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Foreword

We are pleased that you have shown an interest in the interscholastic athletic program at The Christian Academy. God uses everything in our lives for His purpose, including athletics and we are commanded to “do everything as unto the Lord” (Colossians 3:23). We hope this will be a positive experience for you.

The following pages are designed to make you aware of the commitment we are asking you to make. We ask that both you and your parents read through these pages and decide together if this is a commitment you are willing and able to make. Parents, your input and support are appreciated.

Please note that not all situations that could possibly arise during a particular sport season can be covered in this booklet. In any case where you or your parents do not know the possible consequences of actions you may take, ask the coach prior to your action. The coaching staff and administration reserve the right to make a final disposition of any case not covered herein. Also, please feel free to call when any problems or questions arise.

The Coaches

In case of Emergency call:

TCA School Office.....610-872-5100

TCA Emergency number.....610-872-5107

A T T I T U D E

By: Charles Swindoll

"The longer I live, the more I realize the impact of attitude on life. Attitude, to me, is more important than the past, than education, than money, than circumstances, than failure, than successes, than what other people think or say or do. It is more important than appearance, giftedness or skill. It will make or break a company...a church...a home. The remarkable thing is we play on the one string we have, and that is our attitude...***I am convinced that life is 10% what happens to me and 90% how I react to it. And so it is with you... we are in charge of our attitude.***"

ATHLETIC PHILOSOPHY

1. The purpose of The Christian Academy's Athletic Program is to provide students with opportunities to develop both God-given athletic abilities and Christian character qualities in the context of interscholastic competition. One of those athletic specific qualities is a winning attitude. A winning attitude in sports translates to a winning attitude in life reflecting Christ's conquering all to provide each Christian a path to salvation. Therefore, TCA's athletic programs stress these aspects:

- the fostering of unity and community (working together)
- the establishment of a disciplined work ethic
- submission to authority
- a spirit of servant leadership
- a winning attitude

2. In order to provide a structure for gradual growth of the student athlete from a beginner to an accomplished participant in TCA athletics, three levels of participation are provided. They and their parameters are outlined below.

Middle School – Generally 6-8th grade students will participate in the Middle School programs. Coaches will emphasize rules, athletic basic skills and fundamentals of team work for team sports.

Junior Varsity – This level will expand the basic skills and fundamentals learned in Middle School. Generally 9th and 10th grade will participate in JV athletic programs. The JV is preparatory for full varsity competition. Therefore, coaching will be aimed at raising the competency of each athlete and at stretching his/her capabilities so that he/she will be able to compete at the varsity level in one or two seasons.

Varsity – This is the highest level of athletic participation. Athletes will be expected to fully comprehend the rules and the need for their arriving at preseason camp in excellent physical condition. At the varsity level competition for both positions and playing time will be the rule. Only those athletes who demonstrate the appropriate level of skill, ability and attitude should expect to represent TCA on the playing field or court and see significant playing time.

CHARACTER DEVELOPMENT

Our coaches are committed not only to the development of basic fundamental game skills, but also to the development of positive character qualities. We believe these qualities are vital both to personal growth and the success of the athletic program. These positive qualities will be developed through much effort, practice and prayer. We have listed many of these qualities to help you build these into your life.

RESPONSIBILITY Fulfilling the known expectations of those in authority over us and the needs of those under our care.

DETERMINATION Purposing in your heart to accomplish God's best and use all our energies to overcome adversity.

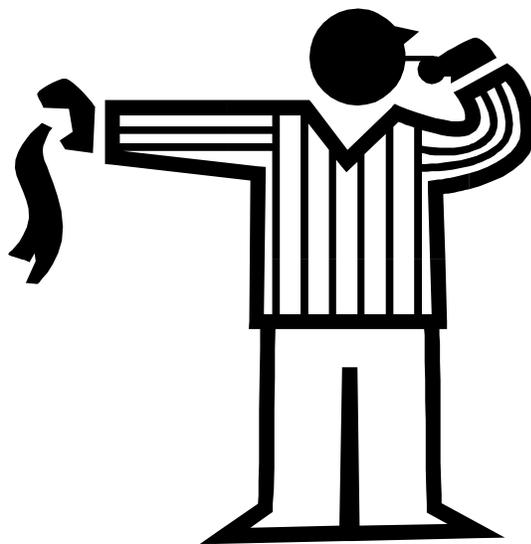
ENTHUSIASM Take an interest in every part of your sport and be glad to quickly carry out every part of the job.

HUMILITY Show forth the attitude that God is the one responsible for your abilities, talents and successes.

