CAROLINA CHRISTIAN SCHOOL

Athletic Handbook
2026-2027

The purpose of athletics at Carolina Christian School is to fulfill the ultimate mission of equipping students to be salt and light for God's glory by developing Christ-like character throughout the entire school community through the pursuit of excellence in competitive athletics.

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Philosophy, Mission, Objectives

Philosophy

We are instructed in I Timothy 4:8 that the development of the body without regard to godliness is of little value. The purpose of the athletic program at Carolina Christian is to help in the development and exercise of Christ-like behavior, including self-discipline, obedience, discipleship, stewardship, grace, and compassion. The athletic program seeks to develop these spiritual characteristics while developing the physical body in a competitive environment. Participation on any athletic team at Carolina Christian is considered a God-honoring privilege.

CCS Athletic Mission Statement

The purpose of athletics at Carolina Christian School is to fulfill the ultimate mission of equipping students to be salt and light for God's glory by developing Christ-like character throughout the entire school community through the pursuit of excellence in competitive athletics.

Objectives:

The following are established objectives of our athletic program and are an integral part of each coach's philosophy.

1. To openly share the Gospel so athletes who do not know Christ as their personal Lord and Savior have an opportunity to accept Christ into their lives.
2. To provide opportunities for spiritual growth for each student athlete.
3. To honor and glorify Christ in everything we do (Col. 3:23-24).
4. To teach each athlete the importance of being a testimony of Christ's love to all we come in contact with.
5. To maintain the highest level of Christian character on the athletic field or court.
6. To teach each athlete to have a respect for the authority that is present in his life.
7. To reach the parents of each athlete spiritually and get them involved in the ministry of CCS.
8. To complement the academic program with the athletic program.
9. To instill Biblical character traits in each athlete's life that he/she can use after his/her athletic career is completed.
10. To provide an opportunity for all students to actively participate in a viable sports program and to provide them qualified coaches and supervisors whose goal is to make them stronger Christians, better students, athletes, and citizens of their community.
11. To provide the school and community with an honorable, exciting, and enjoyable program demonstrating Biblical ideals of leadership and excellence.

Athletic Eligibility, Qualifications, and Guidelines

Carolina Christian School athletic department participates in CCAC (Carolina Christian Athletic Conference) and CSAA (Carolina State Athletic Association) Conferences and follows their rules and recommendations.

Academic Eligibility Requirements

A Carolina Christian School student-athlete must be a full-time student enrolled at the school for the semester in which they wish to participate on an athletic team. High school student-athletes must be scheduled for and attend all classes in which they are enrolled each school day. Seniors who require fewer classes to meet graduation requirements must be present for all of their scheduled classes to remain eligible for varsity athletics. To maintain eligibility for participation in middle school and high school athletics, students must meet academic requirements at each grade checkpoint, which occurs every third week of the quarter. Students may not have any grade below 60 and may have no more than one grade below 70 in any course. Special exceptions may be made for students who receive academic accommodations.

To assist in determining athletic eligibility, the Dean of Students will provide the Athletic Director with academic progress reports at each eligibility checkpoint, which occur during the third, sixth, and ninth weeks of each quarter. This process ensures shared accountability for maintaining our academic standards for student athletes.

Student athletes must have no failing grades in elective classes or on semester exams to be considered eligible for the following period. Grades received in Q4 will be evaluated, and players will be notified if probation is necessary to begin the following school year. If such action is taken, the student athlete's grades will be monitored for the first two weeks of the following school year to ensure they are meeting the academic standards.

CCS Administration, Athletic Director, and coaches will be made aware of any academic difficulties of student athletes. The AD will contact the student athletes and their parents to inform them of eligibility issues that may arise during a sports season.

The student athlete who has been placed on academic suspension may be reinstated if grades are brought to eligibility standards at the next grade checkpoint. The Athletic Director will communicate with the coach about grades at the eligibility checkpoint. Student athletes on academic suspension must not attend practice for one week and will not be allowed to travel to away games or dress out for home games. Student athletes on suspension may sit on the bench for home games in street attire until reinstated.

Homeschool students who participate in the CCS sports program are required to attend 85% of weekly chapel services during their respective sports season. The AD will maintain this list of chapel attendance for homeschool students.

