

GRACE Christian School

ATHLETICS HANDBOOK 2018 - 2019



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MISSION AND PHILOSOPHY

***“And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.”
Colossians 3:17***

The mission of GRACE Christian School athletics is to provide an atmosphere where student-athletes can develop their physical, mental, social, emotional and spiritual gifts through the avenue of athletic competition. GRACE athletics desires to be a catalyst that helps develop a lifestyle of character, integrity, discipline, hard work and leadership. Athletics provide a wonderful opportunity to develop and practice skills and lessons that are learned in the classroom. GRACE athletics is another way to help educate and develop our student-athletes as they mature. All of the functions of GRACE athletics will be done with excellence and conducted under the principles of doing all things for the glory of Christ. (Colossians 3:17)

GRACE offers a variety of middle school and high school athletic teams for our student-athletes. While GRACE athletics are committed to competing and winning at the highest level there are different expectations at the middle school and high school levels. Every level will put a heavy emphasis on sportsmanship. GRACE athletes will learn how to win and lose with dignity and humility.

MIDDLE SCHOOL ATHLETIC PHILOSOPHY (GRADES 6 - 8)

GRACE middle school athletic teams have a focus on skill and team development. Middle school players will focus on learning the skills and rules necessary to compete well in their chosen sport. Playing time will be determined by squad size, athletic ability, attitude, team-orientation, work ethic, and practice attendance. It is the coach’s decision on who plays and for how long. Try-outs and cuts may be utilized in determining a team roster. The athletic director, head coach, and uniform availability will determine roster size.

The middle school sports programs belong to and compete in the Capital Area Middle School Conference (CAMSC).

HIGH SCHOOL ATHLETIC PHILOSOPHY (GRADES 9 - 12)

GRACE high school athletes strive to compete successfully at the highest level. Even with a focus on winning we will not have the attitude of “win at all cost.” High school level athletics is for student-athletes that have more advanced skills in their sport. The athlete will continue to develop their skills while learning the nuances and strategies for advancing and winning in their sport. The coach will determine playing time and players

are to accept their role on the team. Try-outs and cuts may be utilized in determining a team roster. Similar to the middle school level, roster size will be determined by the athletic director, head coach, and uniform availability.

The high school sports programs belong to and compete in the Eastern Plains Conference (EPIC).

CODE OF CONDUCT

GRACE student athletes, coaches, fans, and parents must realize that our athletic teams and athletic events are the only impression many people will have of GRACE Christian School. We want to have an excellent reputation amongst other student athletes, coaches, fans, parents and officials as being a competitive and honorable organization. Demonstrating and coaching sportsmanship at all levels of participation is paramount in achieving this reputation. Guidelines will be set and enforced to make sure GRACE has this type of reputation. Student athletes must sign the *Pursuing Victory With Honor* contract before they may participate in any GRACE athletic programs (this document may be downloaded from school website at www.gracechristian.net).

STUDENT-ATHLETES

RESPONSIBILITIES

In the classroom and on the playing field GRACE athletes will pursue their goals with excellence. A student-athlete's classroom behavior, attitude and work ethic should set the standard for others in the school.

As ambassadors of Christ and of our school, GRACE student-athletes are to conduct themselves in an appropriate manner in the classroom, on and off the field of play, and in their personal lives.

Student-athletes will follow all of the behavior and conduct guidelines that are set forth in the school's behavior policy.

A student-athlete who chooses to behave in a way that is not consistent with the school's behavior and conduct policies will be in jeopardy of losing their privilege of participating in GRACE athletics.

Any behavior that could reflect negatively on GRACE Christian School or GRACE Athletics will not be tolerated and could lead to suspension from the team.

If a student-athlete receives a detention or any other form of disciplinary action they may not use athletics' practice or games as an excuse to not serve the detention or

disciplinary action. During the duration of a suspension, students may not participate in any school activities, including events, games and practices.

