

TRINITY CLASSICAL ACADEMY

DEPARTMENT OF
ATHLETICS HANDBOOK



" Integrity, Camaraderie, Victory! "

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ADMINISTRATIVE & GENERAL INFORMATION

Athletics Program Profile

Mascot - The Knights

Colors - Navy and White (Primary)
Crimson (Secondary)
Gold and Gray (Tertiary)

Website - www.TrinityKnights.net

Facebook - www.Facebook.com/TrinityKnightsAthletics

Twitter - @TrinityKnights

Instagram - @TrinityKnights

Governing Body & League Affiliations

CIF-SS: Heritage League (Rhetoric School)

SCAIL: Santa Clarita Athletic Independent League (Grammar and Logic Schools)

CIF Southern Section Champions

8 Man Football Div. II — 2013

Boys Basketball Div. VI — 2014

CIF-SS Runner-Up

Boys Basketball Div. VI — 2012, 2020

Boys Baseball Div. VII — 2018

Girls Volleyball Div. VIII - 2019

CIF-SS Semi-Finalists

8 Man Football Div. II — 2011, 2012

Omega League Champions

Boys Basketball — 2011

Football — 2010, 2011

Softball — 2010

Girls Volleyball — 2010, 2011

Heritage League Champions

Football — 2012, 2019

Boys Basketball — 2015, 2016

Girls Basketball — 2019, 2020

Boys Golf — 2016

Coed Swim — 2016, 2017, 2018, 2019

Girls Volleyball - 2016, 2019

Boys Cross Country - 2016, 2017, 2018

Girls Cross Country - 2016, 2017, 2018, 2019

CONTACT: Trinity Classical Academy Department of Athletics

28310 Kelly Johnson Parkway
Valencia, CA 91355

Main: 661-296-2601
Fax: 661-607-0664

Ali Aguilar — Director of Athletics
aaguilar@trinityclassicalacademy.com

Holly Pacini — Athletics Coordinator
hpacini@trinityclassicalacademy.com

Deanna Lescher — Physical Education Department Chair
dlescher@trinityclassicalacademy.com

1. Purpose of the Athletic Program

The purpose of the Trinity Classical Academy Athletic Program is to enhance the school's overall mission:

The Mission of Trinity Classical Academy is to offer a challenging education grounded in the Christian faith and the Classical tradition to produce young men and women of virtue, wisdom, purpose, and courage.

To do so, we seek to provide students with opportunities for interscholastic competition in a variety of sports. Trinity athletic teams participate in CIF and SCAIL events. Athletics includes team sports, individual sports, and sport-specific camps and/or clinics for boys and girls in grades TK-12. The Department of Athletics believes students should be trained to honor and glorify God in athletics and to challenge them to strive for excellence as they live purposefully and intelligently in the service of God and man. The cornerstone of the Athletics Program is team sports, built in a framework that acknowledges the primary importance of academics as well as the need for other co-curricular programs. Therefore, the merits of athletics lie in:

- Building Christ-like character and developing servant-leadership skills while cultivating the physical and mental development and discipline requisite in participating successfully in athletics;
- Preparing students for the opportunity to influence their peer, family and community relationships for Jesus Christ;
- Making a commitment to a team above one's self and working together as part of a team with shared goals and objectives as a basis for developing lifetime skills;
- Understanding goal setting and the importance of a strong work ethic as well as learning skills and strategies, how to prepare and train for competition, and how to compete in athletic contests.

Trinity seeks to develop young men and women who excel in all areas of life, including athletics. Being an athlete does not simply mean wearing a uniform and attending practices and games. Being a member of a team means committing yourself to a common goal. It means giving 100% all the time. Trinity's athletes are a representative of their team, their school, and, most importantly, God. Therefore, we believe athletics should encourage the positive attributes of sportsmanship, teamwork, commitment, dependability, selflessness, loyalty, good work ethics, and self-discipline.

2. Philosophy of the Athletic Program

The Trinity Athletic Program is guided by a commitment to excellence embodied in a set of Christ-like core values. The core values are **Integrity, Camaraderie, and Victory**. It is imperative that these three elements are prioritized as integral parts of

our athletic department. We are to have integrity while competing so that we may be “above reproach” in all things as believers (Colossians 1:22). We are to have camaraderie as we fellowship with all believers (Acts 2:42), and athletes are to strive for victory in the literal sense of working towards a goal in competition while realizing that one is truly victorious when they prepare and play to the best their ability in such a way that honors and glorifies the Lord (1 Corinthians 10:31).

It is the responsibility of the coaches to provide an atmosphere where these core values can be put into practice. These values must be evident in the manner in which games and practices are conducted as well as emphasized by implementing them into team cheers before and after practices and games. This will be Trinity's team cheer for all sports: ***“Integrity! Camaraderie! Victory! Trinity!”***

3. Goals of the Athletic Program

- To develop and maintain an environment that promotes Christ-like character, sportsmanship, compliance with governing bodies and athletic diversity in the sports programs offered.
- To provide student-athletes with high-quality athletic and social experiences.
- To achieve competitive success in every program.
- To enhance revenue streams and increase operating efficiencies as a co-curricular program of Trinity Classical Academy.
- To provide quality leadership and management.

4. Sportsmanship and Conduct Guidelines

Being a Trinity athlete is a student's choice and thereby a privilege. Student-athletes shall conduct themselves in a way that brings positive recognition to God, Trinity Classical Academy, their team, their sport and themselves. A Trinity athlete reflects the mission and identity of the school, no matter where he or she is. Athletes are expected to behave at all times with consideration for others in thought, word, and deed. Athletes must abide by the school's stated rules and any others stipulated by the Department of Athletics staff members (see Appendix A: Student-Athlete Agreement).

