

# Metrolina Christian Athletic Handbook



**Mission: To lovingly lead and equip  
students for Kingdom living.**

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### **Metrolina Christian Academy Statement of Faith**

1. We believe the Bible to be the inspired, the only infallible, authoritative, inerrant Word of God (2 Timothy 3:16, 2 Peter 1:21).
2. We believe there is one God, eternally existent in three persons - Father, Son, and Holy Spirit (Genesis 1:1, Matthew 28:19, John 10:30).
3. We believe in the deity of Christ (John 10:33), His virgin birth (Isaiah 7:14, Matthew 1:23, Luke 1:35), His sinless life (Hebrews 4:15, Hebrews 7:26), His miracles (John 2:11), His vicarious and atoning death (1 Corinthians 15:3, Ephesians 1:7, Hebrews 2:9), His resurrection (John 11:25, 1 Corinthians 15:4), His ascension to the right hand of the Father (Mark 16:19), and His personal return in power and glory (Acts 1:11, Revelation 19:11).
4. We believe in the absolute necessity of regeneration by the Holy Spirit for salvation because of the exceeding sinfulness of human nature; and that men are justified on the single ground of faith in the shed blood of Christ and that only by God's grace and through faith alone we are saved (John 3:16-19, John 5:24; Romans 3:23; Romans 5:8-9; Ephesians 2:8-10; Titus 3:5).
5. We believe in the resurrection of both the saved and the lost; the saved unto resurrection of life, and the lost unto the resurrection of condemnation (John 5:28-29).
6. We believe in the spiritual unity of believers in our Lord Jesus Christ (Romans 8:9, 1 Corinthians 12:12-13, Galatians 3:26-28).
7. We believe in the present ministry of the Holy Spirit by whose indwelling the Christian is enabled to live a godly life (1 Corinthians 3:16, 6:19-20, Romans 8:13-14, Ephesians 4:30, Ephesians 5:18).
8. We believe that the term *marriage* has only one meaning: the uniting of one man and one woman in a single, exclusive union, as delineated in Scripture (Genesis 2:18-25). We believe that God intends sexual intimacy to occur only between a man and a woman who are married to each other (1 Corinthians 6:18, 7:2-5; Hebrews 13:4). We believe that God's command is that there be no sexual intimacy outside of or apart from marriage between a man and a woman.
9. We believe that God wonderfully foreordained and immutably created each person as either male or female in conformity with their biological sex. These two distinct yet complementary genders together reflect the image and nature of God (Genesis 1:26-27).

Our Statement of Faith is not exhaustive of all our beliefs. The Bible, as the inspired and infallible Word of God, speaks with absolute authority regarding the proper conduct of mankind and is the unchanging foundation for all belief and behavior. School Administration and the officers of the corporation hold final interpretive authority on biblical meaning and application with regard to faith, doctrine, policy, practice, and discipline.

### **Mission of Metrolina Christian Academy**

- Provide a Christ-like love
- Promote a Biblical worldview
- Pursue excellence in education
- Partner with our families

### **Purpose of Athletics at Metrolina Christian Academy**

Participation in athletics is an honor and a privilege earned through dedication, desire, and discipline. At Metrolina, we believe the athlete must discipline himself not only physically but academically, spiritually, and socially in order to achieve excellence. The purpose of athletics at MCA extends to the following:

1. Provide instruction and direction to use our athletic talents to glorify God. (1 Peter 4: 11)

2. Apply the principle of the “well-rounded” person illustrated in Luke 2:52 (mental, physical, social, and spiritual) through the integration of academics, athletics, and social activities.
3. Promote the biblical definition of winning.
  - a. Doing our best for God’s glory. (Col. 3:23)
  - b. Physically winning the game. (I Cor. 9:24)
  - c. Acknowledging God in all things, win or lose. (I Thess. 5:18)
  - d. Seeking God’s guidance in striving to be more like Christ. (Phil. 4:13)
4. Develop school unity and spirit through involvement by the student body, parents, faculty, and staff. (1 Corinthians 12)
5. Maintain a clear Christian testimony to opposing schools, officials, and others in the public with whom we interact. (Matthew 5:16)

### **Role of Athletics at Metrolina Christian Academy**

Athletics at Metrolina Christian Academy is an integral part of the school’s educational program. We believe a strong athletic program is vital to the success of achieving our God-given purpose as a school. Athletics serves as a foundation for building school community and school spirit providing student athletes a place to belong. We encourage our student body to be involved in our athletic program through both active participation and support of their classmates.

### **Philosophy of the MCA Athletic Program**

The Warrior athletic program is established to promote physical, mental, and spiritual growth for our student athletes. We believe that athletics is a privilege and one of the most significant tools in the educational process of spiritual character development encouraging students to lead by example. Athletics provides an opportunity to honor and glorify God through excellence, self-discipline, sacrificial teamwork, and outstanding sportsmanship.

We will:

1. Be “Intentional” to bring God’s Word to our athletes, knowing it is the bread of life.
2. Be “Intentional” to coach each athlete as a child of God, knowing we are created in His image.
3. Be “Intentional” to develop unity on teams, knowing the body works best when all the parts are healthy.
4. Be “Intentional” to love, knowing Christ first loved us.
5. Be “intentional” to demonstrate a testimony on and off the field that characterizes the life of Christ.

