

Heritage Christian Academy

Athletic Handbook

2018-2019



Statement of Non-Discrimination:

Heritage Christian Academy admits students of any race, color, national and ethnic origin to all the rights, privileges, programs and activities generally accorded or made available to the students at the school.

Heritage is an accredited school member of the Association of Christian Schools International (ACSI) and a member of the Colorado High School Activities Association (CHSAA). HCA is a proud member of the Mile High League for High School Sports and the Northern Colorado Independent League for Middle School sports.

The HCA Board and Administration reserves the right to change any policy or procedure at any time as is deemed necessary and to be in the best interest of Heritage Christian Academy

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Heritage Christian Athletics

Purpose: to develop life-long followers of Christ who demonstrate His character, conduct, and compassion while competing with excellence.

HCA Athletics are an extension of the school's educational mission to cultivate Authentic Faith, Academic Excellence, and a Nurturing Environment..

We prepare, plan, and play to win, but winning is one of our goals, not our primary purpose. Legendary coach Tony Dungy put it this way: "Goals have a beginning and an end. Purpose does not. Our purpose is what we live for." As Christians, we live for the glory of God and to carry out His mission. Our school and its sports program work in partnership with the home to make disciples of our children: Christ-followers who are responsible, self-disciplined, trustworthy, courageous, committed, and hard-working.

Our Core Values: *"The Core Four"*

Relationship: authentic love for God and others

Discipleship: Christ-like character

Fellowship: unity, teamwork, trust

Sportsmanship: positive witness

Christian Witness:

We expect our coaches, players, parents, and fans to be positive representatives of Jesus Christ. How does the world know that we are authentic followers of Christ? By the love we demonstrate and by our unity. Jesus said, *"By this all men will know that you are My disciples, if you love one another."* (John 13:35) He also prayed for us: *"May they be brought to complete unity to let the world know that You sent Me and have loved them."* (John 17:23)

As parents and fans we can do this together in the following ways:

Demonstrate respect to opposing players and coaches.

Demonstrate respect to the officials.

Shout encouragement to our team. Let the coach do the coaching.

Remind each other we want to be a positive Christian witness.

Don't speak disrespectfully about the coach in front of your child or with other parents.

Support the coach and his decisions.

"Go the extra mile." Think of ways to be a blessing to the other team and their fans.

Win or lose with humility and grace.



Behavior Guidelines for Athletes:

- Lead a Spirit-controlled life and He will control your tongue. Any improper language (swearing, boasting, disrespectful talk) will not be permitted.
- Treat opponents with respect; shake hands prior to and after contests.
- If you don't understand a call, ask politely; accept the official's decision and learn from it. Don't incite fans by behaving improperly.
- Applaud the introduction of opponent's team members and coaches. Shake hands with their coach when introduced.
- Affirm an opponent that fouls out or must leave because of injury or other reason. Thank him for playing hard and challenging you.
- Search out individual opponents after the game to congratulate them, point out a great performance. This could be an opportunity to witness for Christ.
- Show concern for an injured player of either team. Help up fallen players from both teams.
- Encourage and build up one another
- Be a team, not just a group of individuals. The goal is to make your fellow teammate a better player and person; honor him above yourself.
- Live Christ on and off the court/field.
- Be enthusiastic – take an interest in every part of your sport and be glad to quickly carry out every part of the job
- Be humble and coachable; show that God is the one responsible for your abilities, talents and success.

Behavior Guidelines for Parents:

Provide love and support regardless of the outcome of the game.
 Emphasize the importance of hard work with your child.
 Demonstrate excellent sportsmanship in the stands.
 Avoid talking to the coach about concerns right after the game.
 Encourage your child to talk directly to the coach about any concerns.
 Avoid gossip or slander directed toward the coach or players.
 Emphasize character and effort over winning and losing.

High School Sport Offerings:

Fall Sports

Boys'/Girls' Cross Country
 Boys' Soccer
 Girls' Volleyball

Winter Sports

Girls' Basketball
 Boys' Basketball

Spring Sports

Boys'/Girls' Track

High School students who attend HCA desiring participation in sports not offered at Heritage may do so at a local public school. Colorado law states that any private or home school student desiring to participate on a public school athletic team may try out for that team.

