



HILTON HEAD CHRISTIAN ACADEMY ATHLETICS HANDBOOK

Athletic Mission Statement

Athletics at HHCA exist to support the overall mission of the school by encouraging the development of the student-athlete's relationship with Christ through the spiritual, physical, social, and mental aspects of a student-athlete's life. To this end the staff and parents of HHCA are committed to the glory of God through excellence in all aspects of the HHCA athletic program.

Athletic Philosophy

Similar to other areas of the school, the athletic program, both in terms of philosophy and personnel, is part of every student's "walk". We believe that competitive team sports represent a critical opportunity for young people to experience the values of sacrificial collaboration, stewardship, inclusivity and respect for the dignity of everyone. While the athletic program is committed to excellence, it does not believe that such a commitment necessitates a "winning at all costs" philosophy but rather challenging student-athletes to balance individual and collective responsibility and growth through hard work, determination, fair play, sportsmanship and accepting the role each is asked to play.

In all sports offered at the school, the three levels of competition, Middle School, Junior Varsity and Varsity, are part of the same program coordinated by the varsity head coach. The Middle School and Junior Varsity teams are designed to help students learn various sports, determine their level of commitment to a team based on athletics and prepare them for varsity competition. Although all efforts will be made to secure playing time for every student, student-athletes are expected to do their part in earning playing time through proper attendance, attitude and work habits

Middle School

We emphasize learning the skills and fundamentals of each sport to help prepare us to compete at the Junior Varsity level. A balance of participation as well as competition is integrated at this level. The coach will manage playing time at his or her discretion. Not all

team members will get the same amount of time in each game, but the coach is strongly encouraged to be aware of the management of all the players' participation. As we like to compete and be successful when we play sports, our overall goal of Middle School athletics is to develop and grow our athletes so when they finish competing they leave with a positive experience and excitement about the role they played on the team.

Junior Varsity and Varsity

The teams play a competitive schedule, which include both independent and public schools. Our commitment to excellence requires that we field the best team available from among our student athletes. Each student's athletic skill level is reevaluated at the beginning of the season for team membership. Schedule and playing time considerations are based on what best prepares the team to pursue season long excellence.

Academic and Extracurricular Conflicts

The Athletic Department makes every effort to preclude conflicts between scheduling practices and games/matches that coincide with major academic or performing/fine arts events. However, on occasion such conflicts may occur. Our guiding principle is that school sponsored academic activities take priority. Conflicts that arise between athletics and the performing/fine arts are determined through the Fine Arts and Athletic Agreement document. No penalties (such as extra practice, benching or suspending an athlete) are prescribed by the coach when a student-athlete chooses to participate in an activity. The student-athlete must communicate with the coach well in advance their intentions for appropriate planning in the interest of all concerned. The coach should communicate with the Athletic Director in the event of unanticipated circumstances or unclear interpretation of this policy.

Multi-Sport Athletes

Many of our Middle School and Upper School athletes participate on one or more of our athletic teams. We encourage athletes to participate in multiple sports. Although our sport seasons overlap, there will always be an opportunity for athletes to try out for a winter or spring sport at the conclusion of their fall or winter season. Coaches of multi-sport athletes will coordinate with each other to ensure that neither team's requirements preclude full participation in the other. Student-athletes may not begin practice for a new season's sport until the final competition in their current season. Even though seasons overlap, an optional rest period between seasons should be offered.

Multi-sport athletes will not be allowed to participate in two or more sports during the same season.

2. Pre-Season Team Sign-up Meeting

Teams will have a pre-season team sign up meeting with those students that are interested in trying out for your team. By gathering names ahead of time we will be able to prepare required administrative tasks and manage practices more efficiently. The following information should be discussed in the meeting:

1. Each student should have a proper physical on file or they cannot try-out or practice with the team.
2. The need for commitment to the team, understanding the schedule of games and practices, and academic standards to maintain eligibility.

3. Once selections are made for a team student-athletes should be totally committed to finish the season.

I. Eligibility

HHCA participates within the South Carolina Independent School Association (SCISA). It is important a coach is familiar with the SCISA guidelines both overall and for their sport.