Eligibility of Former CCS Students Enrolled in Homeschool Programs

Homeschooled students who were previously enrolled at Carolina Christian School and wish to participate in the CCS Athletic Program will be subject to an eligibility review. The review will include the following:

- Verification by the Director of Finance that no outstanding financial obligations are owed to CCS.
- A review of the student's conduct, character, and sportsmanship by the Athletic Director in consultation with the Principal, Dean of Students, and former CCS teachers, as applicable.

Eligibility for participation in the CCS Athletic Program will be determined based on the outcome of this review.

Students who have been expelled from Carolina Christian School are not eligible to participate in the CCS Athletic Program.

School Attendance for CCS Student Athletes

Student athletes must be seated for 3 class periods to attend a practice or a game. Period 6 would not be included as a seated class if athletes must leave early from school for their game. ***Senior student athletes must be present for at least one class period and attend a minimum of 50% of their scheduled classes on the day of an athletic event in order to be eligible to participate in practices or games. Exceptions may be considered for documented excused absences and must be approved by the school administration.***

Eligibility Standards

General Eligibility Policies

1. To be eligible to participate in interscholastic middle school competition, students must be enrolled in grades 5 through 8. Individual conferences may further restrict eligibility.
2. To be eligible to participate in interscholastic varsity competition, students must be enrolled in grades 7 through 12. Individual conferences may further restrict eligibility.

3. No player shall have reached his/her 19th birthday on or before August 1 of the current school year.
4. No player may receive any form of financial aid for athletic participation.
5. No student who has received a diploma or its equivalent from a school in the United States is eligible unless every team in any conference in which that student competes endorses his/her eligibility.
    a. The student must be making satisfactory progress toward graduation, with the expectation of meeting all graduation requirements.
    b. Under special circumstances, a student may also take college courses while pursuing his/her high school diploma.

Athletic Participation Fee
CCS's Athletic Department requires each student athlete to pay a Participation Fee. This fee helps provide the funds needed to have a quality athletic program. *Each season's fee will be communicated to parents, staff, and students before the season starts.* Each family will be billed through the CCS FACTS account after the team rosters have been set. No cash or checks will be accepted**.** Fees are non-refundable after the first game regardless of eligibility or desire to continue.

Enhancing Drugs and Supplements
CCS does not condone the use of performance-enhancing drugs or supplements, which may endanger the health of any student-athlete. CCS follows the guidelines set forth by the American Academy of Sports Medicine, the National Football League, the National Collegiate Athletic Association, and the National Athletic Trainers Association. CCS does not promote or advocate the use of any performance-enhancing substance, including:

- Anabolic androgenic steroids
- Creatine (in any form)
- Human growth hormones
- Non-approved FDA medications
- Blood doping
- Pre-Workout
- Energy Drinks

We believe that it is hard work and commitment that allow the student to achieve his physical goals. The use of any performance-enhancing drug is short-term and, in the long run, could cause damage or cause death to the athlete.

Physicals
All athletes must have the approved CCS physical up-to-date within 395 days of any previous physical on file before they can participate in any try-outs, practice, scrimmage, or contest,

including summer activities. Athletes and parents must also complete the Gfeller-Waller Concussion Form to participate. This physical form can be found on the CCS website, by contacting the school, or at the end of the handbook.

Administrative Organization

Carolina Christian School believes that following the chain of command is not only imperative for a successful program, but that it is a principle taught throughout Scripture (Matthew 18). Should no resolution occur, then the involved parties should take the conflict to the next level.

1. Head Coach or Assistant Coach
2. Athletic Director
3. CCS Administration

Interscholastic Athletics

All sports are subject to change based on availability of coaches and student interest.

1. Fall Sports
    a. Soccer – Co-ED Middle School (6-8th)
    b. Soccer – Co-ED Varsity (9-12th)
    c. Volleyball – Girls Middle School (6-8th)
    d. Volleyball – Girls Varsity (9-12th)
    e. Cross Country - Co ED Middle School (6-8th)
    f. Cross Country - Co ED Varsity (9-12th)

2. Winter Sports
    a. Basketball – Boys Middle School (6-8th)
    b. Basketball – Boys Varsity (9-12th)
    c. Basketball – Girls Middle School (6-8th)
    d. Basketball – Girls Varsity (9-12th)
    e. Archery – Girls and Boys (6-12th)

3. Spring Sports
    a. Golf – Girls and Boys (6-12th)
    b. Tennis – Co-ED Middle School/Varsity (6-12th)

Criteria for Adding Interscholastic Sports

The following criteria will be considered in depth before the addition of any interscholastic sports:

1. Funding – Funding must be made available through the CCS operational budget. Current sports or the level of current sports will not be cut in order to add additional sports or level of sports.
2. Competitive – The sport, by its nature, must be a competitive athletic activity, which requires a high level of physical conditioning, training, and skill.
3. Student Interest – There should be an indication of strong student interest, not just in terms of participation, but spectator interest as well.