### **Goals of the MCA Athletic Program**

- To cultivate Christ-like character.
- To value winning and understand the aspect of losing.
- To teach submission to authority on and off the court.
- To apply the lessons learned from athletics to the spiritual growth of the athlete.
- To teach honesty, dependability, humility, and self-control.
- To value the essence of teamwork in relation to service.

## **ATHLETIC PROGRAM PROFILE**



Metrolina Christian Academy competes in the 4A division of the North Carolina Independent School Athletic Association. Locally, we are a member of the Metrolina Athletic Conference. Members of the MAC include:

Gaston Day School	Concord Academy
Gaston Christian School	Hickory Grove Baptist Christian School
Metrolina Christian Academy	Westminster Catawba Christian School
Southlake Christian Academy	

### **Sport Offerings**

Metrolina Christian Academy offers a full sports program to students in grades 6-12. We encourage participation by all students. Fall tryouts will be held in early August, Winter tryouts are held in late October and Spring tryouts are held in mid-February. Cheerleading tryouts are held in the spring of each year.

In accordance with our religious beliefs and statement of faith, teams will be divided according to biological sex. Refer to the Physical Privacy & Sexuality Policy located in MCA Parent Student Handbook.

Currently students in grades 6-8 may participate on middle school teams. Students in grades 7-12 are eligible for participation on JV and varsity teams. Listed below are the sports and teams offered.

<b>Season</b>	<b>Sport</b>	<b>Middle School</b>	<b>Junior Varsity</b>	<b>Varsity</b>
Fall	Girls' Volleyball	X	X	X
Fall	Girls' Cheerleading	X		X
Fall	Boys' & Girls' Cross Country	X		X
Fall	Boys' Football	X (6-8 <sup>th</sup> )	X (8-10 <sup>th</sup> )	X
Fall	Girls' Tennis			X
Fall	Boys' Soccer	X		X
Winter	Girls' Cheerleading	X		X
Winter	Boys' Wrestling	X		X
Winter	Boys' Basketball	X	X	X
Winter	Girls' Basketball	X		X
Winter	Swimming			X
Winter	Boys' & Girls' Track			X
Spring	Girls' Softball	X		X
Spring	Boys' Golf	X		X
Spring	Girls' Soccer	X		X
Spring	Boys' Baseball	X	X	X
Spring	Boys' & Girls' Track	X		X
Spring	Boys' Volleyball		X	X

## **POLICIES AND PROCEDURES**

### **Attendance**

Participation on a Metrolina team involves a five day a week commitment. All games and practices are required for participation. Disciplinary action for missing a practice will be the responsibility of the coach.

If a player is sick or has to leave school early, he/she should personally notify the coach prior to the absence. If a player is absent for more than three and one half hours of the school day, he/she will not be eligible to participate in practice or the game on that day. All students should arrive by 11:00 am and not leave before 12:00 pm in compliance with the school's daily attendance policy. Players will not be allowed to participate in any athletic activities on the day of an in-school or out-of-school suspension.

All athletes are responsible for any class work or homework they miss while participating in any athletic function. Extra time will not be given for athletes to complete homework.

Athletes choosing to dually participate on an outside team (travel team, club teams, and competition squads) and a school team must notify their coach at the time of tryouts. Participation on both teams is understood, yet MCA should receive priority.

No practices or games will be scheduled on Sundays in order to allow families to worship the Lord together.

### **Communication**

Early, often, and accurate are the keys to successful communication. Each coach should demonstrate clear and consistent communication to parents and players at all times. Likewise, parents and players are expected to communicate with coaches positively and professionally.

If a player has a concern, student athletes are expected to verbally communicate their concerns to the coach. If a parent has a concern, the parent and athlete should communicate prior to communicating with the coach. If a resolution is not reached, the Athletic Director may be contacted to ensure progress is made.

In case of inclement weather, the school will generally make a decision by 1:00pm and communicate accordingly. Typically, we are unable to provide information regarding field and weather conditions before this time.

Email addresses for our coaching staff are listed on the school website.

Parent information meetings should be held at the beginning of each season. Each coach should take the opportunity to communicate to the parents his/her goals, policies and expectations for the upcoming season.

Weekly emails are provided by coaches that include the upcoming schedule and devotional thought.

### **Grievance Procedure**

Occasionally there may be questions, problems, or grievances that arise. It is our policy to follow the Matthew 18:15-17 principle, which states that conflicts must begin resolution. We desire to achieve resolution regarding all conflicts. Please follow the guidelines below:

1. Bring any and all questions to the head coach.
2. If a satisfactory conclusion is not reached, contact the athletic director.

The coaching staff and administration of Metrolina are intent on helping you resolve any concern you may have. However, we must have your assistance in accomplishing this goal. The problem will go unresolved if the parent or student voices their complaint to individuals other than the appropriate coaching staff or administration. Actions such as these do not follow the above stated scriptural principles and could potentially cause harm to relationships and one's personal testimony. These actions may result in dismissal from MCA. Our goal is to honor God in all we do, including honoring one another in word and deed. Your cooperation is paramount to the success of the ministry of MCA.

### **Texting and Email Communications**

MCA staff members or coaches should not be communicating via electronic media, text, or phone call to any student of the opposite sex one on one. Sending out a text or email blitz to everyone in class or on the team and including their parents is a great way to quickly communicate, but staff should refrain from engaging in one on one discussion via text or on the computer with a member of the opposite sex.

