours. At times a field trip or tournament may occur during school hours, travel to and from an event like this may utilize charter buses, or parent and staff drivers. Therefore, in compliance with school policy and insurance recommendations, volunteers and staff who transport students must be on the YCA Approved Drivers list.

DRESS CODE (P & MS)

Proper dress attire is required to participate in all YCA athletic activities. Athletes, coaches and parents are expected to follow the dress code and be aware and conscious of their athletes' attire and that it is appropriate, acceptable and is a positive representation of YCA.

- T-Shirts for all sports should promote school colors: Gold/Yellow, Royal/Blue, White, Grey and any YCA spirit shirts are acceptable. Sleeveless, tank top and racerback styles are not allowed at practice with the exception of Track and Running Club; sleeveless shirts are allowed during track/running season due to training outdoors. Undergarments should not be visible if wearing a sleeveless shirt.
- Shorts – Basketball length shorts are acceptable during basketball season. **Volleyball** shorts may be worn and are sometimes a shorter length than that of basketball shorts. A running/work-out style short is acceptable during volleyball season, given the length is no shorter than mid-thigh. Spandex tights and/or legging style shorts are not allowed, though they may be worn under a pair of shorts for extra coverage if preferred.
During **Track** season track shorts may be worn, as long as the length is appropriate.
- **All shorts should be of an appropriate length and be visually modest.**

God has blessed us all with different body types and physical attributes, therefore attire guidelines may sometimes be subjective. YCA administration has authority on what attire is deemed appropriate in regard to each individual athlete and their particular body type.

WEDNESDAY EVENING

There will be no games, practices or sports activities scheduled on any Wednesday after school hours.

PRACTICE/GAME & TEAM TIME (PSL & MS)

- PSL is allowed to practice and/or have games a maximum of 3 school days per week, not including tournaments.
- MS is allowed to practice and/or have games a maximum of 4 school days per week, not including tournaments.
- Parties, social gatherings, team building events, retreats, etc. that are not previously on the original schedule are all optional attendance.
- No teams will have mandatory practices over school holidays.
- On game day practices will begin at 8:00 am.

MISSING PRACTICE (MS)

An athlete is required to notify the coach if a practice is going to be missed for any reason if known in advance, with the exception of illness.

- If an athlete misses practice the day before or day of a game, regardless of the reason (including illness), they are not allowed to start in that game.
- An injured athlete is still required to attend all practices and games. Physical Therapy is considered an excused absence.
- Practices listed on the practice schedule handed out ahead of time that fall on a non-school day (intercessions breaks, Thanksgiving Break, Christmas Break, Spring Break, etc.) are required attendance practices.
- Open Gym is optional attendance and not considered a practice.
- If an athlete is absent from school due to illness, they are not permitted to attend practice for that day.

STUDY HALL (MS)

The AD has authority to replace any practice with a Study Hall session at any time during the season. Study Hall follows the same attendance requirements as an official practice.

GAME DAY ATTENDANCE (P & MS)

It is required that an athlete be present at least half of the school day to participate in a game. If an athlete is absent from school for any reason, they are not permitted to play in that game.

24-HOUR COMMUNICATION RULE (P & MS)

Open communication is encouraged between the AD, coaches, parents and students at all times during the season. Often an issue or complaint will arise. Parents are encouraged to speak with the AD or Coach only after a 24-hour period has passed.

CONDUCT TOWARD OFFICIALS AT GAMES (P & MS) *

Parents and spectators associated with YCA have a responsibility to behave in a Christian-like manner toward all referees and officials, whether at home or away games. If a parent or a spectator behaves with conduct that is not representative of YCA, the AD and/or Coach will discuss this behavior with the individual. Three warnings will be given throughout the season to an individual. After three warnings, if the individual refuses to change the conduct that is deemed inappropriate, the A.D. has authority to ask the individual to no longer attend YCA games (home and away) for the remainder of that season.

*During any game, an official has authority to remove a spectator or parent from the premises, at any time they feel necessary. This removal does not require the approval of the AD or YCA administration. Usually when this occurs, the game will not resume until the parent/spectator has left the premises.

YCA is blessed to have the facilities to host games. Please be courteous and display a Christ-like attitude, representing YCA with the appropriate conduct.

PARENTS' SERVICE COMMITMENT (P & MS)

Parents are required to volunteer to work at least 3 home games during a season. As well as a minimum of 2 hour for any YCA Tournament held. The supplemental support that parents give for home game duties is imperative and allows the athletic program at YCA to thrive. A sign-up form will be in place long before the first game. Please be in contact with Coach Brintnall if something comes up and you are unable to fill your designated slot. Any slot that is not signed up for will be filled in randomly with parents that still need hours by Coach Brintnall.

EQUIPMENT AND UNIFORMS DISTRIBUTION AND UNRETURNED ITEMS (P & MS)

By being part of any YCA sports team the student-athlete and their parents recognize that any equipment distributed to the athlete, including uniforms, warm-ups, bags, balls, etc., are all property of the YCA athletic department. Distributed equipment and uniforms are expected to be returned clean and, in the condition, it was distributed in no later than 1 week after the last game of the season. A \$150-200 fee will be imposed for equipment and uniforms not returned by the team deadline and included in your FACTS incidental billing.

Equipment & apparel that is distributed to a student athlete is not for sale. The impact of unreturned equipment and uniforms negatively affects the next seasons' athletes and teams.

ATHLETIC PARTICIPATION & POLICY CONTRACT

I hereby grant my permission for my son/daughter to participate in athletics at Yorktown Christian Academy. By signing below, we (parent and athlete) acknowledge and agree to the following:

- Participation on a sports teams is a privilege that may be withdrawn for any violations of any of the standards outlined in this Athletic Policy.
- We realize and understand that there is risk of physical injury by participating on a sports team.
- We understand that this contract is binding for the duration of the athletic season.

WAIVER STATEMENT

Parent(s)/Legal Guardian(s) agree to assume ALL financial responsibility for any expenses resulting from an athletic injury. Parent(s)/Legal Guardian(s) agrees they have current medical insurance or assumes the medical financial responsibility of their athlete. _____(Initials)

Parent(s)/Legal Guardians(s) authorize the provision of emergency treatment for their athlete in the case they might become ill or injured while under a coach's supervision during practice and games, when parents or guardians cannot be reached. _____(Initials)

Athlete Name:_____ Grade:_____

Athlete Signature:_____ Date:_____

Parent/Legal Guardian Name:_____

Parent/Legal Guardian Signature:_____