The coaches and players will make every effort to exhibit godly character and uphold the core values by respecting their teammates and opponents and by submitting to the authority of the officials and their coaches. Any deviation from such behavior may result in disciplinary action including, but not limited to, suspension from the team at the discretion of the Head of School, Director of Athletics and/or Coach. Any student-athlete suspended from school will not be allowed to participate in sports until approved by the Head of School, Principal and Director of Athletics.

Parents and students alike should always treat officials with respect. It is the responsibility of coaches to discuss rules and/or interpretation of rules as it relates to their team. Parents and students should refrain from taunting and berating officials with sarcasm or anything that could be perceived as disrespectful. Parents, students and other spectators representing Trinity Classical Academy who fail to follow these guidelines will be dismissed from the event and are subject to disciplinary action by the school.

During home contests, we serve as hosts to the visiting team, its students and spectators. They are our guests, and they should be treated accordingly. At away contests, we are expected to act as invited guests. We will treat the home school's personnel and facilities with respect and care.

As participants and spectators, we want to cheer for our team, **not against the opponent**, being modest in victory and gracious in defeat. Additionally, we will regard the rules of the game as an agreement, the spirit and letter of which we should not break. Players play the game, coaches coach the game: no official has ever "lost" a game for a team. Much like we do not readily credit an official for a win, we will not blame an official for a loss. Officials will be treated with respect and we will accept absolutely and without quarrel the final decision of any official.

Any member of the Trinity community who is a participant or spectator at an event, who uses inappropriate language, engages in inappropriate behaviors such as fighting or similar misconduct will be dismissed from the event and is subject to disciplinary action by the school.

Finally, both students and parents must uphold the policies laid out by our league affiliates.

5. Athletic League Affiliations and Age Limitations

Rhetoric School athletes will compete in California Interscholastic Federation (CIF).

- Rhetoric School students may compete in CIF if they have not reached 19 years of age prior to June of the previous school year.

Logic and Grammar School students will compete on teams that participate in the Santa Clarita Athletic Independent League (SCAIL).

6. Physical Education Requirements

Rhetoric School students must participate in four (4) seasons of sport at Trinity Classical Academy in order to fulfill their high school physical education requirement.

- Participation may include any level of competition (Freshman, JV and/or Varsity) as a member of a given program. Additionally, participation may include both the role of an athlete as well as the role of team manager.

- Team manager positions are limited and must be approved by both the Head Coach and Director of Athletics prior to registration.

Alternative options for physical education credit are available to students who participate in competitive athletics outside of Trinity on a team or individual sport that is not offered as part of our athletics program.

- When applicable, students in outside athletic programs must participate in organized competition (i.e. CIF, etc.) as a representative of Trinity Classical Academy.
- Approval for outside physical education credit must be approved by the Administrator of Co-Curricular Programs prior to participation.

Logic School students who participate in 22 or more hours per week of organized physical activity in a *single* sport on a *year-round* basis may be excused from physical education classes. Students will be permitted to leave campus early should their request be approved. Parents must be aware that, should their request be approved, students may not stay on campus during this time. A exemption request form must be completed with the appropriate information and authorizations to be considered for a physical education waiver. Once completed, the Trinity Athletics office will notify you regarding the request.

7. Student Participation in Athletics

The privilege of participating in after-school practice or competitive events is contingent upon meeting the following school requirements:

Student-athletes are required to be in good standing in accordance with league bylaws as well as school academic and behavioral standards.

Upper School students (7th-12th) may participate in Trinity athletics if they are in good academic standing by maintaining a 2.0 GPA (unweighted). Additionally, Upper School students may not have any "D's" or "F's" at the end of the grading period in any particular class (see school calendar for specific end-of-quarter dates).

- In the Upper School, grades will be checked at every quarter (4 times annually). Students that do not meet the required academic eligibility requirements at the end of a grading period will be put on Academic Probation. Students will remain athletically eligible during a probationary period.
- Students who do not achieve educational progress in the grading period following Academic Probation will be placed on Academic Suspension and shall not be eligible to participate in any official athletic contests during the subsequent grading period (equivalent of one quarter).
 - Educational progress would, as listed above, would be defined as bringing an overall GPA above a 2.0 (unweighted) as well as achieving

a grade in a particular class (or classes) above a "D" as related to the initial Academic Probation. Should a student maintain a 2.0 GPA (unweighted) and receive a "D" or "F" in a *different* class at the subsequent grading period they would be put on Academic Probation for the following grading period as well.

Grammar School students (TK-6th) may participate in Trinity athletics if they are in good academic and behavioral standing as determined by the Grammar School Principal and the Director of Athletics.

- In the Grammar School, grades will be continually monitored by the Grammar School Principal and the Director of Athletics. In the event that a student should not meet the required academic eligibility requirements they will be put on Academic Probation and would not be eligible to participate in co-curricular activities until deemed appropriate by the Grammar School Principal and Director of Athletics.

Students in Trinity's **Imago Dei School** are welcomed and encouraged to take part in co-curricular activities provided the Department of Athletics at all levels. Each student's level of participation will be determined in conjunction with parents, the Imago Dei Principal, and the Director of Athletics as they seek to find ways that will be successful for both the student and the team as a whole. Those who are interested should contact the Director of Athletics to establish a meeting to determine participation.

Additionally, all students may be pulled from any and all co-curricular activities for behavioral and/or academic reasons at the discretion of Trinity administration at any time.

Student-athletes are required to be at (and on time for) all practices, meetings, and games. They will comply with all standards and rules set forth by each coach in each sport.

- If an athlete misses one practice (unexcused), then he/she may sit out at least part of the next contest at the discretion of the Head Coach.
- Family holidays or special events must be approved one week in advance by the Department of Athletics. Absences for vacations are normally not excused. Communication between coaches and parents is essential to prevent misunderstandings and conflicts (see 14. Resolving Schedule Conflicts).

