



# **Trinity Academy**

## **Parent/Student Athletic Handbook**

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## OUR MISSION:

**The mission of Trinity Academy Athletics is to point others to Christ through a passionate pursuit of excellence in athletics.**

## THE FOUR PILLARS:

Unified in our calling, we strive to reflect Christ by filtering all we do through four pillars:

### **Purpose**

On purpose. For a purpose.

We believe in the importance of knowing and understanding one's PURPOSE in life. PURPOSE brings perspective, energy, enthusiasm, courage and a drive for excellence to everything we do on a daily basis. In the athletic world, teams comprised of individuals who know, accept and embrace their purpose on that team are more likely to achieve success. We want Trinity Academy athletes to understand that each member of every team has a specific purpose that only they can fulfill, and it is an important purpose that contributes to the overall team. The same is true for their role in the family and in their future careers. When they fully embrace and commit to their purpose on the team (in the family, on the job) then success is inevitable. Our PURPOSE in athletics, family and career is very important to us, however, there is a much greater PURPOSE we are called to fulfill.

We pray every student at Trinity Academy will hear and believe they are treasured by their Creator God. The pillar of PURPOSE is born out of this foundational truth. Whether inside the locker room or in the office, the message is the same for all of us: You were created on purpose for a purpose. It is more than one game, one class, one relationship, one season of life. God's Word tells us "There is a season (a time appointed) for everything and a time for every delight *and* event *or* purpose under heaven— (Ecc. 3:1). Regardless of the season, our purpose is to glorify God – to make His name known (not our own).

What happens in your life today is *one* part of *one* season in God's bigger plan, but it is *YOUR* part. The athlete has purpose in his/her role on the team. The student brings a unique perspective to the group project. The working adult contributes to the betterment of society, the church, the family. If you can keep your purpose in perspective that every season is known by God and uniquely ordained for you, you cannot help but have gratitude for the opportunity to contribute to His bigger plan.

Hear more about the purpose behind Trinity Academy Athletics in this [video](#).

### **Gratitude**

Appreciate the Gift.

In a world where being thankful and showing gratitude has become counter cultural it is a beautiful sight to come across someone who shows joy and gratitude in their life. Grateful people are ready to show appreciation, not necessarily in an outcome but in the opportunity to contribute to the outcome. We have all been given unique gifts to influence unique parts of God's creation. Eyes that are filtered by gratitude see every blessing, every challenge, every interaction as a gift.... not something you are entitled to or owed. We have our life, our breath, and our abilities- but most importantly we must not forget the True Gift. We must always appreciate the Gift who is Jesus Christ. This perspective is where lasting joy comes from; it is not conditional on an outcome.

As an athlete/parent/fan/coach our gratitude should not change with the amount of playing time we receive, how well we play, or how many games we win. Athletes who possess gratitude do the best they can in the role they have, because they can! The natural outflow of expressing appreciation for your God-given gifts is to use those gifts to serve others.

It is my prayer that we always compete with an obvious mark of gratitude that reflects our thankfulness for the True Gift, and the gifts and abilities He has blessed us with. We are told to “use whatever gift you have received to **serve others**, as faithful stewards” (1 Peter 4:10).

[Check out this Video](#) of a press conference of NFL Quarterback Nick Foles speaking to the press about where he finds his true joy and purpose.

## **Humility** Serve Others. Not Self.

There are times in life when pride can take over even the best-meaning intentions and actions. As fallen human beings, we desire attention, to be recognized for our accomplishments, to be the star of the game, to be considered the best player on our team, to be honored for our ideas, to be the smartest in the room, etc. Ironically, we must swallow our pride to admit our pride. We have all experienced times when pride overtook humility. The “Me” monster shows its ugly head and as a result, we may miss an opportunity to see the good in others, the needs of others or the chance to learn from others. Living humbly is a challenge in any part of life, but especially so in the world of athletics. In a world with Top 25 polls, and constant social media hype, how do we strive for our best while being content in our place?

If we are striving to reflect Christlikeness in all that we do, including athletics, we cannot escape Jesus' display of humility. He humbled himself to the point of dying on a cross. He “did not come to be served, but to serve” (Matt 20:28). Humble athletes have a proper view of themselves and exude a quiet confidence that allows them to lift up and celebrate others first. They realize they are a small part of God's big plan and are committed to bringing glory to Him and not themselves. We are warned “not to think of ourselves more highly than we ought” (Romans 12:3). Remember, you are but one part, (yes, YOUR part, but ONE part) of God's bigger plan. You are not the hero of the story. However, we have graciously been given the opportunity to display who IS the hero by putting our own gain and recognition aside and pointing others towards Christ and His example. “May I never boast except in the cross of our Lord Jesus Christ...” (Galatians 6:14). All glory be to Christ!