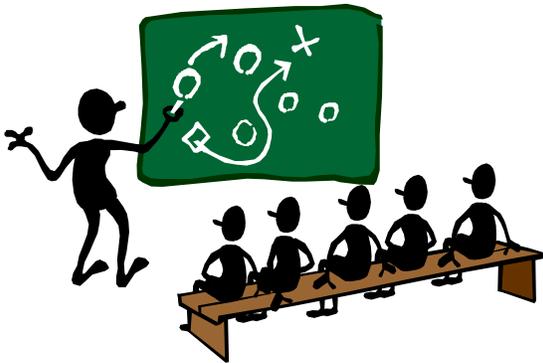
DILIGENCE	Use all your strength and ability to complete each part of your task whether in practice, in a game, or anywhere else.
DEPENDABILITY	Be at all practices and contests. Do what is expected of you in all situations.
INTENSITY	Give everything you have at all times, focusing your total attention on the job at hand and putting forth your every effort to complete it.
DISCIPLINE	Delayed gratification. Putting off pleasure to complete a necessary task that will ultimately increase that pleasure.
ENDURANCE	Inward strength to withstand stress in order to accomplish God's best.
FLEXIBILITY	Not setting my affection on ideas or plans which could be changed by God or others.
GRATEFULNESS	Making known to others the ways in which they have benefited my life.

Ten Things Parents Can Do To Help a Coach

1. Say only positive things on the sideline.
2. Communicate with the coach but not on the field or court.
3. Don't shout instructions to your child during the game.
4. Don't allow sleepovers or late movies the night before a game.
5. Focus on effort, not winning.
6. Support the coach, especially regarding lineup choices and discipline.
7. Make sure your child is eating properly.
8. Let the officials do their job.
9. Pick up your child from practices and games on time.
10. Support the "CRU".



REGULATIONS GOVERNING ATHLETIC PARTICIPATION



PRACTICE

1. Each athlete must attend **every** practice unless excused from a session at least 24 hours **prior** to that practice. Permission to be excused must come from the coach of that team; in the case of teams coached by someone outside of school, emergency permission may be granted by the principal or A.D. A high school athlete will be permitted to be excused from one practice or one game, only, during the season for a church or family activity. Middle school athletes may miss practices (with prior notification to the coach) due to conflicts in the schedule with other teams on which they play. Missing any practice without prior notification and coach's approval will result in no participation in the next scheduled contest. A second offense is automatic dismissal.
2. If a student is absent from school, he will be excused from practices.
3. If a student misses a practice due to a conflict with a function that is sponsored by TCA (e.g., Awards Ceremony, Science Fair, etc.), then he will be excused from that practice.
4. Athletes are given a one week trial period, determined by the head coach, at the beginning of each season to determine whether or not to participate. Athletes may **not** quit a team once the trial period has passed. Any case of quitting after the trial period expires or being dismissed for disciplinary reasons will be reviewed by the Athletic Review Board.

UNIFORMS AND EQUIPMENT

Each student is responsible for the care of uniforms and equipment assigned to them. Any damages and/or loss will result in repair or full replacement cost.

Uniforms may be worn for athletic contests only.

Warm up jackets may be worn to and from school.

Uniforms must be returned clean at the end of the season. Uniforms not returned in proper condition will not be accepted.

FACILITIES

We are very fortunate to have such good athletic facilities. Leave the practice area cleaner than when you found it.

Any articles left at practice or games will be picked up by the coach and will be subject to a fine.

School vehicles are a privilege; therefore, keep them clean and neat.

Parents will be given a 15-minute grace period at the end of the practice/game during which they are to pick up their child. A \$10 fee for each 15-minute interval thereafter will be charged.

The student will agree to use restrooms, locker rooms and changing facilities conforming to one's biological sex.

The student will dress in conformance with one's biological sex.

The student will only be able to compete in one's biological sex sport. Exceptions may be made if a sport is cancelled during the season.

ATHLETIC ELIGIBILITY

A student becomes ineligible for sports if he is receiving a combination of the following:

2 or more Fs any core subject, 2 Ds and 1 F or 3 or more Ds in any core subject and according to PIAA eligibility standards

A student becomes ineligible the day the actual determination of ineligibility takes place; typically the first day of the week. Eligibility will be checked every week.

The administration reserves the right to make exemptions on an individual basis when extenuating circumstances warrant, i.e. death in the family, absences. etc.

ALL athletes in season will be subject to eligibility requirements.

An ineligible student remains part of the team. The student will not be excused from class and will not attend away games. The student will attend home games, but will not dress. The student is required to participate in all scheduled practices.

ALL athletes in season will be subject to eligibility requirements.