Texting, calling, or contacting via the computer to students of the same sex should also be conducted with great caution. Do not send a text or electronic media message that could not be openly shared with others. Do not use text or electronic media to communicate sensitive information as this should be shared face to face with a witness present.

If there is an absolute need to communicate via text or email with an individual student of the opposite sex you must copy the parent and appropriate principal or athletic director. Staff should also not call a student of the opposite sex without first gaining permission from the parent and having someone in the room to listen to their end of the conversation. Maintaining appropriate relationships with students protects the staff member and the ministry. Failure to adhere to this policy will result in disciplinary action.

### **Video/Film Guidelines**

Anyone filming should alert the head coach and be in communication with the respective coach at all times. Individuals filming an athletic event should remain off the court or field of play at all times. Media lines are provided in football; therefore, there are greater restrictions. No coach, player, or student should be mic'ed up at any practice, scrimmage, or game. No drones will be allowed without prior approval and should never be in a position directly over students, coaches, or spectators. Any music selections that accompany the video must adhere to the music guidelines located in the athletic handbook. Final products should only be published having the consent of the coach.

### **Awards**

Each athletic team will sponsor an awards program at the end of each season in which all athletic awards will be presented. Each coach will present their awards.

### **Earning a Metrolina Christian Academy "Letter"**

Lettering in a sport demonstrates commitment, perseverance and selflessness.

This symbol of achievement only recognizes the individual who has:

1. Attended a minimum of 90% or more of practices, games, and other team activities the entire season.
2. Remained in good academic standing the entire season.
3. Participated the entire season as a student in a varsity sport either as a player or manager.

All qualifications will be checked by coaches who will distribute letters at the end of the season team gathering. Any student who has received a letter will be given a pin indicating their achievement. A medical or emergency situation will not prevent a student athlete from receiving this achievement. Any discrepancies will be reviewed by the respective coach and Athletic Director.

### **Scholar Athlete Award**

The scholar athlete award qualifications include participating in two sports during the Junior and Senior school year while maintaining a GPA of 4.0 or higher.

### **Three Sport Athlete Award**

Students who participate in three sports during three separate seasons in a school year will receive a t-shirt and recognition at the end of year awards ceremony. Eligibility includes but is not limited to:

1. Attended a minimum of 90% or more of practices, games, and other team activities the entire season.
2. Remained in good academic standing the entire season.

### **College Athletic Signings**

Official Signing Days are reserved for athletes who have received a roster spot on a college athletic roster. Traditionally, NCAA athletes at the Division I and II levels receive a National Letter of Intent (NLI) to be signed by the athlete and a parent on official signing day, as well as a separate athletic aid letter. Division III, NAIA and NJCAA athletes traditionally receive a letter of intent or commitment letter outlining the offer. In all instances, recruited student-athletes are obligated to put in writing their intentions to claim a spot on the college roster so that the commitment is binding by both parties.

To reserve a spot in a signing ceremony these guidelines must be followed:

2. Communicate the intention to sign with the Guidance Counselor. The counselor will share information with MCA Athletics and MCA Communications to prepare for the signing day. The Guidance Counselor needs as much notice as possible and must be notified at least 5 days in advance of the signing day.
3. Present official paperwork to Guidance Counselor as soon as received. NLI paperwork is typically sent at least 2-3 days prior to signing day. Official commitment letters can be sent at any time and must be on college letterhead with a coach or athletic department signature.
4. Confirmation of the athlete's signing day will be emailed to the student and the parents upon approval with specifics on the time, location, and other details.
5. If official paperwork is not received in time to meet the deadline the student-athlete will be asked to wait until the next available signing date to be recognized.

### **Eligibility**

As a member of the NCISAA, we abide by the following eligibility criteria established by the NCISAA.

- To be eligible for any level of NCISAA competition, a student must be enrolled as a full-time student in a NCISAA member school.
- To be eligible to participate in interscholastic varsity competition, students must be enrolled in grades 7 through 12.
- No player shall have reached his/her 19<sup>th</sup> birthday on or before August 1 of the current school year.
- No player may receive any form of financial aid for athletic participation.

- No student who has received the appropriate number of credits to graduate will be eligible to participate in NCISAA activities.

#### **NCISAA Six-Semester Rule**

- A student-athlete may participate in athletics in no more than six consecutive semesters or nine trimesters after initially enrolling in the 10<sup>th</sup> grade of any NCISAA school.
- A student-athlete may participate in athletics in no more than four consecutive semesters or six trimesters after initially enrolling in the 11<sup>th</sup> grade of and NCISAA school.
- A student-athlete may participate in athletics in no more than two consecutive semesters or three consecutive trimesters after initially enrolling in the 12<sup>th</sup> grade as any school regardless of whether he/she remains continuously enrolled.
- A student-athlete transferring from one NCISAA school to another NCISAA school at any time during the school year and prior to January 1 would be considered to have used up one semester or two trimesters of athletic eligibility for that school year.
- **EXCEPTION:** A student attending a NCISAA member school is eligible to reclass after their Sophomore or Junior year at the FIRST NCISAA member school or attendance and maintain an additional year of athletic eligibility provided:
  - They are in compliance with the age policy.
  - They do not transfer to another member school after reclassifying. Any student that reclasses and then transfers to another NCISAA member school will lose the exception to the six-semester rule and must wait 120 days to be eligible to participate.

