

SAN RAMON VALLEY CHRISTIAN ACADEMY
2023-2024
Athletic Handbook



Revised 6/8/23

SRVCA Athletics Philosophy

SRVCA's mission is to provide a Christ-centered K-8 education whereby students develop spiritually, academically, socially, and physically, and are equipped to fulfill God's purpose for their lives. The junior high athletics program exists within this framework, with the express goal of providing opportunities for Gospel-centered growth in the many situations and circumstances that athletics can provide.

The athletic program at San Ramon Valley Christian Academy is an extension of our academic and physical education programs. The program has two goals: to perform at the highest level possible, according to the talents of our student athletes; and to foster growth and development in both athletic ability and character. These goals are always held in balance, and we strive to never sacrifice development for the sake of performance. Ultimately, SRVCA seeks to produce high-performing athletes of high character: hard-working, humble, responsible, and encouraging.

All students grade 6-8 are eligible to participate on SRVCA sports teams, contingent on ability, character, academic eligibility, behavioral record, and opportunity (as spots may be limited). The administration reserves the right to review eligibility for all students at SRVCA.

Overview of SRVCA athletics and the BACSAL

SRVCA has traditionally participated in 4 full-season sports each year, as well as several short-season sports. They are as follows:

- Girls Softball (September – October)
- Boys Football (September – October)
- Cheerleading
- Boys and Girls Cross Country (Short season, league meet in November)
- Boys and Girls Basketball (October – January)
- Boys and Girls Volleyball (January – March, March – May [order flips each year])
- Boys and Girls Soccer (January – March, March – May [order flips each year])

SRVCA is a member of the Bay Area Christian School Athletic League (BACSAL). The BACSAL consists of approximately 20 schools (dependent on the year and, occasionally, the individual sport) throughout the Bay Area and is divided into four loose geographical divisions (North, East, South, and West). Divisional alignment shifts from year to year and season based on competitive equity and school participation. The division alignments are as follows for the 2023-2024 season:

North Division:

Valley Christian Center (Dublin)
SRVCA (Danville)
Walnut Creek Christian Academy (Walnut Creek)
Contra Costa Christian (Walnut Creek)
North Creek (Walnut Creek)

East Division:

Kings Valley (Concord)
Tabernacle (Concord)
Bay Christian (Concord)
Cornerstone (Antioch)
North Hills (Vallejo)

West Division:

Coastline Christian (Alameda)
Prince of Peace (Fremont)
CA Crosspoint (Hayward)
Redwood Christian (San Lorenzo)
Fremont Christian (Fremont)
Milpitas Christian (Milpitas)

South Division:

Campbell Christian School (Campbell)
Los Gatos Christian (Los Gatos)
Baymonte Christian (Scotts Valley)
San Jose Christian (Campbell)
Legacy Christian (San Jose)
Calvary Academy (San Jose)

Sports Participation Fees

To offset the costs of uniforms, rental fees, equipment, and referees, we charge a fee for each student each season.

- Fees are due upon the release of the official roster.
- Fees are non-refundable (exemptions may be made on a case-by-case basis, subject to administration review).
- The student will not be allowed to participate in practices or games until fees are paid.
- Fees will be collected through the FACTS system.
- Scholarships may be available, in cases of financial hardship (subject to administration review).

The fees are as follows:

- Full Season Sports (including Cheer): \$75 per student per season
- Short Season Sports: \$25 per student per season

Trophies and Banners

League Trophies are awarded in each sport for:

- Winning (or sharing) the division championship, based on divisional win-loss record.
- Placing in the top 6 in the end-of-season BACSAL tournament.

League Banners are awarded in each sport for:

- Winning (or sharing) the division championship, based on divisional win-loss record.
- Winning the end-of-season BACSAL tournament.

All banners hang in the SRVCA gymnasium; all trophies are displayed in the hallway outside the PE office.

Individual Awards

There are several individual awards available to students for participation in SRVCA athletics. All awards will be announced at the annual SRVCA Athletics Awards Night, except for the Mike Dowling Award, which is handed out at graduation. Only students who are academically eligible, remain on the team for the entire season, and who have an exemplary behavioral record are eligible for awards.

Team-Specific Individual Awards:

Typically, each team will award a team MVP, chosen by the coaches, and a Player's Award, chosen by the players. These will be announced at the Awards Night.

The Mike Dowling Award:

This award goes to the 8th grade athlete who best displays the character that we value in SRVCA athletics, in addition to performing at a high level across multiple sports. This award can go to either a boy or a girl.