## **Endurance** Commit to Finish Well.

Endurance means “the ability to withstand hardship or adversity.” With each challenge you face and overcome, you are building endurance for future struggles. We serve a God who endured the cross for us! His love for us endures no matter the obstacles we face. How does an athlete build endurance? Sure, we want to build physical endurance that allows us to compete at our best on the court, field or in the pool. But even more so, we want to develop an enduring character that allows us to be resilient during trials and tribulations. This strength of character helps us stay strong in adversity and continue to move forward when times are tough both in and out of athletics. Following Christ also demands endurance because the path is not an easy one. How do we follow well? It starts with finishing well.

Commitment and wholehearted dedication to a cause, activity, job, team, spouse, group, church, and even our faith seem counter-cultural in today's world. To make a commitment and be dedicated to see it all the way through to the end is a rarity. All too often, in the athletic world, we see players run from a commitment because it's challenging rather than embracing the healthy struggle as the engine that can promote growth. We make commitments but only keep them when they fit our schedules rather than making choices that fit our commitments.

When an athlete commits to be part of a team, they must commit unconditionally. No matter their playing time or role on the team, external challenges, team win/loss record, homework schedule, vacation plans, etc. the athlete should honor the commitment made to the team. Likewise, when we commit our lives to serve our Savior, Jesus Christ, we do that when it is comfortable/uncomfortable and when it fits and does not fit our schedule. It's a daily choice to lay down our lives (our desires and preferences) to follow His plan for us. Trusting His plan, choosing gratitude, and seeking humility require a daily choice and dependence on the Holy Spirit's power.

These actions, no matter the season, display a strength, poise and joy that can only be reflective of God's glory. "Run with perseverance the race marked out for you" (Hebrews 12:1). To be an athlete who endures, it takes sacrifice and a dedication to fulfill your commitments. Commit to what you do and commit to finish it well – with excellence. You were never asked by God to excel or win in everything, but rather to "...work at it with all of your heart" (Col 3:23). A commitment to finish well can end with a win, a loss, a disappointment, or a triumph. Regardless of the outcome, giving your best and finishing well glorifies God best. A continued commitment to finish well and fighting through leads to an ENDURANCE that produces character, and character produces hope (Romans 5:3-4).

## PHILOSOPHY

### Curricular

Trinity's athletic program is "curricular" and participation on at least one team during the academic school year is an annual requirement for each student at Trinity Academy grades 6-12. Trinity Academy believes that involvement in team sports provides a formative experience for our students that is central to the education we offer, building character, confidence, and *esprit de corps*. The field and court serve as "laboratories," reinforcing Christian world-and-life view development. Together, our players, coaches and parents learn how serious competition and Christ-like humility combine to instill Godly virtues and develop important life skills.

\*Seniors are encouraged to continue participation in sports but may choose between a sport or an extra elective course (electives include second fine-art, yearbook, and digital photography), with the option to take both.

### Relationship to Academics

Athletics are considered part of the curriculum and are treated the same as all the other academic classes that students take daily.

### Missed Academic Time for Athletics

The Trinity Academy school policy for pre-arranged absence applies to athletics. Athletes missing class to attend athletic events are to discuss early dismissals and absences in advance with teachers and are to complete those assignments on time, as described in the Trinity Student Handbook.

### Athletic Objectives and Guidelines for Participation

The following are the objectives and guidelines for athletics at Trinity Academy. Trinity Academy students can participate in five levels when applicable in the sixth through twelfth grades: (1) Middle School "B" Teams (2) Middle School "A" Teams, (3) Junior Varsity, and (4) Varsity (5) Training/Development Teams. Each of these levels has specific objectives and purposes to maintain clear performance of the school's primary goals and objectives.

### Middle School ("A" & "B" Teams)

The objectives of the middle school program are improvement through participation and development of skills. Coaches will also teach rules and principles of the game. Middle school athletics will allow each student the opportunity to participate and grow in sportsmanship and character. Each athlete will not be assured participation in each game. However, each coach will try to reasonably allow every athlete the opportunity to participate in games/matches contingent on his or her attitude and participation in practice. The amount will be determined by the players' skill, age, and attitude as viewed by the coach.

### Junior Varsity (JV)

The objectives of junior varsity athletics are to reinforce basic skills, to start to develop advanced athletic skill and Christian character at an increased competitive level. Junior varsity athletics are more competitive and exist to prepare younger players for varsity play. At this level, each athlete will play and can experience a more intense, organized level of play. Each athlete will not be assured participation in each game. However, each coach will try to reasonably allow every athlete the opportunity to participate in games/matches contingent on his or her attitude and participation in practice

### Varsity

The objective of the varsity level is to exhibit impeccable sportsmanship and athletic excellence. Varsity athletics is highly competitive and advanced. At this level, the athlete will be scrutinized more thoroughly in his character, ability, attitudes, and skills. The most qualified athletes will be allowed playing time on the varsity teams. Each athlete will not be assured participation in each game. However, each coach will try to reasonably allow every athlete the opportunity to participate in games/matches contingent on his or her attitude and participation in practice.

