

Summit Christian Academy

Athletic Handbook



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

Revised May 2026

Dear Summit Christian Academy,

It is our conviction that athletics at Summit are not a separate entity. Rather, they exist as an integral part of the formation of young disciples of Jesus Christ. We do not participate in athletics and then seek to honor Christ as an addition; we pursue athletics for the very purpose of honoring Christ. Glorifying God in athletics is not optional in Summit Athletics—it is why athletics exist here. If they ever cease to serve this purpose, then they are no longer needed.

With that said, rules and guidelines are essential for maintaining this posture within our athletic program. Please take a few moments to review and become familiar with our policies and guidelines.

Jesus is better than anything—including athletics—and it is our privilege and responsibility to demonstrate that truth to the world.

“If Christ be anything, He must be everything.” — Charles Spurgeon

In Christ,

Coach Wertz

Silas Wertz
Athletic Director

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Welcome to Summit Christian Academy Athletics

This is a handbook of the policy, rules, responsibilities and requirements for participation in Summit athletics for the upcoming year. It is the goal of Summit Christian Academy's athletic department to reinforce a positive and winning attitude among players and coaches while displaying the four cardinal virtues of Summit athletics: prudence, temperance, justice, and fortitude. Additionally, sportsmanship, perseverance, discipline and skill development on and off the field or court are highly valued. Our athletic program depends not only on the hard work of the athletes and coaching staff, but also on the support of families and friends.

Participation in athletics is a privilege – not a right – which provides student athletes the opportunity to grow athletically, academically, emotionally, physically, spiritually and socially. Student athletes are students first and athletes second. Participation in athletics and competition is a life-long learning experience. Good sportsmanship is required not only of athletes but also of all persons who support and attend athletic events. All spectators are expected to support the events through courteous behavior toward all participants, coaches, officials, staff and fellow spectators. Persons who engage in inappropriate behavior are subject to removal from the event and premises. The School Board empowers the Head of School, Campus Heads, Athletic Director and coaches to enforce the good sportsmanship code at all times.

A Summit athlete serves as an ambassador and therefore, will be held to godly standards of commitment, conduct and appearance. Athletes must coordinate their responsibilities to God, family, academics and team in that order. These programs function to involve not only the participant, but also the student body and school community of which the parents are a key part.

Vision

The vision of Summit Christian Academy is to prepare students academically, socially, and spiritually, equipping them to discern truth, articulate their faith, and serve others for the glory of Jesus Christ.

Mission

The mission of Summit Christian Academy is to partner with parents to educate and disciple young men and women through a classical Christian education.

Statement of Faith

We believe...

In one God eternally existing in three persons--the Father, the Son, and the Holy Spirit.

In the 66 books of the Old and New Testament alone as inspired by the Holy Spirit, inerrant as originally given, and that they are the final authority for our faith and practice.

In the incarnation and virgin birth of the Lord Jesus Christ, who by His shed blood and substitutionary death paid the redemptive price for all my sins and for the sins of all individuals who believe in Christ from every people group. He rose bodily from the dead and ascended into heaven to intercede for us.

That man was created by God in His own image for the express purpose of glorifying Him, that through disobedience he became a sinner separated from God's life and fellowship and that he needs personal redemption from sin through the new birth.

In the eternal salvation of all who trust the Lord Jesus Christ as personal Savior and the eternal punishment of all who reject Him.

In the work of God's Spirit in the new birth, indwelling the believer, causing him to grow into the likeness of Christ and filling him with power to live a godly life and to bear witness to Jesus Christ.

In the union of all true believers as one body in Christ.

In the second coming of our Lord Jesus Christ to the earth bodily to claim His own people, to vindicate Himself and to set all things in order.

Christian School Distinctives

Broadly Evangelical

It is the desire for Summit Christian Academy to serve not only the parents of the church that it is a ministry of, Peninsula Community Chapel (PCC), but also other believers in Hampton Roads. Therefore, the statement of faith to which Summit families agree focuses on the basic tenets of historic Christianity (see Statement of Faith, below). This means that teachers do not make categorical statements about issues which divide Evangelical believers such as modes of baptism, spiritual gifts, eschatology, or the age of the earth. Rather, teachers direct students to ask their parents and/or pastor why they hold the positions they do on such issues.

As a ministry of Peninsula Community Chapel, Summit aligns itself doctrinally with PCC and shares the same Statement of Faith. For further information on school/church doctrine, please refer to the Major Doctrines, Doctrines with Scriptural Latitude, and Statements on Contemporary Cultural Issues, available at <https://pccapp.blob.core.windows.net/app-files/doctrines.pdf>.

Covenantal School

As we partner with parents in our mission, we believe that our partnership is stronger when parents are pointing their children to Christ at home and in a church fellowship as well. The faculty and staff at Summit Christian Academy work to train the affections of students' hearts. For us to be successful in our mission, it is crucial that the pursuit of learning what is true, doing what is good, and loving what is beautiful is also being encouraged at home and within the larger body of believers, the local church. As a covenantal school, at least one parent and their students must attend church regularly (2+ times/month). Additionally, at least one parent and students in grades 7-12 must profess faith and affirm the school's Statement of Faith.

Biblical Lifestyle

God's character revealed in Scripture determines what is true and right, not our personal judgment. The Bible provides the instructions for how we are to live privately and publicly.

