



# CHAMPIONS CHRISTIAN ACADEMY

## 2024-2025 CCA Athletics Handbook For Coaches, Players, and Parents

Champions Christian Academy  
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# **Champions Athletics 2024-25**

*“We are more than champions thru Him...”*

Romans 8:37

The athletic program of Champions Christian Academy is offered as an opportunity for the students to become Godly leaders, enrich their lives, and make lifelong memories. Everything should be done first and foremost as a testimony of love for Him.

The program is only a supplement to the more important spiritual and academic achievements of CCA students, therefore participation in these activities should be considered a privilege and not a right.

We must never mix up our priorities which are:

1. Relationship with God
2. Academics
3. Athletics

Students must follow all policies of CCA in order to earn the privilege to participate.

## **Goals for Success**

### **1. To develop and represent a Christ-like attitude in all areas of the game.**

- We must always be mindful that as Christians, that no matter the situation, the adversity, or the score, our attitudes should always point others back to Jesus rather than looking just like the world.
- We do this by being conscious of how we treat officials, our own coaches, teammates, and fans, but especially how we act in regard to our opponents.
- As Christians, we are called to a different standard and this applies even on the competitive field of play.
- At all times, we will strive to exemplify the Fruit of the Spirit found in Galatians 5:22-23 – “Love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.”

### **2. We will compete hard and play to win, but NOT AT ANY cost!**

- We will seek to win, but in the right way!
- A victory in which we fail to honor God, is in a larger sense and more importantly, a loss.
- Winning matters and it is fun, but it’s NOT more important than integrity, honesty, and loving others.
- Glorifying God in all that we say and do is what matters the most!

### **3. We will maintain a long term view when it comes to values learned on the field of play!**

- We aren’t here to compete for college scholarships or “reach the next level.”
- We are here to learn lifelong values such as commitment, accountability, respect, discipline, sacrifice, and many others.
- This will be considered a successful program if these values are carried over into all phases of student life and into adulthood.

## Academic Standards

The athletic eligibility policy of CCA states that a student athlete must:

- Complete 28 pages of work that day.
- Must have no more than 3 demerits in a day.
- If either one of these requirements are not met, then the student athlete will not be eligible to practice that day.
- This jeopardizes their opportunity to play in the next games as well.

## Athletic Standards

1. Personal appearance and dress code guidelines will be followed as stated in the Student Handbook of CCA. Prior to traveling to games, the athletes will dress in their complete game uniforms and wear those for the duration of the trip, unless otherwise stated by the coach.
2. Cell phones/electronic devices – The athletic program will follow the same guidelines as stated in the CCA Student Handbook.

## Student Athlete Conduct Guidelines

1. In order to participate in an CCA athletics, all participants must meet the behavioral and academic requirements of CCA.
2. Each student must abide by the written rules, policies, and academic requirements of CCA as stated in the CCA Student Handbook.
3. There exists an open line of communication between the academic and athletic staff. Any instances of athlete behavioral issues in the classroom or failing to get the required work done will result in disciplinary action – including extra conditioning to earn their opportunity for athletics back.

## Written Rules of the CCA Athletic Program

1. **The CCA Athletic Program is open to student/athletes thru two avenues:**
  - a. **Students of CCA** in good standing both academically and behaviorally as determined by the CCA staff. It must be understood that participation is a privilege and not a right.
  - b. **Area homeschool students** thru our Homeschool Co-Op program. Our homeschool students shall abide by the guidelines in this Athletic Handbook as much as practical.
2. **Student athletes are expected to attend and be on time for all practices and games.**
  - a. A athlete that frequently misses practice will not be “game-ready” when the time arrives.
  - b. Frequent absences also create an unnecessary conflict between those team members that are faithfully putting in the work at practices verses those who only show up when the practice schedule suits them – CCA does not run a recreational program.
  - c. The CCA coaches/staff will be monitoring and watching for a pattern of missed practices and the athlete will be given the opportunity to improve their commitment before disciplinary action begins.
  - d. There have been instances in the past where student/athletes have “forgotten” their athletic clothes as a perceived excuse to miss out on the day’s workouts. This will no longer be tolerated and the athlete will simply participate in their school attire (khaki pants, black polo shirt). However, understand that many of the drills and activities we perform will require us to be on the ground at times, and grass stains are not easily removed from khaki pants. Bring your athletic clothes!