Middle School Sport Offerings:

Fall Sports

Boys' Soccer
Girls' Volleyball
Boys'/Girls' Cross Country

Winter Sports

Girls' Basketball
Boys' Basketball

Spring Sports

Boys'/Girls' Track

II. Affiliations

Heritage Christian is a member of the Colorado High School Activities Association (CHSAA). CHSAA is the organizing body for all of Colorado's high school sports competition. The CHSAA Mission Statement:

In pursuit of educational excellence, CHSAA strives to create a positive and equitable environment in which all qualified student participants are challenged and inspired to meet their highest potential.

Based on CHSAA's 9-12 grade enrollment standards HCA is in the 2A classification. The school competes in the regular season in the 2A Mile High League. HCA competes in the post-season as a 1A school in Track, volleyball, and basketball, 2A in cross country, and 3A in boys' soccer.

CHSAA does set roster limits and game regulations that we must follow. We actually go beyond CHSAA's standards because we take very seriously the witness our students have as athletes. Because of travel and game schedules, student-athletes are visible "ambassadors" for Christ; we have a stricter standard for them spiritually, academically, socially and athletically.

Heritage is a member of the Mile High League, which is part of the Colorado High School Activities Association. The MHL mission statement:

The Mile High League promotes good sportsmanship and fair play by athletes, coaches, students, and spectators. We encourage both participants and spectators to promote a positive competitive spirit and enjoy the fellowship of the Mile High League.

Member schools of the Mile High League

Alexander Dawson
Clear Creek
Dayspring Christian
Denver Academy
Denver Christian
Front Range Christian
Gilpin County
Heritage Christian
Longmont Christian
Lyons



Nederland
Twin Peaks
Union Colony
Highland



Although CHSAA has no jurisdiction over middle school programs, we have chosen as a school to follow many of their principles and guidelines. We are a part of the Northern Colorado Independent League (NCIL) for our Middle School sports program. We participate in volleyball, boys' and girls' soccer, and boys' and girls' basketball, and boys' and girls' track and boys' and girls' cross country.

Member Schools of the NCIL

Northwest

St. Joseph
Heritage Christian
Ridgeview Classical
St. John
Loveland Classical
New Vision

Southwest

West Ridge Academy
St. Mary
Union Colony
Dayspring
Knowledge Quest
Windsor Charter
Immanuel Lutheran

III. Non-HCA Student Athletes

Heritage Christian Academy welcomes non-HCA student athletes to participate in its athletic program based on individual sports' roster size. According to the Colorado High School Activities Association and the State Statutes Handbook: **"State law also allows a student who attends a school which does not offer a particular program the ability to try out for a program in another school in their school district of attendance or school district of residence first; then if that program is not offered at a school in their school district of attendance or residence; then at the nearest public school that has the facilities and offers that activity, even if the public school is not in a contiguous school district."**

Students who home-school and students who attend high schools that do not offer sports are eligible to compete in HCA Athletics. By State law, these student-athletes must choose the one school that offers them the most opportunities to play the sports in which they compete. For instance, a home school athlete who plays football at a public school must play all the sports of their choosing at that public school, and cannot play any sports for HCA

Non HCA athletes and their parents are required to fill out the necessary paperwork that must be on file with the HCA office prior to the first official day of practice.

Non HCA athletes pay a higher athletic fee per sport than HCA students, whose families pay tuition to the school that helps subsidize the athletic program. A \$50 uniform deposit will also be collected prior to the start of each sport. Once the uniform is returned at the end of the season, the deposit will be returned.

Only teams sponsored by HCA will be allowed to use the name "Heritage Christian" as their team name. This is to assure that any team using the name Heritage Christian will conduct themselves in a manner consistent with the standards and philosophy of Heritage Christian Academy.

Heritage Christian does not cut any HCA students from its sports teams based on ability. Non HCA students who are part of the team are given equal opportunity to start and to get significant playing time. However, if the number of players on a team exceeds a certain number, HCA reserves the right to limit the number of non-HCA athletes on that team. Those students must attend the official try-out time conducted by the coaches. The number of players on each team will be determined by the coaches and Athletic Director.



Non HCA students placed on a team must follow CHSAA rules regarding registration and eligibility. Home-based students must be registered with the Poudre R-1 school district of participation. Academic eligibility will be determined by weekly checks of the student's grades as determined by the policy of Heritage Christian Academy.