Summit Christian Academy expects its governing Board, employees, students, students' families, and those associated on a voluntary basis will maintain a lifestyle based on biblical standards of moral conduct, conduct that will not raise questions regarding their Christian testimonies. A Christian lifestyle reflects biblical principles of integrity, moral conduct and behavior, and appropriate personal and family relationships. (See Romans 1:24-32; Romans 12:1-2; I Corinthians 6:9-20; Ephesians 4:1-11; 1 Thessalonians 4:3-8; 1 Timothy 4:12; II Timothy 2:19-22; 1 Peter 1:15-16, 2:15-17; 1 John 3:1-3).

As a ministry of Peninsula Community Chapel, Summit Christian Academy adheres to the same Statement of Faith and doctrinal beliefs on marriage and sexuality, that marriage unites one man and one woman in a lifetime commitment to each other (Genesis 2:23-24; Ephesians 5:31-33). The

Chapel's Major Doctrines, Doctrines with Scriptural Latitude, and Statements on Contemporary Cultural Issues are available at <https://pccapp.blob.core.windows.net/app-files/doctrines.pdf>.

The mission of Summit Christian Academy is to partner with parents to educate and disciple young men and women. This partnership is made with families and parental unions in accordance with scripture in order to effectively execute our mission.

Philosophy of Athletics

The Summit Athletic Department believes that sport, when combined with classical Christian education, plays a formative role in shaping student-athletes. Athletics is not an end in itself, but a means through which students are disciplined in character and trained in discipline within the context of a team. While many programs measure success primarily by wins and losses, Summit Christian Academy defines success through the formation of virtue.

“For this very reason, make every effort to supplement your faith with virtue, and virtue with knowledge, and knowledge with self-control, and self-control with steadfastness, and steadfastness with godliness, and godliness with brotherly affection, and brotherly affection with love” (2 Peter 1:5–7).

Summit Athletics strives to cultivate a positive and competitive environment where hard work and the pursuit of excellence are guided by the classical virtues of prudence, temperance, justice, fortitude, faith, hope, and love. Student-athletes are encouraged to compete knowing their ultimate identity and victory are found in Christ.

Participation in athletics is a privilege, not a right. It provides opportunities for student-athletes to grow athletically, academically, emotionally, physically, spiritually, and socially. At Summit, student-athletes are students first and athletes second, and they are expected to pursue excellence in all areas of life.

Athletics is also a shared community experience. Our program depends not only on the dedication of athletes and coaches, but also on the support of families and spectators. God-honoring sportsmanship is expected from everyone in attendance. All spectators are to demonstrate respect and courtesy toward participants, coaches, officials, staff, and fellow spectators. Individuals who fail to meet these expectations may be removed from events. The School Board authorizes the Head of School, Campus Heads, Athletic Director, and coaches to uphold and enforce these standards at all times.

As representatives of Summit Christian Academy, student-athletes serve as ambassadors for the school and are held to high standards of commitment, conduct, and appearance. They are expected to prioritize their responsibilities to God, family, academics, and team. The athletic program is designed to develop the individual athlete and strengthen the broader school community, including families, who play a vital role in supporting its mission.

Our Motto

Discern - Articulate - Serve

Our Purpose

- 1) Encourage student-athletes to pursue excellence in both athletics and academics.
- 2) Promote a lifelong love of learning, discipline, and teamwork through athletic participation.
- 3) Foster Christlike character and spiritual growth through participation in athletics.
- 4) Encourage student-athletes to deepen their relationship with Jesus Christ.
- 5) Promote a classical, Christ-centered philosophy of athletics that rejects a “win at all costs” mentality and prioritizes the formation of Christlike character and pursuit of excellence while still valuing competitiveness, leadership, and a strong work ethic.
- 6) Model biblical character and Christlike living through the example of coaches, faculty, and staff.

Portrait of an Athlete

Culturally Engaged: Summit athletes are gracious hosts to visiting teams and maintain the same hospitality when competing away from Summit.

Christ Followers: Coaches devote time to discipling athletes during practices and games. Student-athletes, coaches, and Summit employees are expected to maintain a Christlike attitude at all games and practices.

Eloquent Communicators: Summit athletes, coaches, and staff show respect and grace toward referees, officials, opponents, coaches, and teammates.

Intellectually Curious: Student-athletes grow on and off the court or field, desiring to better themselves, mentally, spiritually, and physically.

Faithful Servants: Athletes develop and improve their God-given gifts through teamwork.

Organizational Chart

School Board
Administration – Head of School
Athletic Director
Coaches
Athlete

Please work from the bottom up on this chart when problems occur.

Athletic Programs Offered

The athletic department offers a wide range of sports for our students in grades 5-12. The programs offered are subject to volunteers (students/parents) and volunteer coaches. When staffed adequately, we offer the following sports to our students:

Fall:	Coed Cross Country	5th – 12th grade
	Boys Soccer	5th - 12th grade
	Girls Volleyball	5th – 12th grade
Winter:	Boys and Girls Basketball	5th – 12th grade
	Boys and Girls Swimming	8 th – 12 th grade
Spring:	Coed Golf	5 th – 12 th grade
	Coed Tennis	5 th – 12 th grade
	Baseball	8th – 12th grade (Club with Hampton Christian)
	Girls Soccer	5th – 12th grade

League Information

Summit Christian Academy is a member of the Peninsula Independent Athletic League (PIAL) for JJV sports. The following schools comprise the PIAL:

- Hampton Roads Academy
- Our Lady of Mt. Carmel
- St. Mary's Star of the Sea
- Summit Christian Academy
- Trinity Lutheran
- Walsingham Academy
- Ware Academy

On the JV and Varsity levels, Summit is not currently affiliated with a specific conference.

