ATHLETIC HANDBOOK

STRONG ROCK

ATHLETICS

2026-2027 SCHOOL YEAR

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Parents, Student-Athletes & Coaches:

The mission of Strong Rock Christian School is to glorify God and partner with families in educating and inspiring their children to impact the world for Jesus Christ – **The Strong Rock**. The athletic department serves to compliment and advance our school community by presenting, promoting, practicing and preserving our mission. In order to protect that mission and develop a holistic approach to each student, Strong Rock Christian School is centered on the four pillars of academics, fine arts, missions and athletics.

The athletic pillar strives to empower Christ-like character while nurturing God-given physical talents by producing *effective outcomes* (technical skills, tactical sports IQ and long-term physical development), creating *exceptional experiences* (spiritual growth, social skills and leadership opportunities) and providing *engaging environments* (facilities, equipment and Christ-Centered coaching).

Through participation in team and individual sports, students learn not only athletic skills necessary to successfully compete, but also fundamental life skills that will remain with them throughout their lives. Athletics assist in creating challenging goals to improve the mind, body and team while exploring our created purpose behind deep relationships with the soul, the family and the world.

We believe that every student has the potential to positively contribute to the success of any team or event and encourage students to explore the many athletic offerings at Strong Rock Christian School. Our athletics program emphasizes a Long Term Athletic Developmental (LTAD) framework to ensure that training, competition and recovery schedules are appropriate for an athlete at each specific stage of their growth and development.

It is the role of the athletic department to make policies and rules that govern the spirit of competition for the school. These rules need a broad base of community support, which is achieved only through communication with the athlete, parent and coach. We hope to accomplish this objective through this handbook for parents, student-athletes and coaches. We ask that you read this handbook thoroughly, and sign and return the acknowledgement which is located at the end of this handbook.

Let's Go Patriots!

Gary Schofield Jr., MAT, CSCS*D, RSCC*E
Director of Athletics
Strong Rock Christian School

Gavin Chapman, MAA, MAT
Assistant Athletic Director
Strong Rock Christian School

ATHLETICS - MISSION, VISION & MOTTO

MISSION: To *engage, educate* and *empower* our athletes, parents and coaches to become the GREAT they were created to be in both sport and life. (*Ps 139:13-14*)

VISION: Striving to empower Christ-like character while nurturing God-given gifts.

MOTTO: "Creating Champions for Christ Through Competition"

ATHLETICS - PHILOSOPHY & PURPOSE

Strong Rock Christian School is committed to providing a diversified, participatory and successful athletic program that is available to all students. Our school believes that such a program is a vital and integral part of the total school environment and plays a key role in the overall development of each student who is involved in the athletic program. It is our belief that the athletic program at Strong Rock Christian School should assist students in developing courage to build confidence and the qualities of good citizenship, as well as in impacting the world for Jesus Christ.

It is the purpose of this handbook to set forth the operating procedures for the students, parents and athletic staff at Strong Rock Christian School. It is designed as a reference source that will facilitate the process of seeking and clarifying information concerning administrative and athletic policies and procedures as well as promote a framework that will lead to the effective and efficient application of those policies and procedures.

ATHLETIC AFFILIATION

Strong Rock Christian School will compete in the **Georgia Independent Athletic Association (GIAA), District 5 & 6.** All athletic contests are operated under the rules and regulations governing that sport by the National Federation of High School Athletics and the Georgia Independent Athletic Association.

ATHLETIC PROGRAMS OFFERED

High School

Fall	Winter	Spring
Football	Boys Basketball	Baseball
Volleyball	Girls Basketball	Track & Field
Cross Country	Wrestling	Boys Soccer
Softball	Basketball Cheer	Girls Soccer
Competitive Cheer	Swimming	Boys Tennis
Sideline Cheer	Bass Fishing	Girls Tennis
Clay Target		Boys & Girls Golf
		Boys Lacrosse
		Girls Lacrosse

Middle School

Fall	Winter	Spring
Football	Boys Basketball	Baseball
Volleyball	Girls Basketball	Track & Field
Cross Country	Wrestling	Boys Soccer
Softball	Basketball Cheer	Girls Soccer
Sideline Cheer	Swimming	Boys Tennis
		Girls Tennis

Junior Pro

Fall	Winter	Spring
Tackle Football (5-6)	Boys Basketball (2-5)	Run Club (3-5)
Flag Football (2-6)	Girls Basketball (2-5)	Boys Soccer (3-5)
Volleyball (3-5)	Wrestling (K-5)	Girls Soccer (3-5)
Run Club (3-5)		
Softball (3-5)		

ATHLETIC PROGRAM GOALS

EFFECTIVE OUTCOMES:

Technical - To develop the fundamental sport skills needed to progress to compete.

Tactical - To develop a strategic understanding of the game and competition, the sports IQ.

Physical - To develop movement patterns, relative strength, power, speed, agility and fitness to play more and play better.

EXCEPTIONAL EXPERIENCES:

Social - To develop positive interaction with students, faculty, parents & the community.

Spiritual- To develop and foster growth through spiritual and biblical character development and a service mindset.

Leadership - To develop skills and provide opportunities to lead others to get to difficult but desirable destinations.

ENGAGING ENVIRONMENTS:

Facilities - To provide and maintain first-class facilities to inspire excellence in play and promote responsibility and accountability of what GOD has provided through our community and school.

Equipment & Technology- To demonstrate athletic skills and God-given talents that the coaches, athletes and team have worked diligently to develop.

Christ-Centered Coaching— To offer committed, Christian coaches that are trustworthy, knowledgeable, effective, passionate and transformational, known as “The Strong Rock Way”.