Academic Requirements

All Upper School students must pass at least four core courses or five courses at the end of each grading period.

All Middle School students must pass four courses at the end of each grading period.

Ineligible/Eligibility

A student is ineligible if he/she turns 19 before July 1st of the coming school year

A student is ineligible for Junior Varsity if he/she turns 16 before July 1st of the coming school year.

A student is ineligible for the Middle School team if he/she turns 15 before July 1st of the coming school year.

Eight Semester Rule

Once a student enters 9th grade they have 8 consecutive semesters of eligibility.

Mid Year Transfers

Students who transfer from one school, public or private, will need to sit out a predetermined period after they have enrolled. This period varies by situation. A person who transfers or moves into the area from out of state does not have to sit out for this period.

Guardianship

A student must reside with their parents or legally appointed guardian to be eligible for athletics.

Team Eligibility

A student may only participate in one football game a week.

A student may only participate in only one athletic contest a day.

No student shall participate in two games/matches of the same sport on the same day unless it is a double-header or tri match or sanctioned tournament. A student cannot compete in a Middle School, JV or Varsity game on the same day.

A student will only be allowed to compete in one end of year tournament (MS, JV, Varsity) unless they are moving up after their season ends.

Organized Practices/Club Sports

SCISA limits (12 90 minute sessions) the number of organized practices outside of the regular season. This is defined by: 3 or more athletes where there is instruction. This includes team camps.

III. Team Information

Selections

Many teams at HHCA are able to carry an unlimited number of athletes and do not need to make selections for roster spots. However, some teams are limited to a certain number. The coach must feel comfortable with the number of student-athletes on the team and with his ability to provide adequate coaching supervision and playing time for team members.

Quitting

Before a student-athlete tries out for a team they should consider the time and commitment and other factors involved. Once a player is selected for a team they should be totally committed to finish the season. A student-athlete that decides to quit a sport will not be allowed to start the next extra curricular activity until the season he/she quit is complete. A meeting will take place between the athlete, parents, coach and Athletic Director to discuss this situation and determine eligibility for the following season.

Moving Up Policy

Once the teams are selected and you have a player change levels during the season, once they move back they are frozen to the original level. This rule will not pertain to a situation where the moving of the player is necessary to field a team or in situations.

Ejections or Disqualifications

Any time there is an ejection or disqualification from an athletic contest the Athletic Director must report the information to SCISA. The student-athlete or coach could merit being suspended from one to two games with a possible fine. The student-athlete or coach will be responsible to pay any fines.

Uniforms/Equipment Distribution and Collection

When distributing any equipment or uniforms that are to be returned at the end of the season document what is given to each student-athlete. When the season is complete, set a specific time for the collection of uniforms and equipment, immediately following the collection time, the Athletic Director will be notified of any equipment or uniforms that were not returned. It is imperative that the parents be notified quickly and if missing pieces are not returned that they will be billed a replacement fee. Please be diligent in this matter. If a player leaves a team prior to the end of the season, immediately collect all equipment and follow the appropriate process for any equipment not returned.

Team uniforms are provided for most sports. We emphasize good stewardship for our uniform inventory. Uniforms for some sports do not lend themselves to be used for more than one athlete over their lifespan. Uniforms are replaced every 4 years. The Athletic Department has a uniform replacement rotation cycle for every athletic team. The rotation cycle of uniforms will be maintained by the Athletic Director.

Athletes may be required to purchase their own uniforms. When a uniform is purchased, the student-athlete has ownership of the uniform and will keep the uniform after the season ends. Many teams will run a "team store" for optional team gear and items. When any optional uniforms or gear is purchased by the athlete and designed by the coach, they still must be approved and meet the brand standards set forth by the Athletic Director.

Student-athletes are not allowed in the uniform storage area without being accompanied by a coach.