Wednesday Night Policy

In order to preserve quality family and church time, it is the policy of Summit Christian Academy not to schedule games or practices on Wednesday nights, with the exception of playoffs or mandatory make-up games.

Athletic Eligibility

Each player must submit their sports fee and commitment forms prior to receiving a uniform and participating in the first competition.

Medical Eligibility

In order to ensure our students are physically capable of participating in our athletic programs, each athlete must submit a VHSL annual physical exam form completed by a physician **prior** to trying out for a team. Certification is required each school year (dated after May 1st).

Providing or offering false information regarding an athlete's physical condition shall result in suspension from Summit athletics for that school year.

It is recommended students have satisfactory medical insurance before participating in any practice or game.

Any athlete not in school because of illness or other non-authorized activity will not be allowed to practice or play in a game that day.

Academic Eligibility

Quarterly grades will determine academic eligibility. Student athletes must maintain a cumulative 2.00 GPA with no grade of "F" on the most recent report card. Students whose average drops below these levels will be suspended from the team. The Athletic Director will request the grades of athletes who are not maintaining academic eligibility. The Athletic Director will review grades at mid-quarter and use this as an opportunity to confer with athletes and parents to ensure grades will be acceptable at the end of the marking period. Quarterly grades will determine academic eligibility.

Students with less than a 2.00 GPA or an F on the May report card will not be eligible for the fall sports season, unless the credit is redeemed with an approved summer school course.

These policies also apply to any transfer students entering the school. When determining athletic eligibility, the quarterly grades earned at the previous school will be considered to determine the athletic eligibility of the transfer student.

Behavioral Requirements

Student athletes are expected to be models of good character and must remain in good standing with the administration. Generally, this means they must avoid persistent or severe disciplinary problems requiring the attention of the Campus Head. Students may be suspended or removed from the team for disciplinary problems at the discretion of the coach, Athletic Director, and/or Campus Head. This pertains to in-school and athletic situations.

Student athletes are required to follow all behavior requirements outlined in the Parent/Student Handbook. Because of the leadership status afforded athletes by their peers, coaches may require higher behavioral standards. Participation in practices and games and continued mentorship on a team depends largely on the athlete's behavior. Campus Head, Athletic Director, and coaches have the authority to decide appropriate disciplinary actions for athletes who do not abide by established guidelines.

Ejection of a Player – Any player ejected from any contest for unsportsmanlike conduct shall be ineligible for the team’s next contest. This includes, but is not limited to, two technical fouls in basketball and a red card in soccer. First ejection is a one game suspension. Second ejection is multiple game suspension and could lead to dismissal from the team. If a player is ejected for fighting, the player shall serve a 1-3 game suspension and/or dismissal from the team depending on the severity of the incident.

School absences – Students must be present at school for at least half the school day to participate in co-curricular activities unless a legitimate circumstance in which the Head of School, the Campus Head, or Athletic Director may approve.

If an athlete serves an In-School Suspension (ISS) on a game day, the athlete will not be allowed to play in that day’s game. They are expected to attend the game and sit on the bench with the team in appropriate game day dress (not the uniform). An athlete suspended from school will be automatically suspended from any practices and/or games during the days of the suspension. These absences are considered to be unexcused.

No athlete will be allowed to quit a team once they have been selected without a parental conference with the head coach, the Athletic Director, and the Campus Head. If a student quits after being selected for the team, they are not eligible to play a sport the following season.

Illicit Drug Use

In accordance with Summit’s Drug Use Policy, the use, possession, distribution, or being under the influence of alcohol or any other drug (illicit, over-the-counter, intentional misuse of prescribed medication, or any other substance used for intoxication) on or off campus, is strictly forbidden. Proven use will constitute dismissal from the team and possible dismissal from the sports program for the year.

Energy Drinks

Athletes may not consume energy drinks (or other products with supplemental levels of caffeine or similar substances) during Summit athletics practice or competition as they may pose a serious health and safety issue. These are products such as, but not limited to, Red Bull, Monster, Rockstar, 5 Hour Energy shots, etc.

Practice/Games Consequences for Tardiness and Absences

	EXCUSED	UNEXCUSED	SEE COACH OR AD
Illness	X		

Death in the family	X		
Court appearance	X		
Dr., dentist appts.			X
School parties, social events		X	
Church activities			X
Family vacations		X	
After school job		X	
Behind the Wheel Driver's Ed Instruction			X
Evening academic classes or performing arts			X

Excused tardies and absences from practices and games will be reviewed by the coach and Athletic Director. Excessive unexcused tardies and absences may result in dismissal from the team. Students must be present at school for at least half the school day to participate in Co-curricular activities. For excused tardies and absences, a note from home is required when the athlete returns to practice.

Consequences for Unexcused Absences for Practices

	Additional conditioning work at next practice	Benched for first half of next game	Benched for game
1st Time	X		
2nd Time	X	X	
3rd Time	X		X

If an athlete is late to practice or a game, consequences will be determined by the coach. Possibilities include, but are not limited to, additional conditioning time, delayed game playing time, shortened playing time, or after school-detention on a non-practice day. More than three

unexcused absences may result in dismissal from the team. This situation will be addressed by the coach, parents, and Athletic Director.

Injured athletes who cannot physically participate are expected to attend all practices and games to support their team. Practice exceptions are for physical therapy or other medical-related appointments. During the game, all injured players will sit on the bench with the team. Any athlete not eligible to compete (injury, discipline) must sit on the team bench in school uniform or team gear (to be determined by coach).