4. Athletic Framework – Organized competition, adequate facilities, competent coaches, and opportunity for growth are all factors that will be taken into consideration.
5. Equal Opportunity – Priority will be given to those sports that best equalize the opportunities for girls and boys.
6. Conference Availability – The sport must be available within a conference that provides competitive play within a reasonable range for driving and facility use.

Guidelines for Interscholastic Athletics

Undue Influence for Participation

A. It is the philosophy of the Athletic Department that the athlete shall enjoy as many sport seasons as the student-athlete and his or her parents wish, without influence from any coach to specialize in one sport. All coaches should encourage participation in other sports.
B. If an athlete is dismissed from a team for disciplinary reasons or quits a team during the season, he or she cannot participate or practice in another sport until the completion of that same season.
C. If a player quits a team during the season, he or she will need to meet with the AD before being allowed to try out for any sport in the future.

Squad Selection

A. Philosophy – In accordance with our philosophy of athletics and our desire to allow as many students as possible to participate in the athletic program, we encourage coaches to keep as many team members as they can without unbalancing the integrity of their sport. Obviously, time, space, facilities, and other factors will place limitations on the most effective squad size for any particular sport. However, coaches should strive to maximize the opportunities for students without diluting the quality of the program.

B. Cutting Policies
    1. Responsibility
        a. Choosing the members of the team is the sole responsibility of the coaches.
        b. Before trying out, the coach will provide the following information to all team candidates and their parent(s) and guardian(s):
            1. Extent of a try-out period
            2. Criteria used to select the team
            3. Practice, in-season and off-season commitment if they make the team
            4. Game commitments
    2. Procedure
        a. The Athletic Director must sign off on every final roster before it is posted.
        b. Coaches will discuss alternative possibilities for participation in the sport or other areas of the athletic program.
        c. If a coach foresees difficulties arising as a result of squad cuts, he or she should discuss the situation with the Athletic Director.

C. Roster Modifications

1. A 7th or 8th grade student-athlete may be placed on the Junior Varsity or Varsity roster for competition as determined by need and eligibility according to grade status. A 5th grade student may be placed on a Middle School roster for competition if needed to fulfill roster needs as determined by sport and conference rules.

Early School Release for Away Games

Teams will be released no earlier from school than reasonable travel time + 30 minutes of warm-up time. Teachers will receive an email with the time student-athletes will be dismissed to change and the time they will leave for away games. Student-athletes are expected to report promptly at their designated dismissal time. Athletes must bring uniforms and required equipment to school that day, and it may be stored in the locker room at school. All athletes will be called for release at the same time. A special car pickup line will start at the designated time by the Athletic Director. Parents may not enter the building for pickup but must follow the designated pickup instructions. Any parents wishing to pick up student-athlete siblings at the time of student-athlete dismissal must note that it is an unexcused absence for that child.

Overnight Contests

When members of the coaching staff are of the opposite sex of team members, the head coach must provide a sponsor or chaperone for overnight trips. The head coach must notify the school administration of the name of the designated sponsor or chaperone. It is encouraged that the head coach provides a sponsor or chaperone on all trips. **All sponsors/chaperones must complete background screening before chaperoning a trip.** Therefore, a minimum of a 1-week notice must be given to allow time to process and approve.

Return From Away Games and Tournament Play

Teams playing in tournaments will be expected to return to CCS the day of the contest, if eliminated, or immediately after the conclusion of a championship event. The Athletic Director may consult with the CCS Administration to waive an exception to this rule pending mode of transportation or other special circumstances.

Sunday Meetings

Any practice, meeting, film session, or organized activity involving any player or players on Sunday is prohibited unless permission is received from CCS Administration.

Accidents and Injuries

Coaches will provide or delegate first aid and assistance in care as needed. The coach will immediately notify the parents of potentially serious injuries. They will notify the Athletic Director the day of the injury. For serious injuries that require evaluation at a hospital, the AD will notify CCS administration immediately. Any time an athlete is injured, there must be an accident form filled out and on file with the Athletic Director by the start of the next school day. The accident form is necessary even if the injured person does not go to the doctor or hospital. It is the responsibility of the Athletic Office to have a supply of accident forms available to coaches at all times.

