

**UNIVERSITY CHRISTIAN HIGH
SCHOOL
ATHLETIC HANDBOOK**



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WELCOME

Dear UCHS Families:

Thank you for participating in the University Christian High School Athletic Program. You play an important role in the success of our athletic activities.

Together as players, parents, coaches, support staff, volunteers, and administration, we all share common goals. This Athletic Handbook will help you understand the challenges facing us in achieving our goals.

One thing is for certain, we will all achieve more with a coordinated effort working together. This Handbook is a first step to coordinating our efforts around the common goals we all aspire to achieve.

Building strong relationships based on trust and mutual respect is another vital first step. These strong bonds will serve to unify us when facing challenges and provide opportunities to build character from life lessons.

Our accomplishments will be a source of pride, enriching our school and community. We are proud to be part of this extended family, the University Christian High School Athletic Program.

Respectfully,

Mr. Colin Barrett, Principal
Mr. Skylar Johnson, Athletic Director

INTRODUCTION

University Christian High School considers athletics and activities to be very important components of the comprehensive high school curriculum.

These experiences greatly enhance a student's involvement with and enjoyment of his/her high school career and contribute to a well-rounded and multi-faceted individual.

This Handbook contains valuable information regarding your participation in athletics at University Christian High School. We kindly ask that you and your parents review this Handbook carefully.

As part of any athletic team, you become a representative of University Christian High School. As such, you are expected to behave in an appropriate manner, both on and off the field. The success of our athletic program depends on the quality of the people participating within them. In order to succeed in athletics, good sportsmanship is required.

University Christian High School is a member of the Foothills Athletic Conference (FAC), which is an affiliate conference of the North Carolina Independent Schools Athletic Association (NCISAA). Membership in the conference and state association affords UCHS athletes the opportunity to compete with similar institutions for conference and state championships on both team and individual basis. These groups also provide standardized rules and guidelines which align with the National Federation of High School Athletics, all of which serve to create a competitive and well managed athletic structure for our student athletes.

The administrators and staff welcome you to the University Christian High School Athletic Program. If we can assist you in any way, please contact us at the number shown below.

Good luck, and enjoy your participation in the UCHS Athletic Program.

Athletic Director

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THE UCHS ATHLETIC PHILOSOPHY

Athletics can make a material difference to the development of young adults. Athletics provides an atmosphere in which every willing participant can actively develop their athletic talents to the best of their abilities.

Athletics is a process that can cultivate leadership and an attitude of achieving successful outcomes that can last a lifetime. This process is best accomplished within a framework of fair play, teamwork, loyalty, and dedication. Institutions of higher learning and employers value these qualities.

The relationship of athletics to lifetime achievement is well recognized. Athletics gives everyone involved an opportunity to make positive contributions to physical development, self-esteem, and a path to higher education.

The interdependency of academic achievement and participation in athletics provides motivation for many student athletes. It is this synergistic relationship that makes athletics so essential. Athletics can serve as a gateway to career opportunities. Our teaching of Christian ethics helps keep athletics in a sound balance within our school's mission.



MISSION STATEMENT

University Christian High School's mission is to provide a Christ-centered education that inspires each student to achieve excellence in academics, moral character, and servant leadership.

OBJECTIVES and OUTCOMES of PARTICIPATION

Athletics enhance a successful curriculum by strengthening opportunities that:

- Foster student leadership development
- Support future academic or career options
- Promote involvement in the school and the community

As a result of their participation in interscholastic athletics, the student/athlete will be able to:

- Demonstrate good sportsmanship and ethics of competition
- Respect the integrity and judgment of officials, coaches, and school personnel
- Develop desirable personal health habits
- Demonstrate mastery of basic fundamentals to complex motor skills in the related activity
- Identify and apply strategies necessary to successfully compete at their level of competition in the related sport
- Demonstrate the ability to work with others toward common goals and objectives
- Demonstrate high levels of skill and health-related fitness appropriate to their developmental stage
- Most importantly, enjoy the involvement and participation in interscholastic athletics

EXPECTATIONS OF COACHES

The coaches will maintain a professional role and will keep the role of coach in proper perspective by:

- Developing and communicating clear and specific goals for the team and individual players throughout tryouts and the season.
- Maintaining open and honest communication with students, parents, other coaches, and administration
- Developing and demonstrating a good knowledge base of best practice specific to their coaching arena
- Supporting and collaborating with coaches in other athletic programs
- Modeling and teaching skills necessary to succeed
- Supporting student academic expectations, responsibilities, and achievements