Any athlete not able to attend a practice or game due to an excused absence must personally notify the coach as far in advance as possible.

Team Guidelines and Requirements

Team Goals

1. Excel and glorify God with our athletic talents and abilities

In order to accomplish this, each team needs a plan and a purpose. Coaches will provide the plan with the stated purpose to glorify God with our athletic talents and abilities. This will come at a cost to the athlete involving hard work and training on personal time which develops discipline and perseverance.

2. Play for excellence

This does not automatically mean we will win every game or match, but the team will play with this determination and persevere through challenges. Quitting or giving up on the field/court is not an option.

3. Condition - essential and mandatory

Athletes are expected to be as athletically conditioned and fit as possible. This level of fitness requires discipline and commitment to train body and mind. This requires conditioning workouts on days when a practice or competition is not scheduled. Poor conditioning is a disservice to the team and coach.

4. Unity as a product of teamwork

Working together focused on the same goal produces a bond between coaches and players. A unified team shares the desire to excel and win, encouraging one another and motivating each other to success. With a unified team, the amount of playing time is not a consideration. Regardless of the amount of playing time, each team member plays to their fullest ability.

Team Selection

1. Positions on Summit's athletic teams must be earned. Tryouts for the teams are a necessary means of determining individual skills and attitude while selecting players for the respective teams. Those who wish to earn a position must be present at these tryouts unless

prior arrangements have been made between a player and coach. The positions will be earned based on a combination of talent, skill, attitude and participation. Students who desire to play at any level should take advantage of additional opportunities during the off-season to develop and hone their skills. The coaches will make final decisions regarding the rosters of their respective teams.

2. Failure to make an athletic team at Summit should be looked at as an exercise in self-awareness. This could mean a student must work hard throughout the year to develop greater skills and then try out again the following year. Remember, Michael Jordan failed to make the Varsity basketball team in high school the first time he tried out. This motivated him to work harder for the rest of that year and the rest is history. Failure to make a team may also demonstrate a student's gifts and interests lie elsewhere. We then encourage participation in one or more of Summit's many co-curricular offerings.
3. At the JJV level (5th-8th grades), the opportunity exists for students to participate on an athletic team while they explore their personal gifts and talents in the area of athletics. For many students, this may be their first experience with competitive athletics requiring personal and scheduled practice time while balancing academic responsibilities. At this level, each athlete will participate in every game with coaches determining playing time based on an athlete's commitment and skill.
4. Players at the JJV or JV level may have the opportunity of gaining valuable experience by playing up at the JV or Varsity level intermittently when deemed appropriate by the coaching staff.

Eligibility of Homeschooled Students

A homeschooled student is defined as a student who receives educational instruction at home, a co-op, and/or online. If a student receives educational instruction from any school/organization that has an athletics team or program, the student is not allowed to participate in Summit's Athletic Program.

As the mission of Summit Christian Academy is to partner with parents to educate and disciple young men and women through a classical Christian education, any qualifying homeschooled athlete must meet the requirements for admission to Summit Christian Academy:

Pastor's recommendation, at least one parent and the student profess a testimony of faith, the parent and student faithfully attend a local church, which is defined as attending 2+ times a month, and sign agreement to Summit's Statement of Faith.

Documentation will be submitted and reviewed by the Athletic Director with final approval from the Head of School. Athletes will not be able to try-out or participate in off-season conditioning without approval from the Head of School. Documentation should be submitted no later than one week before the first day of scheduled tryouts or one week before off-season conditioning.

Summit students (full-time and then part-time) are given priority to the JJV and JV team rosters. Homeschooled students will have access to the remaining roster spots after tryouts. Homeschooled students will comprise no more than 50% of the Varsity team if there is a sufficient number of Summit students to complete a team. As Summit pursues joining a conference and competing in

VISAA, at least one male and female team each season (fall, winter, spring) will not be allowed to have any homeschool students beginning in the 2027-2028 school year. For the 2025-2026 and 2026-2027 school years, any graduate of the c/o 2026 or 2027 who has previously competed at the Varsity level will be allowed to participate but still must meet the requirements of admission to Summit as detailed above.

A VHSL annual physical exam form completed by a physician must be submitted **prior** to trying out for a team. Sports fees and all additional forms must be submitted to the athletic department once the homeschooled student becomes a member of an Summit team. Homeschooled students will be held to the same standards of behavior, dress code, academic performance, and tryout requirements as full-time Summit students.

Team Prayer

Prayer is a dynamic and integral part of the Christian life. In accordance with Summit's worldview, we acknowledge that God is present in our academic studies, as well as on the fields and courts before, during and after practices and games. Coaches and athletes will take turns leading the team in prayer before and after practices and games.

Team Captains

The Team Captain or Captains' role is an honorable service that requires serious commitment for this important responsibility. The athlete(s) who is chosen for this privilege has exhibited a teachable spirit, heart for the Lord and the ability to lead. The coach will designate who will take on this vital role. Captains will be asked to prayerfully consider accepting this position of leadership. Team Captain's Responsibility Contracts are sport-specific with direct input by the coach. Duties include, but are not limited to, communicating to teammates necessary information, conducting devotions and being a good role model.

Team Managers

The Team Manager role is an honorable service requiring serious commitment for this important responsibility. The student who is chosen for this responsibility has exhibited a teachable spirit and heart for the Lord. The coach will designate who will take on this vital role. Managers will be asked to prayerfully consider accepting this position of responsibility. Duties will include, but are not limited to, helping with game preparations (field, court, equipment, water for players), taking stats, attending all practices/games (home and away), and assuming responsibility for the team medical kit.