TEAM CAPTAINS

Being a captain on one of GRACE's athletic teams is the most important role a student can assume within the athletic program. It requires commitment, leadership, responsibility, and putting others before self. Whether being elected or selected as a captain, the team or coach has placed a great deal of confidence in your ability to lead. As a captain, you are a representative of GRACE Christian School and will be measured by others on how you carry yourself.

Below are the expectations of a GRACE Christian School captain:

- Uphold the school's mission.
- Put others ahead of yourself.
- Be respectful at all times.
- Be a team player and promote team unity—seeking to always include others (especially with new players and younger players).
- Encourage your team to perform at their highest level.
- Create a healthy view of winning and losing.
- Keep emotions under control without losing enthusiasm.
- Never give negative criticism or blame teammates. Constructive criticism is encouraged and is promoted, as it is a core value within our program.
- Meet and greet officials, opposing coaches and captains.
- Communicate any issues that you feel the coach and/or Athletic Director should be aware of that could hurt the team or school.
- Be on time for class and practice.

WARM-UP MUSIC

Any music that is played at a GRACE sporting event must be approved by administration or come from the School Approved List. Instrumental music is encouraged.

ACADEMIC ELIGIBILITY REQUIREMENTS

No failing grades in any class.

A student-athlete will not be penalized for being late or missing practice if they are in an academic help session.

Athletes are expected to put forth their personal best in the classroom, maintaining no less than a 2.0 GPA with no F's. **At the end of first semester, eligibility will be assessed on second quarter grades, or first semester grades, whichever is the**

highest score. Grade checks will be made each Friday at 8:00 a.m. starting the Friday after 10 days of school. At the beginning of a new quarter, only ineligible students will be checked on the first Friday. Athletes who fall below a 2.0 GPA or have an F will be on academic probation the first offense and if next grade check shows failing grades, the athlete will be placed on ineligibility. See academic probation and ineligibility details below.

For students participating in the LEAP program, if the student qualifies for a modified level of instruction or modified curriculum and has no outstanding assignments, an exception may be made. Athletic Director will discuss individual cases with the LD specialist and school principals.

Academic Probation

- A student will be put on probation if failing **one** or more classes
- Probation length shall be **one** week following grade check, the athlete can still participate in practices and scheduled competitions
- If Friday grade check shows no failing grades, student is off probation
- If grade check shows failing grades, the athlete is ineligible (see ineligibility)

Ineligibility

- Ineligibility begins the Friday following the first week of probation if grade check still shows failing grades
- Students cannot participate in practice, travel, or in athletic contests for one full week and until Friday grade check reveals no failing grades
- Students on ineligibility are required to attend two help sessions per week
- Once the student has attended **two** help sessions and has received two signatures confirming help session attendance, they may be eligible to play if the Friday grade check shows no failing grades in any class
- Students will continue the **two** help sessions followed by a grade check for each week they remain ineligible until no more failing grades appear on the grade check
- Students may be ineligible only **three** times per sport before they must forfeit their participation on the team for the season

ATTENDANCE POLICY

Student-athletes are expected to attend all classes, practices and games regularly unless otherwise cleared by the coach **and** athletic director.

Student-athletes must attend school the same day of practice or game in order to be eligible to participate.

If a student-athlete is absent because of illness they will not be allowed to participate in practices or games for that day. Students must be at school no later than 11:30 AM and may not leave before 11:30 AM to be eligible for that day's athletic activity (excused tardiness or dismissal is an exception).

A late home or away contest is not an excuse to be tardy on the next school day. Excessive attendance or tardy infractions will lead to suspension from athletic competition.

NO QUIT POLICY

Student-athletes take on responsibility when they agree to participate on athletic teams. Accountability is essential to maintain a cohesive and functional athletic program. Once an athlete has made the commitment to participate and has either attended a practice or checked out equipment, the athlete must complete the season. If a student-athlete quits a team, he/she forfeits the privilege of participation in other sports for the remainder of the school year. Special exceptions may be granted in unique circumstances.