Priority Given To School Sanctioned Programs
The CCS Athletic program must take precedence over any other outside activity, including recreation, youth or AAU leagues. While we do not discourage participation in other leagues, we insist that CCS games, practices, and other team functions have priority.

Scheduling Guidelines

General Guidelines
A. The Athletic Director will schedule all athletic practices and contests.
    a. Athletes and their families should refer to the CCS External Calendar found on the school's website for a schedule of the games.
    b. Athletes and their families should refer to the BAND app for their respective practice schedule posted by their coach in the app.
B. No coach will schedule on an individual basis.
C. No coach will change the date, time, or site of a scheduled athletic practice or contest without prior approval by the AD.
D. No coach will change the time or procedure published for early dismissal without prior approval by the AD.
E. Wednesday Practices: Will be allowed upon approval by the athletic director. However, these practices are to be finished by 5:00 p.m. The CCS administration may grant permission for early practice times if warranted by having multiple teams in tournament play.

Facility Coordination
A. The scheduling and coordinating of practice schedules for teams to use the gym limits the needed use of court time. Each coach must value his/her time on the court to best prepare his/her team for competition.
B. Coaches must also realize that off-court preparation (team meetings, devotional, and chalk talks) is also an intricate part of the success of any team.
C. Flexibility is possible in scheduling of practices if teams are traveling or when teams may need only half the gym for practice.

Cancellation of Contests
A. The Athletic Director will handle all cancellations of games.
B. The Athletic Director will at once contact the athletic director/coach of the opposing team.
C. The coach will communicate to CCS families via Band.
D. AD will notify Officials for the contest.

Equipment and Finances

Equipment Issues
The head coach is responsible for all equipment. The responsibility includes, but is not limited to, collecting all equipment at the conclusion of the season, taking inventory, storing all equipment in a safe place on the School Campus and having the athletic director verify the inventory, and ordering new equipment. Each coach must maintain accurate records.

A. School-purchased equipment or uniforms **cannot** be given away or sold without the express permission of the Athletic Director.
B. In-Season Care of Equipment & Uniforms
    1. Athletes are responsible for cleaning all uniforms during the season and should report any issues to the coach.
    2. Equipment must be stored at the school and in an area approved by the Athletic Director.
    3. Repair of equipment must be communicated to the AD.
C. Equipment – end of season
    1. Equipment check-in: At the end of a season, the AD will collect all equipment and uniforms in a timely manner. If equipment and uniforms are not returned by the specified date, a $100 fine will be charged to the students' FACTS account.
    2. Equipment repair. After inventory, all equipment will be checked for needed repair. All repair requests must be submitted to the athletic director.
D. Inventory- An inventory of all athletic equipment will be maintained in the Athletic Director's office. Any new equipment will need to be requested through CCS policy and administration.

Game Admittance Costs

A. Admission costs are determined through the CCAC conference and will be posted at game entry points. CCS Booster Club (annual and lifetime) game passes are available for purchase.
B. Ticket Sellers/Concession Stand: CCS staff members must work three (3) athletic events to earn one compensation day.

Transportation Guidelines

Transportation to & from the Game

A. Students are not permitted to drive themselves or other students to **away** games and may only drive to CCS facilities and fields with approval from parents. They must have a signed driver release form with parents' permission to drive another student to a home facility or field. The student requiring a ride must be listed on the driver release form to ride with them to off-campus practices.
B. Parents must sign a transportation waiver for students riding in vehicles with drivers that are non-family members.

Facilities

General

The Athletic Director is ultimately responsible for the cleanliness of all storage areas, office areas, and general cleanliness of the locker facilities. However, in many cases it will be the responsibility of coaches to enforce this among the players. Each coach is to ensure that the areas they access or utilize are clean after each practice or game. The coach is to inform the Athletic Director of broken or damaged equipment or facilities. If damage appears to be due to carelessness, neglect, or other negative factors, the Athletic Director, along with the administration, will determine if corrective measures are warranted.

Equipment Rooms
All items of athletic equipment should be kept in the assigned racks, closets, shelves, etc. Only the Athletic Director and coaches are allowed the key/code for the equipment rooms.