Dress Code and Uniforms

1. Athletes will adhere to the following dress code on **game days**:

Lady Athletes in 5th-6th grade: Any approved khaki skort or pants. Team jersey with a white shirt worn underneath (if sleeveless), or team shirt/jacket, if purchased by the team.

Gentlemen Athletes in 5th-6th grade: Any approved khaki pants or shorts, Team jersey with a white shirt worn underneath (if sleeveless), or team shirt/jacket, if purchased by the team.

Athletes in 7th – 12th grade are permitted to wear their game jersey or team shirt/jacket and an approved Summit uniform bottom. If the game day jersey is sleeveless, a short or long sleeve undershirt must also be worn.

2. If a coach requires another form of dress before a game (on the JV or Varsity levels) such as shirt and tie, athletes may change into that attire after school before leaving for the game.
3. Upper School athletes must wear Honors Dress on days it is required, regardless of games that fall on that particular day
4. Coaches will adhere to the same appearance and dress code as Summit teachers, faculty and staff.

Sportsmanship Code

1. Athletes, coaches, and spectators will treat officials with respect at all times. Only the head coach or appropriate player may discuss a questionable call.
2. Teammates will be supportive of one another and provide encouragement, not criticism, to each other.
3. At no time will officials or opposing players be taunted or “booed.”
4. Athletes will be expected to become the very best players they can be, focusing on the strengths and talents God has given them. Players will not be ridiculed or admonished for a poor performance but will be disciplined for disruptive behavior or unsportsmanlike conduct on or off the field/court.
5. The property and reputation of our opponents, as well as that of our own school, will be respected.
6. Hospitality will be exhibited toward the visiting team.
7. No derogatory language will be used toward anyone.
8. Athletes will be reverent during the prayer and the playing/singing of the National Anthem.
9. Athletes will pick up and dispose of all trash.
10. Athletes who are dismissed or who quit a team may not try out for the following seasonal sport. All situations will be reviewed by the Athletic Director and coach.
11. Most of all, a Christ-like manner and attitude will be maintained in all circumstances.

As spectators at Summit Christian Academy, we are expected to conduct ourselves in a way that demonstrates love, respect, and grace as it relates to each other, our opponents, and especially our officials. The world is normalizing improper behavior toward our officials. Romans 12:2 reminds us to not be conformed to this world, but be transformed by the renewing of our minds, that by testing we may discern what is the will of God, what is good and acceptable and perfect. Failure to adhere to these expectations could result in, but is not limited to, removal from the competition.

School Absences Due to Athletic Events

An athlete who is aware of an athletic competition causing him/her to be absent all or part of the school day is responsible for keeping up with his/her schoolwork. Any work due during a period the athlete will miss should be turned in before leaving for the athletic event. Any tests the athlete will miss should be taken ahead of time, if possible. Otherwise, the athlete must work out an arrangement with the teacher ahead of time for making up the test. Under no circumstances should an athlete fail to talk with a teacher whose class he/she will miss at least a day ahead of time. Athletes are responsible to obtain the day's assignments before dismissal and submitting these assignments the next time the class meets.

Uniforms, Equipment and Fees

Good stewardship is a command from God. We must take care of what the Lord has provided us. Therefore, all equipment must be handled with respect.

Uniforms

Uniforms are for game use only. Uniforms are the property of Summit and will be returned clean at the completion of every athletic season. In the event a uniform is not returned, the parent will be billed, and the student will not participate on another team until the fee is paid. Athletes are permitted one week after the last game to wash and return the uniform to the Athletic Director. Failure to do so will result in a minimum fee of \$100 per uniform. A reminder will be given to athletes at the end of each season. Diplomas will be held for any senior who has not returned their uniform or paid the fee outlined above.

Equipment will be issued and used only in the way intended for that particular sport.

There will be a \$100 uniform deposit check needed from homeschooled students when uniforms are distributed. The deposit checks will be voided and shredded when the uniform is received in the athletic department at the end of the season.

Athletics fees

The fees for (full-time enrolled) Summit Christian Academy students are:

JJV level - \$100 per sport

JV and Varsity levels - \$120 per sport

Homeschool JJV Level - \$200

Homeschool JV and Varsity levels - \$240

Note: Athletic fees may be higher for the golf and swim teams to account for facilities

The maximum (full-time enrolled) Summit Christian Academy family contribution for athletics per school calendar year is:

1 athlete: \$330

2 athletes: \$402

3 athletes: \$474

4 or more athletes: \$546

Athletic fees are non-refundable if an athlete quits or is dismissed from a team.

Concussion Protocols / Return to Sport (RTS) Protocol

In the event of a suspected or diagnosed concussion to a student athlete, the following benchmarks will be used to return an athlete to competition. The Coach and/or Athletic Director will coordinate this progression and RTS with the athlete's parent.

Stage	Aim	Activity	Goal
1	Symptom-limited Activity	Daily activities that do not provoke symptoms	Gradual reintroduction of school/work related activities
2	Light aerobic exercise	Walking at a slow to medium pace. Standing for portions of practice.	Increase heart rate
3	Sport-specific exercise	Jogging and skill related activities (catching, throwing, kicking, swinging) at a slow to medium pace.	Add movement
4	Non-contact training drills	Running and full speed skill related drills	Exercise, coordination, and increased thinking
5	Full contact practice	Participate fully in a practice	Restore confidence and assess functional skills by coaching staff
6	Full return to sport	No activity restrictions	Fully resume all team related activities

NOTE: An initial period of 24–48 hours of both relative physical rest and cognitive rest is recommended before beginning the RTS progression.

