

Athletic Handbook



ACADEMY

Athletic Programs

Alpha Omega Academy High School

Fall Boys Varsity Football
 Co-Ed Varsity Cross Country
 Girls JV and Varsity Volleyball

Winter Boys JV and Varsity Basketball
 Girls JV and Varsity Basketball
 Co-Ed Varsity Soccer

Spring Boys Varsity Baseball
 Girls Varsity Softball
 Co-Ed Varsity Track & Field
 Co-Ed Varsity Golf

Alpha Omega Academy Junior High School

Fall Boys 6th-8th grade Football
 Girls 6th-8th grade Volleyball (3 Teams)
 Co-Ed 6th-8th grade Cross Country

Winter Boys 6th-8th grade Basketball (2 Teams)
 Girls 6th-8th grade Basketball

Spring Boys 6th-8th grade Baseball
 Girls 6th-8th grade Softball
 Co-Ed 6th-8th grade Track & Field

I. Philosophy of Athletics

At Alpha Omega Academy, athletes are expected to be above reproach, whether on the field or in the classroom. This lifestyle begins at the leadership of their coaches. Jesus Christ is to be the center of all our attention. Our goal in life is to glorify God by enjoying Him forever.

The believer's success is not based on wins or championships, but on the daily relationship we have with our Lord and Savior Jesus Christ. Jesus gave His life so that we may have life and have it to the full, therefore we will commit ourselves to excellence as unto Him.

II. Character Qualities

The integrity of a person can be a great witness to those who watch us compete. We will strive to enforce the following qualities in our daily living.

1. Dependability - be at all practices and contests unless excused by your coach. Do what is expected of you in all situations.

2. Punctuality - be on time, never late!

3. Love - be self-sacrificing and show a real concern for teammates, coaches and opponents.

4. Enthusiasm – takes an interest in every part of your sport and is glad to quickly carry out every part of the job. This includes being a good cheerleader when you are not playing.

5. Faith – show that you know the Lord is in control of all circumstances and He is carrying out His will in your life.

6. Humility – show forth the attitude that God is the one responsible for your abilities, talents, and success.

7. Endurance – you must be able to withstand the stress, hard work and the problems that all Christian athletes experience. We want you to do your best at all times, in the classroom and on the athletic field.

8. Boldness – Be ready to boldly express what Jesus Christ has done for you. The Christian athlete cannot be one who is timid or gives up.

9. Responsibility – athletes need to do everything that is expected of them. Coaches need to know that athletes are capable of doing things without direct supervision. Take the initiative to work and make intelligent decisions.

10. Intensity – give everything you have at all times, remember you are playing for the Lord and no one else.

Athletic Fees

All athletes must adhere to financial obligations required for each sport.

Athletic Fees: \$100 per sport per athlete for high school; \$75 per sport per athlete for junior high; \$250 per player for football (high school and junior high). If an athlete participates in more than three sports (excluding football) throughout the year, the maximum sport fee will be \$225. Athletes will be charged once the final rosters have been posted for that sport. Once the final roster has been posted and an athlete decides to quit that sport, a refund will not be issued.

Tryouts

1. All athletes that want to participate must be present at all tryout dates.
2. Once an athlete makes the varsity they will not be demoted unless a circumstance that may cause harm to the student or teammates is documented.

Facilities

The Lord has blessed our school with access to a variety of athletic facilities. You must be a good steward of what we have and use the facilities wisely. Always leave the area cleaner than you found it. Alpha Omega does not tolerate destructiveness or misuse of anyone's property.

Uniforms and Equipment

1. Practice Uniforms: Your coach may require you to wear a specific practice uniform. Some practice uniforms will be issued from the school. If a practice uniform is not issued, you MUST wear PE uniform. All offseason athletes must wear PE uniforms, JH and HS.

2. Game uniforms: Your coach will issue you a game uniform. You are responsible for the care and upkeep of your uniform, if there is a problem with your uniform, report the problem to your coach immediately. Lost or damaged uniforms must be paid for in full. Uniforms need to be turned in no later than one week of the last contest of the season.