NOTE: See criteria in MS/HS handbooks for exemption from this policy for students with learning disabilities.

TRANSPORTATION

Students are expected to ride to and from athletic contests on school-sponsored transportation.

For away games, coaches are allowed to permit varsity, junior varsity, and middle school student-athletes to use iPods or cell phones while traveling on the bus. All cell phones and iPods are to be put away before exiting the bus and not to be used at a visiting team's facility. Coaches have the final say whether they will allow their teams to use such items.

At home games, coaches are allowed to permit varsity, junior varsity, and middle school student-athletes to use iPods or cell phones after 3:30pm when not in uniform. Once a student-athlete is in uniform, they are not permitted to be used. Coaches have the final say whether they will allow their teams to use such items.

Students will **not** be permitted to drive to a game.

If a special event arises and for reasons of time it is more efficient to go directly from the contest the coach may give special permission for the student-athlete not to ride back with the team. Players may ride with his/her parent or a friend's parent.

Students will not be left unattended at any away athletic event. If a parent is not at the contest by the time the team is ready to return to TCA the student must travel back to TCA with the team and be picked up back at the school.

On very rare occasions school sponsored transportation will not be available. If there is not transportation, the

student is responsible for getting to that event on his own.

GAMES

1. Each athlete is expected to attend every contest (game) and every team event throughout the season. An athlete will be permitted to be excused from one practice or one game only during the season for a church or family activity. Missing a contest without prior approval from the coach will result in no participation in the next scheduled contest and may result in dismissal from the team. A second offense is automatic dismissal.
2. Each athlete is expected to attend the Sports Awards Ceremony at the end of the season. Failure to do so, by virtue of the athlete's choice, may result in that athlete forfeiting his/her right to any awards he/she may have earned during a season.
3. Being late to an event will result in some form of pre-determined punishment (i.e. starter not starting in a contest or a sub not participating when he /she normally would).
4. Standards of dress will be established by each head coach, and arrival at an event improperly dressed will mean that the athlete does not participate in that event. School attire or team warm-up suit is the standard for away contests.
5. Any behavior contrary to that which is honoring to the Lord and respectful to TCA and others is a direct reflection of our school, coaches and team and will

not be tolerated. Violations of a minor nature will result in removal from a contest. Those of a serious nature will result in a suspension or possible expulsion from the team.

6. Wearing school-purchased athletic equipment (game uniforms) at times other than scheduled contests or pep rallies is not permitted.
7. A student must be in school by 10:00 a.m. on the day of a game to be eligible to play. Any legitimate reason for not being in school by 10:00 a.m. must be cleared by the Principal or Athletic Director in order to obtain permission to play in that day's contest.

Administrative Directive on Non-Staff Member Involvement with Extra-curricular Activities

In order to minimize the school's liability regarding injury and/or student contact, practice sessions are open to coaching staff/advisor only and therefore, by definition are closed to all other individuals. Any individual assisting the Head Coach/ Advisor for a given extra-curricular activity must have on file a current Criminal Record Check and a Pennsylvania Child Abuse History Clearance as required by the state.

Before being permitted to participate in any such activity, a completed application, together with written testimony and the above mentioned security clearances must be on file in the Head-master's Office. Coaching Assis-

tants of any kind will be recommended by the respective coach and have received approval by the Athletic Director and/or Principal.

Policy on Assistant Coaches

1. Coaches may choose their own assistant coaches.
2. Assistant coaches must have all their completed documents turned into the Athletic Director before the season begins. Documents include: Christian Testimony, Child Abuse Clearance, Criminal Record Check, and F.B.I. Finger Printing Clearance.
3. Assistant coaches must be approved by the Athletic Director before the season begins.
4. Assistant coaches serve in a volunteer capacity.

AWARDS



VARSDTY LETTER QUALIFICATIONS

Varsity athletes may qualify for varsity letters in the following manner:

1. The athlete must make the team.
2. The athlete **must** finish the season in good standing in his/her particular sport.
3. A coach is entitled to award a letter to any injured athlete who meets all requirements other than participation time.
4. All letters and certificates will be presented during a Sports Award Ceremony. Upon earning his/her first varsity letter, the athlete will receive a chenille TCA letter award and a sport specific pin. Subsequent letters will be presented by a bar for each season awarded.

CRITERIA FOR SPECIAL ATHLETIC AWARDS

Most Valuable Player (MVP)

This is a stats driven award. The athlete who is most responsible for the success of the team will receive the MVP award.

COACH'S AWARD

Faithfully and eagerly follows the advice and directives of his/her coach without complaint.