PATRIOT CORE VALUES, BEHAVIORS & ACTIONS

P	**PASSION**	We do not chase *A PASSION* but, instead, do everything *WITH PASSION, ENERGY & ENTHUSIASM.* ***(Col 3:23)***
A	**ACCOUNTABILITY**	We will own our responsibilities and actions, communicate constructively and focus on the process - not the outcome. ***(Heb 10:24-25)***
T	**TOUGHNESS**	We will lead with courage and never allow room for fear. ***(Ps 27:1)***
R	**RESPECT THE GAME (*1 Thes 5:12-13*)**	We will respect the game as ***coaches*** by teaching solid fundamentals, building leaders, and developing the best schemes to fit our personnel. We will always respect the game as ***players*** by giving our best and encouraging others to give their best. We will respect the game as ***fans*** by modeling Christ in promoting an environment that is rich in sportsmanship.
I	**INTEGRITY**	We will strive for athletic excellence and train to win without seeking or allowing any option that lacks morals or ethics. ***(Pro 2:6-7)***
O	**ONE TEAM. ONE MISSION. ONE GOD.**	We will listen to the right voices and not be tempted by outside influences that seek to promote individuals over our team, do not protect our mission and/or do not glorify our God. ***(1 Cor 1:10)***
T	**TRUE EXCELLENCE**	#WEWILL pursue all that is RIGHT; all that is JUST, all that is TRUE. ***(Phil 4:8)***
S	**SERVANT LEADERSHIP**	This is a FAMILY. We care about the person to our left and to our right. We are in this together. When you engage one of us, you get all of us. ***(Col 3:23-24)***

INTERSCHOLASTIC ATLETICS PURPOSE

As stated earlier in this handbook, interscholastic athletics is one of the four pillars of Strong Rock Christian School. Unlike recreational sports, interscholastic athletics at the varsity, JV and MS-A levels are based upon competition and program performance ***(1 Cor 9:24)***. Successful programs will combine the attributes of winning with the objectives and philosophies of participation as stated in this handbook. Our staff of committed, dedicated and professional coaches must make decisions on the playing status of all student-athletes based on what are the best options for the team and program to be successful.

Athletic programs at the Junior and MS-B level that are focused on development may be offered in various sports with the intent of ensuring training, competition and recovery schedules are appropriate for an athlete at each specific stage of their growth and development. Some of these programs will not travel or compete against outside schools or clubs but, instead, hold controlled competitions amongst themselves. Those programs will act more as competitive recreational athletics with balanced playing time and no-cut policies.

PARENT/COACH COMMUNICATION PROCESS

A. The athlete should meet with her/his coach first.

B. Next, the parent should talk to their child's coach. However, never meet with the coach immediately before or after a contest. Please contact the coach at least 24 hours after by phone or email to arrange an appropriate meeting.

C. If your questions are not sufficiently addressed, feel free to make an appointment with the Athletic Director, please contact the Assistant to the Athletic Director to arrange a meeting time.

D. If your issues are still unresolved, contact the office to meet with the Principal.

*Appropriate concerns to discuss with coaches are: (1) mental and physical treatment of your child; (2) ways to help your child improve; and (3) concerns about your child's behavior.

*Issues that are not appropriate to discuss with coaches are: (1) team strategy; (2) play calling; and (3) other student athletes.

*Following these steps will demonstrate respect for all individuals involved and allow our student athletes to see proper methods and means of conflict resolution.

All programs will utilize the Band App for communications (there will be no direct cell phone texts beyond this app). There will also be a weekly email from the Head Coach at the start of a week to review upcoming practices and events

Note: Do not attempt to confront a coach before, during or after a practice or contest. These can be emotional times for both the parent and the coach and generally do not promote a resolution. All meetings should be at least 24 hours following a practice, contest or event.

HIGH SCHOOL PARTICIPATION

All the following criteria must be satisfied prior to any student-athlete's participation in any High School athletic practices, games, or team function:

- Eligibility status filed and verified by the Georgia Independent Athletic Association as well as all local requirements as specified by Strong Rock Christian School; the GIAA requirements for eligibility are as follows:
    - A student must be a regular student taking 3 or more units, per semester in Grades 9 through 12. ***GIAA Allows participation for 8th grade students as long as they meet the general requirements noted herein.*** Events with non-GIAA affiliation may not allow 8th graders to participate and must be communicated in advance for proper protocols.
    - All student-athletes must have passed a minimum of 5 classes taken during the previous semester.
    - There are other stipulations concerning eligibility that are set forth by the Georgia Independent Athletic Association that are too numerous to mention here. If you have any questions concerning eligibility, please feel free to contact the Athletic Director. Eligibility is taken very seriously by the administration at Strong Rock Christian School. Infractions concerning eligibility have been dealt with very seriously by the Georgia Independent Athletic Association and infraction penalties may include fines imposed on offending schools and/or the forfeiture of games.
- A complete physical examination form on file with DRAGONFLY, http://www.dragonflymax.com/, school Athletic Director and the Head Coach of the sport in which the student-athlete wishes to participate stating that the student-athlete is cleared to participate without restrictions or with specific restrictions noted. The physical form can be obtained either from the School Website, Head Coach, Athletic Director or Athletic Trainer.
- Completed forms for heat policy, concussion awareness, and sudden cardiac arrest prevention.
- Emergency Care card on file with the school Athletic Director, trainer, and the Head Coach of the sport in which the student-athlete wishes to participate.
- Documentation of current and active insurance coverage for the student-athlete
- Parents guardians and/or school athletic department; in addition, a statement signed by the parent/guardian of the student-athlete verifying the understanding that the school is not responsible for any financial obligations above and beyond the primary and secondary insurance coverage payments in the event of an accident and/or injury in the normal course of athletic participation by the student-athlete.
- In the event of an injury, a written doctor's medical release must be on file with the school Athletic Director, trainer and the Head Coach of the sport in which the student-athlete wishes to participate that clears the student-athlete to participate without restrictions or with specific restrictions noted on the release.

MS/JUNIOR PARTICIPATION

A Middle School student is ineligible to participate until the following requirements have been completed:

- A complete physical examination form on file with DRAGONFLY, http://www.dragonflymax.com/, school Athletic Director and the Head Coach of the sport in which the student-athlete wishes to participate stating that the student-athlete is cleared to participate without restrictions or with specific restrictions noted. The physical form can be obtained either from the School Website, Head Coach, Athletic Director or Athletic Trainer.

- Completed forms for heat policy, concussion awareness, and sudden cardiac arrest prevention. (Found on Dragonfly)

- Emergency Care card/information on file with the school Athletic Director, trainer, and the Head Coach of the sport in which the student-athlete wishes to participate.

- Documentation of current and active insurance coverage for the student-athlete

- A Waiver and Release Form signed by the parent/guardian of the student-athlete verifying the understanding that the school is not liable for injury nor responsible for any financial obligations above and beyond the primary and secondary insurance coverage payments in the event of an accident and/or injury in the normal course of athletic participation by the student-athlete. This form also provides consent to emergency medical treatment if parent is unable to be contacted.