Awards

Because we compete in TAPPS, our varsity athletes will be eligible for district and state honors. These awards, along with others, will be awarded at our end of the year athletic award ceremony. The following is a list of the awards that will be given:

MVP

Best offensive player

Best defensive player
Heart of the Lion

Parent Volunteers

Each sport will require many jobs that cannot be carried out by the coaches alone. We need the help of our parents. These jobs may include but not limited to collecting gate fees, concession stand, providing drinks for the team, running the scoreboard, official book keeping, and participating in the athletic banquet.

SUPERVISION

1. Team members must be under the supervision of a coach during the following times:
 - a. When reporting to the locker room area to "change" for practice or a game
 - b. On the field/court participating in the practice or a game
 - c. In the locker room following the practice or game
2. **Supervision for the coach begins from the time the team is told to report to the locker room to change for the activity until all players have left the locker room or until all players have left the building following the practice, game or away trip.**
3. If the coach must leave the practice/game in an emergency (player severely injured or coach ejected from the game) and not able to provide visual supervision, and if no assistant coach is available, the practice or game will be discontinued before the coach leaves. At no time other than an extreme emergency should a coach remove his/her team from a scheduled contest. **The coach is responsible for all students until they are picked up.**

CONDUCT OF A CHRISTIAN ATHLETE

The conduct of a Christian athlete is closely observed in many areas of life. It is important that his/her behavior be above reproach in all of the following areas:

ON THE FIELD In the area of athletic competition a Christian athlete should never use profanity or illegal tactics, and he/she learns fast that losing is part of the game and should be gracious in defeat and modest in victory. It is always courteous to congratulate the opponent on a well-played game after the contest, whether in defeat or victory. However, if there is a possible conflict, leave the field immediately. False athletes often display fits of temper, clowning, etc., when things fail to go as they desire or when being replaced by a teammate. A Christian athlete should have complete control of himself at all times.

Officials in a game are there for the purpose of insuring that both teams receive a fair opportunity. Officials do not lose a game for you. It is athletic tradition and rule that no one except the appointed captain talks to the official, and he/she should speak in a tone of respect and for the purpose of clarifying a rule.

Any improper or questionable language will not be permitted at any time. Improper language includes swearing, boasting, and disrespect to officials.

Any behavior contrary to which has been stated is a direct reflection on the school, the team and coaches, and will not be tolerated. Coaches shall report violations to the Director of Athletics within 24 hours of violation. Those of a serious nature will result in suspension and possible expulsion from the team.

IN THE CLASSROOM In the academic area a good athlete becomes a good student and is seldom found wanting. He/she plans his/her time so he/she gives sufficient energy to his/her studies to ensure acceptable grades. At AOA an athlete must not have any failing grades when receiving his/her report card at the end of the 9 weeks. There will be a progress report at each 6 week mark, the student can only have one F to still be eligible to play. If more than one F is on the progress report, he/she cannot play till the grade is brought up.

As a Christian athlete you are:

1. a gentleman or lady
2. a student
3. Competitive

In addition to maintaining passing grades, an athlete should give respectful attention to classroom activities and show respect for students and faculty members at all times. Horseplay and unnecessary talking are not approved habits of behavior. If these standards present a problem to the athlete that he is unable to correct, he or she will be required to meet with the Director of Athletics and could face possible suspension or expulsion from the team.

HAZING

Alpha Omega Academy believes that hazing activities of any type are inconsistent with the educational process and prohibits all such practices at any time. "Hazing" means the performance of any act or the coercion of another to perform any act of initiation into any class, team, or organization that causes or creates a substantial risk of causing mental or physical harm. Permission, consent, or assumption of risk by an individual subjected to hazing shall not lessen the prohibitions contained in this policy.

PRACTICES

Students are expected to be at every practice during the season. In the event of personal illness, death in the family, or a similar family emergency, the student will be excused from practice. These are the only exceptions! Other reasons for absence are to be approved by the coach prior to practice time. Students should leave a note or message if they know they will be missing a practice. Frequent absences or tardiness to practice will result in loss of athletic credit for the sport, as well as loss of playing time.