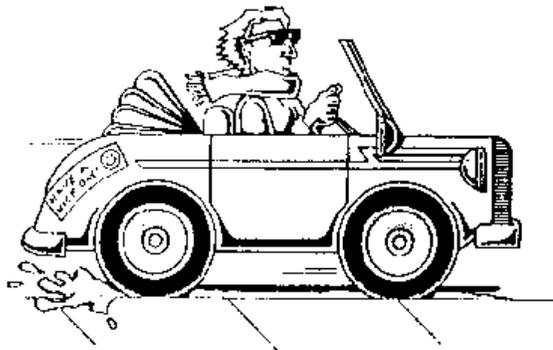
Always willing to make that extra effort toward improvement (in and out of season; during and after regular practices, etc.); shows the "pursuit of excellence through Christ" and leadership through example.

Dedicated and committed to the goals and ideals of his/her sport and strives to achieve those goals.

Humble in victory, gracious in defeat.

AWAY GAME INFORMATION

Please note that schools do not always play at the school. Please call the opposing school to double check where the event is being played.



DIRECTORY OF SCHOOLS

Academy Park
Agnes Irwin HS
Baptist Regional
Bristol HS
Calvary Baptist – Lansdale
Calvary Christian
Chichester HS
Christopher Dock HS
Church Farm School
Cumberland Christian
Darby Township MS
Delaware County Christian
Devon Preparatory
Dock Mennonite Academy
Faith Christian Academy
Freire Charter
Friends Select
Garnet Valley HS
Gloucester County Christian
Holy Ghost Preparatory
Jenkintown HS
Kings Christian
Lower Merion HS
Mast Charter School
Lower Moreland HS
MaST Charter
Morrisville HS
New Hope Solebury HS
Octorara HS
Pennwood HS
Perkiomen
Philadelphia Academy Charter
School
Phil-Mont Christian Academy
Pilgrim Academy
Plumstead Christian
Sacred Heart HS

St. Basil Academy
Strath Haven HS
Tri-state Christian
Valley Forge Military Academy
Westtown
Wilmington Christian

ACADEMY PARK **610-522-4375**
300 Calcon Hook Road, Sharon Hill, PA 19079

AGNES IRWIN **610-525-8400**
Ithan Ave. & Conestoga Road, Rosemont, PA 19010

BAPTIST REGIONAL **856-547-2996**
Third & Station Ave., Haddon Heights, NJ 08035
Call Baptist Regional for alternate locations and directions.

BRISTOL HS **215-781-1030**
1801 Wilson Avenue, Bristol, PA 19007

CALVARY BAPTIST-LANSDALE **215-368-1100**
1380 S. Valley Forge Rd, Lansdale, PA 19446 (EXT. 102)

CALVARY CHRISTIAN (PA) **215-969-2404**
13500 Philmont Avenue, Philadelphia, PA 19116

CHICHESTER **610-485-6881**
333 Chichester Avenue, Boothwyn, PA 19061

CHRISTOPHER DOCK HS **215-362-2675**
1000 Forty Foot Rd, Lansdale, PA 19446

CHURCH FARM **610-363-7500**
1001 E. Lincoln Hwy, Exton, PA 19341

HOLY GHOST PREARATORY **215-639-2102**
2429 Bristol Pike, Bensalem, PA 19020

JENKINTOWN HS **215-884-1801**
325 Highland Ave, Jenkintown, PA 19046

KINGS CHRISTIAN HS **856-489-6720**
5 Carnegie Place, Cherry Hill, NJ 08003
Contact Kings for alternate locations and directions