A Junior (Elementary) student is ineligible to participate until the following requirements have been completed:

- Emergency Care card/information/registration and documentation of insurance on file with the school Athletic Director, trainer, and the Head Coach of the sport in which the student-athlete wishes to participate.

- All academic or behavioral eligibility requirements are satisfied.

- A Waiver and Release Form signed by the parent/guardian of the student-athlete verifying the understanding that the school is not liable for injury nor responsible for any financial obligations above and beyond the primary and secondary insurance coverage payments in the event of an accident and/or injury in the normal course of athletic participation by the student-athlete. This form also provides consent to emergency medical treatment if parent is unable to be contacted.

- AT ALL LEVELS: *In the event of an injury, a written doctor's medical release must be on file with the school Athletic Director, trainer and the Head Coach of the sport in which the student-athlete wishes to participate that clears the student-athlete to participate without restrictions or with specific restrictions noted on the release.*

ACADEMIC REQUIREMENTS

Strong Rock Christian School maintains that academics and athletics are collaborative partners in the overall development of the student-athlete. Based on this principle, the athletic department believes and will require each student-athlete to meet the following academic requirements:

- School generated progress reports (issued every 9 weeks) will be used to track any academic deficiencies of our student-athletes. The Athletic Director and Head Coaches will meet and review the progress reports results to identify those student-athletes with academic deficiencies. If at any of those grade report intervals a student-athlete has a failing grade in any course(s), the student-athlete may be placed on academic /athletic probation and be required to attend either mandatory tutoring sessions for at least 2 hours per week in any and all courses in which they have a failing grade if the academic deficiency is the result of academic problems as determined by the teacher of the course. If it is due to work ethic as determined by the teacher, then the student-athlete may be required to attend mandatory study hall Tuesday, Wednesday, Thursday, and Friday mornings. This process will continue until the next grade report is issued. The student-athlete may continue their participation in athletics if they attend the mandatory tutoring or study hall sessions as required. Failure to attend the required tutoring will result in suspension from the team until the student-athlete meets the tutoring requirements.

- If at the next grading period the student - athlete has made Satisfactory Progress **(as determined by the teacher of the course(s), the School Athletic Director and the School Principal)** in correcting the earlier grade deficiencies, the student-athlete will be allowed to return to non-probationary status. If the student-athlete has not made satisfactory progress in correcting grade deficiencies they will be prohibited from practice, games, and team functions until the point in time that the grade deficiencies have been corrected to an acceptable level.

EARLY DISMISSALS

Students need to check with teachers for assignments and tests prior to release. Students are required to make up tests and assignments based on our handbook and teacher syllabus.

TRYOUTS & TEAM PLACEMENT

Each Middle School and High School athletic team at Strong Rock Christian School will have the most objective method possible to select teams for the sports that have tryouts to determine the final roster placement. **Each Head Coach/Program Director will submit to the Athletic Director a written plan detailing the criteria and procedures used to determine team membership**. Once approved, this criteria will be clearly communicated in writing to all potential team members prior to the beginning of any tryout sessions and the results of evaluations will be documented and available for review at the conclusion of stated tryout period.

Include the following:

- Dates and lengths of tryout sessions.
- Set measurable standards of evaluation.
- Maintain a digital/written evaluation available to discuss.
- Meet with students face to face; be willing to provide advice and counsel for those who do not make the team.
- Be ready and available to meet with parents.

Strong Rock athletics program is based on participation. There will be an attempt to include as many athletes on a team and in a program as possible including adding a B-Level team, JV program, etc. There will be no cuts for any Junior or Junior Pro program. **When and if cuts are made at the Middle School or High School level, the Head coach will submit the list to the Athletic Director for approval and authorization before any communications are made.**

** The coaching staff and sport directors may progress or regress a student athlete team placement as needed to provide better opportunities to learn a skill or improve understanding of a sport. Some athletic offerings may or may not have multiple teams depending on athletes available or the competitive demands of the athletic activity involved.*

Eligibility & Standards for Team Captains:

Purpose. Captains will be utilized as a liaison between athletes and coaching staff. The role is to model good sportsmanship and to lead on and off the field by example.
Selection. Teams may or may not use players as part of process. Coaches have final decision for nomination and the Athletic Director will provide final approval. It is not mandatory to have a captain.
Eligibility. This position is available to seniors with at least two years of team play, exceptional juniors may be considered. A sophomore captain is an exceptional event and must be approved by the Athletic Director.
Standards. 1) Captains will adhere to all rules and policies of Strong Rock Christian School, the athletic department and of the GIAA. 2) Adhere to all team rules set forth by the coaching staff. 3) Conduct themselves in a manner with high standards of conduct, citizenship and spiritual understanding. 4) Maintain a B average and have no failing grades.
Dismissal. Failure to adhere to the standards will result in a meeting to discuss possible dismissal and action plan.

DUAL ATHLETIC PARTICIPATION

Strong Rock Christian School encourages participation in all areas of the athletic department. However, because of scheduling conflicts, student-athletes are generally prohibited to participate in multiple (more than one) sports within an independent season (not including summer athletics). Exceptions to this rule are as follows:

- If a student-athlete requests to participate in two concurring sports, a meeting must be arranged for the Head coaches of the two sports, the student-athlete and parents, and the school Athletic Director. This group will decide if it is beneficial for the student-athlete, the individual sports, and the total athletic department for dual participation within a season. Parameters will also be set during this meeting before dual athletic participation is approved.

GENDER EQUITY

Strong Rock Christian School is committed to providing equal opportunities and treatment for both sexes. Any concerns regarding such issues should be brought to the attention of and discussed with the school Athletic Director, Principal and Head Coach of the sport in which the concerns exist. Strong Rock Christian School reserves the right to make decisions for the best interest of the school and school community.

PRACTICE & ATTENDANCE

Absences
Strong Rock Christian School policy prohibits participation in any extracurricular activity if a student is not present at school for at least one-half of the school day unless there is a clear and justifiable reason for the absence. Any student who is absent for more than one-half of a school day and wishes to participate in an extracurricular activity on that day must receive approval to do so by the Athletic Director

Missed Practices, Games, Team Functions
Student-athletes are encouraged to attend all practices, games, and team functions as a part of developing and displaying dedication and commitment to the activity in which they wish to participate. The student-athlete should contact the Head Coach **prior** to missing or being tardy to practices, games, and team functions for the absence or tardy to be classified as excused. The Head Coach will consider emergency situations where contact may not be possible. Consequences for excused and unexcused absences from practices, games and team functions will be at the discretion of the Head Coach and clearly outlined in the individual sports Parent-Player meetings and details will be shared and on file with the school Athletic Director.