TRIPS/TRAVELING TO AND FROM GAMES

On trips we directly represent our Lord, school and coaches; therefore, it is expected that all concerned dress in school dress code at all times when traveling, and conduct themselves on the bus in a manner in keeping with this code. Violations will result in suspensions from the next game. Students will go to and return on the bus on all trips unless arrangement through written consent or email is made and approved by the Director of Athletics. Even with written permission, students may only ride with designated parents, not with other students.

Teams may travel with parents by car in approved vehicles whose drivers have filled out the required transportation forms in the office. Otherwise, all team members, stat keepers, etc., will go to and return from games on the bus. The only exception to this is traveling with parents. It is up to the coach whether electronics will be taken up before entering the bus/van.

Eating is okay on the bus. **However, everyone must clean the floor and seats before the bus driver dismisses the team.**

Boys and girls will sit in separate sections of the bus on the way to and from games. There is to be no hand holding, lap sitting, arms around shoulder, heads on shoulder, etc. Failure to abide by this standard will result in further discipline. Coaches are responsible to report violations of these policies to the Director of Athletics within 24 hours of the violation. If a student-athlete disobeys these policies, they may be disciplined by administration.

Students will call parents for pick-up approximately 20-30 minutes before they arrive back at the TC campus. **Coaches stay on campus until the last player is picked up after away games.**

ELIGIBILITY AND ATTENDANCE REQUIREMENTS

ACADEMIC ELIGIBILITY:

Students may receive **NO** failing grades on their report card in a class which meets daily or on MWF classes, such as the core classes. The Academic Advisor generates a report of those failures. Students who are failing according to the above criteria by 3:15 p.m. the day that grades are due will be ineligible to play for two weeks. Students are required to practice with the team, but not allowed to play in, travel with, or dress out for the games. At the end of the probation period, written documentation from the teacher that a passing grade exists will restore eligibility. Students who are suspended from school or in ISS/Isolation will not be allowed to participate in athletic events until event they return to their regular classroom.

BEHAVIORAL ELIGIBILITY:

The way we act and look on the campus is of great importance. Athletes should be leaders and fellow students should respect and follow them. There are certain characteristics that pertain to an athlete. They are:

1. Neat and well groomed at all times.
2. Does not use profanity in his speech.
3. Maintains a good example on and off campus.
4. Maintains strong personal devotional habits.

True leaders will accept this responsibility, realizing they influence many others on the campus. Athletic leaders work for the betterment of the school and what is right and good for their fellow students. Exhibitionism (display of affection) with the opposite sex in public is in poor taste and places you below AOA standards. Hazing of new students, fighting, etc., are certainly not in the best interest of school spirit and should be opposed at every opportunity. The use of illegal drugs or substances (on or off campus) will result in automatic expulsion from all sports for the full academic year and referral to the principal for further discipline.

ATTENDANCE AND ATHLETIC PARTICIPATION

1. In order to participate in athletics (game or practice) on a given day, a student must be in school all day and must not miss more than one class period in the given day.
2. Dentist and doctor notes are necessary when appointments are on game or special activity days, for the purpose of eligibility.
3. If the student misses more than one class period (refer to point one) for any reason (except fog and other emergency situations the administration deems appropriate), the student will not be allowed to participate in athletics for that day. For example, if a student arrived at school at 9:30 a.m. because he/she did not feel well when he/she woke up, he/she cannot play or practice that day. It also means that if a student is "needed at home," that student will not be able to play or practice that day, unless the administration feels that it is an emergency situation.
4. If a student has an attendance infraction on a game or special activity day, he/she may not dress out for that activity. They may not practice on the day of an infraction either but must attend the practice anyway. Even though a student may not participate on the day of infraction, he/she must still attend the game or practice session. However, the student will NOT travel with the team if there is an early school-day release time for an away game.
5. If a student misses school due to an illness but feels better later in the day, they are not allowed to attend practices or games.