### Training/Development Team

The objective of the Training/Development program is introduction and improvement through participation and development of basic skills. Students will learn the basic rules and principles of the sport. Competition against other schools will likely not occur during the season.

## **ATHLETIC PARTICIPATION POLICIES**

### **Roster Size**

Ideal maximum roster sizes for each sport are identified below. These numbers act as guidelines for each sport and instances with large rosters will be discussed by the coach and Athletic Director to take the appropriate action (i.e.. Team Placement).

Soccer – 18 players

Volleyball – 10 players

Tennis – 8 players

Cross Country – No limit

Basketball – 12 players

Cheerleading – 12 players

Swimming – No limit

Winter Track – No limit

Baseball – 16 players

Golf – 8 players

Track & Field – No limit

### **Team Placement/Tryouts**

For teams that have numbers above the roster size stated above, tryouts for team placement may be necessary. The goal of team placement is to help provide additional opportunities for our students at a level they are currently able to experience growth, help manage roster size, and to help build a development option for our program to continue to grow. Placement will be based off coaches' evaluations of abilities, team needs, positions needed, and some additional variables (not necessarily grade level).

### **7<sup>th</sup> & 8<sup>th</sup> Grade Students Playing High School Sports**

By NCISAA rules, except for football, 7<sup>th</sup>-12<sup>th</sup> grade students are eligible to play on varsity high school teams. Middle school students are not eligible for State Tournament participation until 7<sup>th</sup> grade.

TA philosophy is that 8<sup>th</sup> graders will be allowed to try out for the high school teams only when the Athletic Director decides that it is in the best interest of the TA athletic program and of the individual student and his/her family and potentially for being moved up for Tournament play.

### **Sunday Practice**

Sunday practices are prohibited, including "optional" practices.

### **Non-School Day Practice**

Except as approved by the Athletic Director, all non-school day practices are optional: attendance is encouraged, and failure to attend may hamper the athletes' progress in skill and team play; but coaches may not actively penalize non-attendance.

### **Practice Length**

As stated in the NCISAA Handbook, practices may be no longer than 2 ¼ hours in length for any one student.

### **Injury Related Unconsciousness in Athletics**

Any Trinity Academy athlete who becomes unconscious ("blacks out") for any length of time during a game or practice is ineligible to continue practice or re-enter the game for the remainder of that practice or event and remains ineligible until cleared by a doctor for return to competition. Furthermore, any athlete who suffers a concussion or suspected concussion must remain out of competition until being cleared by a doctor and completed the return to play criteria.

### **Athletic Trainer**

Certified Athletic Trainer (ATC) will manage all return to play decisions. Any student athlete who has been restricted by ATC from practice or play may return to play only after the ATC has given clearance for return to play. The ATC must receive written permission from the Supervising Physician for any injured student athlete who has been restricted from practice or play by the Supervising Physician and must be cleared by that



Supervising Physician in writing prior to return to play. No Student Athlete may participate in a school sponsored athletic event without being cleared by our ATC (all paperwork on file and fully medically cleared to play).

### **Participation and School Attendance**

A student who is absent from school more than one-half day may not participate in athletic activities that day (must arrive at school by 11:30am).

### **Rules and Regulations for Athletic Activities**

All applicable policies and guidelines established by Trinity Academy administration apply to students participating in athletic activities at Trinity Academy.

In addition, [NCISAA rules and regulations](#) will also be followed. The Athletic Director and coaches are expected to become familiar with these rules and regulations.

The Athletic Director shall be responsible for ensuring that all players meet both Trinity Academy and NCISAA requirements for participation. The Athletic Director will notify coaches of any ineligible players. Coaches shall submit to the Athletic Director a list of participants at the beginning of the season to facilitate this review.

### **Overlapping Seasons**

In cases where seasons overlap for different sports (fall to winter or winter to spring) the current (already in season) sport will take precedence over the new (just beginning season) sport.

Coaches of new sports may not require (or pressure for) try-out or practice attendance until the current season ends, not even as observers.

Separate try-outs must be held after the current sports season for players of overlapping sports, by the new sports coaches, but only on completion of the current sports season. This may necessitate "late team placement" (final placement held long after tryouts began), and new sports coaches must thoroughly over-communicate this to athletes and parents.

Parents may allow their child to attend practices of both current and new sports, even on the same day, but this is (1) optional, not required, and (2) may not involve participation, only observation. Current sport coaches may not forbid attendance (as an observer) to new sports practices where parents have approved such attendance.

It is expected that new coaches neither pressure nor require attendance to practices (or tryouts) prior to current sport season ending. Such dual attendance is entirely the prerogative of parents.