Practices: In-Season
Although practice schedules differ from sport to sport it is our philosophy that our student-athletes are **students first and athletes second**. We strongly encourage our coaching staff to take this philosophy into consideration when developing practice and game schedules. There may not be any mandatory or voluntary practices on Sundays. All Wednesday practices will begin no earlier than 3:15 p.m. and will dismiss by 5:30 p.m. with the aim for student-athletes to leave by 5:45 pm. There are no games allowed on Wednesdays per school regulations. Exceptions to the Wednesday no-game rule will be granted only in situations deemed necessary by school administration and leadership. Requests for this allowance must be made through the Athletic Director.

Practices: Off-Season
Practices held during the off-season may not be mandatory nor may they be a prerequisite for participation or membership on a team. This means that a coach cannot require a student-athlete to make up a practice they miss out of season. While rewards and incentives may be used to encourage attendance, participation may not be made mandatory. Please note that the GIAA does permit off-season practices to take place in sports with no greater than 4 athletes present at any one time. There is no limit on number of coaches allowed. Since many of our student-athletes play multiple sports, all coaches must discuss and agree on participation and involvement in off-season training. Please feel free to call the Athletic Director if you have any questions about off-season practices.

** Note: ALL practices, trainings, meetings or other activities involving athletes must follow all GIAA rules and regulations and must be **directly** supervised by an approved coach. Supervisor approval must be from Athletic Director.*

TRANSPORTATION & TRAVEL

Students involved in all extracurricular activities at Strong Rock Christian School will be provided transportation to and from all events when possible. Transportation provided by the school will include a bus and a trained driver to drive this bus. This is the safest way for your son and/or daughter to get to and from events. Following any events, student-athletes at Strong Rock Christian School will not be released to any individual to ride private transportation except the student-athlete's parent(s) or legal guardian. In the rare case where other transportation home is needed, which is discouraged except in cases of emergency, the parent(s) or legal guardian will have to provide a written request to the Head Coach of the sport in which the student-athlete is participating 24 hours in advance.

Under no circumstances will student-athletes be allowed to be transported by any driver that is not on the "Approved Driver" list that is on file at the school. Parents transporting students other than their own need to contact the Director of Human Relations to become an approved carpool driver.

If a parent requests transportation of their child from another student, a permission slip must be signed from both the drivers parents or legal guardians and the riders parents or legal guardians. This permission slip can be found in the high school office and **must be completed at the start of each season.**

In the event of a late afternoon or evening practice, students that do not have a driver's license, may not leave campus between the end of the school day and the beginning of practice.
A study hall or team gathering area will be provided and supervised by the head coach. If a student has a driver's license, they may leave campus if and only if, the head coach is provided with a signed permission form for the entire season.

For Middle School & Junior Programs (elementary): events on and off-campus will most often require the family to procure travel to the competition site. The school will attempt to provide transportation if at all possible. If for some reason a student needs to leave with his/her parent, a coach must be notified prior to leaving. Students may only leave with their parent unless authorized in writing and approved by the Head Coach and Athletic Director ahead of time.
*Parents transporting students other than their own need to contact the Director of Human Relations to become an approved carpool driver.

Early Dismissals: Students need to check with teachers for assignments and tests prior to release. Students are required to make up tests and assignments based on our handbook and teacher syllabus

COMMITMENT TO TEAM

Consequences for Quitting a Sport During the Season
Student - athletes are expected to complete the season of the sport in which they are participating in its' entirety. However, we recognize that conflicts do arise and that there may be no other satisfactory solution than for a student-athlete to leave the team. If such a situation occurs, it is requested that the student-athlete and their parent(s) meet with the Head Coach, the school Athletic Director, and / or the Principal to discuss the reason(s) for quitting the sport. If a resolution cannot be reached that would allow for continued participation, then all parties will agree that this is the best course of action. **If a student - athlete quits one sport, he/she will not be allowed to participate in another sport until the first team's season is over.** A conference with Athletic Director, the Head Coach of the sport which the student-athlete quit, and the Head Coach of the sport in which the student-athlete wishes to participate will need to take place. The welfare of the school's total athletic program, the teams involved, and the student-athlete will be considerations as to whether the student-athlete will be allowed to participate. Both long-term and short-term effects will be considerations in reaching a final decision.

Extracurricular Conflicts
Strong Rock Christian School encourages students to become involved in a variety of extracurricular activities according to their individual interests and skills. The faculty and staff at Strong Rock Christian School are committed to working together to allow maximum student involvement. We recognize that this philosophy will result in conflicts between the many extracurricular activities from time to time. Head Coaches and/or Sponsors, the school Athletic Director and/or Fine Arts Director along with the student and parent(s) will meet to work out a satisfactory solution based on the following considerations:

- Best interests of the student
- Best interests of the school
- Best interests of the team/activity

LETTERING POLICY & NCAA CLEARINGHOUSE

A student-athlete may be awarded a letter by completing the season in a varsity sport only and should be earned through dedication and commitment to that sport and making a significant contribution to the total team effort throughout the entire season. The criteria for lettering will be if a student-athlete completes the varsity season in good standing as determined by the Head Coach of the sport. Lettering criteria may be adjusted and detailed by the Head Coach but must meet with Athletic Director approval. Once approved, clear communication to the players and parents must be made.

AFTER a student-athlete has met the criteria for lettering, they are eligible for a letter jacket. Letter jacket fitting/ordering meetings will be held once per school year. A sport specific pin will be awarded for a first-time letter winner. All successive letters will be awarded in the form of a "bar" for the student-athlete's jacket. If a pin or bar needs to be replaced by the school because it was lost or broken, the student-athlete will be charged $3.00 for each.

NCAA Eligibility Center

If you are a prospective student-athlete at a Division I or II college or university, you have certain responsibilities to attend to before you may participate. Information concerning who needs to register with the NCAA Eligibility Center and what documents will be submitted can be found in The Guide for College-Bound Student-athletes on the NCAA website, https://web3.ncaa.org/ecwr3/.