Each coach is to inspect the facilities after every practice and game. All players' gear and equipment must be kept in the equipment room before, during, and after practices and games. If it is not kept orderly and clean, then the Athletic Director will meet with the coach and find a solution.

Mandatory Coaches Meeting
Coaches must attend a mandatory coaches meeting at the beginning of the year and/or season as scheduled by the Athletic Director. This meeting will be held to ensure each coach is familiar with the athletic manual, the expectations of his/her job, and other important information that pertains to their sport/activity. Each coach must have current certification in CPR and Bloodborne pathogens, as well as a background check completed within the past two years, and all other CCS requirements. All parent volunteers, including assistant coaches and parent drivers, must also have a background check completed every two years.

Authorization to Begin Coaching Duties
A coach cannot start coaching or have contact with athletes during in-season, off-season, or summer programs until he or she has been cleared by the Athletic Director.

Student Athlete Responsibilities
A. Represent Christ through your actions on and off the athletic field.
B. All student athletes at CCS are subject to the school rules at all times. In addition, stricter guidelines may apply to student athletes. For example, any student athlete known to be experimenting with alcohol, drugs, steroids, tobacco (includes chewing tobacco), vapes, or e-cigarettes will be suspended from athletics for one semester.
C. Any student athlete who is suspended from school may not participate in or attend an athletic event or practice during the duration of the suspension.
D. A coach has the right to refuse a student athlete's request to participate in practices or games if the student athlete is late in arriving to practice or events.
E. Coaches reserve the right to make cuts before the season.
F. The coach or the school administration may deem student athletes with frequent absences, tardiness, or discipline problems in the classroom or on the athletic field ineligible.
G. All student athletes are required to attend all events, practices, games, awards ceremonies, etc., during and after the season. In addition, student athletes are to arrive on time for all of the above. If a player chooses to skip a practice or a game, it will be the coach's discretion on the punishment for the student athlete.
H. During practice and games, all student athletes are required to remain with the team at all times at all home and away events. This includes all people involved in the sport: players, statisticians, photographers, etc. A note from a parent must accompany any request to do otherwise.

Communication with Parent(s) or Guardian(s)

The Athletic Director and head coach will have a pre-season meeting with participants and parent(s) or guardian(s). The meeting will include, but is not limited to, a handout and discussion in the following areas:

A. CCS Athletic Policies
    1. Student Athlete Handbook – must be read and signed by both the parent & the student athlete.
    2. Guidelines for participation
    3. Academic Eligibility
    4. CCS sport-specific rules
    5. Transportation to and from events
B. General Rules of the Sport
    1. Tardiness
    2. Missing Practice
    3. Personal Conduct
    4. Care of equipment
    5. Dress code
    6. Drugs, alcohol, and tobacco or e-cigarette use
C. Injuries – Medical care will be determined as necessary by situation. All coaches and parents should alert the Athletic Director and school office of any injuries incurred during practice or games, both home and away, that inhibit a player from reentering the remainder of the game or practice.
D. Parent Involvement
    1. Communication with the coach
        a. Express concerns directly to the head coach
            1. Set up a meeting time that is convenient for both parties. Do not attempt to confront a coach before or after a practice or game. Please wait 24 hours before addressing a coach with any concerns. This allows for productive and efficient communication from both parties.
        b. Notify the coach of pending or anticipated problems or concerns.
        c. Discuss specific concerns regarding the coach's expectations.
    2. Issues to discuss with a coach
        a. The treatment of a student-athlete, mentally or physically.
        b. Ways to help a student-athlete improve.
        c. Concerns about a student-athlete's behavior.
        d. Coach's philosophy and expectations for your child and the team.
        e. Team rules and requirements
        f. Sanctions incurred by your child
        g. Scheduling
        h. College Participation
    3. Issues NOT to discuss with a coach
        a. Team selection
        b. Playing time

c. Sport strategy
d. Play calling
e. Matters concerning other team members

4. Steps to follow if a perceived problem exists and a resolution between the parent(s) and coach cannot be reached:
   a. Set up a meeting with the head coach and the Athletic Director
   b. Set up a meeting with the Head of School

E. Expectations of Parents
1. Understand and support the philosophy and objectives of the team.
2. Understand and support the expectations the coach has of the athletes and support the coach in achieving these expectations.
3. Attend all parent meetings.
4. Understand the role of the parent.
5. Volunteer to help and support the athletics in fundraising activities.
6. Insist that parents and fans support the coach through winning and losing seasons.
7. When complaints or concerns arise, allow the coach and Athletic Director time to resolve the problem and find solutions.

