

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 March 2024

Dear Parents of Summit Athletes,

Please take a moment with your athlete to prayerfully consider the rules, regulations, and guidelines outlined in this Athletic Handbook.

We believe that commitment is very important for those involved in Summit Christian Academy's athletic program, as a player or as parent. It is important for us, as leaders and parents, to teach our children what it means to make and to fulfill a commitment. We ask that all athletes and parents read the Athletic Handbook. After you have discussed this together, sign and return the Certificate of Commitment to the Athletic Director.

It is our desire to develop Christ-like character through devotions, teamwork and competition. We will not measure our success by our win/loss record, but by the degree in which we see our young men and women grow in their walk with Christ.

We thank God for each student who chooses to participate in the athletic program at Summit Christian Academy. We are looking forward to what God teaches us this year through sports and the effect this program will have on the lives of our students. **To God Be the Glory!**

Serving Christ through Athletics,

Jeff

Mr. Jeff Monnoyer
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 core values of Summit athletics: faith, humility, integrity, scholarship, service, wisdom, and love. 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. 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, Principals, Athletic Director and coaches to enforce the good sportsmanship code at all times.

An SCA 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 and Mission

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.

Philosophy of Athletics

The Summit Athletic Department believes that sport, when combined with classical Christian education, proves to be instrumental in developing student athletes. We cultivate an atmosphere wherein the desire to maintain competitiveness and hard work supports the development of a strong Christlike character. In doing so, Summit athletes will be led to true victory as they acknowledge that Christ has won the ultimate victory.

“For this very reason, make every effort to supplement your faith with virtue, and virtue with 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

Athletics plays a prominent role in developing students by teaching them humility, discipline, teamwork, resilience, self-control, and loyalty. The success of many athletic programs is often measured by wins and losses. It becomes the means to an end. Summit Christian Academy believes that winning is measured by how our athletes develop in the areas mentioned above.

Virtues play a vital role in remaining true to the vision of Summit’s Athletic Program. The seven classical virtues are commonly broken into two groups: the cardinal virtues and the theological virtues. In Latin, the word cardinal means “the hinge of a door.” These four virtues (Prudence, Temperance, Justice, and Fortitude) are pivotal, much like the hinge of a door. They are also intricately connected, meaning it is difficult to truly display one without the other three.

Summit athletes display prudence when they know what their goals are as well as the goals of the team. Prudence is also the means by which athletes choose to obtain those goals.

Summit athletes display temperance through self-control and by reflecting upon the role sport is playing (and should play) in their life. Temperance provides them with the ability to make whatever changes are appropriate within themselves to grow as individuals and as a team.

Summit athletes display justice when they are honest, keep their promises and commitments, and are straightforward with one another. They are taught to be graceful during competition, even when situations become challenging.

Summit athletes display fortitude when they overcome adversity in a positive way. It is the ability to fight through the pressure they place on themselves and how they overcome negative thoughts and self-doubt through strength and determination.

Our Motto

Discern - Articulate - Serve

Our Purpose

- 1) Encourage each student to pursue excellence in athletics as well as academic achievement.
- 2) Promote a lifelong love for learning, discipline, and teamwork through athletics.
- 3) Impart a Christian worldview through competition. To compete means to strive toward excellence in a contest (competere Lt, to strive together). The foundation of this purpose is the understanding that we are all made in the Image of God. Through this, athletes can learn discipline, learn how to overcome adversity, to disciple others for Christ through competition, and to develop character.
- 4) Challenge each teammate to deepen his or her personal relationship with God the Father through Jesus Christ.
- 5) Implement the classical model of education by setting aside the “win at all costs” philosophy. Educating the whole child means recognizing that a strong Christlike character outweighs winning. Competitiveness, leadership, and work ethic are essential as well.
- 6) Provide clear models of Biblical Christian life through coaches, faculty, and staff.
- 7) Surround students with a loving, competitive, and orderly environment conducive to the attainment of these goals.

Portrait of an Athlete

Culturally Engaged: Summit athletics strives to create a hospitable environment. We accomplish this by being gracious hosts when visiting teams arrive. We strive to maintain the same hospitality when we compete away from Summit.

Christ Followers: Summit athletics partners with coaches and parents to disciple our athletes. Our coaches take the time to minister to their respective athletes at practice and at games. Student athletes are expected to maintain a Christ-like attitude at all games and practices.

Eloquent Communicators: One of the many facets of a successful athlete is a commitment to effective communication. Summit athletes are expected to show respect and grace toward referees, officials, opponents, coaches, and teammates.

Intellectually Curious: Successful athletes ought to grow both physically and intellectually. Summit athletics in conjunction with Summit academics fosters an atmosphere of learning and growth not only physically but spiritually and intellectually as well.

Faithful Servants: Summit athletics encourages athletes to demonstrate leadership within the team. Each athlete is called to develop and improve their own unique God-given gifts both as an athlete and as a student.