STUDENT-ATHLETE RESPONSIBILITIES

Each student-athlete is a representative of Strong Rock Christian School, the community, their family, and themselves. The actions and appearance of the student-athlete will be viewed by others as a direct reflection of each of these entities. It is the responsibility of each student-athlete to conduct himself or herself in such a manner as to not bring shame and ridicule to all these entities. Any actions that violate this principle will not be tolerated and severe or continuous behavior to that effect may result in suspension of playing privileges or permanent removal from the team or activity. In reference to this responsibility:

- **Conduct of a Student-athlete in the classroom and in the total school environment:** It is our belief and expectation that a good student-athlete will portray himself or herself as a positive role model. A lack of dedication and commitment to uphold this standard throughout the total school environment will translate into a similar lack of dedication and commitment in athletics. We expect each student-athlete to conduct himself or herself in such a manner as to exemplify the positive qualities of giving maximum effort to attain success in the classroom and in all other school activities. We also expect each student-athlete to conduct himself or herself as a positive role model by adhering to accepted standards of conduct and behavior in the classroom and throughout the school.
- **Conduct of the student-athlete in athletic participation**:
  It is our belief and expectation that each student-athlete should conduct himself or herself as a winner no matter whether they or their team has won or lost an athletic contest. All opponents have worked equally hard to attain success and should be treated with the utmost respect in all situations. Each student-athlete should also conduct himself or herself in practices and games in such a manner as to not be detrimental to the specific athletic team, the entire athletic program of the school, the school as a whole and the community.
- **Grooming and dress policy for student-athletes:**
  As representatives of Strong Rock Christian School, the community, their family, and themselves, student-athletes are expected to adhere to all dress code policies as stipulated by the Strong Rock Christian School Family Handbook. Individual Head Coaches may require more stringent rules regarding grooming and dress policies for student-athletes on their team; however, those rules must at least meet the minimum requirements as stated in the Strong Rock Christian School Family Handbook. Violations will be dealt with both as a school disciplinary issue as well as a violation of school athletic policy and should be addressed by the Head Coach of the sport in which the student-athlete is a current participant.

PARENT RESPONSIBILITIES & SPORTSMANSHIP

- Support your student athlete's athletic experience by taking an interest in the experience of the whole team.
- Model good sportsmanship for your student athlete by respecting opponents and officials. Cheer for Strong Rock's teams and not against the opponents.
- Let your student athlete know that, win or lose, he/she is loved and his/her efforts are appreciated.
- Respect the coach. Do not coach from the stands. Do not raise concerns with the coach immediately before or after a contest. (This is not a time when issues can nor should be resolved.)

Team Parent Responsibilities (Junior/Elementary Level): The team parent will be the main line of communication between the coach and the other parents of team members. Team Parents will be contacted about game changes, as well as other pertinent information; they in turn will pass on these communications to the rest of the parents. The team parent will also be responsible for organizing the team snacks.

Sportsmanship:

Fans (both students and adults) are an important and integral part of every athletic contest. They serve to authenticate the positive values learned through athletics and to support the personal efforts and successes of individual players. Occasionally, fan behavior can harm an athletic event. The following is to provide clarity about inappropriate behavior. At all Strong Rock athletic events, it is inappropriate to engage in:

- Taunting
- Verbal abuse of officials, coaches, players, or opposing fans
- Any obscene gestures
- Throwing objects
- Signs or posters that degrade teams, officials, or players
- Vandalism
- Violence
- Consumption of drugs or alcohol

ATHLETIC DISCIPLINE PROCESS & PROCEDURES

Disciplinary actions taken by school administration may be supplemented by additional athletic disciplinary actions as deemed appropriate and noted below. It is not the purpose to utilize physical exercise as a punishment or for corrective action.

Athletic Discipline Definitions

Athletic Discipline: Athletic discipline means all forms of reasonable corrective action or sanction other than athletic probation, athletic suspension or athletic disqualification and may include the exclusion of a student-athlete from an activity by a coach for a specified period of time. *The Head Coach/Program Director must inform the Athletic Director of all such measures within 24 hours.*

Athletic Probation (Non-Academic): Athletic probation is a period during which a student-athlete remains a part of the team/squad while he or she is given an opportunity to correct the deficiencies *in a time prescribed by the Head Coach/Program Director and approved by the Athletic Director*. During athletic probation, student-athletes will continue to participate in sport practices but will not be eligible to participate in team activities and competitions/games.

Athletic Suspension: Athletic suspension is a period during which a student-athlete is removed entirely from all team/squad activities for a specified number of days. The duration may be extended beyond the current season. A student who is suspended may not practice, compete, sit on the bench or attend any other team events during the period of suspension. *The Head Coach/Program Director will need to get Athletic Director and Principal approval and authorization.*

Athletic Disqualification: Athletic disqualification is the complete removal of the student from all athletic programs offered at Strong Rock Christian School. *The Head Coach/Program Director will need to get Athletic Director, Principal and Head of School approval and authorization.*

Athletic Discipline Procedures

1. **Athletic Discipline and Athletic Probation:** When athletic discipline is imposed, the head coach/program director will:

- Meet with the student-athlete to discuss the reason(s) for athletic discipline.
- Document the athletic discipline if it may lead to athletic probation or more severe sanctions. When athletic probation is imposed, the head coach/program director will:
- Meet with the Athletic Director to review the reason(s) for athletic probation and secure approval.
- Meet and inform the student-athlete of the deficiencies, how the student athlete is to correct them and the number of days of athletic discipline/probation.
- Immediately Notify the parent/guardian of the status of athletic discipline/probation. In-person meetings are highly suggested over email communication when possible.

ATHLETIC DISCIPLINE PROCESS & PROCEDURES

NOTE: Upon completion of the athletic discipline/probation period defined, and if the deficiency noted is corrected, the student-athlete is removed from athletic discipline/probation. If the deficiency is not corrected, the discipline/probation period may be extended or the student-athlete is recommended for athletic suspension and/or athletic disqualification.