### **Exemptions**

Exemptions from participation in athletics are rare. The Athletic Director and a College Counselor will review exemption requests annually. Parents may initiate the review process by completing a "Sports Exemption Request Form" available on the website (Athletics – Handbook, Sports Medicine & Forms – Athletic Exemption Form) and submitting it to the Athletic Director upon completion.

Exemptions will not carry over and must be applied for and approved on a year-to-year basis.

#### Exemption Guidelines (MUST meet ALL the guidelines listed below):

- The sport in which the student is planning to participate is not offered at Trinity Academy and must be one that improves the student's physical fitness level.
- Student must complete 120 hours of training/practice/competition (travel is not included) under direct supervision of a coach between the first day and last day of the school year. This does not include practice time on their own.
- Student must be working towards a competitive event (game, recital, match, performance, show).
- Must have signed permission from students coach agreeing to the Trinity Academy policies.
- Must turn in a monthly log to report all practice/training/competition hours.

Any student granted a Sports Exemption that does not fulfill their requirement of 120 hours would not receive credit for their Physical Education requirement at Trinity Academy.

## **Social Media**

Trinity Academy Athletic Department will utilize social media to communicate upcoming events, results, upcoming events, and/or special recognition. You can follow us at:

Twitter - @\_TigersAthletics

Instagram - @trinityacademytigers

Facebook – Trinity Academy Athletics

Trinity Academy students are photographed and videoed on a regular basis. The photos and vides are used to illustrate many of our best moments and events. If a student or family does not wish such pictures to be used in publications or promotions, the school office must be notified each year in writing.

## **CONFERENCE MEMBERSHIP AND TEAM OFFERINGS**

### **Conference Membership**

Trinity Academy is a 2A member of the North Carolina Independent School Athletic Association ([NCISAA](#)), the Triangle-Triad Athletic Conference (Tri-TAC) and the [Capital Area Middle School Conference \(CAMSC\)](#).

Tri-TAC – Triangle Triad Athletic Conference

1. Burlington Christian Academy
2. Carolina Friends
3. O'Neal School
4. Salem Baptist Academy
5. Trinity Academy of Raleigh
6. Trinity School of Durham and Chapel Hill

CAMSC – Capital Area Middle School Conference

1. Cary Academy
2. Cary Christian School
3. Franklin Academy
4. GRACE Christian School (Raleigh)
5. Magellan Charter School
6. North Raleigh Christian Academy
7. St. David's School
8. St. Timothy's School
9. Trinity Academy
10. Wake Christian Academy

To facilitate scheduling of activities and to encourage competition, Trinity Academy will strive to maintain membership in the NCISAA, Tri-TAC, and CAMSC so long as it is deemed beneficial by the school administration.

### **Classification**

Classification of schools in the NCISAA is determined by student enrollment in grades nine through twelve. Based on NCISAA standards, Trinity Academy is classified as a 2A school.

## **NCISAA School and Conference Athletic Rules and Regulations**

1. High School Varsity eligibility is grades 7<sup>th</sup>-12<sup>th</sup>.
2. No high school student is eligible if his/her 19<sup>th</sup> birthday comes before August 1 of the current school year.
3. Middle school athletes may not turn 15 before October 15. Middle school athletes who miss the age deadline may participate on a high school team.
4. Organized practice start dates:
  - a. Fall – Monday of the week containing August 1
  - b. Winter – Monday of the week containing November 1
  - c. Spring – Third Monday in February (NCISAA has ability to move to second Monday if deemed necessary)

## **NCISAA Handbook on Sportsmanship**

The NCISAA recognizes that independent school interscholastic athletic events must be conducted in such a manner that good sportsmanship prevails at all times. It is necessary that administrators and coaches be individually and collectively responsible for taking every possible step to promote good sportsmanship at every interscholastic event. These steps must include the provision of such things as safe and adequate facilities for participants, spectators, and officials; the best possible officials for the events; and adequate control of spectators, players, and pre-game/post-game activities. Every effort must be made to promote a climate of wholesome competition.

## **COACHES**

### **Coaches' Authority**

The coach's authority to lead their team as they deem appropriate is in keeping with the philosophies and policies of Trinity Academy. The head coach is charged with conducting tryouts, determining the team roster, defining players expectations, implementing team rules, deciding student-athletes' playing time, and taking disciplinary actions whenever necessary. Student-athletes are expected to abide by the leadership and authority of the head coach and their assistants completely and respectfully.

Wisdom is advised in choosing what issues a parent should take to the coach. While we want open communication between students, parents and coaches in all things, parent opinions about game strategy, substitutions, and playing time should remain private, and uninvited questions about such coaching discretion decisions should be considered off limits. Trinity Academy coaches will be asked to *not* engage in "defending" strategy and playing time decisions.