Investigative Procedure – Complaints Against a Coach

When a concern, complaint, or allegation is received against a coach, the CCS Athletic Director will immediately address the issue.

A. If an allegation potentially involves sexual harassment or physical abuse, the Athletic Director will immediately notify the Head of School. The investigation will be conducted as outlined according to CCS policy.
B. All other concerns are addressed through the Athletic Director and Head of School. The Athletic Director and Head of School will initiate an inquiry into the alleged problem. The Head of School will inform the Athletic Department in writing as to the findings of the investigation and any disciplinary actions necessary.
   1. The Head of School will decide:
      a. If there is a violation of school policy
      b. If due process was followed
      c. If school rules were broken
      d. If there is a pattern of behavior developing
   2. If it is determined that a problem does exist, the Head of School will initiate remedial action that could include:
      a. Letter of Reprimand
      b. Growth Plan
      c. Probation
      d. Suspension
      e. Termination
   3. A follow-up letter will be sent to the parent(s) or court-appointed guardian(s) by the Head of School at the conclusion of the investigation.

If personnel action is taken against a coach, CCS will NOT inform or make a public comment about the action – Right of Privacy of school personnel.

Ethical Considerations for Coaches

A. Respect each player as a special individual with unique needs, experience and characteristics; develop this understanding and respect among players.
B. Have pride in being a good example of a coach in appearance, conduct, language and sportsmanship, and teach the players the importance of these standards.
C. Demonstrate and instill in players a respect and courtesy toward opposing players, coaches, and officials.
D. Express appreciation to the officials for their contribution and appropriately address officials regarding rule interpretations or officiating techniques. Respect their integrity and judgment.
E. Exhibit and develop in players the ability to accept defeat or victory gracefully without undue emotionalism.
F. Teach players to play within the spirit of the game and the letter of the rules.
G. Develop understanding among players, stressing a spirit of team play. Encourage qualities of self-discipline, cooperation, self-confidence, leadership, courtesy, honesty, initiative, and fair play.
H. Provide for the welfare of the players by providing safe playing areas; using judgment before playing injured, fatigued, or emotionally upset players; and providing proper medical care and treatment.
I. Use consistent and fair criteria in judging players and establishing standards for them.
J. Treat players with respect, equality, and courtesy.
K. Direct constructive criticism toward players in a positive, objective manner.
L. Compliment players honestly and avoid exploiting them for self-glory.
M. Emphasize the ideals of sportsmanship and fair play in all competitive situations.
N. Maintain an uncompromising adherence to standards, rules, eligibility, conduct, etiquette, and attendance requirements. Teach players to understand these principles and adhere to them.
O. Be sufficiently knowledgeable in aspects of the sport to provide an appropriate level of achievement for the players. Have a goal of quality play and excellence. Know proper conditioning principles and have an understanding of rules and officiating.
P. Use common sense and composure in meeting stressful situations and in establishing practice schedules, which are appropriate and realistic in terms of demands on players' time and physical condition.

General Athletic Information

Athletic Awards

Awards (including trophies) will only be given to those athletes who begin and finish the season. This will include any preseason for any sports as well as tournament games.

Award Guidelines

Coaches will give a minimum of two awards for each season from the list below. Any additional awards must be approved by the AD and Head of School.

A. **1 Timothy 4:12 Award** – An award chosen by the coaches to that senior athlete who has exemplified the attitude and spirit of CCS Athletics. This athlete may or may not have been a standout or star, but has proven themselves in the area of character and team play.
B. **Most Valuable Player** – An award given to the athlete who has been proven to have a positive impact on the team.
C. **Coaches' Award** – An award given to a player for his hard work and willingness to do all the coach asked them to do.
D. **Most Improved** – The player who has worked very hard and has shown the most improvement from the start to the finish of a season.

Athletic Dress

CCS Athletic dress for ALL games will follow CCS school guidelines for both home and away games. Coaches may have specific requirements for team members and will address this issue in team meetings. Student athletes not only represent themselves, but also family, the school, team, and the Lord Jesus Christ.

Athletic Injuries

All injuries that prohibit practice or play must be reported to coaches and the Athletic Director as soon as possible. Injured players will still be required to attend all practices unless he/she is at the doctor or rehabilitation for the injury. Coaches will be required to complete accident report forms and file with the athletic office for all injuries occurring at practice or game.