**In addition to the NCISAA policies, MCA has established these additional guidelines for eligibility.**

#### **Academic Eligibility**

- Academically, all athletes must remain in good standing in each class with a passing grade.
- Students may become ineligible based upon their grades at the 4 ½ week progress report and the 9 week report card grade.
- If a student becomes ineligible at the 4 ½ week progress report, he/she may be reinstated to the team after a 5 school day period if all grades meet the eligibility standard.
- If a student becomes ineligible at the end of the 9 weeks, he/she may be reinstated to the team again after a 15 school day period if all grades meet the eligibility standard.
- While ineligible, an athlete may not attend practices or games. The purpose is for the athlete to get their academic averages back to where they should be so they may return to the team.

#### **Behavioral Eligibility**

Student conduct and attitude are a major component in determining their eligibility. As Christians, we must manifest a behavior that honors God and demonstrates respect. Because a student represents both Christ and MCA, any action which would harm the testimony of either will not be tolerated. Demonstrations of poor sportsmanship will result in the athlete being denied the privilege of participation. A student who has continuing conduct and attitude problems may be dismissed from a team at the discretion of the coach, principal, or the athletic director. Any student that receives in-school or out-of-school suspension will not be allowed to participate in any athletic functions on the days of their suspension.

#### **Social Media Accounts**

A Christian school is a unique institution which is rightly held to high standards and we at MCA take that responsibility very seriously. As such, we have developed some guidelines to follow when you choose to use social media. Any coach desiring to create a team account shall see the director of communications and assistant athletic director for assistance. No player shall create a team social media account. All scores, posts, updates, live streaming and information will go through the MCA

Communications Director or the MCA Athletic Office social media account. Do not use any of Metrolina Christian Academy's logos or school images on your personal social media sites or reproduce school material. Home events will be live streamed through official MCA athletic social media accounts. Photos and/or videos of students at Metrolina Christian Academy are only allowed to be posted via one of the school's official social media profiles or the school website. They should not be posted on coach's personal social media profiles.

### **Servant Leadership Opportunities**

Each coach should seek an opportunity to conduct a team service project outside of the traditional school setting. Taking practice time to do this would demonstrate the significance of "serving" as well as ensure all team members are present. (Examples-Cleaning gutters and raking leaves for an elderly person, fixing sandwiches for a food organization, assisting with Special Olympics...) Send photos and description of service project to athletic office for social media platform postings.

### **Dress Code**

All coaches should be appropriately dressed for all practices and games. Either dressy casual attire or an MCA shirt should be worn while coaching in a game. All apparel should demonstrate modesty and professionalism at all times.

### **Facilities**

A current Metrolina coach must be present in order for any student athlete to use any Metrolina Christian Academy facility. Each coach shares in the responsibility of keeping our facilities properly secured and in orderly conditions. MCA facilities and rented facilities should be treated with excellent stewardship. No facility should be used without reserving the facility through the athletic department.

### **Music**

All music played at an MCA athletic event should not contain suggestive or vulgar lyrics. No music will be played in whole or part with or without lyrics of this type. We will not play music for a visiting school unless they have given us the opportunity to approve the music in advance.

### **Fees**

Each student will be assessed an annual athletic fee of \$175 for the first sport. There will be a \$75 fee for the second sport. There will not a be fee assessed if the athlete plays a third sport. Football fees are \$325 for Middle School, Junior Varsity and Varsity. There will be a \$75 fee for the second sport. Cheerleading fees are \$550 which covers them for the entire school year. Student athletic fees are charged to the FACTS account and due within 10 days of the date the charge is placed on the account.

### **Athletic Trainer/First Aid/Safety**

An athletic trainer will be present for most home athletic events. If a player is injured during a game, he/she may not return to the game without approval of the trainer. Please use the trainer as a resource for all injuries. All coaches will be offered the opportunity to be trained in CPR and First Aid/BBP.

### **Athletic Medical Clearance Form**

If an athlete enrolls at MCA with a pre-existing injury or illness that has required the care of a physician, he/she must have written clearance for participation before he/she will be allowed to participate in any practices or games. Parents must have the treating physician fill out and sign the Athletic Medical Clearance Form. The physician must state in writing when the athlete may resume athletic activity, and any limitations to athletic participation, if they exist. This form will also be

required for any athlete who has been removed from activity due to an injury/illness which required a physician's care. All concussions will be dealt with according to the return to play protocol according to the NCISAA protocol. This process will be determined based upon the athletic trainer's recommendation.

Any athlete who has not filled out and returned the required paperwork will be withheld from all athletic activity (conditioning programs, practices, or games) until the Athletic Trainer has received the required paperwork and releases the athlete.

### **Student/School Insurance**

Students participating in athletics at MCA are required to be covered by their parent's primary health care insurance. Parents of students participating in MCA Athletics must also sign a waiver that excludes MCA from the responsibility to pay for costs associated with a student injury in athletics. However, MCA does go above and beyond the waiver to provide a supplemental student accident insurance policy which will work as a secondary supplemental policy. This policy will only cover costs not covered by the parents' primary insurance and has a deductible of \$500.

### **Practices**

It is expected that skills and teaching will be basic and fundamental as the season begins and elevated activities requiring growth will be more prevalent into the later part of the season. A practice schedule should be established in coordination with the athletic director and distributed at the beginning of each season. Coaches should be punctual, starting and finishing practice on time. No practice may be conducted without a coach present and proper notification given to athletes and their families. It is the responsibility of the coach to remain until the last player has been picked up.