LOWER MERION HS **610-645-1810**
315 E Montgomery Ave, Ardmore, PA 19003

LOWER MORELAND HS **215-938-0220**
555 Red Lion Rd, Huntingdon Valley, PA 19006

MAST CHARTER SCHOOL **267-348-1100**
1800 Byberry Road, Philadelphia, PA 19116

MORRISVILLE HS **215-736-2681**
399 Cox Ave, Morrisville, PA 19067

NEW HOPE SOLEBURY HS **215-862-2028**
182 W Bridge St, New Hope, PA 18938

OCTORARA HS **610-593-8254**
226 Highland Road, Atglen, PA

PENNWOOD HS 610-284-8080
100 Green Ave, Lansdowne, PA 19050

PERKIOMEN 215-679-9511
200 Seminary Street, Pennsburg, PA 18073

PHILA. ACADEMY CHARTER 215-673-3990
1700 Tomlinson Road, Phila, PA 19116

PHIL-MONT CHRISTIAN 215-233-0782
35 Hillcrest Ave, Erdenheim, PA 19038

PILGRIM ACADEMY 609-965-2866
301 W. Moss Mill Road, Egg Harbor City, NJ 08215

PLUMSTEAD CHRISTIAN 215-766-8073
5765 Old Easton Road, Plumsteadville, PA 18949

SACRED HEART HS 610-527-3915
480 S. Bryn Mawr Ave, Bryn Mawr, PA 19010

ST. BASIL ACADEMY 215-885-3771
711 Fox Chase Road, Jenkintown, PA 19046

STRATH HAVEN HS 610-892-3470
205 S Providence Road, Wallingford, PA 19086

TRI-STATE CHRISTIAN (ELKTON CHRISTIAN) **410-398-6444**

144 Appleton Road, Elkton, MD 21921

VALLEY FORGE MILITARY ACA. **610-989-1200**

1001 Eagle Road, Wayne, PA 19087

WESTTOWN SCHOOL **610-399-0123**

975 Westtown Road, Westtown, PA 19395

WILMINGTON CHRISTIAN **302-239-2121**

825 Loveville Road, Hockessin, DE 19707

Contact Wilmington for alternate locations and directions.

EMERGENCY ACTION PLAN

The Christian Academy Sports Medicine Emergency Action Plan

The Christian Academy has a written an emergency plan that should be followed in the event of a medical emergency. All coaches should be familiar with this document and their role and responsibility in an emergency. Any questions should be directed to the head athletic trainer (or school administrator, in the absence of a licensed athletic trainer).

An *emergency* is the need for Emergency Medical Services (EMS) to give further medical attention and/or transport an athlete to the hospital. It is important in these situations that coordination between the athletic trainer, coaches, administrators and student responders be effective. This guide is intended to delineate roles and outline the protocol to be followed should an emergency occur. Situations when 911 should be called are:

- - an athlete is not breathing
- - an athlete has lost consciousness
- - it is suspected that an athlete may have a neck or back injury
- - an athlete has an open fracture (bone has punctured through the skin)
- - severe heat exhaustion or suspected heat stroke
- - severe bleeding that cannot be stopped
- - any injury or emergency situation that the coach deems necessary

Chain of Command

Team Physician

Certified Athletic Trainer, Athletic Director

Head Coach

Assistant Coach

Sports Medicine Student Assistant Other Athletes

The highest person in the chain of command who is present at a scene will be the designated person in charge, or leader. That person is responsible for deciding whether or not to call 911, instructing others how they may be of help and will be the person who stays with the athlete until EMS arrives.

Once it has been decided that EMS should be called, the following protocol should be followed:

1. The highest person on the chain of command will be deemed the leader, and will stay with the athlete to monitor the athlete's condition and administer necessary first aid. If possible, someone else on the chain of com-

mand should also stay and assist. The front office or an administrator should be notified that there is an emergency situation on campus.

2. The highest person on the chain of command will make the call to EMS or will designate another person to make the call. (911 from a cell phone or pay phone. EMS should be told what the emergency is, the condition of the athlete and how to get to where the athlete is. Also, tell EMS that someone will meet them at the closest intersection to aid in directing the ambulance. **DO NOT HANG UP UNTIL EMS HANGS UP FIRST.**
3. Phones at The Christian Academy are located in the main office, classrooms, coaches offices, and in the front lobby of the school, **insert any other pertinent locations here.** Kelly Burgos, ATC, and Rod Haseltine also have access to cell phones.
4. The leader will send runners to all intersections between where the athlete is located and The Christian Academy/venue-specific location to direct the ambulance to the athlete. The runners should stay in their positions and wave the ambulance through the proper turns to get to the athlete.
5. The leader will designate another person to attempt contact with the athlete's parents. **Emergency contact information can be found with the coaches and they** should have it with them at all times. If a parent is not present, the form should accompany the athlete to the hospital.
6. If transportation is necessary, the athlete will be taken to **Crozer Chester Medical Center (the closest trauma hospital)**. It is located at 1 Medical Center Blvd., Upland, PA 19013, 610-447-2000

The Christian Academy is located at:

4301 Chandler Drive Brookhaven, PA 19015

The closest intersection to the school is Chandler Drive and Lister .

Location of AED's

1. The AED is located in the main lobby of the school just behind the information desk. It is in a white cabinet, or on the field with the ATC.

***Coaches should take note of the closest AED to their practice and game locations.**

IMPORTANT PHONE NUMBERS:

Athletic Trainer, Kelly Burgos: (H) 610-499-9464 (C) 610-324-7705

EMS: 911 or 9-911

Athletic Director, Rod Haseltine: (C) 610-717-2785

Principal, Kevin Skaer: (C) 610-203-7444