2. **Athletic Suspension/Athletic Disqualification:** Prior to athletic suspension/disqualification of any student-athlete, a conference will be conducted with the student-athlete as follows:

- The Principal/Administrator will present to the student-athlete an oral and/or written notice of alleged misconduct and violation(s) of school rules; the evidence of the school rules; the evidence in support of the allegations; and the corrective action(s) or sanction(s) to be recommended.
- The student-athlete will be provided the opportunity for explanation. When athletic suspension/disqualification is imposed, the student-athlete will be notified verbally of the action taken by the Head Coach/Program Director in a meeting including the Director of Athletics and School Principal. In the case of athletic disqualification, the Head of School may or may not be present. Promptly thereafter, written notice will be sent by the Head Coach/Program Director to the student-athlete and parent/guardian containing the following information:
    - The action taken
    - The reason for disciplinary action, and,
    - The right to an informal conference with the administrative team (Principal, Athletic Director) and the Head Coach/Program Director to review the athletic suspension/disqualification.

3. **Athletic Ejections**: Any student-athlete ejected from a GIAA contest will be subject to penalties as outlined under the GIAA constitution and by-laws. In addition, any additional disciplinary action noted above may be added if deemed appropriate. All fines will be reviewed on a case-by-case basis, paid for by the school and if deemed appropriate will be refunded to the school by the family/student involved. Additional team penalties may be included.

ATHLETE BEHAVIORAL STANDARDS

The Athletic Department of Strong Rock Christian School believes that behavioral standards are an essential part of achieving the stated objectives for participation in athletics.

Tobacco and/or Vaping

The purchase and use of tobacco are illegal by any student under the age of 18. Therefore, the possession and/or use of tobacco in any form by a student-athlete will not be tolerated by the athletic programs at Strong Rock Christian School. This will apply to student-athletes both at and away from school as well as in or out of season. This rule will be inclusive of any student-athlete participating in athletics at Strong Rock Christian School regardless of age. The penalties for the violation of this policy will be as follows:

- 1st Offense: School Disciplinary Referral (if at school or at a school – related function); suspension from participation equal to 5% of the of the total number of regular season scheduled contests for the sport for which they are competing at the time of the incident; student-athlete placed on probationary status with the school athletic department.
- 2nd Offense: School Disciplinary Referral (if at school or at a school – related function); removal from the team for the remainder of the current season; the student-athlete will be required to enter into an athletic department contract agreement before the student-athlete is allowed to participate in any further athletics at Strong Rock Christian School

Alcohol and/or Drugs

The purchase and use of alcohol are illegal for any student under the age of 21. The possession and use of drugs are illegal. Also, the misuse or distribution of prescription drugs is illegal. Therefore, the possession and/or use of alcohol and/or drugs in any form by a student-athlete will not be tolerated by the athletic programs of Strong Rock Christian School. This will apply to student-athletes both at and away from school as well as in or out of season. This rule will be inclusive of any student-athlete participating in athletics at Strong Rock Christian School regardless of age. The penalties for violation of this policy will be as follows:

- 1st Offense: School Disciplinary Referral (if at school or at a school function): suspension from participation equal to 10% of the total number of regular seasons scheduled contests for the sport for which they are competing at the time of the incident. The student-athlete will continue to practice during the suspension period; student-athlete placed on probationary status with the school athletic department; the student-athlete and their parent(s) will be required to enter into an athletic department contract agreement before the student-athlete is allowed to participate in any further athletics at Strong Rock Christian School.

- 2nd Offense: School Disciplinary Referral (if at school or at a school function); removal from ALL athletic participation for one calendar year.

Social Media Outlets

Social media outlets (i.e. Facebook, Twitter, etc.) are a great form of communication for school officials, coaches, parents, and students. However, abuse of these outlets by student-athletes will not be tolerated by the athletic programs of Strong Rock Christian School. This includes derogatory comments toward staff, coaches, students, or stakeholders within Strong Rock Christian School. As stated above, this policy applies to student-athletes both at and away from school as well as in or out of season. This rule will be inclusive of any student-athlete participating in athletics at Strong Rock Christian School regardless of age. The penalties for violation of this policy will be as follows:

- 1st Offense: School Disciplinary Referral (if at school or at a school function): suspension from participation equal to 5% of the total number of regular seasons scheduled contests for the sport for which they are competing at the time of the incident. The student-athlete will continue to practice during the suspension period; student-athlete placed on probationary status with the school athletic department; the student-athlete and their parent(s) will be required to enter into an athletic department contract agreement before the student-athlete is allowed to participate in any further athletics at Strong Rock Christian School.
- 2nd Offense: School Disciplinary Referral (if at school or at a school function); removal from ALL athletic participation for one calendar year.

PARTICIPATION AWARDS

Each student-athlete at Strong Rock Christian School that completes their team's season in good standing will be awarded either a:

- certificate of participation for Junior Varsity and/or Academy competition
- a varsity letter for Varsity competition

Student-athletes will also be awarded patches for their letter jackets for being a member of a team that is a region champion, state runner-up, or state champion. Also, if a student is a region champion, state runner-up or state champion in an individual event or competition they will be awarded a patch for their letter jacket.

Special Recognition Awards
Individual awards for student-athletes will be given at the discretion of the Head Coach and the coaching staff. Special recognition awards include All-Region/Area and All-State which are chosen by area coaches. Recognition will occur at the Athletic Awards Ceremony that recognizes that sport.

Patriot Award
The Patriot Award is chosen by the coach of each varsity team in recognition of the student-athlete that best displays Christian leadership qualities within the team.

Athletic Awards and Banquets
We are no longer holding seasonal award ceremonies. Each sport will hold a banquet and recognize their athletes for lettering and specific awards as determined by the Head Coach. It is highly suggested to focus banquet on Senior athletes, state and regional awards and team accomplishments. Varsity sports will give a plaque for the Patriot Award and 2 others (HC choice); Coaches can use certificates to recognize achievements. JV and academy sports will give (1) plaque and certificates.

STATE CHAMPIONSHIP RING POLICY

State Championship Ring Policy

The athletic department of Strong Rock Christian School serves to engage, educate and empower our athletes, parents and coaches to be the GREAT they were created to be in both sport and life (Ps 139:13-14). It remains our goal to support each team and athlete to create champions for Christ through competition.

To partner with our families in this pursuit, Strong Rock Christian School (SRCS) and the Patriot Athletic Club (PAC) will provide the following for State Championship Rings:

Student-Athletes:

$100 per athlete provided by SRCS
20% Cost per ring (up to total of $2000) provided by PAC
Remainder of cost will be covered by parent/student.

Varsity Team Coaches:

SRCS will cover 100% of the cost of the ring for each full-time coach.