### **Preseason/Tryouts**

**No student will be allowed to tryout without a current physical.** It is the responsibility of each coach to ensure that each player does indeed have a physical before participating in tryouts. The physical must be on file in the athletic office or brought to tryouts on the first day. Physicals are considered current if they are no more than 12 months old. If a physical expires during the season, a new physical must be obtained prior to the one year anniversary.

All eligibility forms must be completed and signed by the athlete and parent prior to the first day of tryouts. Attendance is expected for each day of tryouts.

### **Equipment References**

#### **FOOTBALL HELMET & PROTECTIVE EQUIPMENT MAINTAINING AND ENSURING PROPER FIT**

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Maintenance and correct fitting are essential to the use of all protective equipment. Football helmets must be fitted and properly maintained.

Please refer to the instructions and resources provided on this page, <http://content.riddell.com/ProperFit> to ensure athletes' equipment is properly fitted.

#### **BASEBALL AND SOFTBALL, HELMET MAINTAINING AND ENSURING PROPER FIT**

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Maintenance and correct fitting are essential to the use of all protective equipment. All equipment must be fitted and properly maintained.

Please refer to the instructions and resources provided on this page, [https://www.cdc.gov/headsup/pdfs/helmets/headsup\\_helmetfactsheet\\_batters\\_508.pdf](https://www.cdc.gov/headsup/pdfs/helmets/headsup_helmetfactsheet_batters_508.pdf) to ensure athletes' equipment is properly fitted.

- It is a parents responsibility to ensure that your athlete has the proper equipment. These references can be of assistance to you as you guide your athlete in the journey of athletics. If you have questions regarding equipment safety or concerns, please contact the athletic department or visit the website <https://nocsa.org/> that help with the safety of athletes.

### **Recruitment of Athletes**

Any potential students should be referred directly to the admissions office. At no time should a coach initiate contact with a potential student. Once the parents have initiated contact with the admissions office, then it would be appropriate for a coach to be in limited contact with the family. MCA does not offer financial aid for athletics as this is a violation of NCISAA policies.

### **Name, Image and Likeness Policy (NIL)**

A student-athlete may retain athletic eligibility under NCISAA regulations and engage in NIL activities for financial gain, provided the student's NIL activities and participation in interscholastic athletics remain separate.

Permissible and prohibited conduct along with the entire NIL policy can be found on the NCISAA website at [www.ncisaa.org](http://www.ncisaa.org).

### **Sportsmanship**

In order to achieve the goals and mission of our school and athletic program, we must be known as a school that demonstrates exemplary Christian sportsmanship. Coaches should lead by example and remember that our testimony is more important than winning or being right. Coaches should also address poor sportsmanship quickly and appropriately.

In accordance with the NCISAA Sportsmanship policy, no coach, player, spectator or other team personnel shall act in an unsportsmanlike manner. Prior to, during, or after game officials assume authority for the game, any action deemed unsporting will result in a two-game suspension. A second incident of unsporting behavior will result in a four game suspension.

Storming the court or field after the game is not permitted per the NCISAA guidelines.

Any student or spectator involved in a physical altercation may be suspended from any NCISAA competition for an entire year.

The entire sportsmanship policy is available online at [www.ncisaa.org](http://www.ncisaa.org).

### **Technical Fouls, Cautions, Ejections**

1. Any athlete receiving a conduct technical foul in basketball, a conduct caution (yellow card) in soccer, a caution (yellow card) in volleyball, or a verbal caution in baseball or softball, may be removed from the game for any time deemed necessary by the coach.

2. Any athlete receiving two technical fouls in one game, or red card, or ejection will be suspended from the next game.
3. Any athlete who receives a second ejection during the school year will be ineligible to participate in the next two athletic games or maybe removed entirely from the team.
4. Any coach that is ejected from a game will be subject to the penalties adhered to by the NCISAA. Any MCA coach ejected from a game will meet with the Athletic Director and Head of School before coaching their next scheduled game.

### **State Qualifying Athletes**

Student athletes who qualify for state competitions will be dismissed from school on the day of the state tournament. Sports that have individual state qualifiers are swim, tennis, golf, track, etc.

### **Travel and Transportation**

1. We believe that having the team ride together to away games helps build team spirit. Therefore, all students should ride together to and from away games unless prior arrangements have been made with the coach. Students riding home from an away game with anyone other than their parents/guardians must have parental permission and inform the coach.
2. Proper conduct is to be demonstrated while riding on school transportation. This includes remaining seated, keeping noise to a low level, and keeping hands and feet inside the bus.
3. Team dress standards will be determined by the coach.
4. It is the responsibility of the Head Coach to ensure that the bus is clean upon its return to the school.
5. It is the responsibility of the coach to remain until the last player has been picked up.
6. If an overnight trip is taken, it is the responsibility of the coaching staff to ensure proper supervision and that the boys and girls are in separate hotel rooms at all times during a hotel stay.
7. Coaches should avoid transporting one single athlete of the opposite sex. A suggestion would be: ask another player to ride the bus, ask the player to ride with another family, have another parent ride the bus, etc.

### **Overnight Expenses and Accommodations**

Players will be charged a minimal fee, approximately \$50 per night, for any overnight hotel stay that is associated with NCISAA state playoff tournaments. All other overnight expenses due to tournaments will be determined by the coaches.