IV. Transportation

Away Games/Matches

Vehicles are reserved and assigned by the Athletic Department for sports related functions. Prior to the beginning of the season buses will be assigned for specific games. The 2 15 passenger non-CDL buses will be the first form of transportation for smaller teams. Coaches, and only coaches, will be required to drive these buses. The larger buses or charter buses, which require a CDL driver, will be assigned as needed. In some cases we will need parents to drive to local games/matches. Potential drivers must fill out the parent driver form and provide a driver's license and insurance information to be approved by the school.

Personal Travel Arrangements

For local games as far away as a 25 minute radius student-athletes will be allowed to drive themselves to away games if the coach allows. The student-athlete is not allowed to transport any other student-athlete other than a sibling. Students are not allowed to ride home from games with anyone other than their parents unless the coach has written permission from the parent specifying other arrangements.

V. Facilities Management

Locker Rooms

Rules for Athletes

No rough housing, or throwing of objects is allowed in locker rooms.

Hazing of other players will not be tolerated.

If showers are used the showers must be turned off, by the last person using showers.

All spikes or cleats will be worn outdoors and taken off outside of the locker room. Spikes and cleats are not permitted to be worn inside the gym at any time. It is the coach's responsibility that this is enforced.

Hazing

No hazing of any kind will be tolerated in the HHCA athletic program. At the discretion of the coach, Athletic Director and administration personnel within the school, penalties for hazing can range from minor to expulsion from the team and even the school at the discretion of the administration. Coaches have the responsibility not only to respond to incidents of hazing, but to also take proactive actions to warn against and seek out cases of hazing.

VI. Interaction between Parents/ Coaches

Chain of Command of Concerns

1. Student meets with the coach with concerns.
2. Parent and student meet with their coach with concerns.
3. Parent, student and coach meet with the Athletic Director with concerns.

All meetings should be held in private and discussions should be about their child only.

Parent Concerns

HHCA's policy does not allow parents to come to coaches immediately after a game with a complaint or concern. The parents should wait till the next day so both the parent and coach's emotions will not play into the discussion.

VII. General Athletic Department Policies

Team Attire and Presentation

An athlete's appearance is expected to be neat and clean at all times during the season and when appropriate should be in compliance with the Hilton Head Christian Academy dress code. When students are traveling to away contests either in town or out of town, they are expected to follow the team's policy on dress as set by the Varsity coach of each program and the Athletic Director.

Scheduling/Practice Guidelines

Practice times begin at 3:30 during the school week. No HHCA athletic teams may practice or meet on or off campus on Sunday. All athletic schedules will be arranged and coordinated through the Athletic Office and the Head Coach of the sport. Any changes in athletic schedules must be submitted to the Athletic Director. All changes in games, facilities use, times, or practices must be relayed to the Athletic Office as soon as changes are known. Any changes that do occur will be placed on the school athletic website as soon as possible.

Athletics, Arts and Student Life

One of the advantages at our school is the opportunity for our students to excel in both athletics and the arts. There are a few circumstances in which it is impossible to balance the two due to simultaneous obligations. However, in most cases, the Fine and Performing Arts Department and the Athletic Department work extremely well together to allow our students to participate in multiple areas of campus life.

If a student chooses to participate in both activities, they must choose a preference so the coach, Athletic Director and Fine Arts faculty are clear about a student's intention. This is done through the Fine Arts and Athletic Agreement document. It is the student's responsibility to be proactive in communicating with both departments to minimize conflicts.

Sportsmanship

The moral conduct of every member of the HHCA coaching staff and athlete is very important during both practices and games as it reflects on the mission and core values of the school. A coach or player who receives an unsportsmanlike penalty will need to meet with the Athletic

Director on the next day of school. The conduct of any coach or player that reflects detrimentally on the institution may result in suspension of and/or removal.

Training Staff and Return to Play Protocol

We are fortunate to be able to employ a certified athletic trainer (ATC) who coordinates the care and treatment for all sports related injuries. One of the responsibilities of the ATC is supervising "return to play" policies for injured athletes. No athlete, parent, coach or other athletic administrator can, nor should, overrule the trainer in decisions of whether it is safe to resume practice or play. If a physician provides the ACT with an opinion that an injured player should be released to play that will be taken into consideration, but the ACT remains the staff member who has both the authority and accountability for players safety decisions.