Coaches will be positive role models in personal management, appearance, ethics, and behavior by:

- Connecting athletic experiences with life experience
- Providing an atmosphere of teamwork and collaboration among coaches and players
- Becoming an integral part of, and developing rapport with, the University Christian High School community including administration, coaches, parents, volunteers, and students.
- Modeling good sportsmanship at all times
- Creating and maintaining a safe and healthy environment for student athletes
- Understanding their leadership style and its impact on student athletes
- Considering important commitments of student athletes outside their sports

GENERAL COACHING DUTIES

- A. Conduct appropriate try-outs for selection of the final team members. Coaches should speak to each athlete individually. Decisions regarding who makes the team or not should be made with consultation by the Athletic Director and/or Principal.
- B. Establish and maintain goals and objectives harmonious with those UCHS and the athletic department.
- C. The coaches are encouraged to hold a pre-season meeting with parents, Athletic Director, and athletes to discuss team goals, rules, the athletic code, etc. and to complete necessary paperwork. If a meeting is not held, a booklet with all this information must be made and given to the parents, Athletic Director, and athletes.
- D. Work with the Athletic Director in areas of scheduling, record-keeping, awards, and transportation.
- E. Must be willing to submit to background checks.
- F. Must complete annual online Abuse, Harassment and Misconduct Training.
- G. Attend all UCHS athletic department and conference meetings.
- H. Promptly complete and submit paperwork to the Athletic Director. In particular submit a roster to the Athletic Director prior to the first competition. This is mandatory.
- I. Maintain communication with the Athletic Director on issues such as roster changes, disciplinary actions, outstanding efforts/achievements, etc.
- J. Begin and end practice sessions on time. A practice schedule must be given and specific practice plans be used. A copy must be given to the Athletic Director, and the school office.
- K. During the off-season, a coach should provide information about, but may not require attendance at, summer camps or open gyms.
- L. Whenever possible, work with feeder school coaches in an effort to establish and maintain a continuous correlated system through the elementary school(s) and the high school.
- M. Supervise your athletes in the locker room before and after practices and games.
- N. Control your athletes in school buildings—ours and opposing schools.
- O. Take responsibility for your athletes on the bus and at any athletic competition in which they participate.
- P. Secure team valuables at home and away events.
- Q. Be responsible for the security and maintenance of facilities being used for practice or competitions (i.e. no equipment should be issued to teams without a coach present). You need to be present to help facilitate your athletes and set-up.
- R. Be responsible and accountable for all equipment, uniforms, etc., submitting to the Athletic Director a complete and accurate inventory at the completion of the respective sport season.
- S. Cooperate with and assist the Athletic Director in the purchasing of equipment, uniforms, supplies, etc. for the upcoming sport season.
- T. Select, secure, instruct, and train responsible student managers whenever possible.
- U. Enforce and support the policy which states athletes are not permitted to begin practice of conditioning for another season until present season is completed.
- V. Submit a written report to the Athletic Director of any injury or accident which occurs during a practice or competition.
- W. Submit a written report to the Athletic Director of any disciplinary actions taken against a student-athlete which occurs during the season.
- X. Be responsible for public relations and publicity for your sport (newspaper, school announcements, bulletin boards, etc.)
- Y. Coaches must assist the school in enforcing restrictions on student use of tobacco and alcohol.

EXPECTATIONS OF PARENTS

The parents will communicate fairly and openly with coaches by:

- Communicating openly, honestly, and with respect
- Communicating issues and concerns in an appropriate and timely manner, including those of physical and emotional well being on behalf of their student
- Following an appropriate chain of communication such as
 1. Parent and Coach/Assistant Coach
 2. Parent and Athletic Director
 3. Parent and Principal
- Attending parent meetings and reading information disseminated by the coaches.

The parents will demonstrate good sportsmanship by displaying the following behaviors:

- Providing support for coaches and officials to foster a positive, enjoyable experience for all student athletes
- Recognizing that student participation in athletics is a privilege
- Using good sportsmanship as a spectator and conduct themselves in a manner that reflects well on both the team and the school
- Promoting the team by being supportive and helpful of the school program
- Refraining from coaching student from the stands or the sidelines
- Expecting consistent student attendance at practices and games

The parents will create a positive and supportive environment to promote their student athletes well being by:

- Supporting good conditioning and healthy lifestyle habits
- Placing the emotional and physical well being of their student ahead of any personal desire to win
- Expecting their student to play in a safe and healthy environment
- Supporting their student in planning how to meet their academic responsibilities given the demands of training and practice
- Being a role model for other parents by remaining positive at sporting events

PARENT/COACH RELATIONSHIP

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to student athletes.