Student-athletes are required to complete all class work missed because of an athletic event in a timely manner as directed by the teacher. ***It is the student's responsibility to get assignments from the teacher.***

Student-athletes must attend at least 3 hours of academic instruction to be eligible for participation in any athletic event on a given day. This includes, but is not limited to, games, practices, workouts and team meetings. The only exception

will be days where a team leaves earlier than allowing 3 full hours of instruction. In this case, the student must be present for all available time under 3 hours.

Exceptions and excused absences that allow the student to be able to participate in athletic activities may only be granted with written permission from the Principal or Director of Athletics.

Students are required to be picked-up from practice in a timely manner. **Parents who are late to pick up their students from the communicated time from practice may be charged and/or limit their child's game participation.** Exception for extenuating circumstances must be approved by the Director of Athletics.

Student-athletes who register and are a part of a particular sport as a player or manager may not quit that sport nor go out for another team until the season of the sport in which they are involved is over. If an athlete does quit a sport **no refund will be given** and the student will be ineligible to participate in a sport the next season. Students or parents who desire to quit a team must contact the coach and the Director of Athletics in order to do so.

- Acceptable reasons for quitting a team may include health-related issues, family emergencies, and academics, but a final decision will be made by Trinity's Administration. If a student quits a team for any other reason, that student is ineligible to play a sport the next season (e.g., if you quit the football team - a fall sport - for an unacceptable reason, then you are not eligible to play a winter sport).
- When a student requests to quit a team, it must be done in writing. Please consider the impact quitting a team has on the other members of that team before starting the process.

8. Tryouts and Evaluations

When necessary, students may participate in tryouts/evaluations to determine teams. Tryouts/evaluations are two-part. Part one is generally skills and athleticism testing. Part two is review and evaluation in a team setting. If students cannot make the tryouts/evaluations, they will be placed on the lowest team. From there, students may or may not be able to be evaluated to determine their final team. Once rosters are set, players will not be moved unless written authorization is obtained from the Director of Athletics at the recommendation of the coaching staff.

9. Varsity Lettering Criteria

In order to earn a varsity letter, student-athletes must meet the following criteria:

- Students shall actively participate in a minimum of 50% of the possible games/matches/events available within a given season.

- The student-athlete who has participated in at least one scheduled game during the season, but because of illness or sport-related injury is unable to fulfill the above requirements is still eligible to receive a Varsity letter at the discretion of the Head Coach and the Director of Athletics.
- An injured player may receive a letter if, in the opinion of the Head Coach, he/she would have participated enough if they had not been injured, and he/she has also served the team in some capacity while injured.
- Students must be in good athletic, behavioral and academic standing while completing the season and maintaining academic eligibility.

10. Registration

As a Trinity student-athlete, you must register online, which includes:

- Registration of sport-specific information.
- Waivers and Parent/Student Agreements (which includes acknowledgement of Code of Conduct, *Don't Waste Your Sports*, and Department of Athletics Handbook).
- Medical information, emergency contact information and medical release.
- Current sports physical.

Early Bird Registration: Each season, registration will open for an initial 2 weeks at an early-bird price. Once concluded, regular registration will remain open for 4 additional weeks. Please note that no late registrations will be permitted. Student-athletes are taken on a first-come, first-served basis. Early registration is preferred. Please see the registration calendar available on TrinityKnights.net for more specific information regarding particular seasons, levels and sports.

Registration Refunds: Refunds *may* be given after initial registration if requested *before* the close of the given registration time period for that season, but will require a \$20 processing and registration fee (see the Athletics Calendars available on TrinityKnights.net for specific dates). Once the registration period is closed refunds will *not* be given. While certain circumstances may be available for refunds after the close of registration (injury, etc.) specific requests must be made to and approved by the Trinity's Administration.

11. Athletics Uniform and Dress Code

As a Trinity student-athlete, you will be issued uniforms and equipment, which will be in good condition. You are expected to take care of all items issued to you. At the end of the season, you must turn in all pieces. If you lose or damage items, you will

be charged the full replacement cost which may include additional fees depending on the item.

Athletes playing at away sites may wear game uniforms to and from the event with the coach's approval. Players are permitted to wear their game jerseys during school hours on designated days while, otherwise, maintaining school dress code. Jerseys (tops) are the only exception to the school dress code.

- Students wearing sleeveless jerseys (tops) must have on an undershirt for school hours that is within school dress code.
- Elementary and Junior High students may wear their full uniform (top, bottom and shoes) on seasonal picture days as communicated by the Department of Athletics.

If street clothes or dress uniforms are to be worn to and from the event, athletes must keep shirts tucked in and must wear attire considered appropriate at Trinity as they are representing Trinity.

For practices, Elementary and Junior High school students must wear the Trinity-approved P.E. clothes which are available for purchase at the front desk. High school athletes must wear Trinity-approved apparel as directed by their Head Coach.

At awards banquets, each athlete is required to wear special event attire.

- **Girls**—Modest dresses, dressy tops with dress slacks or appropriate length skirts, or dressy jumpsuits are required. Dress shoes or sandals should be worn. No halter type or spaghetti strap dresses or shirts. No jeans, shorts or rompers. Additionally, no cutouts or bare midriffs.
- **Boys**—Tie, dress shirt, dress pants and dress shoes are required. Suit jackets or sport coats are welcomed.

Students not in proper attire may be asked to change or may be unable to join their team on stage for awards.

12. Trinity Playing Time Philosophy

Our policy regarding playing time at the various levels for Trinity athletics is to make sure we have a cohesive understanding between athletes, students, coaches, and the administration. Please understand that this balance is truly more of an art than a science as we trust the coaches to use discernment in regards to their team dynamics, game-specific situations and individual players. Based on this criteria, below is what we strive for at the various levels of Trinity Athletics while recognizing the normal stages of children's development:

- *Lil' Knights (TK-3rd) athletics* encourages participation and experimentation to establish a love for the game. Learning the basic skills of the game is the priority. Coaches will do their best to provide each player significant playing

time (when applicable) as they strive for victory and work to develop skills and techniques as well as introduce the concept and critical need of beginning to work with others. Athletics at this stage provides skill set and groundwork for students wishing to move into competitive athletics in the years to come.