In accordance with our religious beliefs and statement of faith, student athletes will be separated according to their biological sex for any overnight hotel stay. Refer to the Physical Privacy & Sexuality Policy located in the MCA Parent Student Handbook.

### **Uniforms**

1. All athletes should treat the MCA issued uniforms with great respect. Any lost or damaged items must be reported to the coach and the player will be responsible for the cost of replacing lost items.
2. Parents should ensure proper care with regards to the laundering of uniforms. All uniforms should be washed in cold water and allowed to air dry.
3. Careful attention should be given to the modesty of all uniforms and clothing worn during athletic events and practices.

4. All uniforms should be returned to the coach immediately after the final game. Uniforms not returned in a timely manner will be billed to the student's account.
5. Coaches are responsible for distributing and collecting all uniforms.
6. All apparel must be branded and approved by Metrolina Christian Academy.

**MCA Boosters**

The MCA Boosters support the athletic program in various venues promoting school spirit, providing concessions, collecting admission and sponsoring major athletic events throughout the school year. The MCA Boosters sell yearly passes to all home athletic events. MCA Athletic Boosters are God-driven, Parent-lead and Student-focused.

**Heat Policy**

Our Athletic Trainer is aware of our heat policy and is responsible for communicating with coaches when the precautions should take place. The following table displays the appropriate timing and duration of breaks needed to ensure athletes are not put at risk for a heat related illness or injury. It is each coach's responsibility to monitor the heat index on a regular basis during practice if a heat index monitor is available. Always err on the side of caution during the heat and ensure water breaks are often when heat is a factor.

**NCISAA Wet-Bulb Globe Temperature (WBGT) Practice Guidelines**

The NCISAA metric for measuring heat and humidity is the Wet-Bulb Globe Temperature reading. As a best practice, all member schools should apply the recommendations below.

TABLE 1:	
WBGT Index	WBGT Index and Athletic Activity Chart
	Athletic Activity Guidelines
Under 82.0°F	<ul style="list-style-type: none"> <li>• Normal activities – Provide at least three separate rest breaks each hour of minimum duration of 3 minutes each during workout.</li> </ul>
82.0°F - 86.9°F	<ul style="list-style-type: none"> <li>• Use discretion for intense or prolonged exercise; watch at-risk players carefully; Provide at least three separate rest breaks each hour of a minimum of four minutes during each.</li> </ul>
87.0°F - 89.9°F	<ul style="list-style-type: none"> <li>• Maximum practice time is two hours.</li> <li>• For Football: Players restricted to helmet, shoulder pads, and shorts during practice. All protective equipment must be removed for conditioning activities.</li> <li>• For all sports: Provide at least four separate rest breaks each hour of a minimum of four minutes each.</li> </ul>
90.0°F – 92.0°F	<ul style="list-style-type: none"> <li>• Maximum length of practice is one hour, no protective equipment may be worn during practice and there may be no conditioning activities. There must be 20 minutes of rest breaks provided during the hour of practice.</li> </ul>
Over 92.1°F	<ul style="list-style-type: none"> <li>• No outdoor workouts.</li> <li>• Cancel exercise.</li> <li>• Delay practices until a cooler WBGT reading occurs.</li> </ul>

- a. Administering and Recording Information:
  1. Administration
    - i. The Certified Athletic Trainer on staff will monitor conditions with the WBGT. In situations when an Athletic

Trainer is not on site/available, the Athletic Director is responsible for identifying a secondary staff member who is trained on the proper procedures and consistently carries out the established monitoring criteria.

2. Data Logs:
  - a. The following WBGT data should be recorded:
    - i. WBGT Temperature
    - ii. Time (Prior to practice, every 30 minutes depending on environmental conditions.)
    - iii. Location
    - iv. Action Taken (if any)
  3. The NCISAA has provided a sample log to use for this purpose. This log can be found under the Health & Safety tab of the NCISAA website.
- b. Recommendations for hydration and rest breaks:
  - i. Rest time should involve both unlimited hydration intake (water or electrolyte drinks) and rest without any activity involved.
  - ii. For football, helmets should be removed during rest time.
  - iii. The site of the rest time should be a “cooling zone” and not in direct sunlight.
  - iv. When the WBGT reading is greater than 86°F (30°C):
    1. Ice towels and spray bottles filled with ice water should be available at the “cooling zone” to aid the cooling process.
    2. Cold-immersion tubs must be available for practices for the benefit of any player showing early signs of heat illness.
  - v. Pre and post-practice weigh-ins should be conducted, if possible, especially during the early part of the season. (NOTE: an athlete who is not within 3% of the previous pre-practice weight should be withheld from practice and counseled on the importance of re-hydrating.)

### **Wet-Bulb Globe Temperature (WBGT) Game Guidelines**

- a. If the WBGT is above 92 a contest may continue. However, a pre-event meeting must be held between administrators, athletic trainers, officials, and coaches from both teams.
- b. The following actions should be taken and communicated to all those involved:
  - i. Mandatory breaks as directed by the gameday administrator (i.e., water/rest breaks every 15 min).
  - ii. Communicate the EAP for a heat emergency (i.e., location of readily accessible immersion bath, ice, and instrument to assess core temperature (rectal thermometer)).
- c. The following considerations should be evaluated and appropriate actions taken:
  - i. Moving/delaying the contest to a time of day where conditions will be improved (i.e., evening).
  - ii. The presence of trained medical personnel on site. If not, the event should be cancelled or postponed.
  - iii. Supplies readily accessible to assess core temperature (rectal thermometer) and provide rapid cooling on-site (plenty of ice and an immersion bath). If not, the event should be cancelled or postponed.