EJECTIONS

Any ejection or red card disciplinary action from a game or match by an official will result in a minimum of a 2-game suspension from athletic events. The student-athlete will not be allowed to play in the events but may sit, without a uniform, on the team bench. A mandatory conference with the Principal and Athletic Director will be scheduled to discuss the ejection and any further disciplinary action. Yellow cards in soccer may receive administrative disciplinary action if the student's actions are deemed to undermine the GRACE athletic policy of "Pursuing Victory with Honor".

PARENTS

RESPONSIBILITIES

Parents are a vital part of the success of GRACE athletics and we encourage supportive participation by our parents.

Parents are not allowed to openly criticize a coach to athletes or other parents. By openly criticizing the coaches, a student-athlete becomes trapped between the coach's authority and the parent's criticism. This situation merely erodes the athlete's effectiveness and affects their contributions to the team effort.

Parents are encouraged to be positive with their students. Let them know they are accomplishing something simply by being a part of a team. The emphasis on sportsmanship and character amongst our student-athletes and student body begins with the parents' examples and participation. Parents are not allowed to use derogatory cheers directed at any participant (players, fans, coaches, officials, etc.) This will not be

tolerated and will be considered grounds for removal from a GRACE sporting event. Criticizing or showing envy in relation to the failures or successes of other student-athletes is an inappropriate behavior. Most are trying their hardest on any given day and they deserve respect for their efforts. A parent living their life vicariously through their student-athlete puts undo pressure on all concerned. Remember, a sport is a game and it is supposed to be fun.

Parents are also ambassadors of Christ and of our school and should cheer on our teams in an appropriate manner. Parents should focus their energy toward being a supporter of the teams and not tearing either team down.

Parents are not allowed to approach an official before, during or after a sporting event. During a game, the team bench area is for coaches, players, and officials only. Spectators may not approach the bench area during a game (including halftime).

Parents will be asked to leave an event if their conduct is deemed inappropriate. A GRACE athletic event could be jeopardized should an inappropriate action occur. Your student-athletes participation on a team could also be affected.

Parents are encouraged to avoid offering excuses for their student. If they are not playing or seeing only limited action, encourage them to work hard, seek their full potential and contribute to the team's efforts.

Parents are encouraged to communicate any dates their student-athlete will miss practice due to appointments, at least a week in advance. If students choose to participate in the ministry of athletics, they are expected to fulfill the commitment to the best of their abilities. Every athlete is responsible to attend all practices and games. Unexcused absences will result in disciplinary actions, which can include loss of playing time. Our philosophy views athletics as a very valuable ministry, an arena for teaching God's principles and an opportunity to understand winning from God's perspective.

Parents are encouraged to have insurance coverage. We do not assume responsibility relative to doctor, ambulance, or medical expenses in case of an emergency. Athletics are a voluntary, co-curricular program in which students may participate if they desire, but do so at their own risk. Parents or guardians must obtain adequate insurance coverage for their students through a family insurance policy. Any liability or cost incurred is the responsibility of the family of the student-athlete.

Please note that participating in athletics is a privilege and in order for all to work as a unit we need student-athletes, parents, & coaches to operate in one accord.

COACH RESPONSIBILITY

The coach's authority to lead the team, as they deem appropriate is in keeping with the philosophies and policies of GRACE Christian School. The head coach is charged with conducting tryouts, determining the team roster, defining player expectations, implementing team rules, deciding student-athletes' playing time, and taking disciplinary actions whenever necessary. Student-athletes are expected to completely and respectfully abide by the leadership and authority of the head coach and their assistants. Disciplinary measures may include but are not limited to increased exercise, suspension from a game, or expulsion from the team. Grievances with disciplinary measures or other issues should be taken directly to that coach first. Wisdom is advised in choosing what issues a parent should take to the coach. Please keep in mind that most parents believe that their child should be getting a majority of the playing time and that expectation is not possible or realistic when dealing with a group of athletes. When approaching a coach, please do so in a respectful way and in a manner consistent with Galatians 6:1-3 and Matthew 7:3-5. If the matter is not resolved then the athletic director should be contacted and if further actions need to be taken please send a written complaint to the principal.