There should be at least 24 hours (or longer) for each step of the progression. If any symptoms worsen during exercise, the athlete should go back to the previous step. Resistance training should be added only in the later stages (stage 3 or 4 at the earliest). If symptoms are persistent (i.e., more than 10–14 days in adults or more than 1 month in children), the athlete should be referred to a healthcare professional who is an expert in the management of concussion.

Concussion Facts

Short Term Side Effects

Headache
Dazed and stunned
Confused
Balance problems (moves clumsily)
Sensitivity to light
Sensitivity to noise
Double or blurry vision
Concentration or memory problems
Behavior and personality changes
Nausea or vomiting
Loss of consciousness

Please note: Not all symptoms must be present for the athlete to have sustained a concussion. If any of these symptoms worsen following the injury, it is advised you seek further medical evaluation.

Long Term Side Effects

Chronic headaches
Sleep difficulties
Impaired sensation (touch, taste, smell, etc.)
Language impairment (communication, expression, and understanding)
Anxiety
Depression
Personality changes
Aggression

Repeated concussions can lead to long-term memory loss, psychiatric disorders, and other neurologic problems. If you have had a number of concussions, your physician likely will advise you to avoid the activities that may put you at risk for future head injuries and to discontinue contact sports.

Transportation

Transportation to and from practice is the responsibility of the athlete and/or parent.

Players will travel to away games in vehicles designated by the school. It is the responsibility of the parent to arrange transportation for their athlete for the return trip. Parent carpools are encouraged. If the team is being transported by a school vehicle, the vehicle will return to the school at the completion of the game. Students are not authorized to drive to games/practices beyond the greater Peninsula (York County, Poquoson, Newport News, Hampton, Williamsburg, James City County).

Transportation to home games is the sole responsibility of the athlete/parents.

Student drivers must adhere to the Virginia state regulations concerning the number of passengers they may transport, the Summit Student Driver Agreement, and the Summit Student Rider Agreement.

Virginia state law and Summit require that all occupants engage the seat belts while the vehicle is moving.

Parent drivers are required to have an Summit Activity Driver Application on file with the school prior to transporting any students. The school insurance policy does not cover transportation in private vehicles.

Vehicle owners assume all risk and liability for their vehicles when parked in Summit's or a competitor's parking lot. Please be aware that balls from practices or games may damage your vehicle, depending on where you choose to park your vehicle.

Inclement Weather

Games are often cancelled due to inclement weather or poor field conditions. The Athletic Director makes the final decision to cancel games. The head coach will make the decision regarding cancelling practices. Determination will be made by 1:00 p.m. on game day. Announcements will be made via intercom, on the athletic calendar and by e-mail. The Athletic Director also has the authority to cancel practices and games due to heat advisories.

Coaching Policy

God has called us to do everything as unto Him... to serve Him with all of our might. Therefore, He has not called us to mediocrity, but to excellence. Athletes shall be encouraged toward excellence. Hard work shall be valued and rewarded. The coach will strive for his or her players to work and bond together as teammates with the emphasis on integrity among athletes, sportsmanship, perseverance, discipline and skill development.

For coaching continuity within Summit's athletic program, Varsity coaches will offer guidance and direction to the JV and JJV coaches. They will not instruct them on how to administer their practices and teams but will offer insight and direction as to the necessary skills required by the

athletes when they progress to the Varsity level. This continuity will help Summit's athletic program grow and progress toward excellence.

In order to provide a safe and comfortable environment for students, no coach who is of the opposite gender of the team will be present with the team with less than four members present. If there are less than four team members present, a team parent or faculty member of the team's gender must be present.

Selection of Coaches

Summit Christian Academy diligently seeks the most qualified candidates for all open coaching positions. Below are the minimum qualifications to be considered.

1. The candidate must be a Christian and provide a brief account of his/her testimony.
2. The candidate must display excellent Christ-like character as commanded in Luke 6:40.
3. The candidate must have a passion for coaching and mentoring student athletes.
4. The candidate must be professional and have strong communication skills.
5. The candidate must be an active member of a local Christian church and must sign Summit's Statement of Faith.
6. The candidate must have knowledge and passion for the sport in which he or she is applying to coach.

In addition to these minimum requirements, candidates must be willing to adhere to the Summit Christian Academy Philosophy of Athletics outlined in the Athletic Handbook and the Conditions of Employment stated in the Employee Handbook.

Awards and Award Assemblies

1. Senior Recognition

There is a senior recognition ceremony, typically at the last home game of the season, to honor the 12th grade athletes. The athlete is usually escorted by his/her parents while their history in sports with Summit and their future plans are announced.

2. Award Ceremonies

There will be one athletic awards ceremony at the end of each sports season. These ceremonies are mandatory for all student athletes. Each athlete will receive a certificate of recognition. Attire for Awards Ceremonies includes slacks, collared shirt, tie, and optional jacket for men, and business attire for ladies (specific dress will be communicated by the Athletic Director). Failure to dress appropriately may result in the athlete not participating in the award presentation.

Summit is a growing school, and at this point in time, there are seasons when the student body cannot support both a JV (9th and 10th graders, younger students with the sports ability may play up) and Varsity team (11th and 12th graders, younger students with the sports ability may play up). In these instances, it will be determined, based on the highest level of interest for this sport, if the team will be classified as JV or Varsity.