The following are common signs and symptoms related to heat illness but are not intended to represent a complete list. In the event an athlete is suffering from one or more of the following, the athlete should be referred to appropriate allied health care or medical professional for full evaluation.

- Muscle spasms/cramps
- Heavy or profuse sweating
- Skin is flushed or cool and pale
- Headache
- Dizziness
- Rapid pulse, nausea, weakness
- Disoriented, confusion
- Elevated body core temperature
- Cessation of sweating
- Red, dry skin
- Shallow breathing and rapid pulse
- Loss of consciousness

#### **Heat Illness/Injury Facts:**

- Adolescents take longer to acclimatize to the heat than adults
- Weight loss of water greater than 3% of body weight significantly increases the risk of heat related illness.
- 1.5 times the amount of water lost must be consumed to replace lost weight.
- Unrelated illnesses causing vomiting and/or diarrhea will increase risk of heat related illnesses. These conditions should be brought to the attention of the coaching staff prior to participation and close monitoring of these individuals should take place during practice sessions and competition.
- Athletes taking certain medications including diuretics, antihistamines, beta blockers and anti-cholinergics are at higher risk for heat illnesses.
- Light colored breathable clothing can assist the body in cooling.
- Athletes who are overweight, poorly conditioned, recovering from illness, lacking in sleep, or taking medications are at added risk for heat illnesses and should be monitored closely and/or have their participation level modified.

#### **Cold Weather/Wind Chill Guidelines**

1. Exposure to severe cold weather cannot only be uncomfortable for athletes, but can potentially impair performance and even become life threatening. Conditions created by cold exposure include frostbite and hypothermia. Wind chill, which is the perceived decrease in air temperature felt by the body on exposed skin due to the flow of air, can impair performance when muscle temperature declines. When temperature or wind-chill (which is lower than actual temperature) reaches 25° F, frostbite can occur in 30 minutes or less. Hypothermia frequently occurs at temperatures above freezing. A wet and windy 30-50 degree exposure may be as serious as a sub-zero exposure.

2. Frostbite is the freezing of superficial tissues, usually of the face, ears, fingers, and toes. Hypothermia, a significant drop in body temperature, can lead to profound exhaustion and energy depletion. The resulting failure to the temperature-regulating mechanisms constitutes a medical emergency.

3. Precipitation can have an added effect on body temperature. When the body and clothing are wet (whether from sweat, rain, snow, or immersion), the cooling is even more pronounced due to evaporation of the water held close to the skin by the wet clothing.

4. Clothing is one of the most important aspects of keeping the athlete's body warm. Athletes should dress in layers and try to stay dry. Layers can be added or removed depending on temperature activity and wind chill. Moisture, whether from perspiration or precipitation, significantly increases body heat loss. Athletes should layer themselves with wicking fabric next to the body, followed by lightweight pile or wool layers for warmth. Athletes should use a wind-block garment to avoid wind chill during workouts. Heat loss from the head and neck may be as much as 50% of total heat loss; therefore, the head and neck should be covered during cold conditions. Other extremities should be covered at all times to protect from the wind chill.

5. Also coaches and athletes should be aware that hydration is important during cold weather activity. Cold exposure/activity requires similar hydration to room temperature; however, the thirst reflex is not activated. It is recommended that athletes make concerted efforts before and after practice to hydrate. Cold exposure/activity requires more energy from the body therefore an additional calorie intake may be required.

6. Recognizing early signs of cold-induced stress may prove to be important in preventing cold weather-related injuries. The following signs and symptoms are considered to be early warning signs:

- a. Shivering
- b. Abnormal sensation in the extremities (e.g. numbness, pain, or burning sensation)
- c. Disorientation
- d. Slurred speech

7. Athletic Trainers, administrators and coaches should regularly check the temperature/wind chill. The following precautions will be in effect for all outdoor practices and team workouts. Games will be governed by game officials and NCISAA rules and regulations. Athletic trainers should encourage proper warming apparel and use of sideline warming devices, if available.