Coaches will be responsible to communicate with their players that they should wear the appropriate attire on each game day. Proper game day attire shall be:

- Dress slacks with shirt and tie, or
- Full warm ups with a polo type shirt, or GRACE t-shirt underneath
- Khaki slacks with a polo type shirt
- No plain t-shirts, jeans, or athletic shorts or sandals / slip-ons

EJECTIONS

A coach ejected from a game or match by an official will result in a minimum of a three game suspension from athletic events.

CONFLICT RESOLUTION POLICY

Parents/Students to Coaches

- All concerns about teams must first be presented to the head coach by the parents, or if the student is mature enough, by the student himself. A respectful demeanor is required at all times.
- If the problem is not resolved, the parent and/ or student may bring the concern to the Athletic Director. If the student brings the concern, he must have permission from his parents to do so. If the problem is still not resolved, the parents should submit the matter, in writing, to the Board of Trustees.
- A parent conference may be requested as needed.
- Email communication is usually the most efficient.

Coaches to Parents

- Coaches should respond to parent telephone calls or email messages within 36 hours.
- A formal parent pre-season meeting is required after roster has been finalized.
- Informal conferences should be arranged as needed.
- If a parent and coach cannot resolve a difficulty, the Athletic Director may be contacted.

Parents to Athletic Director

- Prior to approaching the Athletic Director, concerns must first be presented to the coach by the parents or student.
- If the parents have a grievance or dispute about the general operation of the school (apart from the operation of the athletic teams), they should bring their concerns to the Head of School.
- If the situation is not resolved, they should present their concerns, in writing, to the Board of Trustees.
- This procedure also applies to Board members who are acting in their capacity as parents and not as representatives of the Board.

General

- It is understood that if any disputes arise which are not covered by this policy, the Board of Trustees will decide what procedures to follow based on a parity of reasoning from those procedures established by this policy.

STUDENT SECTION/SPECTATOR CHEERING

Acceptable Behavior

- Face paint
- Applauding and cheering for your team during introductions, the contest and post-game handshakes.
- Waving of towels.
- Respect the decisions of the officials.
- Showing respect to the facilities of opposing teams
- Showing respect to opposing team during warm-up, introductions, course of play, and post-game. Conduct should reflect values of our school and be respectful - **we are here to cheer for our team not against the other team.**

Unacceptable Behavior

- Derogatory cheers, chants, songs, actions, or gestures (including turning your back on other team during introductions) directed toward opposing teams, their fans or the officials, including during pre-game and introductions.
- Signs that taunt or run down opponents.
- Booing or heckling an official's decision.

- Noisemakers (for indoor events) – cowbells, aerosol horns, sirens, and whistles are not acceptable. Both the presence and use of balloons, sirens, whistles, sticks, bricks, and portable listening devices (without earphones) are prohibited.
- Any behavior that draws attention away from the players and the contest.

PARENT COACHES / ASSISTANTS / 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, act as a “parent” only after leaving the game, practice, court or field for the confines of their home.

SPORT SAFETY/CONCUSSION MANAGEMENT - IMPACT

GRACE has acquired a concussion management system called IMPACT, which is an accurate, medically accepted assessment system that is used as part of an overall concussion management protocol. GRACE partners with DUNN Physical Therapy to provide Athletic Training Services for all of our athletic teams who also implements and manages the IMPACT testing and database.

PHYSICAL AND MEDICAL WAIVERS

Each student must have a completed Athletics Department Authorization and Release Form and an Athletics Department Health History/Physical Examination Form. The family doctor or Dunn Physical Therapy must fill these out before students participate in athletic activities. All participants must have an up to date physical on file in the office in order to practice and play. Physicals are good for up to 13 months with noting that a physical should be updated within the 12 month period and using the 13th month as a buffer period to have an appointment with a physician. (See Appendix for forms.)

Any team member who requires a visit to the Emergency Room or to a physician for an injury may not participate or practice until the physician provides a written medical release.

TEAM ELIGIBILITY

7th and 8th Grade Students Playing High School Sports

- By NCISAA rules, except for football, 7th – 12th grade students are eligible to play on varsity high school teams and GRACE has endorsed this policy under certain situations.