When approaching a coach, parents should do so in a respectful way and in a manner consistent with Galatians 6:1-3 which states: "*Brothers, if anyone is caught in any transgression, you who are spiritual should restore him in a spirit of gentleness. Keep watch on yourself, lest you too be tempted. Bear one another's burdens, and so fulfill the law of Christ. For if anyone thinks he is something, when he is nothing, he deceives himself.*" If the matter is not resolved, then the Athletic Director should be contacted. Further escalation would go to the Head of Upper School and finally to the Head of School.

### **Volunteer Assistant Coaches**

When volunteers offer to assist, the head coach is required to obtain approval first from the Athletic Director along with a background check. With approval, the head coach becomes responsible for proper training of the assistant, including making certain the assistant reads the necessary handbook and agrees to adhere to these policies.

### **Parent Coaches/Assistant/Volunteers**

Volunteer coaches or assistant coaches who are also parents of team members are expected to maintain a professional detachment from the parent/child relationship while "on duty." In other words, they should act as a "parent" only after leaving the game, practice field, or court for the confines of their home.

## DISCIPLINE

### School Discipline Policy

The Trinity Academy Student Handbook discipline policy for students applies in full to our coaches and athletes. All consequences of discipline problems described here may be applied to athletes. The kind and amount of discipline will be determined by the coaches and, if necessary, the Upper School Head. The discipline will be administered in the light of the individual student's infraction and attitude. All discipline will be based on biblical principles. E.g., restitution, apologies (public and/or private), punishment, restoration of fellowship, no lingering attitudes, etc. To maintain consistency, coaches will regularly meet with the Athletic Director to discuss school guidelines concerning discipline.

It is vital for our parents and students to realize that maintaining an orderly atmosphere in the school and during athletics events is critical to the learning process. As in all other areas of the education at Trinity Academy, love and forgiveness will be an integral part of the discipline of a student.

### Ejections

Any ejection from a game or match by an official will result in a minimum of a one (1) game suspension from athletic events. This applies to coaches, students, and parents. Trinity Academy parents may not approach an official to discuss issues before, during, or after a game or match, or for any other reason. Any ejection decision by an official will be adhered to by the coaches, parents, athletes, and the school administration without further discussion. There will be no appeal.

### Meeting with the Athletic Director

There are five basic behaviors that will necessitate discipline from the Athletic Director (versus the coach). Those behaviors are the following:

1. ***Disrespect*** shown to any staff member, including all coaches, paid or volunteer. The staff member will be the judge of whether disrespect has been shown.
2. ***Dishonesty*** in any situation while at school, including lying, cheating, and stealing.
3. ***Rebellion***, i.e., outright disobedience in response to instructions.
4. ***Fighting***, i.e., striking in anger with the intention to harm another student.
5. ***Obscene language***.

## ELIGIBILITY AND ATTENDANCE

### Practice Attendance Policy

Consistent practice or attendance at scheduled practices will be required for participation in Trinity Academy athletics (some exceptions include swimming, tennis practices where an athlete and coach agree upon the missed practices due to the athlete being involved in outside training). In general, students will be considered "excused" from practice **ONLY** for sickness/injury and family emergencies. Students should make a vigorous effort to notify coaches of their need to be absent for any of these circumstances, and planned appointments should be scheduled on Wednesday as much as possible to avoid conflicting with practices/games.

Any athlete who does not attend practice, fails to make a scheduled team or individual meeting, or fails to attend school on game day or practice days may not be allowed to suit up for any game or games for a period of time to be determined by the coach and Athletic Director. Repeated absence from team practices or meetings may be cause for removal from the team. Missed practices and games will also have a negative impact on the grade earned for participating on an athletic team as deemed necessary in the TA curriculum.

It is expected that TA athletes commit to their TA team above and before "outside" (non-TA) activities. For example, if a TA practice or games conflicts with a city league game, it will not be an excused absence to miss your TA practice or game.

Coaches may use their discretion in allowing practice to be missed for other situations when the student asks for permission in advance. These students will have to make up missed conditioning prior to participation in the following game (in these special pre-arranged absences). Otherwise, absences will be treated as unexcused, and the absent student will not be allowed to play for no less than one-half of the next game/match (at least one half-game benching per absence). Exceptions to the policy will require approval of the Athletic Director.

## **Game Attendance Policy**

Except for illness, injury, or genuine family emergency, unexcused absence from a game may result in a long-term benching, suspension, or dismissal from a team based on the coach's discretion.

## **AWARDS**

### **High School & Middle School End of Season Programs**

Special award programs (or Team Parties) will be scheduled at the end of each season and will be the responsibility of the Coaching Staff and/or Team Parents. Special awards will be presented at this time. "All-Conference" and "All-State" performances are generally recognized at the end of year Academic and Athletic Awards Night.