**Precipitation Conditions** (Includes rain, sleet, and/or snow)

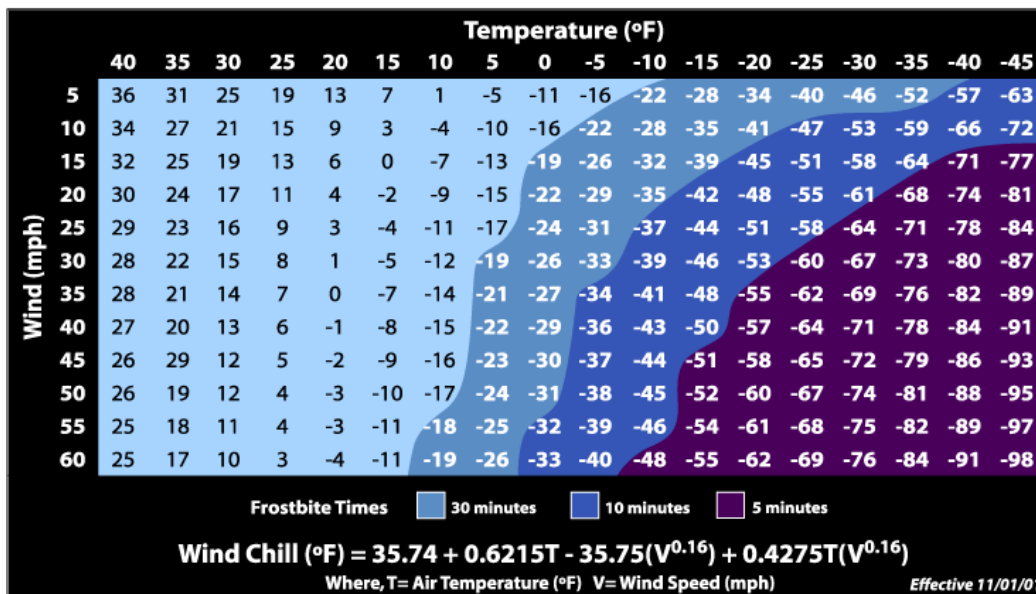
TABLE 1:	
Wind Chill Factor 36°-50° F	<ul style="list-style-type: none"> <li>• Be aware for the possibility of cold related injuries.</li> <li>• Outside participation allowed with appropriate attire.</li> </ul>
Wind Chill Factor 33°-35° F	<ul style="list-style-type: none"> <li>• 45 minutes of outside exposure then 20 minutes inside a gym or locker room (may return outside after 20 minute warm-up period)</li> <li>• Maximum of 90 minutes outside exposure</li> <li>• Keep clothing dry particularly socks, gloves</li> <li>• Athletes must be dressed in layers with extremities covered</li> </ul>
Wind Chill Factor 32° F or lower	<ul style="list-style-type: none"> <li>• All practices will be inside</li> <li>• No outside exposure</li> </ul>

**Dry Conditions (No precipitation)**

TABLE 2:	
Wind Chill Factor 32°-50° F	<ul style="list-style-type: none"> <li>Be aware for the possibility of cold related injuries.</li> </ul>
Wind Chill Factor 26°-32° F	<ul style="list-style-type: none"> <li>45 minutes of outside exposure then 20 minutes inside a gym or locker room (may return outside after 20 minute warm-up period)</li> <li>Maximum of 90 minutes outside exposure</li> <li>Athletes must be dressed in layers with extremities covered</li> </ul>
Wind Chill Factor 15°-25° F	<ul style="list-style-type: none"> <li>30 minutes of exposure/20 minute warm-up period inside gym or locker room/30 minutes of exposure</li> <li>Maximum outside exposure time of 90 minutes</li> <li>Athletes must be dressed in warm-ups with extremities covered</li> <li>Wet clothing must be changed during the warm-up period</li> </ul>
Wind Chill Factor 15° F or lower	<ul style="list-style-type: none"> <li>All practices will be inside</li> <li>No outside exposure</li> </ul>



## Wind Chill Chart



**Lightning Policy**

The student athlete's safety are the direct responsibility of the individual head coach, athletic trainer, and administrator in charge. Our lightning policy is as follows:

1. Each NCISAA member school must have a plan to address inclement weather for players, officials, visitors, and fans. This plan should include:
  - a. Safe locations from the lightning hazard for all venues and communicate these locations.

- b. Establish a system to warn athletes and spectators of potential lightning danger.
  - c. Designate a weather spotter to monitor conditions.
  - d. Have a plan for safely dismissing student athletes if a contest is suspended.
2. The safety of the student athlete is the direct responsibility of the individual head coach, athletic trainer and/or administrator in charge. It is the home team's responsibility to notify visiting teams and officials of the lightning policy and inform them, ahead of time, about where to seek shelter should there be threatening weather.
3. Enforcement of these standards is the responsibility of the game administrators, athletic trainers and coaches.
4. When a situation arises where any of the above mentioned parties feels the athletes are in danger, he/she shall call the officials and the opposing team head coach together and express concern regarding the weather.
5. The administrator in charge and/or officials have the authority to discontinue play until a safe environment is restored.
6. The decision to discontinue and resume play will not be compromised as a result of concerns over travel or time.
7. On-site commercial lightning prediction/detection systems can be used to make decisions for pre-empting and resuming play.
8. Other electronic devices including weather apps are useful tools, but cannot be used as the sole determination for stopping or resuming play.
9. When thunder is heard or lightning is seen, stop activity immediately. At night, under certain atmospheric conditions, lightning flashes may be seen from distant storms. In these cases, it may be safe to continue an event. If no thunder can be heard and the flashes are low on the horizon, the storm may not pose a threat. Independently verified lightning detection information would help eliminate any uncertainty.
10. Seek an enclosed shelter at once (i.e. buildings, buses, restrooms; not dugouts, picnic shelters or trees). Leave equipment out if it cannot be brought in immediately.
11. In the event that either of the above situations occur, allow 30 minutes to pass after the last sound of thunder or sight of lightning that is followed by thunder to resuming play.

The policies are the responsibilities of the administrators, athletic trainers, and coaches. When a situation arises where either of the above mentioned parties feels that athletes are in danger, he/she shall call the officials, visiting team head coach and trainer, administrator in charge, and express their concern regarding the weather. The administrator in charge will have the authority to discontinue play until safe environment is restored. This safe environment will not be compromised as a result of concerns for the time or travel.

### **Disclaimers**

Please be aware that no handbook at Metrolina Christian Academy serves to contractually bind the school in any way. Handbooks are subject to change without notice by the school's governing body.