- *Grammar school (4th-6th) athletics* encourages participation and experimentation to establish a love for the game. The fundamentals of the game will be strongly emphasized. Coaches will do their best to foster teamwork and provide ample playing time during the regular season to give in-game experience as they strive for victory.
- *Logic School (7th-8th) athletics* strives to further a love for the game, continues to develop fundamental skills, and helps athletes begin to understand and execute more advanced level strategies and schemes. During the regular season, the goal is to still allow students playing time to learn through in-game experiences as they strive for victory. Playing time, however, may be more moderate for some as students are progressing differently in their skills and are nearing the varsity level.
- *Rhetoric School (9th-12th) athletics* strives to be the best they can be with a focus on excellence in execution. Players are put in positions to get the most out of their athletic talent, cultivate leadership skills and understand “team-first” responsibility. Each head coach will put the collective efforts of the team ahead of individual achievement and will take knowledge, ability to execute, attitude, conduct and safety into consideration when it comes to playing time and striving for victory. Athletes should not assume that they are guaranteed a spot or playing time on any team simply because they participated on the same team or in a certain role in previous years.

For all levels, playing time may be more limited during post-season play due to the increased competitive nature during playoff and/or championship games. Coaches will use their discretion given the overall team development, individual ability, and overall context of the game to determine what is best to help both the team and individuals find success as defined by the Trinity Department of Athletics.

At all levels, creation and size of teams are determined by many factors including, but not limited to, the number of participants interested in a sport, facility availability, safety, and available coaches. Whatever we do, we want to do it well. Decisions will be made on a season-by-season, team-by-team basis in order to provide a healthy experience for all parties involved.

13. Multiple Sports And Activities

We encourage athletes to be well rounded, participating in different activities both athletically and otherwise, especially early in their athletic careers. Different sports

challenge athletes in different ways, and the skills developed through the training methods used in one sport will often help the athlete in another sport.

Student-athletes may not participate in multiple team sports at the same time. Regarding multiple activity participation, student-athletes may participate in a non-athletic department (i.e. fine arts, chess, karate, etc.) program and on an athletic team at the same time.

In the event that there is a dual commitment and schedule conflict, the following guidelines will determine the priority:

- Teachers, Coaches, Staff, Deans, and Directors must build meaningful schedules for their programs in advance of expecting a student to commit to it. We can only hold students accountable for managing their schedules if we communicate to them what participating in an activity will require of them.
- Each student is responsible for managing commitments that conflict with one another. *It is not the responsibility of teachers and coaches to anticipate or initiate conversations with a student or parents about his or her individual conflicts.* Students must initiate (and be trained to initiate) conversations with teachers and coaches before they commit.
- The affected adults together are responsible to determine what a student's commitment balance will be between two or more programs. This must happen in a face to face meeting between these adults. Students do not decide which games, practices, rehearsals, etc., they will and which they will not participate.
- Prior approval from both adults is required when a student seeks two different primary roles. This is what requires the student to take responsibility to manage their commitments. The adults can only approve what they know. The hierarchy of priorities will influence what activities some students can and cannot do. If the schedule conflicts at crucial times when both activities necessitate the student's involvement simultaneously, the student will need to choose to only be involved in one.

14. Resolving Schedule Conflicts

The goal of this guide is to help students and families resolve conflicts for themselves and to inform the school community at-large of priorities. In general, the commitment that is furthest along in its season trumps the commitment that starts later. The hierarchy of priorities generally follows in increasing order of priority: off-season (no activity beyond training or unguided work), preseason, in-season and postseason. Specific preparation for concerts or performance is akin to in-season and, as it nears the performance, post-season.

- Performances and games trump practices, rehearsals, and meetings. Auditions and tryouts may require special accommodation; though off or pre-season as an in or postseason commitments.

- Conflicts between athletic teams will always give priority to the team furthest along in its season. As a rule, students may not begin participation (games, practices, etc.) on a new team until the previous season has concluded (the conclusion of a season occurs immediately following the completion of the final game).
- Primary roles trump secondary roles. A primary role is an essential role; secondary is a supporting role. An understudy or a third string player is supporting.
- Academic team commitments, such as Debate Team, are comparable to Arts and Athletic program commitments. Clubs defer to all other school commitments.
- Impasses are resolved with the Principal of the Upper School or Principal of the Grammar School and the Administrator of Spiritual Life & Co-Curricular Programs depending on the age level.
- Possible exceptions may occur on a case-by-case basis to the above criteria. Requests for individual exceptions must be made by students or parents to the Administrator of Spiritual Life & Co-Curricular Programs. Requests for larger, team exceptions must be made directly by the faculty member and/or coaching staff.

Demand	Arts	Athletics	Academics	House System
None	Before Auditions	Off-season	N/A	N/A
Low	After a Major Performance	Pre-Season Practices / Workouts	N/A	N/A
Medium-Low	Rehearsal for Performance	Pre-Season Games / In-Season Practices	N/A	House Meetings
Medium-High	Pre-Production & Performance Weeks	In-Season Games	School Year (Classes, etc.)	Primary House Events
High	Production & Performance Weeks; Auditions	Post-Season Playoffs; Team Tryouts	Semester Exams; Class-Required Activities	<i>Captains</i> at Primary House Events

15. Scheduling Priorities

The athletic department does its best to schedule games and practices well in advance of the season. Because we cannot control league changes or changes made by an opponent when we travel to their home court/field, changes to schedules will inevitably occur. Additionally, since a majority of our coaches are part-time, there will most likely be a few changes throughout the season due to their schedules. In the SCAIL league (3rd-8th grade sports), schedules are not created until the season begins.