HALL OF FAME & JERSEY RETIREMENT POLICY

Purpose: To recognize individuals who have distinguished themselves in the field of athletics at Strong Rock Christian School, either by virtue of their performance on athletic teams representing the school, or by meritorious efforts on behalf of the athletics program (Distinguished Service Candidates).

Qualifications:
Nominee must be of good character and have demonstrated commendable citizenship both during their career as a Strong Rock Christian student-athlete and since leaving the school.
To be eligible for nomination, an individual's last year of competition must have occurred at least ten (10) years prior to being nominated.

For athletic administrators, coaches or other individuals to be eligible, they must be retired or have left their position at Strong Rock Christian for at least five (5) years. If the individual is over 60 years of age, they can be nominated without a waiting period, regardless of their employment status.

Individuals can be posthumously selected and this qualification would supersede guidelines outlined above.

Athlete Criteria:
1. Individual Athletic Accomplishments
   a. Outstanding statistical achievements
   b. School records (single game, season or career)
   c. Post-season recognition (All-Region, All-State, etc)
   d. Other criteria as determined by Nomination Committee
2. Contributions To Team Success
   a. Region Championship
   b. State Final Four and/or State Runner Up
   c. State Championship
   d. Other Notable Team Events (Total Wins, Top Ranking, etc)
3. Leadership Abilities
   a. Within Team (captain)
   b. Within School (Student Leadership)
4. Academic Achievement
   a. All-Academic Player Awards
   b. School-Based Academic Honor
5. Community Service
   a. SRCS Student Activities (Mission Trips, Community Service, etc)
   b. Contributions after graduation (Charitable organizations, civic clubs, etc)

HALL OF FAME & JERSEY RETIREMENT POLICY

Distinguished Service Criteria:

1. Meritorious efforts on behalf of Strong Rock Christian School
   a. As a current or former Strong Rock staff member or coach.
   b. As a pioneer in a sport or area of expertise.
   c. As an alumnus, booster or donor
2. Meritorious service to benefit Strong Rock Athletics
   a. As a volunteer, PAC member or committee member
   b. As a Board Member or donor (charitable contributions to Strong Rock Athletics)

Nomination Process:

Nominations will be open throughout the year to the general school community, past and present. However, nominations will only be listed on the annual Hall of Fame ballot (for voting) if the Hall of Fame Committee agrees that the above noted criteria has been satisfied. Those nominations that make it to the ballot will remain on the ballot as long as they receive at least 10% of the casted votes from the Hall of Fame Committee.

Hall of Fame voting will take place in May of each year, and the Hall of Fame ceremony will be held at the Homecoming Football Game in the Fall. Hall of Fame selection will be based on receiving 70% or greater votes from the Hall of Fame Committee. The Hall of Fame Committee will include the Athletic Director (serving as Committee Chair), Head of School, President, COO, School principals, Head Sport Coaches, select former coaches, former class presidents, other distinguished members of the school community past or present as determined by school leadership, and current Hall of Fame Members.

Patriot Retired Jersey Qualifications and Criteria

Purpose: Retiring a jersey of a former Strong Rock Christian student-athlete is the highest honor which can be bestowed upon an individual and should be done only in rare instances and following an in-depth consideration as it relates to this policy. No administrator, coach or any other individual may unilaterally make the decision to retire a jersey.

Qualifications & Criteria:

A letter of recommendation for retirement of jersey candidate delivered to the Athletic Director.

Approval of candidate by the Athletic Director will be based upon the following guidelines:

1. Candidate played and graduated from Strong Rock Christian School.
2. Candidate is at a minimum five (5) years removed from high school competition.
3. Exceptions may apply at the approval of the Strong Rock Athletic Director.

HALL OF FAME & JERSEY RETIREMENT POLICY

Approval of a retired jersey shall be based upon one or more of the following guidelines:

1. All-time leading scorer for a sport at SRCS
2. Recognized as the top male or female athlete in the state of Georgia
3. MVP of State Tournament
4. All-State or All-American honors
5. Played and received Collegiate honors (all-american, all-conference, hall of fame)
6. Professional contract
7. Brought significant recognition to Strong Rock Christian School

Jerseys of current student-athletes may be retired on an honorary basis in the event of a tragedy or other significant event during the season. Approval for this shall be decided on ny the Athletic Director, School Principal and Nomination Committee.

In the unfortunate event of a death of an athlete, the coach and team may choose, with school approval, to honor the athlete in some way beyond a retired number. (For instance, a team may choose to wear a patch with student name/number for a season or two).

Please note: retirement of a jersey does NOT constitute retirement or a number on the jersey. When a jersey is retired, it's the individual honored, not a number.

STUDENT ATHLETE SAFETY

Heat and Humidity Policy
Schools must follow the statewide policy for conducting practices and voluntary conditioning workouts in all sports during times of extremely high heat and/or humidity that will be signed by each head coach at the beginning of each season and distributed to all players and their parents or guardians. The policy shall follow modified guidelines of the American College of Sports Medicine regarding:

- The scheduling of practices at various heat/humidity levels
- The ratio of workout time to time allotted for rest and hydration at various heat/humidity levels
- The heat/humidity level that will result in practice being terminated

Concussion Guidelines
If a Coach observes a Student-Athlete exhibit any sign, symptom, or behavior consistent with a concussion or head injury, the Coach must immediately remove that Student-Athlete from practice, conditioning, or game. The Student-Athlete may not return to practice, conditioning, or game until a Health Care Provider has determined that the Student-Athlete has not suffered a concussion. In the case where a Health Care Provider has determined that the student-athlete has suffered a concussion, the student-athlete may not resume practice, conditioning, or participation in games until medically determined capable of doing so for full or graduated return. In no circumstance may a student-athlete return to practice, conditioning, or a game on the same day that a concussion has been diagnosed by a Health Care Provider or cannot be ruled out.

Accident/Injury Reporting
When a student-athlete has an accident or is injured during practice or competition the coach must complete an accident report form to turn-in to school trainer. The forms can be obtained at the school office. These forms are very important if insurance claims are filed later. The originals of these forms will be kept on file in the Athletic Director's office. When a student-athlete consults with a physician to determine playing status, documentation from the physician's office must be provided to the school. Furthermore, appropriate documentation must also be provided before the student will be allowed to resume participation in athletics.