Any Heritage student who transfers out of HCA to attend another school will be unable to participate in athletics at Heritage for one year from the date of transfer. This applies to both middle and high school sports.

IV. STUDENT ACADEMIC ELIGIBILITY

HCA meets or exceeds academic eligibility standards set by CHSAA. All students will be classified as either eligible or ineligible for athletics and activities.

To be eligible a student must:

- Be a full time student (6 classes or more)
- Not have one "F" or two "D's" at eligibility checks on his report card

Remaining eligible:

Heritage will conduct weekly grade checks (done every Wednesday) beginning the third week of the first, second, third, and fourth quarters. If an athlete is ineligible on a Wednesday, then he/she is ineligible until the following Wednesday. They may attend practice, but may not play in games.

If a student has one "F" or two "D's" at the end of the first semester, he/she is ineligible for the first two weeks of the second semester.

*If students become ineligible three times during any one season, the student may no longer be able to participate and will lose the opportunity to letter.

Students that participate in sports at other schools must still meet the HCA eligibility requirements. Students must have good communication with the public school office and its athletic department. Failing to do so can jeopardize the student's personal eligibility and the eligibility of the entire team of that school.

V. STUDENT ATHLETIC FEES

Our student athletic fees help offset the costs (uniforms, equipment, fields, officials, coaches' stipends) of our athletic programs. Student athletes paying tuition at HCA are charged less than non-tuition paying students. Student athletes are not allowed to participate in games until the fee is paid. Parents with special financial needs are encouraged to discuss their situation with the school administration. To apply for athletic financial assistance, please submit, in writing, a letter with your specific request. Please include details about your unique needs and reasons why you are seeking assistance. The school administration will review the letter and discuss it with you to determine the level of assistance. Families can also set up a payment plan with the school if needed. If awarded financial assistance, you may be required to



participate in some volunteer capacity at HCA. Athletic fees are due two weeks prior to the first game each season or the athlete will not be able to participate.

	HCA Students	Non-HCA Students
Junior High	\$130	\$225
High School	\$180	\$490
Siblings (each additional child same household same season)	JH: \$90; HS: \$140	No discount

VI. PLAYING TIME

The HCA athletic department does all it can to give every student-athlete an opportunity to play and not be cut. Non HCA students will try out after remaining available spots have been determined.

Middle School

For certain sports, athletes will be divided into two teams. An “A” team will play competitively yet strive to have reasonable and distributed playing time for every player. The “B” team will be more developmental; fundamentals will be taught and a competitive spirit will be developed. The intent is to maximize every player’s ability throughout the season.

Sub Varsity (JV/C)

The JV teams fall between our junior high developmental squad and competitive playing- to-win varsity squad. Workable numbers must be achieved, therefore cuts may be necessary.

Playing time will be based on attitude, development of skills, team play, hustle and game presence. Efforts will be made to see that all players will see some playing time throughout the season.

Varsity

The objective of our varsity level teams will be competitive, playing-to-win. Try outs and playing time will be based on attitude, development of skills, team play, hustle and game presence.

An athlete must earn his or her place on the varsity team as well as a starting position. Just because students are in their junior or senior year does not mean they will be given a place on the varsity team. To letter in a varsity sport, a student-athlete must compete in one-third of the total quarters, matches, or innings in their sport.

VII. ATTENDANCE AND PLAYING TIME GUIDELINES

Team commitment to practices and games is expected of players and their parents. In the classroom, students are independently responsible for their grades; however, in athletics, team sports do suffer when an athlete is missing. Getting a team to work together requires the presence of all the players’ participation. While we realize emergencies come up, that students get sick, or have family or church obligations, please understand how frustrating it is to fellow team members and the coaches when someone is missing from practices and games unnecessarily. Students who are tardy or absent from practices and games may lose playing time. Please contact your coach if you are going to miss a practice or a game.



- Students absent from any class period the day of the game will not be allowed to start (medical and dental appointments excepted). If the student misses more than 2 class periods, he will not be allowed to practice or play.
- Students are expected to be in school on time the morning following a game or may lose playing time at the next game.
- Coaches, in conjunction with the Athletic Director and principal, reserve the right to suspend a player from a practice and/or games(s) for any misconduct or behavior unbecoming to a Christian or to the team. Normal discipline procedures, as outlined in the Family Handbook, will then be followed.