Within a given school year, specific days will be listed as “Blackout Dates” and “Gray Dates” by Trinity Administration that will give priority to certain all-school events.

“Blackout Dates” for both Grammar and Logic School will have no athletic events on these dates—including both games and/or practices. Rhetoric School may not have games on these dates, but practices may be conducted as long as they fit the following criteria:

- **Minimum Day** - Practices must be completed no later than 3:00 PM
- **Regular School Day** - Practices must be completed no later than 5:00 PM

The following dates will be listed as “Blackout Dates” on a regular, annual basis:

- **Orientation/Dedication Night**
- **Back-to-School Night(s)** (Grammar School & Upper School)
- **Spiritual Emphasis Week** (Rhetoric School only)
- **Annual Vision Night**
- **Spring Gala**
- **A Knight to Remember Ball** (Rhetoric School only)
- **Rhetoric School Fine Arts Banquet** (Rhetoric School only)

“Gray Dates” for both *Grammar and Logic School* will have no athletic events on these dates—including both games and/practices. The following dates will be listed as “Gray Dates” on a regular, annual basis: Games and practices can take place, each team to determine participation level.

- **Christmas Break**
- **Thanksgiving Break**
- **Spring Break**
- **Finals Week** (all practices must be completed by 3:00 PM)

For *Rhetoric School*, these additional **“Gray Dates”** will be considered as well. Practices may occur and minimal games will be scheduled in order to help students participating in various, outside activities in order to balance multiple events (for resolving individual schedule conflicts, please reference the “Resolving Schedule Conflicts” section of this handbook):

- **Senior Trip**
- **Theater Production Week**
- **Finals Week** (all practices must be completed by 3:00 PM)

- **Ball Dance Lessons** (practice time cannot conflict with lessons)
- **Hope & Future Run**

16. Early Dismissals for Games

In the event that an early dismissal for an athletic contest is necessary a dismissal time will be indicated on the individual game information on TrinityKnights.net. In order to maintain consistency for the Department of Athletics, Administration, Faculty, Staff, Coaches and teams at Trinity Classical Academy, the following protocol will be followed:

- Early dismissal times will be listed on individual games no later than 2 weeks prior to an event by the Department of Athletics.
 - Should a coach desire a different dismissal time than listed, **a request must be made for a different time with the Department of Athletics no later than 1 week prior to the game or event.** Failure to meet the given timeframe will result in no change. Additionally, a request does not guarantee a change in dismissal time as determined by the Director of Athletics and department staff.
- On a weekly basis, the Department of Athletics will send out notifications regarding early dismissals to Trinity faculty/staff for proper planning.
- On the day of the listed game/event an all-call will be made to dismiss students from their classroom at the listed time. As mentioned above, times should not change unless approval is given by the Director of Athletics.
- Additionally, student-athletes may not be dismissed until a designated team representative (Coach, Assistant Coach, Team Parent, etc.) arrives to gather students. Students must have all necessary equipment with them and must leave campus with their coach (or other designated representative for transportation) promptly after their early dismissal.
- Cheerleaders will not attend games that are scheduled for early dismissal prior to lunch.

17. Pep Rallies

At the Varsity level, Trinity's Department of Athletics will conduct pep rallies during the year to help foster school spirit, make important athletic announcements, and aid in recognizing Trinity's student-athletes. Traditionally, a pep rally will be scheduled during the Upper School lunch hour.

Two basic types of pep rally will be conducted throughout the year:

- **Seasonal Pep Rally:** One pep rally will be held each season (fall, winter, and spring) that takes time to recognize all Varsity athletes on each team in a given season.
- **Game-Specific Pep Rally:** At the discretion of the Director of Athletics, Trinity Administration, and the Department of Athletics staff, game-specific pep rallies will be held to give special attention to a particular game and/or team that has a significant, upcoming game/event (i.e. cross-town rival, league championship, etc.).

18. Transportation And Travel

All athletes must travel in designated vehicles to and from away competitions.

Athletes may drive themselves to home games, but may not transport any other students or teammates under any circumstances. (Coaches reserve the right to set forth stricter guidelines regarding team transportation to and from all games).

Athletes may drive themselves to and from practices and may only transport additional students or teammates with written permission from both students' parents and a school administrator while in compliance with CA state regulations.

Athletes may *not* drive to away games. Students must ride with the designated drivers set forth by their team and Trinity Classical Academy.

Behavior while riding to and from events must be appropriate. Safety is the most important consideration. Horseplay, yelling out the windows, throwing objects out windows, and loud music will not be allowed.

If travel time is greater than 5 hours, all athletes will be transported by bus. Reimbursement for driving is given on a case by case basis to Head Coaches *if* the destination is greater than 150 miles as approved by the Director of Athletics.

19. Severe/Inclement Weather

Typically, athletic events (games, practices, et al) are *not* cancelled due to adverse weather conditions if at all possible. Exceptions arise when facilities are no longer available/usable.

- Extreme heat (over 100 degrees) warrants limited practices for those using outside facilities. While games and/or practices will continue, coaches will be operating with the assumption that students will need extra breaks and water to ensure safety.
- Rain will not change games and/or practices *unless* the outdoor facility being used restricts use in the current condition.

Any changes to published schedules due to bad weather will be updated on our athletics website, TrinityKnights.net, as soon as a conclusive decision can be made. Please check the online schedules before contacting Trinity Classical Academy.