As parents, when your child becomes involved in our program, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's team.

Communication You Should Expect from Your Child's Coach

- Philosophy of the coach
- Expectations the coach has for your child as well as all the players on the team
- Location and times of all practices and competitions
- Team requirements, such as fees, special equipment, etc.
- Procedures should your child be injured during practice or competitions
- Discipline that results in denying your child's participation

Communication Coaches Expect From Parents

- Concerns expressed directly to coach
- Notification of any schedule conflicts well in advance
- Specific concern in regard to a coach's philosophy and/or expectations

As your children become involved in the programs at University Christian High School, they will experience some of the most rewarding moments of their lives.

It is important to understand that there also may be time when things do not go the way you or your child wishes. At these times, discussion with the coach is encouraged.

Appropriate Concerns to Discuss with Coaches

- The treatment of your child mentally and physically
- Ways to help your child improve
- Concerns about your child's behavior

It is very difficult to accept a child's not playing as much as you may hope. Coaches are professionals. They make judgment decisions based on what they believe to be best for all students involved. As you have seen from the list above, certain things can be and should be discussed with your child's coach. Other things, such as those listed below, must be left to the discretion of the coach.

Issues Not Appropriate to Discuss With Coaches

- Playing Time
- Team Strategy
- Play Calling
- Other Student Athletes

There are situations that may require a conference between the coach and the parent. These are to be encouraged. It is important that both parties involved have a clear understanding of the other's position. When these conferences are necessary, the following procedure should be followed to help promote a resolution to the issue of concern.

- Call the school to set up an appointment with coach
- If the coach cannot be reached, call the Athletic Director
- Please do not attempt to confront a coach before or after a competition or practice

These can be emotional times for both the parent and the coach. Meetings of this nature usually do not promote resolution. We respectfully ask that you wait 24 hours before contacting a coach.

If you feel the meeting with the Coach did not provide a satisfactory resolution,

- Call and set up an appointment with the Athletic Director to discuss the situation
- At this meeting, the appropriate next step can be determined.

If you feel the meeting with the Athletic Director did not provide a satisfactory resolution,

- Call and set up an appointment with the Principal to discuss the situation
- At this meeting, the appropriate next step can be determined.

EXPECTATIONS OF STUDENT ATHLETES

Research indicates a student involved in extra-curricular activities has a greater chance of success during adulthood; therefore, these programs have been established. Many of the character traits required to be a successful participant are exactly those that will promote a successful life after high school.

The student athletes of University Christian High School will be committed to the school athletic program on and off-season by:

- Following the rules set by the coaches and the school
- Being present at all team activities including try-outs, practices, meetings, and competitions
- Participating enthusiastically
- Making appropriate personal sacrifices for the good of the team
- Recognizing that student participation in athletics is a privilege
- Setting challenging and realistic goals
- Developing a positive attitude
- Maintaining high academic standard
- Being committed to skill development in their sport

The student athletes of University Christian High School will communicate openly and honestly with respect for coaches, teammates, parents, officials, and opponents by:

- Developing a team attitude
- Being coachable and open to constructive feedback
- Sharing appropriate individual and team concerns with the coaching staff

The student athletes of University Christian High School will demonstrate good citizenship and sportsmanship by:

- Behaving with integrity
- Exhibiting pride in their team and school
- Playing by the rules
- Accepting responsibility as a role model to others
- Supporting other sports, activities, and school organizations
- Playing with dignity and grace, regardless of winning or losing

The student athletes of University Christian High School will develop and maintain mental and physical (health) behaviors by:

- Being alcohol and drug free
- Practicing self-discipline
- Demonstrating good personal health habits
- Dealing with challenges in a positive manner

ATHLETIC OFFERINGS

FALL SPORTS

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

WINTER SPORTS

- Varsity Girls' Basketball
- Varsity Boys' Basketball
- Boys'/Girls' Swimming

SPRING SPORTS

- Girls' Soccer
- Boys' Tennis
- Golf
- Boys'/Girls' Track

TEAM TRYOUTS/SELECTION

During the tryout period, each coach will provide an explanation of his/her expectations. It is the duty of the student to demonstrate to the coach that they can fulfill these expectations.