- GRACE 7th & 8th grade students will generally compete at the middle school/JV level. With prior approval of the athletic director/administration/coaching staff, GRACE philosophy is that 7th and 8th graders are allowed to try out for high school teams only when it is in the best interest of the GRACE athletic program and to the individual student and their family.
- Eligible Athletic participation starts in 6th Grade.
- Outstanding Middle School athletes who meet the same criteria used for HS athletes will also be eligible for lettering at the discretion of the Head Coach and Athletic Director at the conclusion of the season.

5th Grade Students Athletic Participation

- The Capital Area Middle School Conference, of which GRACE is a member, does not allow the participation of any students in fifth grade.

ATHLETIC FEE

Each student-athlete is assessed an \$125 athletic fee (football \$150) per sport played to offset the expenses GRACE incurs to fund individual sports. Common expenses include gym and field rentals, training services, referee contracts, and uniform and equipment purchases. The athletic fee offsets some of the associated expenses for field rental, transportation & trainer. Therefore, it is essential that all student-athletes tender the assigned athletic fee before or on the first day of practice. Students will be billed once rosters are completed. If a student-athlete becomes ineligible during the course of the season the fee will not be refunded.

ATHLETIC FEES SCHOLARSHIP

We are asking our GRACE family to prayerfully consider the sponsorship of an athletic fee to ensure that financial hardships do not prevent any student-athlete's participation. If you are either in need of or wish to fund a scholarship, please contact the athletic director. All inquiries are held in the strictest confidence.

TWO-SPORT PARTICIPATION

Student-athletes are encouraged to participate on one sport team per season but may be allowed to play more than one sport. A mutual agreement must be met by both coaches and approved by the Athletic Director if seeking two-sport participation.

Student-athletes are encouraged to take each sport they participate in seriously. If a student-athlete participates in club sports we ask that they notify their school coach of any potential conflicts prior to the start of the season.

TEAM UNIFORMS

Team uniforms are issued to players for most sports. School issued uniforms should be worn at games ONLY. It is the responsibility of the player to take proper care of that uniform and return it to the head coach, washed and in good condition immediately following the season. Each team will be assigned a uniform return date and time at the end of their respective season. If the uniform is not returned, the student/family will be billed for the item(s) missing, as well as having the student's grades/records withheld.

TRANSPORTATION

GRACE

Passengers using the GRACE Activity Bus as transportation must obey the following guidelines:

General

1. State of NC bus rules should be observed
2. Buses must be reserved through the Bus Manager who oversees bus calendar
3. Buses may not be used for less than 8 or more than 48 passengers
4. Buses will be maintained by The Truck Shop
5. Buses will not be loaned or rented to any organization other than possibly Colonial Baptist Church or Hope Community Church
6. Buses will be used for field trips, athletic events, faculty and staff events, and as a campus shuttle
7. **CDL and Passenger Endorsement Buses** may be driven only by persons with a CDL license (P Endorsement for passengers). **14 Passenger buses** may be driven by a GRACE staff member, coach, teacher, assistant, or a GRACE parent who possess a valid class C license and completes a driver record check, background check, and bus training through the Bus Manager
8. Buses may not be for personal use
9. Buses must be signed in and out by drivers
10. Any accident must be reported immediately to Bus Manager and an accident form must be completed
11. Damage or vandalism must be reported immediately to Bus Manager
12. Videos displayed on buses must be pre-approved by the Head of School
13. No loud music may be allowed during transit
14. In addition to the driver, at least one other adult (coach, teacher or chaperone) is required for all trips off campus unless an exception is made in advance by the Head of School

Drivers

1. The bus driver is responsible for the safety of the bus and all passengers

2. Bus drivers must always carry a school GPS/cell phone
3. Only drivers possessing a class C CDL with P endorsement may transport students on those buses which require it. Drivers possessing a valid class C license may drive the 14 Passenger buses.
4. Drivers must bring bus to a complete stop at all railroad crossings
5. Drivers must maintain a clean driving record
6. Drivers must submit to a criminal record check
7. Drivers must verify condition of bus after each trip
8. Buses must be signed in and out by driver after each trip
9. Trips should be detailed in the trip log kept in each bus