20. Team Parties

Team parties are available for all levels within the Department of Athletics to commemorate and celebrate the end of a season. Head Coaches or Team Parents need to discuss their plans with the Director of Athletics or an Administrator before communicating and/or finalizing. Additionally, all team parties must adhere to the following guidelines:

- All team parties need to be held within one week of the season's end or party budget may be forfeited.
- Alcoholic beverages may not be served or consumed by anyone in attendance of the party (coaches, parents, etc.).
- Budgets for teams are set-aside based on the size of a given team (players, coaching staff, and team assistants are included).
 - Rhetoric School: \$7/person
 - Logic School: \$5.50/person
 - Grammar School: \$4/person

21. Substance Abuse

The possession and use of drugs, alcohol, and tobacco are strictly forbidden on and off school grounds. Use of such substances may result in removal, suspension, and/or expulsion at the discretion of Trinity's Administration.

22. Music

Any and all music being played at events must be approved by the Director of Athletics no later than 48 hours in advance.

COACHING INFORMATION & EXPECTATIONS

Successful athletic programs start with quality coaches. We believe coaches are one of the most significant components to the athletic program and therefore seek to hire Christian role models who are committed to fulfilling the mission of the school, desire to disciple our athletes and serve their families, and who are knowledgeable in their sport.

School athletics are an integral part of each student's overall education and development and coaches shall assist each athlete toward developing his or her full potential. Mentoring, development, care, and safety of our athletes are the most important responsibilities of our coaches.

23. Coaching Dress Code

In accordance with Trinity's policies, coaches must adhere to a dress code for all sporting events they attend as an official coach. Coaching polos (provided by the

athletic department) must be worn at all times along with nice pants (no jeans). There are some sports where the positions calls for a different dress code other than what is laid out above, but this is the exception not the rule. The goal is that Trinity coaches represent the school and the athletic department in an excellent way in not merely their conduct but also their dress.

24. Coaches Code of Conduct

Because the behavior of a team can reflect the coach's own manner, attitudes, temperament and approach to athletics, coaches shall conduct themselves in a way, both on and off the court, that brings positive recognition to God, Trinity, their team, their sport and themselves. Instruction and correction, while sometimes demanding and critical, should always be positive. Coaches should never embarrass or demean athletes. The same high standards of preparation, organization, dedication, hard work, self-discipline, sacrifice and godly behavior that coaches expect of players, are expected of coaches. Coaches shall model good sportsmanship and respectful attitudes toward officials and opposing teams in victory and defeat.

Coaches should always treat officials with respect when discussing a call or rule interpretation. Coaches have a right, and in many cases a duty, to stand up for their team when a questionable call is made by an official. However, taunting and berating the officials with sarcasm and disrespect is unacceptable behavior for any coach at Trinity Classical Academy. Excessive "questioning" of officials for calls during an entire game is also considered unacceptable.

All coaches are expected to know the rules of the game and the rules/policies of the leagues in which we participate: CIF and/or SCAL.

25. Coaches Time Commitments

Coaches are expected to attend all scheduled events (practices and games). Coaches should arrive to practices and games early enough to set up equipment, set up the facility, and to greet their team. Coaches should not leave the facility of a game or event until all athletes have left the premises, or have made prior arrangements with parents.

Varsity Coaches shall abide the practice time requirements outlined in the CIF handbook, including:

- No Sunday practices;
- A three-week dead period in the summer.

26. Coaches Training

All coaches will attend their respective coaching information meetings prior to the start of their season of sport.

Additionally, all coaches will read the following (available in the Department of Athletics):

- *Don't Waste Your Sports*, C.J. Mahaney
- *Peacemaking Principles*, Ken Sande
- Trinity Classical Academy's Department of Athletics Handbook
- Trinity Classical Academy's Faculty and Staff Manual

All coaches that are *not* currently employed by Trinity Classical Academy will fill out a coaching application and must complete a background screening.

As per CIF requirements, all varsity coaches will take the NFHS coaching course/exam and concussion training.

27. Expected Coach-Parent Communication

At the start of each season coaches will hold a parent meeting where they will explain the expected commitment to the team from players and families alike and will communicate necessary guidelines and details from the Department of Athletics for a successful season.

Coaches should communicate with athletes and parents on a regular basis. Coaches must communicate to parents at the start of the season the expected commitment to the team and the anticipated practice and game schedule in writing at the parent meeting.

At minimum, *weekly communication* from the Head Coach to parents is required. Coaches will communicate upcoming schedules as well as other pertinent information that families should know. Information will be communicated by making weekly posts on their team page and sending regular emails through TrinityKnights.net.

Nothing is confidential between coaches and players. This is not the type of relationship we want to create. Open communication with administration, parents, coaches, and athletes should be our goal.

28. Website Team Page Maintenance

In addition to basic coaching responsibilities, coaches are required to update their team's page on TrinityKnights.net on a regular basis. These responsibilities include, but are not limited to, score reporting, roster information, and posts (as mentioned above in communication). **Scores must be updated on the website within 24 hours of game completion.** This is to ensure that all information is up to date and accurate for league information. (At the Grammar & Logic School levels, our league will forfeit our game if scores aren't reported.) Please keep in mind that the information on your team page will only be as up to date and accurate as you make

it. Please leave all roster, scheduling information and general page appearance updates to the Department of Athletics staff.

29. Program Development

When needed and appointed by the Director of Athletics, Varsity Head Coaches will function as the Operations Coordinators for their respective sport (i.e. Basketball Operations Coordinator). Operations Coordinators, in partnership with the Director of Athletics, will oversee all teams and all levels in their sport. This provides a firm foundation for program development. The coach will strive to motivate and assist athletes, both in-season and out-of-season, to achieve their full potential as players. Team Captains must be approved by Trinity Administration.

30. Aesthetic Vision & Style Guide

In order to maintain uniformity among all of Trinity's athletic teams while adhering to the spirit of Trinity Classical Academy's school aesthetic vision, the Trinity Athletics aesthetic vision and style guide serves to direct all of our athletic programs to represent our school in such a way that we promote professionalism and uniformity in our athletic attire.