VIII. FACILITIES, UNIFORMS AND TRANSPORTATION

The Lord has blessed us with equipment, shuttles, uniforms, and the use of facilities and playing fields. Everyone is expected to be a good steward with what we are allowed to use.

- Always leave the field and courts cleaner than the way you found them.
- Keep the school vehicles clean and neat. Please pick up after yourself.
- The coach will issue the athlete a team uniform and check-out/check-in form to be signed by their parents. It is the student's responsibility to keep the uniform washed, cleaned and in good shape.
- Uniforms must be turned in on time or be assessed a late fee.
- Lost or damaged uniforms must be paid for by the player.
- Report cards, final transcripts, and graduation cap and gowns will not be released until all items are returned or paid for.
- Players are responsible for shoes, socks, knee pads, shin-guards, etc.
- The coaches will specify what is to be worn for practices.
- Athletes must ride to away games in school vehicles or school-arranged car pools unless otherwise specified by the coach.
- Athletes may ride home with their parents, but not with other students unless given permission from a parent/guardian.
- Athletes that ride home with their parents following a game must notify the coach they are riding in another vehicle.
- Players and parents are responsible for transportation to and from practices and home games.

IX. HEALTH ISSUES

CHSAA requires that every athlete must have a yearly physical exam before the first practice of the season begins. Student-athletes are not allowed to participate until the physical is completed and Parent Permission Form is signed. Forms are available in the school office and on the school and CHSAA websites. Current physicals must also be on file for student athletes to participate in offseason activities such as open gyms or strength and conditioning. All injuries must be reported to your coach. Let your coach know of any allergies or other ailments that require special attention.

X. PARENT VOLUNTEERS



In order to provide a quality sports program, parental help is needed. At the start of each sport season coaches and the Athletic Director will sign up parents to help with scorekeeping, transportation, ticket sales, and home game preparation and clean-up. Additional help will be needed for District and Regional playoffs.



XI. RESPONSIBILITIES OF COACHES AND THE ATHLETIC DIRECTOR

The Athletic Director and the coaches represent both Heritage Christian Academy and Jesus Christ. It is therefore imperative that their attitudes and behavior be Christ-like. They must strive to have clear and consistent communication among parents, players and other members of the athletic staff. They must be effective role models for the athletes as well as having proficient skills in the sport they are coaching.

Following the Matthew 18 principle we encourage parents and players to speak with the coach first if any concerns or questions arise. If the questions have not been satisfactorily settled, the Athletic Director will step in to help resolve the issue. Immediately preceding or following a game, emotions run high and we would ask that no meetings be held on a game day. Appointments with the coaches can be made through the school office.

Athletic Director Responsibilities:

- arranges schedules for middle school and senior high sports
- works with administration to hire coaches
- schedules referees, fields, courts, etc.
- works with coaches to find volunteers for game-day duties
- attends all CHSAA and league meetings
- serves as the primary public relations person with the media
- makes sure the coaching staff and the athletic program is operating per CHSAA rules and regulations
- coordinates supplies for the athletic department
- oversees summer sports programs and camps
- supervises and oversees coaches
- promotes the spiritual growth of coaches and players
- works with the coaches in regard to finances and any fundraising activities
- conducts a season-ending evaluation with the coaches
- works with administration and Stuco to develop activities that promote school spirit
- inventories all athletic uniforms and equipment at the end of each athletic season

Coaches Responsibilities:

- promotes the spiritual growth of each student-athlete
- develops each player's character, skills, ability, and potential
- ensures the coaches and players demonstrate excellent sportsmanship and integrity
- assists the Athletic Director in accomplishing the above list as tasks are assigned
- works with the AD to plan a smooth-running program for their designated sport
- regularly communicates with the AD and the administration to inform them of the ongoing status of the program
- helps the AD in hiring assistant coaches
- runs tryouts and practice following the directives of the AD and the philosophy of the Athletic Department and the school
- conducts a parent meeting prior to the start of the season to answer questions and to inform the parents of schedules, transportation issues, etc
- outlines to the parents the financial costs of being involved in the sport and any fund raising needs



- keeps informed and up-to-date on both league and CHSAA regulations
- maintains records and statistics for the team and individual players