Sportsmanship

All parents, coaches, and athletes are expected to demonstrate appropriate sportsmanship at all CCS athletic events. There is a correlation between sportsmanship and a positive Christian testimony. As the saying goes, "We may be the only Bible others read." This should always be considered in athletic competition. We should strive to be Christ-like parents, coaches, and athletes who show great sportsmanship at all times, give 100% at all times, and show a positive Christian testimony at all times on the athletic field or gymnasium.

Here are a few helpful guidelines:

1. Show respect for the opponent at all times. When opponents visit our school, they should be treated as guests, greeted cordially on arrival, given good accommodations, and accorded the tolerance, honesty, and generosity which all human beings deserve. When visiting another school, we should be cordial and appreciative of our host. Good sportsmanship is the Golden Rule in action.
2. Show respect for the officials. The officials should be recognized as impartial arbitrators who are trained to do their job and who can be expected to do it to the best of their ability. Good sportsmanship implies the willingness to accept and abide by the decisions of the officials.
3. Know, understand, and uphold the rules of the contest. A familiarity with the current rules of the game and the recognition of their necessity for a fair contest is essential. Good sportsmanship suggests the importance of conforming to the spirit as well as the letter of the rules.

4. Maintain self-control at all times. A prerequisite of good sportsmanship requires one to understand his own bias or prejudice and the ability to prevent the desire to win from overcoming rational behavior. A proper perspective must be maintained if the potential educational values of athletic competition are to be realized. Good sportsmanship means proper behavior by all involved in the game.
5. Recognize and appreciate skill in performance regardless of affiliation. Applause for an opponent's good performance is a demonstration of generosity and goodwill. The ability to recognize quality in performance and the willingness to acknowledge it without regard to team membership is one of the most commendable gestures of good sportsmanship.

Technical Fouls, Red Cards, and Ejections

1. Any athlete receiving a technical foul for conduct in basketball, a caution (yellow card) in soccer, or a caution (yellow card) in volleyball will be removed from that game/match and will remain out of that game for any length of time deemed necessary by the head coach. Any athlete receiving a caution or technical in two consecutive games for reasons of inappropriate conduct will be removed from the remainder of that game and suspended from the following game.
2. Any athlete excluded from a contest by an official for reasons of inappropriate conduct will be suspended from the following contest.
3. Any athlete who is suspended for reasons of inappropriate conduct from two games for cautions or ejections will be removed from the team for the remainder of the season.

Parent Guide

General Guidelines

You, as a parent, play an essential role in helping your child learn the values of winning and losing. Below are some suggested topics you can discuss with your child in these situations.

A. Values of Winning: Help your child learn the values of winning by:
    1. Offering congratulations for winning and identifying and discussing the efforts made by the individuals and the team
    2. Recognizing the improvements and growth of both individuals and the team
    3. Emphasizing competitiveness and doing one's best
B. Values of Losing: Helping your child learn from losing experiences by:
    1. Crediting the other team
    2. Crediting the play of his opponent
    3. Focusing on improvement by individuals and team
    4. Discussing what was successful
    5. Discussing what, if anything, individuals or the team could have done differently
    6. Accepting the loss, setting individual goals, and moving forward

Parent Meetings

Parents of student athletes participating in a sport are required to attend the athletic policy meeting for that sport. These meetings will be informational and cover athletic department

policies. Meetings are held at the school campus. Dates and times will be announced well in advance.

Sports Pictures
Team and individual photographs will be taken each athletic season. Information regarding picture dates and ordering will be distributed by the Athletic Director and/or the photography company. Parents may purchase prints and digital images directly through the photography provider.

Closing Statement
The Carolina Christian School Athletic Handbook has been written to provide clear guidelines for our coaches, parents, and student athletes alike. We have written these policies with the intention of furthering the athletic program that is currently in place at Carolina Christian School. With that being said, please keep in mind that these policies may be amended or added to as the school year progresses.

CCS Policy and Procedure Committee

These policies and procedures have been developed, reviewed, and approved by the CCS Policy and Procedure Committee. Parents who have questions, concerns, or suggestions regarding any policy or procedure contained in this handbook are encouraged to submit an inquiry through the CCS Policy and Procedure Google Form
https://docs.google.com/forms/d/e/1FAIpQLSdFIlVIBGpgFv85YoS3i_pt4iKgkM7SjiW0TR_ph17c89N61Q/viewform?usp=dialog

Addendum

Thursday, August 20, 2026 - Heat and Weather Guidelines for Outdoor Athletics

To protect the health and safety of all student-athletes, CCS Athletics will follow the heat-related participation guidelines established by the North Carolina High School Athletic Association (NCHSAA).