Uniform Guidelines

- All high school uniforms and uniform pieces must be ordered through approved vendors: Sport Chalet or Buddies All-Stars.
- All high school uniforms and uniform pieces must be Under Armour (UA) unless a viable option for a given sport is unavailable.
- All high school uniforms, embellishments, and uniform pieces must adhere to the guidelines set forth by NFHS and the CIF-SS.
- All uniforms must follow the color and branding guidelines set forth by Trinity Classical Academy and the Department of Athletics.
- The school and its athletic teams will always be referred to in its entirety as Trinity. TCA is not an acceptable reference to be used on any paraphernalia.
- Teams and their paraphernalia must adhere to the color priorities established in the Trinity Department of Athletics as follows:
 - Navy (UA: Midnight Navy) and White (Primary)
 - Crimson (UA: Cardinal) (Secondary)
 - Gold (UA: Vegas Gold) and Grey (UA: Graphite) (Tertiary)
- *Color Guidelines Summation:* Navy and White should be the primary, visible colors used on uniforms with Crimson accents as appropriate. Gold and Gray should be used sparingly and should not be used as majority colors.

Spirit Wear/Spirit Pack Guidelines

The following items need to be included on your varsity sports spirit wear order form:

- Sweatshirt – Navy, White or Crimson
- Men’s Short/Long Sleeve Shirt – Navy, Grey, White or Crimson
- Women’s Short/Long Sleeve Shirt – Navy, Grey, White or Crimson
- Youth Sweatshirt – Navy, White or Crimson
- Youth Shirt – Navy, Grey, White or Crimson
- The following items may also be added if desired:
- Quarter-Zip Jacket – Navy, White or Crimson (heathered permissible)
- Hats/Visors - Navy, Grey, White or Crimson
- Jackets – Navy, White or Crimson only
- Color guidelines as listed above are to be referenced for Spirit Wear/Pack orders as well.

APPENDIX A: STUDENT-ATHLETE AGREEMENT

As an athlete at Trinity Classical Academy I will do my best to help fulfill the mission of Trinity and the Trinity Department of Athletics. In addition to participating in opportunities to develop poise, confidence, loyalty, and courage, I agree to the following principles and practices:

1. I have read and will strive to implement the principles laid forth in CJ Mahaney's, *Don't Waste Your Sports*.
2. I will be on time, be dressed and ready to practice 5 minutes prior to the start time.
3. I will have all of the proper and necessary equipment.
4. I will come rested and will bring adequate water.
5. I will do my best every minute of every practice and game.
6. I will not participate in negative speech about players, coaches or parents. I will direct my concerns constructively with the individual with whom I have an issue.
7. I will be respectful of others including coaches, officials, teammates, opponents, parents, and fans.
8. I am aware that consequences will be given for inappropriate behavior. These consequences include, but are not limited to additional conditioning and limitations on my participation in practices and games.
9. I will conduct myself in a manner that reflects positively on our program and institution.
10. I will maintain citizenship and academics as priorities and not allow athletic participation to interfere in these areas. I also understand that failure to do so may result in the complete removal or possible temporary probation from the team without refund.
11. I understand that, as part of my cost, I am leasing my uniform and will take full responsibility for it during the season - including if it is lost, stolen or damaged. Upon completion of the season, I will return my uniform to the Department of Athletics no later than 1 week after the final game of the season. Additionally, I understand that failure to return my uniform may result in a fine and may prohibit my participation in the next season of sport.
12. I have read and agree to abide by all the policies and procedures laid forth by Trinity Classical Academy and the Department of Athletics.

Additionally, I agree to the statements below regarding participation in either CIF or SCAIL athletics in which Trinity Classical Academy participates as a member.

APPENDIX B: CIF CODE OF ETHICS - VARSITY ATHLETES

Athletics is an integral part of the school's total educational program. All school activities, curricular and extra- curricular, in the classroom and on the playing field, must be congruent with the school's stated goals and objectives established for the intellectual, physical, social, and moral development of its students. It is within this context that the following Code of Ethics is presented.

As an athlete, I understand that it is my responsibility to:

1. Place academic achievement as the highest priority.
2. Show respect for teammates, opponents, officials, and coaches.
3. Respect the integrity and judgment of game officials.
4. Exhibit fair play, sportsmanship, and proper conduct on and off the playing field.
5. Maintain a high level of safety awareness.
6. Refrain from the use of profanity, vulgarity, and other offensive language and gestures.
7. Adhere to the established rules and standards of the game to be played.
8. Respect all equipment and use it safely and appropriately.
9. Refrain from the use of alcohol, tobacco, illegal and non-prescriptive drugs, anabolic steroids or any substance to increase physical development or performance that is not approved by the United States Food and Drug Administration, Surgeon General of the United States, or American Medical Association.
10. Know and follow all state, section, and school athletic rules and regulations as they pertain to eligibility and sports participation.
11. Win with character, lose with dignity.

As a condition of membership in the CIF, all schools shall adopt policies prohibiting the use and abuse of androgenic/anabolic steroids. All member schools shall have participating students and their parents, legal guardian/caregiver agree that the athlete will not use steroids without the written prescription of a fully licensed physician (as recognized by the AMA) to treat a medical condition (Article 523). By agreeing, both the participating student athlete and the parents, legal guardian/caregiver hereby agree that the student shall not use androgenic/anabolic steroids without the written prescription of a fully licensed physician (as recognized by the AMA) to treat a medical condition. We recognize that under CIF Bylaw 202, there could be penalties for false or fraudulent information. We also understand that the Trinity Classical Academy policy regarding the use of illegal drugs will be enforced for any violations of these rules.