Practice and Game Facilities

Locations for practice and games vary depending on the sport, and depending on availability. Typical locations are listed below:

- **Softball**
 - Practice: SRVCA Blacktop
 - Home Games: Sycamore Valley Park (2101 Holbrook Ave, Danville, CA 94526)
- **Football**
 - Practice: Hap Magee Park (1025 La Gonda Way, Danville, CA 94526)
 - Home Games: Sycamore Valley Park (2101 Holbrook Ave, Danville, CA 94526)
- **Cross Country**
 - Practice: Varies, typically begins at school
 - League Meet: Oak Hill Park (3005 Stone Valley Road, Danville, CA 94526)
- **Basketball**
 - Practice: SRVCA Gym
 - Home Games: SRVCA Gym
- **Volleyball**
 - Practice: SRVCA Gym
 - Home Games: SRVCA Gym
- **Soccer**
 - Practice: SRVCA Blacktop
 - Home Games: Mustang Soccer Complex (4680 Camino Tassajara, Danville, CA 94506)

All schedules and directions will be communicated by the coach and athletic director throughout the season, and all details are subject to change. Away game locations vary based on opponent.

Team Travel

For all away games, and for home games held off site, students will travel to games and practices through carpools organized by the team. The team's carpool coordinator (a parent volunteer, selected each season) will organize team parents into carpools for each game; all parents are expected to contribute to carpool kids to and/or from games. Students MUST meet in the quad, with the athletic director or other school staff to be checked out and into their carpool.

All parents who drive any children other than their own must have insurance information and current driver's license on file with the school; additionally, parents must also have completed the required background check for volunteering at school. This process can be facilitated by the office staff (office@srvca.org).

Parents will be responsible for their own child's travel to and from off-site practices, as these are held after school. Carpools for these can be arranged as needed by individual parents. In addition, parents are responsible for arranging pickup for their student from school after return from an off-campus game.

Practice and Game Schedules

The typical weekly schedule for SRVCA sports is 3 days a week, including both games and practices. For most sports, this will be Monday, Tuesday, and Thursday, though this may vary as needed (due to scheduling, facilities availability, or other extenuating circumstances). League games are typically on Tuesday and Thursday. Any scheduled day that does not have a game will default to a team practice, unless otherwise communicated.

The playoffs are held the week after the last league game, culminating in the league tournament on the following Saturday.

Attendance Expectations

- Athletes are expected to attend all practices and games.
 - If a player must miss a practice or a game (or leave early) for an excused reason, they must communicate with the coach beforehand. They will not face any penalties in this case. Excused reasons include: illness, family emergencies, school-sponsored events. Unexcused reasons include: injuries*, homework.
 - *Even if an athlete is injured, they should still show up to practice and games if they are able, in order to learn and to support the team. Certain injuries may prevent this, and should be discussed with the coach to determine expectations.
 - If a player misses a practice or a game for an unexcused reason, or they fail to communicate in advance, they will miss a portion of the next game (at the discretion of the coach and athletic director, based on prior attendance and behavior record).
 - Any questions should be brought to the athletic director beforehand.

Athlete Injury and Return-to-Play Policy

General Injury Policy

Any time an injury occurs during a practice or a game, the student-athlete will be removed from participation and evaluated by the coach. If the coach determines that the injury is severe, they will contact the parents and direct them to have the player evaluated by a licensed health care provider. The player will not return to play until cleared by that provider, their parents, and the coach.

At all times, coaches are expected to exercise good discretion and act in the best interests of the student-athlete. The health and safety of student-athletes is paramount.

Concussion Policy (Per CIF Bylaws)

A student-athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from participation at that time and for the remainder of the event.

A student-athlete who has been removed for suspected head injury must be evaluated by a licensed health care provider, and may not return to play until the athlete has received a written clearance to return to play from that provider.

Athlete Expectations

All SRVCA athletes are expected to uphold the high standard of excellence set forth by the school, both during athletic participation and in the classroom. Failure to do so can lead to consequences, per the demerit policy, and including potential removal from any teams.

Practice/Games

Players represent themselves, their family, and the school anytime they participate in school athletics. Their behavior should reflect this, and should align with the following principles.

- Be respectful of all participants (teammates, coaches, opponents, referees, and fans). This should be reflected in language, gestures, and attitude. No trash talking or profanity will be tolerated.
- Be respectful of the facilities and equipment. This includes uniforms, locker rooms, game equipment (e.g. balls, flags, bats), the field or gymnasium, and a player's own equipment.
- Be respectful of the game. In particular, this means no cheating, showboating, running up the score, etc.
- Participate with great effort and enthusiasm at all times, both during practice and during games.
- Be encouraging and supportive of the team and the coaches. This applies to all players, even when they are on the bench or injured.