Students

1. Students must remain seated using seat belts at all times when bus is in motion
2. Students will be courteous to classmates and the bus driver
3. Students are not to interfere with anyone passing to or from a seat
4. There will be no throwing of objects on the bus
5. Students must talk quietly
6. No food or drink is allowed on the bus unless coach or teacher gives permission
7. No gum is allowed on the bus
8. No flash cameras to be used on the bus
9. The bus aisles must be kept clear at all times
10. Passengers will be responsible for their belongings. The school will not be liable for lost or stolen items
11. The bus driver must be obeyed at all times
12. The bus driver makes final decisions regarding the bus and bus safety
13. Students may not enter the bus with dirty clothes or shoes
14. High School and Middle School students of opposite gender may not sit in adjoining seats unless directed to do so by the teacher or coach.

Teachers/Coaches

1. Teachers and coaches should reserve buses at least two weeks in advance of use
2. Teachers and coaches should review all bus rules with passengers before trip
3. Teachers and coaches must maintain excellent student behavior at all times
4. When returning from a trip, the teacher and/or coach must remain with passengers until all are picked up
5. Teachers and coaches must submit a trip itinerary to the office before trip
6. Teachers and coaches are responsible to empty the trash and sweep the buses

Parents

1. Parents must sign a permission form in order for their students to ride on school buses
2. Parents and chaperones may ride school buses for field trips if room is available

3. Parents are responsible for any damage done to the buses by their children

PARENTS

It is the parents' responsibility to provide transportation to and from GRACE sporting events and to pick up athletes promptly following every event. There will be some times when GRACE will use the school bus - you will then be responsible for picking up your child from the "away" school at the designated return time if the bus is not available. Parents will be responsible for picking up their child from GRACE at the designated return time when the bus is used. Your cooperation in this is greatly appreciated. We want to be respectful of the time and other commitments of our coaches. Carpooling is strongly encouraged; some families rely on carpooling to make it possible for their children to participate in athletics.

STUDENT DRIVERS

Only student-athletes who have permission to drive to and from school will be able to drive themselves to and from practices and games. Student-athletes are only allowed to drive themselves if a current driving permission slip is on file in the office. Other student-athletes may not ride with student drivers (to practice or a game) unless the required permission slips (see appendix) have been signed by both the driver's and the passenger's parents.

STUDENT MANAGERS

A head coach may have a student-manager position available during the course of the season. The head coach of the sport is responsible to clearly present the responsibilities and time-commitment of the student-manager before the season begins. If a student takes advantage of this opportunity they will be required to keep the same academic, attendance and transportation requirements as a student-athlete. A student-manager will also need to complete and return the Athletics Department Authorization and Release Form (see appendix) before they are allowed to start their manager responsibilities. Managers must also complete the Athletics Department Health History/Physical Examination Form (see appendix). The family doctor will complete this form annually before the students may participate. A student-manager is not required to submit the athletic fee. Student-managers cannot use this opportunity as a Teacher Assistant credit or towards their GRACE community service hours requirement. Middle school sports may only have middle-school managers of the same gender of the team and high school sports may only have high school managers who are of the same gender of the team. The student-manager will be a non-uniformed participant but should be dressed in khaki shorts/pants with GRACE polo top according to GRACE dress code policy.

SERVICE OPPORTUNITIES

As the GRACE athletics program grows so does the need for volunteers. In order to successfully put together a sports program, we need head coaches, assistant coaches, and scorekeepers, bookkeepers, statisticians, team managers, game announcers, active booster members, and a facility set-up crew. If you feel led to join the fun and serve our school and student-athletes in any way, please contact the booster club or athletic director.

TEAM PARENTS

In past years we have enjoyed the initiative taken by parents to fulfill the role of “team mom/dad.” A “team mom/dad” supports the team by encouraging players, organizing carpools, disseminating directions to events, providing refreshments, and promoting team camaraderie by overseeing post game outings. If you are able to support one of our teams in this manner, please contact either the head coach or the athletic director.