APPENDIX C: PARENTAL AGREEMENT

As a parent of an athlete at Trinity Classical Academy I will do my best to help fulfill the mission of Trinity Classical Academy and the Trinity Department of Athletics. In addition to participating in opportunities with my child to develop poise, confidence, loyalty, and courage, I agree to the following principles and practices:

1. I will read and strive to implement the principles laid forth in CJ Mahaney's *Don't Waste Your Sports*.
2. I know that my child has agreed to be on time, be dressed, and ready to practice 5 minutes prior to the start time.
3. I know that my child has agreed to have all of the proper and necessary equipment.
4. I am willing to volunteer and help as I am able.
5. I will not participate in negative speech about players, coaches or parents. I will direct my concerns with the individual with whom I have an issue.
6. I will be respectful of others including coaches, officials, other athletes on our team, athletes on the opposing teams, parents, and fans.
7. I am aware that consequences will be given for inappropriate behavior. These consequences include, but are not limited to limitations on my participation in practices and games.
8. I will conduct myself in a manner that reflects positively on our program and institution.
9. I will make the coach aware of any issues at home that may affect my child's eligibility and will work with the coach to address any issues.
10. I have read and agree to the league requirements laid out by our league affiliates (written above in the Student Agreement section).
11. I understand that in order to register and/or participate in Trinity Athletics, all tuition payments must be current.
12. I understand that late fees may be charged for payments not received by the registration deadline for participation in Trinity Athletics.
13. I understand that athletes being dismissed from a program for disciplinary reasons will NOT receive a refund.
14. I have read and agree to abide by all the policies and procedures laid forth by Trinity Classical Academy and the Department of Athletics.

APPENDIX D: SCAIL CODE OF CONDUCT - PARENTS

Children's sports are supposed to be fun for the children. Unfortunately, many parents, fans and coaches don't realize that their actions, whether verbal or nonverbal, can have a lasting emotional effect on children. Too many children are leaving sports activities because the fun is unfairly taken away by adults.

Conduct for parents and spectators to abide by at every game. Parents, fans and coaches who follow this simple code can help reinforce what sports are all about BEING FUN FOR EVERYONE.

Preamble

The essential elements of character-building and ethics in sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship. The highest potential of sports is achieved when competition reflects these six pillars of character.

I therefore agree:

1. I will not force my child to participate in sports.
2. I will remember that children participate to have fun and that the game is for youth, not adults.
3. I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.
4. I will learn the rules of the game and the policies of the league.
5. I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials and spectators at every game, practice or other sporting event.
6. I (and my guests) will not engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent such as booing and taunting; refusing to shake hands; or using profane language or gestures.
7. I will not encourage any behaviors or practices that would endanger the health and wellbeing of the athletes.
8. I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
9. I will demand that my child treat other players, coaches, officials and spectators with respect regardless of race, creed, color, sex or ability.
10. I will teach my child that doing one's best is more important than winning, so that my child will never feel defeated by the outcome of a game or his/her performance.

11. I will praise my child for competing fairly and trying hard, and make my child feel like a winner every time.
12. I will never ridicule or yell at my child or other participant for making a mistake or losing a competition.
13. I will emphasize skill development and practices and how they benefit my child over winning. I will also deemphasize games and competition in the lower age groups.
14. I will promote the emotional and physical well-being of the athletes ahead of any personal desire I may have for my child to win.
15. I will respect the officials and their authority during games and will never question, discuss, or confront coaches at the game field, and will take time to speak with coaches at an agreed upon time and place.
16. I will demand a sports environment for my child that is free from drugs, tobacco, and alcohol and I will refrain from their use at all sports events.
17. I will refrain from coaching my child or other players during games and practices, unless I am one of the official coaches of the team.

I also agree that if I fail to abide by the aforementioned rules and guidelines, I will be subject to disciplinary action that could include, but is not limited to the following:

1. Verbal warning by official, head coach, and/or head of league organization.
2. Written warning.
3. Parental game suspension with written documentation of incident kept on file by organizations involved.
4. Game forfeit through the official or coach.
5. Parental season suspension.

APPENDIX E: CIF CODE OF ETHICS - COACHES

Athletics is an integral part of the school's total educational program. All school activities, curricular and extra-curricular, in the classroom and on the playing field, must be congruent with the school's stated goals and objectives established for the intellectual, physical, social and moral development of its students. It is within this context and in accordance with Title V of California Administrative Code of Ethics is presented.

1. Show respect for players, officials and other coaches.
2. Respect the integrity and judgment of game officials.
3. Establish and model fair play, sportsmanship and proper conduct.
4. Establish player safety and welfare as the highest priority.
5. Provide proper supervision of students at all times.
6. Use discretion when providing constructive criticism and when reprimanding players.
7. Maintain consistency in requiring all players to adhere to the established rules and standards of the game to be played.
8. Properly instruct players in the safe use of equipment.
9. Avoid exerting undue influence on a pupil's decision to enroll in an athletic program at any post-secondary educational institution.
10. Avoid exerting undue influence on pupils to take lighter academic courses(s) in order to be eligible to participate in athletics.
11. Avoid suggesting, providing or encouraging any athlete to use non-prescriptive drugs, anabolic steroids or a substance to increase physical development or performance that is not approved by the United States Food and Drug Administration, Surgeon General of the United States or American Medical Association.
12. Avoid recruitment of athletes from other schools.
13. Follow the rules of behavior and the procedures for crowd control as established by the local board and the league in which the school participates.
14. Refrain from the use of profanity, vulgarity and other offensive language and gestures.
15. Support the principles of Pursuing Victory with Honor.
16. Accept and fulfill the contractual and sponsorship commitments made by the CIF Southern Section during playoff competition.

As a condition of membership in the CIF, all schools shall adopt policies prohibiting the use and abuse of androgenic/anabolic steroids. All member schools shall have participating coaches agree that he/she will not use steroids without the written prescription of a fully licensed physician (as recognized by the AMA) to treat a medical condition (Article 523).

Coaches must agree to only provide non-muscle building, nutritional supplements to student athletes. (State Rule 22.B12)