Classroom

All players are expected to display exemplary behavior in the classroom, and are held to a high standard academically. Failure to uphold these standards will directly impact a student's eligibility for athletic participation.

- A grade point average of 2.5 or above and no F's must be maintained during the course of the grading period.
- Be prompt to class and maintain a good attendance record. Cut classes are causes for suspension or expulsion from the team.
- An athlete must attend four class periods in order to attend practice or participate in a game that same day. (Exceptions only for school functions or excused absences—i.e. doctor's appointments, school visits, etc. Athletic Director discretion will be employed in these cases.)
- Students are responsible for making up all missed work due to athletic participation.

General Behavior Expectations

All behaviors that would impact a student's disciplinary record affect that student's eligibility for sports teams. This means suspension or removal from a team is a potential consequence for accumulated demerits, per the demerit policy. Additionally, any behaviors involving drugs, alcohol, or weapons is grounds for immediate removal from all sports teams.

Eligibility Requirements

All SRVCA students in grade 6-8* are eligible for athletic participation, given the following conditions:

- Student has a physical on file with the school
- Student has a parent consent form on file for the specific sport
- Student has a sufficient academic and behavioral record (see “Athlete Expectations”)
- Student has not quit another SRVCA team in the same calendar year, after having made the roster and play has begun

*When necessary due to low turnout, at the discretion of the administration, eligibility may be extended to 5th grade students.

Uniforms and Equipment

All SRVCA student athletes must be properly equipped and uniformed for each game. The specifics of equipment and uniform requirements vary by sport.

Uniforms:

- Each team member will be issued a uniform at the beginning of the season. They are responsible for that uniform throughout the course of the season. Student athletes are expected to arrive to each game with their uniform, washed and ready to wear.
- Loaner uniforms may be available on a limited basis and at the discretion of the athletic director. This is not guaranteed, and if a student does not have a uniform, he is not eligible to compete in that contest.
- Student athletes are responsible for returning their assigned uniform at the conclusion of the specific season. Failure to do so will result in uniform replacement fees, potential withholding of uniforms for subsequent seasons, and/or withholding of report cards at the end of the year.
- Uniforms are covered under the expenses collected for each season, unless a family is responsible for replacing a lost/damaged uniform. For some sports (cross country, girls flag football), the uniform is typically a shirt for the participant to keep at the conclusion of the season.
- For each sport, there may be an opportunity to purchase team apparel for the student athlete. These opportunities are optional for an additional fee, and are separate from the uniform.

Equipment:

- All non-uniform equipment (varies by sport) is expected to be provided by each individual student athlete. This includes things like: softball gloves, cleats, undergarments, sweatbands, court shoes, etc. In some cases, school-provided gear may be available (softball gloves, goalie gloves).
- Any equipment loaned to the player or shared by the team (e.g. balls, flags, nets) is property of the school, and is expected to be returned to the school either after each game, or at the conclusion of the season (depending on the specific equipment in question).
- All essential shared equipment will be provided by the school (balls, flags, bats, etc.).
- Any destruction or loss of equipment by a player will result in replacement fees for that particular player.

Tryouts

When necessary, we will hold a tryout to determine rosters for each sport. A tryout is only necessary if more students come out than there are roster spots available; roster size is at the discretion of the coach and athletic director. When possible (based on roster numbers, coach availability, and game availability), the school may choose to create a B-team for a specific sport.

Rosters are set at the discretion of the coach and athletic director, and take into consideration talent, skill, athleticism, attitude, availability, character, current health, and any other relevant factor. There are no automatic roster slots guaranteed for 8th grade students, or even for returning players (though these factors may be considered in the full scope of roster decisions). Every student is given an equal opportunity to make the team, and at all times the coach and athletic director will work to make the most fair roster decisions for everyone involved. No exceptions are made for children of coaches.

When a tryout occurs, all students wishing to make the roster are expected to attend all days of tryouts. Tryouts will be at least 2 days, though they may be extended if necessary. If a student has to miss a day for an excused absence (academic obligation, medical appointment, or other emergencies), this must be communicated to the coach as soon as possible (ideally beforehand). This will not be held against the student in roster decisions (though they will obviously have less opportunity to show their ability). If the absence is unexcused or is not communicated to the coach, this will likely result in removal from the roster.

Times and locations for tryouts will vary by sport, and while they will often mirror regular practice dates and times, may be flexible due to overlap with other sports seasons. These details will be communicated by the athletic director before tryout dates begin.