3. Letters

Varsity Letters are awarded to high school athletes based on performance, leadership and ability in a sport at a Varsity level. When Summit fields both JV and Varsity teams in a sport, the Varsity letter requirements for the Varsity team athletes are:

- a. In the 9th-12th grade (an 8th grade athlete may merit a letter based on Varsity membership and contribution).
- b. Participate on a Varsity level team
- c. Exhibit consistent sportsmanship on and off the field or court with a Christ-like attitude
- d. May not miss any games during the season due to academic problems.

4. Season Awards

- a. Summit Award – Awarded to the athlete who demonstrates the core values of Summit's athletics: integrity, sportsmanship, perseverance, discipline and skill development on and off the field or court.
- b. Most Improved Award – Awarded to the athlete who has worked hard and consistently to improve his/her skills.
- c. Most Valuable Player Award (Varsity only) – Awarded to the athlete who demonstrates leadership with his or her team and excels physically on the field or court for the entire season.
- d. Academic Athletic Award (at end of year Awards Assembly) – Awarded to one senior female athlete and one senior male athlete at the end of the school year who has maintained the highest GPA while participating in two or more sports that year.
- e. Athlete of the Year Award (at end of year Awards Assembly) - The Summit Christian Academy Athlete of the Year Award is presented annually to one male and one female student-athlete whose athletic performance, leadership, and overall contribution had the greatest impact on Summit Christian Academy Athletics throughout the school year. Eligible students must be full-time Summit students, participate in at least two sports, maintain a minimum 3.0 GPA, and remain in good standing. Recipients are selected through a coach nomination and committee review process.

Scheduling

The athletic department makes every effort to have the times and locations on the Summit website under the athletic tab. You may use this feature to map the location of the competition. Our school website is www.scaschools.org

Responsibilities

Athletes' Responsibilities

1. Athletes will practice and perform to the best of their ability with the mindset that there is always room for improvement.
2. Athletes are expected to conduct themselves as ladies and gentlemen and to be testimonies of Jesus Christ at all times. Athletes are to speak in a manner that exhibits Ephesians 4:29.
3. Proper conduct and respect for the driver is expected when you are transported to practice or games.
4. Each athlete will be required to participate in fundraisers throughout the school year as determined by the Athletic Department. These are Athletic Department fundraisers, which are separate from any team-specific fundraisers.
5. Athletes will assist with cleaning up the field or court after a home game before leaving the school or field.
6. All equipment must be handled with respect.
7. Athletes are to respect our facilities and those of our opponents at all times.

Parents' Responsibilities

1. Please understand your student is part of a team. If at all possible, avoid using participation in sports as a punishment. The result of missing a player in a team sport impacts the entire game. No athlete will be allowed to quit a team once they have been selected without a parental conference with the head coach, the Athletic Director, and the Campus Head. If a student quits after being selected for the team, they are not eligible to play a sport the following season. Athletic fees are non-refundable even if an athlete quits or is dismissed from a team.
2. Parent's participation and involvement is very important in the lives of our athletes. We would ask that you attend as many of the games as possible to support your athlete(s).
3. Please be conscious of comments directed toward referees, coaches, players, and other teams.
4. We request that parents not come into the locker room area, sit on the bench, or distract players during competition.
5. Please do not approach coaches before, during or immediately following games with frustration. Make an appointment with the coach to discuss the issue at a more convenient time for both.

6. Please be prompt in picking up athletes after practices and games. Remember, coaches have families too!
7. Unless requested by the coaches, please refrain from coming onto the playing surfaces when injuries occur.
8. If problems arise, please follow the chain of command below for resolution:

School Board
Administration – Head of School
Athletic Director
Coaches
Athlete

Please work from the bottom up on this chart when problems occur.

9. All parents are expected to volunteer for the team. If you are not able to fulfill your obligation, it will be your responsibility to find someone to take your place. This includes, but is not limited to:
 - Driving to away games
 - Running concessions
 - Collecting gate fees
 - Running clock/scoreboard
 - Donating special concession items
 - Team parent

Athletes' and Parents' Responsibilities

Each athlete will be required to fill four volunteer slots during the year. These slots may be filled by either the athlete or a parent. The slots can be completed during any sports season. Example: a fall soccer or volleyball player can volunteer during the winter basketball season. The volunteer slots will include service in one or more of the following areas:

- Concessions
- Gate
- Score table
- Serving as a team parent (qualifies for two slots)
- Serving as a Team Manager

All volunteer slots are to be completed by the end of the athletic year. There will be no participation in the following years' season until all hours are made up over the summer or otherwise determined by the Athletic Director. Athletes can also earn school service hours after completing the required four volunteer slots of service. Senior athletes must complete a minimum of two slots in the fall and the remaining slots in the spring.

Grievance Policy/Conflict Resolution

Any and all grievances a parent or student may have with a coach will follow the Grievance Procedure and Conflict Resolution Policy as outlined in the *Summit Christian Academy Parent/Student Handbook*, which is incorporated by reference herein.

Required Athletic Forms

All student athletes must have on file with the Athletic Director the following completed forms before participating in tryouts or offseason conditioning:

1. Current VHSL Sports Physical Examination (good May 1st of current year through June 30th of the succeeding year). This must be completed prior to the athlete participating in try-outs or practices.
2. Insurance/Waiver/Emergency Contact Information (Athlete Release Form)
3. Certificate of Commitment
4. Summit Activity Driver Application (must present driver's license to Summit staff for verification) – only required for those driving.
5. Signed Statement of Faith
6. Late Uniform Agreement
7. Pastor's Recommendation Form
8. Written testimony from athlete and at least one parent
9. Beginning in the 2027-2028, documentation of enrollment in at least two core classes through a classical Christian curriculum

All forms are to be completed by parents and collected by the Athletic Director prior to the athlete participating in any tryouts or offseason conditioning.