### **Senior Night**

"Senior Night" celebrations before or during TA home game/match events are at the discretion of the coach. Any special recognition of seniors for their last game will have to occur on a non-game night or before or after the game. Special recognition will be allowed at half time of actual games/matches if planned and communicated in advance.

## **UNIFORMS AND EQUIPMENT**

### **Practice Apparel**

TA athletes must wear appropriate athletic attire that is consistent with the standards set by the school. All clothing should fit modestly and appropriately to the athlete's body type.

Sliders/Compression shorts are highly recommended for every athlete to wear underneath their uniform for each sport.

Appropriate footwear is required. Students may not practice barefoot, in socks or in dress shoes.

Mouth guards are strongly recommended for all athletes involved in practices or games in contact sports (basketball and soccer).

Shin guards are required for participation in official soccer team activities.

An athletic cup is required for participation in official baseball team activities.

Students should wear shorts over their volleyball spandex when outside of practice/game time.

Athletes may wear uniform color T-shirts underneath their athletic tank top.

TA game uniforms may NOT be worn for practices or any other non-game occasion.

### **Game Apparel**

Uniforms will be distributed to the students at school before their first game. Trinity Academy athletic uniforms should be worn for games only. In washing uniforms at home, please adhere to the instructions printed on the uniform. Please repair tears and holes and disconnected stitching as they occur. DO NOT PUT UNIFORMS IN THE DRYER, LINE DRY ONLY. The goal of the uniform is unity. With that in mind, we expect our athletes to dress in such a way as to promote unity over individuality.

Return: Uniforms will be returned by the students on the day of the post-season team meeting scheduled by their coach. All uniforms that are not returned or are damaged will be the responsibility of the player to pay for the replacement.

**FALL****WINTER****SPRING**

\*Uniforms are to be turned in one week following your last game or at your end of season party. Failure to return uniform will result in the replacement fee being billed to your account.

Sport	Item	Replacement Fee	Sport	Item	Replacement Fee	Sport	Item	Replacement Fee
Varsity Soccer - Boys	Jersey	\$105	Varsity Basketball - Boys	Jersey	\$65	Baseball	Hats	\$25
	Shorts	\$65		Shorts	\$65		Practice Uniforms (\$35)	Jersey
Middle School Soccer - Boys	Jersey	\$85	Varsity Basketball - Girls	Jersey	\$95	Varsity Soccer - Girls	Jersey	\$105
	Shorts	\$45		Shorts	\$75		Practice Uniforms (\$35)	Shorts
Varsity Volleyball	Jersey	\$95	JV Basketball - Boys	Jersey	\$95	Middle School Girls Soccer	Jersey	\$85
	Shorts	\$40		Shorts	\$75		Shorts	Shorts
Middle School Volleyball	Jersey	\$95	Middle School Basketball - Boys	Jersey	\$85	Golf	Bag	\$200
	Shorts	\$40		Shorts	\$85		*reversible – two jerseys	Shirt
Varsity Cross Country	Jersey	\$75	Middle School Basketball - Girls	Jersey	\$85	Track	Jersey	\$75
	Shorts	\$40		Shorts	\$85		*reversible – two jerseys	Cleats
Middle School Cross Country	Jersey	\$75	Middle School Basketball - Boys "B"	Jersey	\$50			
			Shorts	Shorts	\$40			
			Swim	Parka	\$135			
				Swim Cap	\$5			

Jewelry is not permitted in any form in game events. Females need to be careful about choosing the time of year for ear piercing. It is not recommended that an athlete get her ears pierced during a sports season because the earrings will have to come out for games.

Trinity Academy strongly recommends that male athletes purchase groin protection in sports where such protection is appropriate (cup, jock strap, or compression shorts). Athletic cups must be worn by all baseball players during any on-field team practice or game.

Uniforms should be worn in the most modest fashion possible.

## TRANSPORTATION

### Drivers

Competent adult drivers in safe vehicles with proper restraint provisions will transport all students. For all games where school transportation is available, the coaches must reserve the transportation in advance. Varsity teams, larger roster sizes and distance to travel will help establish priority when transportation is in high demand.

The Athletic Director, not the coaches, will establish the time that students will be released from class for participation in games held on school days.

Trinity Academy has opted to follow a "Drive Now, Talk Later" policy. No one driving any school owned or school-maintained vehicle should use a cell phone or other telecommunication device while driving, regardless of the nature of the call.

Parent volunteer drivers of TA athletic vehicles must be pre-approved by the TA insurance provider through the TA athletic department. Please allow three days prior to the athletic event for all information to be returned to gain permission. This approval is valid for two years, after which a driver must reapply.

Children may ride home from athletic events with parents. They must have written permission to ride home with someone other than their parents. It is permissible to write a single note granting permission to cover an entire season for riding home with another parent.

Students will not be allowed to drive themselves or other students to away games unless approved by the Athletic Director and parent. Students may drive themselves in a case where the game is off campus but considered our home field, course, or court.