Coaches

Coach Information

SRVCA coaches are unpaid volunteers selected from the SRVCA community (more on selection below). Coaches handle all practice and gameday plans, player evaluation during tryouts, in-game decisions. If coaches are parents, they receive volunteer credit that goes toward their required school hours.

Coach Expectations

Coaches are held to a high standard at SRVCA. All coaches must agree with and adhere to the following:

- Coaches plan, prepare, and run all practice sessions. If they must miss, they must coordinate with the athletic director in order to reschedule or provide coverage.
- Coaches are responsible for all in-game decisions.
- Coaches should prioritize athlete development and athlete experience over winning.
 - Strategies and techniques taught by the coach should be geared toward preparing student-athletes for higher-level play (e.g. high school).
 - Playing time should be distributed in such a way that all athletes are given an opportunity to compete, when appropriate.
 - This does not mean coaches do not try to win!
 - Players must earn this privilege by displaying proper attitude.
 - Playing time should be distributed fairly; this does not mean everyone will play equal amounts or time, or that players will play in every game.
- Coach messaging should reinforce this message.

- o Coaches should model exemplary behavior in the following areas:
 - o Respect (for teammates, the game, officials, fans, equipment, etc.)
 - o Conduct on and off the court
 - o Language, both publicly and privately
 - o Attitude and enthusiasm, both in practice and game situations
 - o Effort at all times
- o Coaches should model mature Christian behavior at all times.

Coach Selection Criteria

- o Coaches for SRVCA sports are one of the following:
 - o Staff or faculty members of SRVCA
 - o Parents of SRVCA students
 - o Members of the church or school community (approved by the administration)
- o All coaches must have a background check on file with the SRVCA office.
- o All coaches must be in good standing with the SRVCA administration.
- o All coaches are selected at the discretion of the Athletic Director and Administration.
 - o Priority for coaching positions may apply in the following order:
 1. Coach(es) from previous seasons if they wish to return.
 2. Current staff member who is interested in coaching a specific sport.
 3. Parent(s) of a Junior High student at SRVCA.
 4. Parent(s) of an elementary school student at SRVCA. (5th-8th grade only)
 5. Members of the church or SRVCA community that is approved by the administration

Parent/Athlete/Coach Communications Guide

SRVCA Communications Philosophy

Athletic achievement requires sincere commitment from all athletes, parents, coaches, and administration. For all of us to be successful, effective communication must occur. The SRVCA athletic department and administration believe strongly in being accessible and supportive of the athletes, parents and coaches. We are continually attempting to improve communication with the students and parents. For our programs to be truly successful, it is necessary that everyone understand the focus and direction of the program. SRVCA supports the Matthew 18 principle, talk to the person with whom the problem has occurred. Do this quickly and in the appropriate manner. This may avoid problems in the future and should resolve the issue quickly for all parties involved.

Communications Expectations

- It is reasonable to expect your child's coach to inform you:
 - When and where practices and games will be held
 - About expectations he/she has for all athletes on the team as well as your child.
 - If your child is injured during participation in practice or a game
 - Whenever disciplinary actions result in your son/daughter being removed from practice or a game.
- It is reasonable for coaches to expect parents to tell them:
 - Specific health concerns about your son/daughter
 - Notification of any schedule conflicts (in advance)
 - Strategies that have worked well for you in working with your son/daughter
- It is **appropriate** to discuss with the coach:
 - Any unhealthy mental or physical strain a parent sees in their child

- How the parent can contribute to their child’s skill improvement and development
- Any dramatic changes in their child’s health or behavior

- It is **inappropriate** to discuss with the coach:
 - Playing time
 - Team strategy or play calling
 - Other athletes’ playing time or ability

- If you have concerns to discuss with the coach, the following procedures should be followed:
 - Never confront a coach before, during or following a game or practice. Best practice is to follow the 24-hour rule: wait a full 24 hours after the most recent game, practice, or inciting incident to talk with the coach.
 - Make an appointment with the coach to deal with the issue, either by phone, in person, or over Zoom.
 - Student athlete approaches the coach first, with a parent there for support if needed. The student-athlete should do the talking.
 1. If the issue remains unresolved after this, schedule a meeting with the coach as a parent.
 2. If the issue still remains unresolved, contact the Athletic Director to arrange a meeting with all involved parties (Do NOT do this before speaking with the coach).
 3. If the issue remains unresolved after discussion with the Athletic Director, the principal may be brought into the situation.

Contact Information

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