SIGNING DAY PROCEDURES

In order to plan a signing day for student-athletes who have committed to participate in athletics collegiately, the following must be done:

- Request 2 Weeks in advance or more to confirm available space, allow GRACE staff to be in place, family and athlete to notify those wanting to attend, as well as Head Coach of signing school to attend if possible.
- Must submit an event request so that set-up elements are ready and space is clear (www.GRACEChristian.net/internal/event-request)
- Notify Administration and receptionists
- If an Athletic Director or Coach is attending from the college or university, please ask ahead of time if they will need to meet with College Counseling Office while they are here to take care of any final paperwork requirements, etc.
- Family/Student athlete can invite teachers, coaches, family members, and friends to signing.
- Ideally, after school 3:30pm or later on Wednesdays or when family/student athlete thinks is best.
- 30 - 45mins, depending on if it is one athlete or multiple athletes.

EAGLES CLUB (BOOSTERS)

In order to promote school spirit and defray rising athletic costs, we are looking for highly motivated volunteers with innovative fundraising ideas as well as the ability to

transition these ideas into action. We are committed to growing an athletic program of excellence and recognize the necessity of a Boosters Club with extraordinary vision as we strive to reach this goal.

All athletes and their families are required to participate in booster projects, athletic fundraising efforts, and game management duties. Due to the difficulties that the booster club and coaches have experienced in filling these duties, we are requiring parents of participating athletes to commit to serving a specified number of times per season. In order to determine the number of times that a family will need to participate, the total number of games and responsibilities will be multiplied to determine the total needed slots. The resulting number will be the number of times that a family will need to fulfill a needed role, such as admissions, concessions, scorebook, scoreboard, lines calls, etc. at home games. Failure to fulfill the specified responsibility without finding a replacement will impact the student-athlete's playing time and participation. The idea is to equally share these responsibilities to ensure that no one group of volunteers is unduly burdened.

CANCELLATION

In the event that adverse weather threatens a practice or game, the athletic director will make the decision about canceling the event in question and notify the GRACE office no later than 1:00 p.m. of that day. Away games are excluded from this policy because the decision to cancel rests with the other team. Parents are expected to check their e-mail and check the website to verify the cancellation status when weather appears to be an issue. Parents and athletes are encouraged to sign up for email alerts via graceathletics.net to receive any competition change notifications.

THUNDER/LIGHTNING

If thunder and/or lightning can be heard or seen, STOP activity immediately and seek shelter. This policy will only fail in the rarest of circumstances when thunderstorms form overhead and the first strike occurs then. When the Weatherbug tool/app is accessible, a 10mile radius of lightning strike will take precedent. Shelter must be taken immediately once lightning strike is within the 10mile radius of the activity location. Allow 30 minutes to pass after the last lightning strike within 10 miles prior to resuming play.

In situations where thunder and/or lightning may or may not be present and you feel your hair stand on end and skin tingle, immediately assume the following position: Drop to a squatting position, place your hands/arm on your legs, and lower your head. DO NOT LIE FLAT!

In the event that either situation should occur, allow 30 minutes to pass after the last sound of thunder and/or lightning strike prior to resuming play.

HEAT GUIDELINES

NCISAA WBGT PRACTICE GUIDELINES (as of 7.27.18)

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

SPORTS OFFERED

Fall

B - MS & VARSITY SOCCER
 G – MS, JV & VARSITY VOLLEYBALL
 COED CHEERLEADING
 B/G MS & VARSITY CROSS COUNTRY
 G - MS & VARSITY TENNIS
 B - 8 MAN JV & VARSITY FOOTBALL

Winter

B - MS, JV, VARSITY BASKETBALL
 G - MS, JV, VARSITY BASKETBALL
 B/G VARSITY SWIMMING
 COED CHEERLEADING

Spring

G – MS & VARSITY SOCCER
 MS & VARSITY BASEBALL
 G – MS LACROSSE
 B/G TRACK
 VARSITY GOLF
 B – MS & VARSITY TENNIS