### Eating on Trips

During athletic trips, coaches must communicate in advance if the team plans to stop and eat on the ride home.

## **Student Conduct While Traveling for Athletics**

As indicated in the TA student handbook, traveling TA students are expected to behave in the same manner as required on school grounds, with appropriate respect and courtesy.

## **GENERAL INFORMATION**

### **Athletic Paperwork**

Each student needs updated paperwork on file (upload to Magnus) before being cleared to participate. Paperwork includes:

- Pre-participation Physical – signed by a physician clearing the student for participation. Valid from 395 days from exam.
- NCISAA Consent to Participate – signed annually before the start of the school year by the student and parent/guardian.
- Student/Parent Concussion Form – signed and initialed annually before the start of the school year by the student and parent/guardian.

Returning families, you can upload and check the status of your paperwork by logging into Magnus. New families, you can turn in a hard copy of the forms prior to gaining access to Magnus (our management system for medical information).

### **Insurance**

Trinity Academy recommends that each family check with their insurance provider for adequate coverage in the event of injury, especially in contact sports. Most insurance companies provide supplemental coverage for athletics.

### **Athletic Department Communication**

Trinity Academy uses TeamSnap as its management program for all things athletics. Once a student signs up for a team they will be placed on the team roster via TeamSnap. All families participating in athletics at Trinity Academy should download TeamSnap as it is the home of all team specific information and communication. TeamSnap can be accessed on both a computer and mobile device.

In general, all questions pertaining to practice and scheduling (times, locations, departures, returns, etc.) should be directed to the team coach and not to the Athletic Director. Daily games and last-minute changes are communicated via email and/or school announcements by 2pm daily (if possible). TA Athletic schedules can be found on TeamSnap for all team members including each practice, roster, team communication, etc.

### **Sports Sign-Ups**

Our teams offered is based off student interest, and we can only get that information with our sports sign-ups in advance. This is a critical piece in our decision making as our sign-ups will dictate what teams we offer, what coaches we need to hire, what new uniforms/equipment needs to be purchased, how practices are scheduled and so much more.

2021-2022 Athletic Sign-Up Dates:

- Fall: June 1-15
- Winter: September 1-15
- Spring: November 15-30

### **Managers**

Players who are unable to play are a good resource for team managers and scorekeepers, statisticians, ball boys, etc. Coaches may offer the opportunity for students to continue to practice with the team as an added incentive for participating as a manager. Additionally, managers may attend away games with the team and enter at no charge. Students in 5<sup>th</sup> grade are allowed to apply to be a team manger by contacting both the Athletic Director and coach for the application.

### **Team Parents**

In past years, we have enjoyed the initiative taken by parents to fulfill the role of “team parent.” A team parent supports the team by encouraging players, organizing carpools, communicating directions to events, providing refreshments, and promoting team camaraderie by overseeing post-game outings. Parents who can support one of the teams in this manner, should contact either the head coach or Athletic Director.

## **Policy on Games and Practices during Breaks and Early Release Days**

1. Teams may practice on early release days. This is at the coaches' discretion.
2. Coaches may not have *mandatory* practice over any break. However, they may have *optional* practices, if desired, during breaks. Attendance of optional practices may be strongly encouraged, but non-attendance may not be penalized.

Parents will be informed well in advance of the occasions when our high school and middle school conference teams must compete over our fall, winter, or spring breaks. For the long-term success of our athletic program, all athletes are expected to take part in team competitions occurring over breaks. Please plan your vacations accordingly, as we alert you to the dates of our competitions.

## **Supervision at Athletic Events**

Children are to be supervised at athletic events. Parents are responsible for the supervision of their children.

## **CODE OF CONDUCT**

### **Biblical Basis for Conduct**

We believe that it is in keeping with God's word to compete with the desire to excel, including winning: "Whatever you do, do it with all your might, as if done for the Lord...it is Jesus Christ you are serving in everything" (Colossians 3:23-24).

### **Parents and Fans**

Our fans are a vital part of the success of Trinity Academy athletics, and we encourage vigorous positive participation by our fans. We do believe cheering should be cheerful, never negative or demeaning.

Trinity Academy fans are also ambassadors of Christ and of our school and should cheer our teams in an appropriate manner. Our cheering should build up and encourage ALL who hear (Ephesians 4:29). Our emphasis on sportsmanship and character amongst our student athletes and student body begins with the example set by our parents.

Derogatory "cheer" ("air ball", "miss it," etc.) comments, "booing," taunting (or any kind of derisive singling out of opponents), arguing, or disputing directed at any participant (players, coaches, officials, and fellow fans) will not be tolerated and will be considered grounds for removal from Trinity Academy sporting events.

Spectators should NEVER approach an official before, during, or after a sporting event. Never ridicule or shout criticism toward officials and referees.