CERTIFICATE OF COMMITMENT

For those who are going to be involved in the Summit Christian Academy Athletic Program, as a player or parent, we believe the commitment is very important. It is important for us as leaders and parents to teach our children what it means to make and fulfill a commitment. We ask that all players and parents read the athletic handbook. After you have discussed this together, we ask that you sign and return the Certificate of Commitment to the Athletic Director as soon as possible.

Player read and sign

"I _____, as a player in the Summit Christian Academy Athletic Program, do hereby agree to follow the rules and regulations that are in the Athletic Handbook. I agree to be obedient to my coaches with a good attitude and to become the very best player I can be using the strength and talents God has given me."

Signed _____

Date _____

Parent/Guardian read and sign

"I(We) &parents/guardians of Summit Christian Academy Athletic Program, do hereby agree to:

- Read the material presented with our son/daughter in the Summit Athletic Handbook
- Encourage our student to do the best they can
- Pray for them
- Be positive in our conversation with coaches, athletes and other schools
- Willing to be used when asked and volunteer to help when we can

Signed _____

Date _____

Signed _____

Date _____

I am available to help in the following ways:

_____ Run the clock

_____ Scorebook

_____ Gate

_____ Concessions

_____ Transporting students

_____ Running errands

_____ Vehicular check-ups (oil level, tire pressure, etc.)

_____ Handy man

ATHLETIC WAIVER/RELEASE FORM

In consideration of giving my permission for my son(s)/daughter(s) to participate in Summit Christian Academy's (Summit) athletic programs for academic year _____, I acknowledge and agree to the following:

LIABILITY WAIVER AND RELEASE:

I understand that athletic sports involve physical activity, including but not limited to, physical contact and I am fully aware of the risks, including the risk of catastrophic injury, paralysis and even death, as well as other damages and losses, association with participation in an athletic program. I further agree on behalf of myself, my heirs, and personal representatives, that Summit Christian Academy, along with its directors, officers, coaches, employees, and volunteers will not be liable for any injury, loss of life or other loss or damage occurring as a result of participation in the athletic program, including but not limited to transportation, or as a result of equipment that may have been provided for these activities, provided that this waiver of liability does not apply to acts of gross negligence or intentionally, willful, or wanton misconduct.

MEDICAL RELEASE:

I am confident that Summit will take appropriate care of my child and every effort will be made for his/her safety. However, I understand that accidents do occur, and in the event of an emergency, every effort will be made to contact me immediately. If Summit is unable to reach me, I do hereby authorize Summit, as agent for me, to consent to any x-ray examination; medical, dental, or surgical diagnosis; treatment, and hospital care advised and supervised by a physician, surgeon, or dentist (as appropriate) licensed to practice under the laws of the state where the services are rendered, either at a doctor's office or in any hospital. I do hereby agree to indemnify and hold harmless Summit, its directors, officers, coaches, employees, and volunteers from any claim by any person whatsoever on account of such care and treatment of my child. I understand that I remain responsible for any medical bills that may be incurred as a result of any medical treatment administered to my child and agree to reimburse Summit for any expenses related to and in connection with such treatment.

READINESS TO COMPETE:

I hereby certify that my child is in satisfactory health to participate in Summit athletic programs.

Athlete's Name(s): _____

Date: ____/____/____

Parent/Guardian Signature: _____

Parent/Guardian Signature: _____

Cell phone _____

Other phone _____

PHOTOGRAPHY/VIDEO RELEASE:

I hereby grant Summit Christian Academy the absolute right and permission to use my child's likeness in a photograph, video, broadcast, publish or copyright and use pictures of my child in which he or she may be included in whole or in part, composite or retouched in character or form, without payment or any other consideration. I hereby irrevocably authorize Summit to edit, alter copy, exhibit, publish or distribute photographs and videos of me or my child for informational, educational, promotional, or publicity purposes concerning Summit athletics. In addition, I waive the right to inspect or approve the finished product, including written or electronic copy, wherein my child's likeness appears. Additionally, I waive any right to royalties or other compensation arising or related to the use of the photographs or videos. I understand and agree that these photographs and videos will become the property of Summit and will not be returned. I also understand the photographs and videos may be used without any further consent or authorization from me. I hereby hold harmless and agree to release and forever discharge Summit, its directors, officers, coaches, employees, and volunteers from any and all claims, demands, and causes of action which I, my heirs, representatives, executors, administrators, or any other person acting on behalf of myself or on behalf of my estate have by reason of authorization.

____ Yes, I agree to the above terms of the Photography/Video Release.

____ No, I do not agree to the above terms of the Photography/Video Release.

PERMISSION TO RIDE WITH COACHES:

I hereby give my permission for the above student to ride with coaches to and from practices and games.

Date: ____/____/____ Parent Signature: _____

PERMISSION TO RIDE WITH ANOTHER PARENT:

I hereby give my permission for the above student to ride with another parent to and from practices and games.

Date: ____/____/____ Parent Signature: _____

Summit Activity Driver Application

Please submit an online application at the following address:

https://docs.google.com/forms/d/e/1FAIpQLScyCLQ3VMkpIncooe_ZY5eMMygGtMpNllttejaEn-Y9Z8Sv5A/viewform