CPR/First Aid/AED
All full-time faculty and staff coaches must maintain CPR/AED Certification. Additional community coaches will be selected for certification where appropriate to assure that at least one individual is certified at the Varsity, JV and Academy sport level. A course will be provided during summer pre-planning period and during the fall SRI rotation.

Lightning Policy

The purpose of these guidelines is to provide a default policy to those responsible for making decisions concerning the suspension and restarting of contests based on the presence of lightning. The preferred sources from which to request such a policy for your facility would include your state high school association and the nearest office of the National Weather Service.

During all games, referees will make any lightning determinations after meeting with the person responsible for tracking any lightning for that contest.

- When lightning is detected within 15 miles of the venue, a “Heads Up” is given to everyone in the venue. “*We are tracking a storm and if we see a lightning strike within the 7-10-mile range, we will clear the venue*”.
- When lightning is detected within 7-10 miles of the venue, an announcement is made to clear the venue and move all spectators into “safe locations”. 30 minutes after the last tracked lightning strike at least 10 miles from the event site, the “All Clear” can be given and play can resume.
- Any subsequent thunder or lightning after the beginning of the 30-minute count reset the clock and another 30-minute count should begin

STRONG ROCK ATHLETE CODE OF CONDUCT

The mission of Strong Rock Christian School is to glorify God and partner with families in educating and inspiring their children to impact the world for Jesus Christ – The Strong Rock.

Our Speech:

1. **Questionable language or "slang" words will not be tolerated.** The athlete will never engage in any language that can be termed "trash talking" or use profanity or questionable slang. Example: In basketball, chants of "air-ball" or screaming while the opponent is on the free-throw line shows poor sportsmanship. In baseball, making noise while an opponent is at bat shows poor sportsmanship.
2. **The athlete will address the coach and the officials with respect.** The athlete will address the coach as "Coach" or "Mr., Miss or Mrs." and will take concerns or complaints directly to the coach. Insubordination and divisive speech or behavior will not be tolerated. The athlete should address the officials with "Yes Sir" or "Yes Ma'am".
3. **Never criticize the officials or coaches.** These people represent the authority figure, the "supervisor, the parent, the teacher and the "Law". Obedience to authority is not optional and is not predicated on whether you agree with it. All authority is God-given and disobedience to authority is disobedience to God.

Colossians 4:6 let your speech always be with grace, seasoned with salt…

Our Relationships:

1. **Develop relationships and a good rapport with teammates and coaches.** God has placed you in this situation for a purpose. You have an opportunity to develop life-long friendships. If sports become all about you, you need to not participate.
2. **Develop relationships and a good rapport with classmates.** Do not attempt to set yourself up on a pedestal. Your classmates will not respect you or support you.
3. **Develop relationships and a good rapport with students from other schools**. Never miss an opportunity to share Jesus Christ with others.

John 15:12 this is my commandment, that you love one another as I have loved you.

Our Unity:

1. **Develop unity within your team**." It is amazing what can be accomplished when no one cares who gets the credit." John Wooden
2. **Develop unity within our school family**. God has called each one of us to this school. Each of us has different abilities and different roles. Never be jealous or envious of another person's role. Be busy filling your role.
3. **Develop unity within the Kingdom**. Our opponents are not our enemy. We will compete to win but will treat the opposition with respect and a positive attitude at all times.

I Corinthians 12:12,13 For as the body is one and has many members, but all the members of that one body, being many, are one body, so also is Christ. For by one Spirit we were all baptized into one body…

STRONG ROCK ATHLETE CODE OF CONDUCT

Our Motives:

1. **Be Motivated by the Love of God**. Live for Him because He died for us.
2. **Strive for victory in order to Glorify God**. Athletics is just a means to an end and not an end unto itself.
3. **Demonstrating Christ in our lives by abiding by the rules of the game in letter and in spirit**. Tactics that promote unfair "gamesmanship" will not be tolerated.
4. **Committed to excellence**. In all areas – Faith, Practice, Academics and Game Preparation; Play and Act like a CHAMPION!

I Corinthians 10:31 …do all to the Glory of God.

Our Behavior:

1. **The athlete will maintain a good reputation.** The athlete's character will be in good standing with the administration, faculty, staff and church.
2. **The athlete will meet all eligibility requirements.**
3. **The athlete will know and understand all requirements.** The athlete will know all the expectations of their team and will follow them both in action and in spirit.
4. **The athlete will show respect for all coaches, trainers and all staff personnel.** This includes the game plans, methods and philosophies.
5. **The athlete will show respect for their teammates.** The athlete will respect the seriousness of their commitment by attending all practices, meetings and games as prescribed at the beginning of the season and by working together to accomplish a common goal. Help to hold your teammates accountable for their actions.
6. **The athlete will maintain a high standard of appearance.** Both in and out of the arena the athlete will adhere to the strictest interpretations of the school dress code and the team dress and uniform code.
7. **The athlete will demonstrate Christ-like character.** Both in and out of the arena, the athlete will show respect in speech and actions for game officials, opponents and all those associated with our opponents.
8. **The athlete will never engage in fighting**. The athlete will always maintain self-control. Un-sportsman-like conduct penalties will not be tolerated and will have consequences. Consequences include, but are not limited to, suspensions or dismissal from the team.
9. **The athlete will know and understand our philosophy.** The athlete will respect the seriousness of the eternal effects of their responsibilities as they represent themselves, their families, their school, their church and ultimately their Lord and Savior, Jesus Christ.

I John 2:6 "He who says he abides in Him ought himself also to walk just as He walked."

STRONG ROCK ATHLETE'S CODE OF CONDUCT SIGNATURE PAGE

I have read and understand the Athlete's Code of Conduct and agree to abide by its principles and guidelines at all Strong Rock sporting events. I fully understand I may not participate without a signed copy of this document on file in the athletic office.

Note: Please detach, fill in, and return with other Athletic forms.

Student's Name _____

Student's Signature _____

Date _____

Parent-Student Athletics Handbook Acknowledgement Form

I _____ have read and understand the rules and guidelines of the Strong Rock Christian School Parent-Student Handbook. This handbook will serve as my guide during my athletic career at Strong Rock Christian School. I will follow the rules of the handbook and the School. I will do my best at all times, represent my school with integrity and pursue victory with honor.

Student Signature _____

Date _____

I agree additionally as a parent/guardian to support my student's compliance with the rules, policies, and procedures contained in this handbook.

Parent Signature _____

Date _____

Parent Signature _____

Date _____