During a game, the team bench is for coaches, players, and officials only. Do not approach the bench area during a game (including half-time).

A parent's/fan's inability to conduct themselves in an appropriate manner while at a Trinity Academy athletic event could jeopardize their future attendance at events.

### **Athletic Etiquette Expectations**

#### **Pre-Game/Half-time Music Policy**

1. All music must be submitted (in advance of play) and approved by the Athletic Director.
2. Although upbeat secular instrumental music is allowed, it may not be music with inappropriate lyrics.

### **Parent/Coach Communication**

Specific to athletics:

1. All concerns should first be presented by the parent or student to the coach. A respectful demeanor is always required.
2. If the problem is not resolved, the parent or student may bring the concerns to the Athletic Director.
3. If the problem is still not resolved, the parents may approach the Upper School Head.



4. If there is still no resolution, a meeting with the Head of School will be scheduled.

Please be assured that our coaches want parental feedback and are expected to be grateful and graceful when you bring your concerns to them in a humble respectful manner, seeking as much to understand as to be understood.

### **Sportsmanship**

Coaches, players, and fans are representing Christ during all public events. Therefore, compliance with the following guidelines will be expected from all participants.

1. Comments by coaches, directors, participants, and spectators should be only uplifting, positive, encouraging statements. (Ephesians 4:29-32 - "*Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear. And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.*")
2. Verbal abuse and/or non-Christlike language or tones of speech toward athletes, spectators, or referees is forbidden.
3. Actions should set a positive, encouraging example of conversation and behavior for spectators.
4. Coaches should demonstrate Christlike decision making when coaching a game where there is a large lead by considering how the margin of victory will reflect on their character and Trinity Academy. Coaches will be expected to take all measures available to avoid humiliation of lop-sided scores, including but not limited to removing starters, playing players out of position, limiting who can score, etc.

## NCISAA HEAT ACCLIMATIZATION POLICY FOR ALL FALL SPORTS

The heat acclimatization period is defined as the initial 14 days of preseason practice. The goal of the acclimatization period is to enhance exercise heat tolerance and the ability to exercise safely and effectively in warm to hot conditions. This period should begin on the first day of official team practice for the season. Any practices or conditioning conducted before this time should not be considered a part of the heat acclimatization period. Regardless of the conditioning program and conditioning status leading up to the first formal practice, all players (including those who arrive at preseason practice after the first day of practice) should follow the 14-day heat acclimatization plan.

1. Days 1 through 5 of the heat acclimatization period consist of the first 5 days of formal practice. During this time athletes may not participate in more than 1 practice per day.
2. A practice is defined as the period of time a participant engages in a coach-supervised, school approved sport or conditioning-related physical activity. Each individual practice should last no more than 3 hours. Warm-up, stretching and cool-down activities are included as part of the 3 hour practice time. For fall sports other than football, a coach may separate the 3-hour practices into smaller time segments not to exceed a total of 3 hours.
3. If practice is interrupted by inclement weather, the practice can recommence once conditions are deemed safe. Total practice time should not exceed 3 hours in any one day.
4. A 1-hour maximum walk-through is permitted during days 1-5 of the heat acclimatization period. However, a 3- hour recovery period should be inserted between the practice and walk-through – or vice versa.
5. A walk-through is defined as a teaching opportunity with the athletes not wearing protective equipment (helmets, shoulder pads, etc.) or using sport related equipment (footballs, blocking sleds, etc.). The walk-through is not part of the 3-hour practice period, can last no more than 1 hour per day and does not include conditioning.
6. During days 1-2 of the heat acclimatization period, a helmet should be the only protective equipment permitted. During days 3-5, only helmets and shoulder pads should be worn. Contact with blocking sleds and tackling dummies may be initiated. Beginning on day 6, all protective equipment may be worn and full contact can begin.
7. Beginning on day 6, double practice days must be followed by a single practice day. On the single practice days, one walk through is permitted, separated from the practice by at least 3 hours. When a double practice day is followed by a rest day, another double practice day is permitted after the rest day.
8. On a double practice day, neither practice should exceed 3 hours in duration, and student athletes should not participate in more than 5 hours of practice. Warm-up, stretching, cool-down, walk-through and conditioning are included as part of the practice time. The 2 practices should be separated by a least 3 continuous hours.
9. During the preseason heat acclimatization period, if a practice occurs on 6 consecutive days, student athletes should have 1 day of complete rest (no conditioning, walk-through, practices, etc.).
10. Days on which athletes do not practice due to a scheduled rest day, injury, or illness do not count toward the heat acclimatization period. For example, an athlete who sits out the 3<sup>rd</sup> and 4<sup>th</sup> days of practice during this time (e.g., Wednesday and Thursday) will resume practice as if on day 3 when returning to play on Friday.
11. Scrimmages during the heat acclimatization period are considered 1 practice.