Carolina Christian School Coach's Commitment

- I am saved and have a growing relationship with Christ.
- I have a desire to see athletes grow in their spiritual and physical lives.
- I will commit to disciplining my team in our Christian faith throughout the season as needed.
- I will commit to being on time and prepared for all practices, games, and awards banquets.
- I will spend the time needed to grow in my knowledge of my sport to better help my team be successful.
- I will strive to do all things with excellence.
- I will model Christ-likeness to members of the CCS community both on and off the "field," including refraining from alcohol consumption when in the presence of members of the CCS community not related to me.
- I will be careful in my choices of entertainment so as not to be a stumbling block for those I have influence over.
- I have read, understand, and will follow the information found in the CCS Athletic Handbook 2026-27.

Coach's Signature: _____ Date: _____

Athletic Director's Signature: _____ Date: _____

Carolina Christian School Concussion Form

INFORMATION FOR STUDENT-ATHLETES & PARENTS/LEGAL CUSTODIANS

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

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

Here is what to look for:

Thinking/Remembering	Physical	Emotional/Mood	Sleep
Difficulty thinking clearly Feeling slowed down Difficulty concentrating Difficulty remembering new info.	Headache Fuzzy or blurred vision Nausea/Vomiting Dizziness Balance problems Sensitivity to noise or light	Irritability Sadness More emotional than normal Feeling nervous or anxious Crying more	Sleeping more than usual Sleeping less than usual Trouble falling asleep

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

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

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

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

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

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

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

CCS Student-Athlete & Parent/Legal Custodian Concussion Statement - Gfeller-Waller

If there is anything on this sheet that you do not understand, please ask an adult to explain or read it to you.

Student-Athlete Name:_____
This form must be completed for each student-athlete, even if there are multiple student-athletes in each household.

Parent/Legal Custodian Name(s):_____
□ We have read the Student-Athlete & Parent/Legal Custodian Concussion Information Sheet.

After reading the information sheet, I am aware of the following information:

Student-Athlete Initials		Parent/Legal Custodian Initials
	A concussion is a brain injury, which should be reported to my parents, my coach(es), or a medical professional if one is available.	
	A concussion can affect the ability to perform everyday activities such as the ability to think, balance, and classroom performance.	
	A concussion cannot be "seen." Some symptoms might be present right away. Other symptoms can show up hours or days after an injury.	
	I will tell my parents, my coach, and/or a medical professional about my injuries and illnesses.	N/A
	If I think a teammate has a concussion, I should tell my coach(es), parents, or medical professional about the concussion.	N/A
	I will not return to play in a game or practice if a hit to my head or body causes any concussion-related symptoms.	N/A
	I will/my child will need written permission from a medical professional trained in concussion management to return to play or practice after a concussion.	
	Based on the latest data, most concussions take days or weeks to get better. A concussion may not go away right away. I realize that resolution from this injury is a process and may require more than one medical evaluation.	
	I realize that ER/Urgent Care physicians will not provide clearance if seen right away after the injury.	
	After a concussion, the brain needs time to heal. I understand that I am/my child is much more likely to have another concussion or more serious brain	

	injury if return to play or practice occurs before concussion symptoms go away.	
	Sometimes, repeat concussions can cause serious and long-lasting problems.	
	I have read the concussion symptoms on the Concussion Information Sheet.	

_____ _____

Signature of Student-Athlete Date

_____ _____

Signature of Parent/Legal Custodian Date

CCS Student Athlete and Parental Agreement
CCS Student Athlete Agreement 2026-27

Please sign, date, and return this form to the Athletic Department. Athletes will not be eligible to compete until this form is completed and returned.

I have read the entire CCS Athletic Handbook 2026-27 and agree to abide by its standards and policies. I agree to support them both in spirit and practice.

Athlete's Signature: _____ Date: _____

CCS Parental Agreement 2026-27

I have read the entire CCS Athletic Handbook 2026-27 and fully support the enforcement of its rules and guidelines. I agree to support the coaching staff and their decisions, as they are the delegated authority in my son or daughter's participation in CCS athletics.

Father's Signature: _____ Date: _____

Mother's Signature: _____ Date: _____