UCHS athletic participation is a privilege which must be earned, developed, and maintained. Unless these three principles are accepted and practiced, athletic participation may be lost or denied.

ELIGIBILITY

If a student wishes to participate in co-curricular activities, that student will meet the following criteria:

- The student will be passing all subjects. If a student is failing any UCHS class at the end of the quarter, they are ineligible to participate in competitions for the next quarter, but are still expected to train and practice with the team.

Eligibility is reviewed at the end of each marking period. Grades from the previous quarter are used to determine eligibility for the current season. Lenoir-Rhyne course semester grades are used to determine eligibility. Summer school classes are not used in calculating eligibility. These eligibility standards also follow the “carry over” rule. This means fourth quarter grades will be used to determine eligibility for the first quarter of the following school year.

In extraordinary cases, the school administration may, upon the recommendation of a faculty member and the student’s parents, ask that a special waiver be awarded. Specific guidelines including but not limited to class preparation, class participation, academic achievement, will be monitored on a weekly basis by a teacher supervisor. A progress report will be submitted to the Principal and Athletic Director who will decide eligibility on a weekly basis. This waiver may only be granted once during a student’s time at University Christian High School.

Any student demonstrating serious negative citizenship may be removed from membership in a co-curricular activity. Actions on the part of the student that require administrative probation or suspension from school shall be considered as demonstrations of serious negative citizenship.

Questions about eligibility may be directed to the Athletic Director.

SPORTS MEDICAL FORMS

A sports medical form must be on file with the school office for the current school year in order for participation (practice or competition) in any interscholastic athletic activity. Physical forms will be valid for one calendar year.

GENERAL RULES

ABSENCE POLICY

Unexcused absences from practices may jeopardize retaining a position on the team, an opportunity to earn a varsity letter, and/or playing time at the coaches' discretion.

Excused absences from practices may impact position on the team and playing time, not as a punitive measure, but for the safety of that individual, fairness to the rest of the team, and strategic reasons.

ATHLETIC HONORS and AWARDS

Honors such as ALL-STAR selection are awarded to UCHS students from time to time by leagues or other organizations outside of the school. It must be understood that, while coaches may nominate students for some of these awards, they have no control over the final selection.

Sally Sowers Scholar/Athlete Award

Each year the Athletic Department will consider selection of senior athletes who have been leaders and modeled Christian behavior in every area of their life and fit the following criteria:

1. The student exhibits exemplary academic progress
2. Number of All-State honors
3. Number of conference MVP or Player of the Year awards
4. Number of All-Conference awards
5. Number of sports participated in at UCHS

One male and one female athlete will be chosen based on the criteria noted above.

Pins/Lettering

UCHS is pleased to acknowledge the participation of its students in our athletic offerings. At the end of each academic year, at a designated recognition ceremony, students will receive a pin for each sport they participated in during the school year. UCHS Senior athletes receive their official "letter" as a culminating recognition for year(s) of athletic contribution.

ATTENDANCE at SCHOOL

A student athlete must attend school on the days of any athletic practice or competition in order to participate in that practice or competition. Some specific circumstances are as follows:

- Students who are absent from part of the school day and are granted a non-illness related excused absence (e.g. a dental appointment) will be allowed to participate in the practice or competition that day.

- Student athletes must be at school for at least 3-1/2 hours unless it is due to an excused absence. A student athlete may not participate in a particular practice or competition if they do not attend the 3-1/2 hours.
- Any unexcused absence from school, regardless if it is only for a partial day, will render an athlete unable to participate in the day's events. This would include in-school suspension or skipping class.

EQUIPMENT

An athlete is responsible for each item of equipment and/or uniform that is issued to him/her.

Lost or stolen equipment and/or uniforms must be paid for at the replacement cost. An athlete will not be allowed to receive awards, participate in a subsequent sport, or receive his/her diploma until the equipment record has been cleared.

INJURIES/CONDITIONS

If a student is evaluated or seen by a family physician, orthopedic surgeon, and/or any other healthcare profession for an athletic injury, the athlete **MUST** turn in a doctor's note to the Athletic Director in order to resume participation. Any athletic that has sustained an injury for which they have missed practice/game or has been seen by a healthcare professional will not return to play unless cleared by the Athletic Director or doctor whose care they are under. If the Athletic Director believes a student has sustained an injury that needs to be evaluated by a specialist, the student will not be allowed to return to play until the specialist has seen him or her. If a student has asthma or a severe allergy, he/she must have their inhaler or Epi-pen with them during practices and games. The athlete must also inform the coach as to their condition.