Organizational Chart

School Board

Administration – Head of School

Athletic Director

Coaches

Athlete

Please work from the bottom up 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	6th - 12th grade
	Girls Volleyball	5th – 12th grade
Winter:	Boys and Girls Basketball	5th – 12th grade
Spring:	Coed Golf	6 th – 12 th grade
	Coed Tennis	6 th – 12 th grade
	Baseball	8th – 12th grade (Club with Hampton Christian)
	Girls Soccer	6th – 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 SCA 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 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 Principal. Students may be suspended or removed from the team for disciplinary problems at the discretion of the coach, Athletic Director, and/or Principal. 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. Principal, 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 – If an athlete is unable to attend school during the day, he/she should not participate in practice or a scheduled contest for that day unless: a legitimate circumstance in which the Head of School, the Principal 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 Principal. 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 SCA'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 SCA sports 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. Athletes must be at school all day to compete in the game unless prior approval has been made by the Principal. 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

Every child is a gift from the Lord, and every child is gifted by the Lord. Every child is known and loved by Him and each life serves a purpose. For many, that purpose includes athletics.

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. We do this, though, for the promise of a prize, a winning season and character building in our athletes.

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. Summit should never lose a game because the other team is better conditioned.

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. Try-outs 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 extracurricular 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

When space allows, homeschooled students are eligible to play at all levels. 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. NOTE: for the 2024-2025 season, 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. 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 SCA team. Homeschooled students and a parent must affirm and sign Summit's Statement of Faith, and will be held to the same standards of behavior, academic performance, and try-out 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: 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: 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 SCA uniform bottom. If the game day jersey is sleeveless, a short or long sleeve undershirt must also be worn.

Varsity athletes are permitted to wear their team warm-up suit (if applicable) in addition to their jersey or team shirt.

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. No derogatory language will be used toward anyone.
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 SCA 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

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 SCA Student Driver Agreement, and the SCA 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 SCA 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 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 a 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 AD). 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. SCA 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 that 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.

Scheduling

The athletic department makes every effort to have the times and locations on the SCA 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 Principal. 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:
 - Athletes/Parents
 - Coaches
 - Athletic Director
 - Principal
 - Head of School
 - School Board
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 any competitions:

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. SCA Activity Driver Application (must present driver's license to SCA staff for verification) – only required for those driving.
5. Signed Statement of Faith
6. Late Uniform Agreement

All forms are to be completed by parents and collected by the Athletic Director prior to the athlete participating in any contests.

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 AD 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 SCA 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 (SCA) 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 SCA 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 SCA is unable to reach me, I do hereby authorize SCA, 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 SCA, 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 SCA 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 SCA 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 SCA to edit, alter copy, exhibit, publish or distribute photographs and videos of me or my child for informational, educational, promotional, or publicity purposes concerning SCA 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 SCA 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 SCA, 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: _____



SCA Activity Driver Application for 2024-2025 School Year

In order to ensure the safety of our students, it is school policy to obtain a driver application each school year for all parents. Complete the form and bring with you to Parent Orientation with your valid driver's license. Thank you for your compliance.

For Office Use ONLY

DL #:

Exp. Date:

Name: _____

SCA Parent

SCA Staff

Other: _____ (complete address/phone information below)

Street: _____ City: _____ State/Zip: _____

Home phone: _____ Cell phone: _____

Driving Record

Are you at least 21 years of age? Yes No

During the past 3 years:

1. Have you been involved in any accidents in which you were charged? Yes No
If yes, how many? _____ Date(s): _____
2. Have you been charged with any moving violations? Yes No
If yes, how many? _____ Date(s): _____
3. Have you been convicted of DUI or DWI? Yes No
4. Has any company ever cancelled or refused you auto insurance? Yes No
5. Has your driver's license ever been revoked, suspended or restricted? Yes No
6. Do you have any physical impairments (other than corrective lenses for sight) that affect your ability to drive? Yes No

If you answered yes to any of these questions, please explain in detail on the reverse side of this application.

I certify that I have liability insurance with personal injury (a minimum of \$100,000 for one person and \$300,000 per accident) and property damage (a minimum of \$50,000) on all vehicles I will use to transport others on behalf of Summit Christian Academy. I will MAINTAIN this insurance during the entire school year on this application.

Further, I certify that all information on this application is true to the best of my knowledge.

Signature of applicant: _____ Date: _____

Accepted Denied for the following reason: _____

Office Manager Signature: _____ Date: _____

Driving Record Explanations:

1. Have you been involved in any accidents in which you were charged?
Date(s): _____

2. Have you been charged with any moving violations?
Date(s): _____

3. Have you been convicted of DUI or DWI?

4. Has any company ever cancelled or refused you auto insurance?

5. Has your driver's license ever been revoked, suspended or restricted?

6. Do you have any physical impairments (other than corrective lenses for sight) that affect your ability to drive?