ATHLETIC PHYSICALS

Annual physicals are required for all athletes who participate on inter-scholastic teams at Alpha Omega Academy. A current physical form must be on file. Individuals will not be allowed to participate in games or practice without a physical. This applies to all High School and Junior High student-athletes.

It is the responsibility of the athlete and his/her parents to keep the school supplied with a current physical. The physical consent form must be on record with the athletic department and a copy in the coach's med kit before the first official practice.

It is very important to remember that no extensions will be granted. Therefore, it is to the benefit of the athlete and the school for physicals to remain current.

Regardless of when an athlete had his/her last physical, it would be a good policy for parents to schedule physicals in the summer of every year to make certain that an athlete will not have to sit out any practice sessions or games. Each year the school arranges with a local physician to have students get their physicals at a specific time. Each family will be notified of this date, which is usually during the month of July or /and August.

Athletic Forms

Forms to complete to be eligible for Athletics

1. Physical Form
2. Medical History Form
3. Cardiac Arrest Form
4. Concussion Form

*Every athlete must have each form on file to participate in athletics at Alpha Omega Academy.

ATHLETIC PARTICIPATION GUIDELINES

Guidelines for coaches regarding player participation:

Junior High A, B, and C Teams:

Each athlete participates in as many games as possible, however, the A Team is competitive and some players may not always play.

Junior Varsity teams:

This level is a transition stage between junior high sports and the competitiveness of high school athletics. Therefore, each player should play as much as possible. The coach plays who he/she feels fit in order to win the game.

Varsity teams:

The coach plays as many players as possible, but does not sacrifice the team's opportunity for victory to do so. Basically, the coach plays to win.

Communication with Coaches

If a parent feels a need to communicate a concern with a coach, the parent must contact the coach for a pre-arranged meeting. Please be aware that a parent is not to address a coach before or immediately after a game or practice. Coaches have pre and post game/practice responsibilities, including supervision of players at all times. If needed, the parent can contact the school office for a pre-arranged meeting between the parent, coach and the Director of Athletics.

Schedules and Dates

You should receive a schedule from your coach at the beginning of your season. Schedules are subject to change during the season. Please check the school website for updates.

www.alphaomegaacademy.org

Uniform and Equipment Issued

The coach will receive equipment from the Director of Athletics. The coach will give a list of sizes needed for each player to the office two days prior to their need. The uniforms will be prepared for each athlete and given to the coach for distribution. There will be a form for the athlete to sign that they received the uniform. The form will be returned to the office the next day. Excess uniforms will remain at the school in storage.

Uniform and Equipment Return

All athletes are responsible for the equipment issued to them by their coaches. Once an athlete's respective season is completed, they must return said equipment to their coach or designee. Parent/Guardian will be billed for the replacement cost of missing or damaged items. It is the expectation that all Alpha Omega athletes will be mindful of the value of the equipment that they are issued and be responsible about returning such items to their coach or designee.

Failure to return uniforms on the due date will result in the following:

*A detention hour will be issued.

Note: If all items are returned before the detention, the detention will not have to be served.

*Parents will be billed for unreturned items.

*Uniforms are all due no later than ONE WEEK after the last game/meet of the sport season.

Bills will be issued after one week has passed if the uniforms have not been turned in.

SUPPLEMENTS

No use of drugs, alcohol, e-cigs, vaping or tobacco at any time.

Coaches may not encourage any student-athlete to take supplements, even if the supplement is considered harmless and is legal.

An Alpha Omega student-athlete may not take a supplement such as creatine or other muscle recovery products, unless the following items are turned in:

- a. A signed note from medical doctor stating that the student-athlete can take the supplement and is healthy enough to do so.
- b. A signed note from the parent stating the student-athlete may take the supplement.
- c. Both signed notes must be turned in and signed off by the Director of Athletics. Once all three signatures are received, the student-athlete will be given permission to take the specific supplement mentioned in the notes.

If a student-athlete is found taking a supplement without the appropriate signatures, suspension or expulsion from their team may occur. This is a very serious issue, as it is important for underage athletes to receive proper permission to take supplements, even if the supplement is widely accepted in society and legal.