CONCUSSIONS

All athletes and their parents should be aware of concussion protocols. (See Appendix I). In the event an athlete has been diagnosed with a concussion, the athlete may not return to practice/game until they have documentation of their release from a physician and have successfully completed a "return to play" protocol administered by the school's Athletic Director or Trainer.

TEAM CAPTAINS

Captains are elected by team members and/or appointed by coaches. Prior to the selection, coaches will inform the team members of the selection criteria and obligations of the position. The position of team captain is one of honor, leadership, and responsibility. As a result, students serving in that capacity are expected to conduct themselves in an exemplary manner both in and outside of school. Any student who is involved in a violation of UCHS rule and regulations resulting in a suspension from school, or any student who is found to be involved with drugs, alcohol, weapons, or crimes outside of school will lose the ability to serve as captain or to be appointed or elected to the position of captain of any school-sponsored team for the period of one calendar year. Any sitting captain of a UCHS team will have that position rescinded and will be ineligible to serve for a period of one calendar year.

TRANSPORTATION

- All team members are expected to ride with the team to and from competitions when transportation is provided.
- Students may be released to their parents after an away competition with verbal communication between coach and parents.
- Students may be released to another adult only with verbal or written consent from their parent.
- At no time may students ride with a student driver without written or verbal consent of their parent.
- Coaches are responsible to stay with student athletes returning from off campus events at night until all students have been picked up.

CONCUSSION

INFORMATION FOR *STUDENT-ATHLETES & PARENTS/LEGAL CUSTODIANS*

What is a concussion? A concussion is an injury to the brain caused by a direct or indirect blow to the head. It results in your brain not working as it should. It may or may not cause you to black out or pass out. It can happen to you from a fall, a hit to the head, or a hit to the body that causes your head and your brain to move quickly back and forth.

How do I know if I have a concussion? There are many signs and symptoms that you may have following a concussion. A concussion can affect your thinking, the way your body feels, your mood, or your sleep. Here is what to look for:

Thinking/Remembering	Physical	Emotional/Mood	Sleep
Difficulty thinking clearly	Headache	Irritability-things bother you more easily	Sleeping more than usual
Taking longer to figure things out	Fuzzy or blurry vision	Sadness	Sleeping less than usual
Difficulty concentrating	Feeling sick to your stomach/queasy	Being more moody	Trouble falling asleep
Difficulty remembering new information	Vomiting/throwing up	Feeling nervous or worried	Feeling tired
	Dizziness	Crying more	
	Balance problems		
	Sensitivity to noise or light		

Table is adapted from the Centers for Disease Control and Prevention (<http://www.cdc.gov/concussion/>)

What should I do if I think I have a concussion? If you are having any of the signs or symptoms listed above, you should tell your parents, coach, athletic trainer or school nurse so they can get you the help you need. If a parent notices these symptoms, they should inform the school nurse or athletic trainer.

When should I be particularly concerned? If you have a headache that gets worse over time, you are unable to control your body, you throw up repeatedly or feel more and more sick to your stomach, or your words are coming out funny/slurred, you should let an adult like your parent or coach or teacher know right away, so they can get you the help you need before things get any worse.

What are some of the problems that may affect me after a concussion? You may have trouble in some of your classes at school or even with activities at home. If you continue to play or return to play too early with a concussion, you may have long term trouble remembering things or paying attention, headaches may last a long time, or personality changes can occur. Once you have a concussion, you are more likely to have another concussion.

How do I know when it's ok to return to physical activity and my sport after a concussion? After telling your coach, your parents, and any medical personnel around that you think you have a concussion, you will probably be seen by a doctor trained in helping people with concussions. Your school and your parents can help you decide who is best to treat you and help to make the decision on when you should return to activity/play or practice. Your school will have a policy in place for how to treat concussions. You should not return to play or practice on the same day as your suspected concussion.

You should not have any symptoms at rest or during/after activity when you return to play, as this is a sign your brain has not recovered from the injury.

This information is provided to you by the UNC Matthew Gfeller Sport-Related TBI Research Center, North Carolina Medical Society, North Carolina Athletic Trainers' Association, Brain Injury Association of North Carolina, North Carolina Neuropsychological Society, and North Carolina High School Athletic Association.