- d. Positions and playing time are earned and not given! If an athlete is unhappy with their role or position, they are encouraged to speak with the coach. 99.9% of the time, there will be a reason, and they will be given goals to obtain and help increase their playing time.
  - e. Practices will be from 2:30PM – 3:30PM from Monday – Friday with games scheduled in the afternoon/evening hours. The game schedule will be made available once games are finalized and any additions or changes will be communicated as soon as practical.
  - f. As much as possible, games/competitions will be scheduled in such a way that there is no disruption to the regularly scheduled school day.
- 3. It must be understood that attendance at school the next day, even after a late game, is strictly expected.**
- a. This falls under the overall goals of CCA’s athletic program of commitment, accountability, discipline, and sacrifice.
  - b. The CCA coaches and staff will be in the office the next day regardless of how late the prior evening was and therefore the same is expected of the student/athletes.
- 4. The same Code of Conduct standards listed in the CCA Student Handbook will apply for any athletic events as well, whether at our campus or others, and during travel to and from games. The following will NOT be tolerated and will be subject to disciplinary action:**
- a. Being disrespectful to staff, teammates, opponents, fans of either side, officials, etc.
  - b. Cursing or any related euphemisms (examples: shoot, crap, dang, gosh, heck, etc.) or use of inappropriate or demeaning language.
  - c. Taunting of any form whether hand gestures, body language, or verbal.
  - d. Loss of self-control during athletic activities that leads to flagrant fouls or unsportsmanlike conduct with the intent to harm. We must always keep our emotions in control.
  - e. Constant questioning, complaining, or even non-verbal attitudes (eye-rolling, huffing & puffing, arms folded, pouting, etc.) towards the coaches or staff will not be tolerated.
  - f. Any other behavior deemed unacceptable by the coach or staff of CCA.
  - g. Any participant refusing to comply with the Written Rules of Conduct shall be subject to disciplinary action and/or dismissal from the CCA Athletic Program.

### Parent Guidelines

**It is understood that along with the commitment from the athlete themselves, there is an equal amount of commitment on the part of the parents of our athletes as well. Listed below are commitments the parents of student athletes at CCA are asked to meet:**

- 1. Attendance at as many games as possible.**
  - a. Due to the spread out nature of private schools and homeschool groups in this part of Texas, it must be understood that travel up to 2 hours can be expected for games/competitions. While we can expect to schedule the occasional game/competition against the more local public schools if they are agreeable, they are still bound by Texas UIL rules which leaves scheduling with them more difficult. Consequently, this leaves us traveling a greater distance for competitions. While the Athletic Director will make every reasonable attempt to keep games/competitions as close to home as possible, parents must also accept that travel and the occasional late nights are a part of every athletic program and ours is no different.
- 2. It must be understood and expected that the student/athlete attend school on time the next day even after a late evening game or competition.**
  - a. Under no circumstances can we let athletics hinder our academics – this jeopardizes our program!
  - b. Even when tired or exhausted, we are teaching our student/athletes life values such as accountability, discipline, and sacrifice, and late evenings the night before are the perfect learning opportunity to teach these values.

- c. The Athletic Director, coaches, and other staff of CCA will report to school the next day at normal time as expected so the same expectation stands for our athletes.
  - d. If the athlete appears to make a habit of missing school the next day after a competition, disciplinary action may follow, up to and including dismissal from the program.
  - e. We must learn mental toughness – a value which will carry us throughout life.
  - f. It is very important to understand that the CCA Coaches and staff will never ask any athlete to do something they have not done themselves at some point.
2. **View the game with team goals in mind.**
    - a. God has gifted all athletes with certain strengths but very few athletes are great at every aspect of their sport. The coaches will strive to play to the strengths and weaknesses of our team to put us in the best position to succeed as a team and not as individuals.
  3. **Relieve competitive pressure; do not increase it.**
    - a. CCA is a family so every athlete should be encouraged the same as if they were your own child.
  4. **Accept the judgment of the officials and coaches; remain in control at all times.**
    - a. Anytime there is a human factor involved, mistakes will be made.
    - b. In most cases, if a call does not go our way this time, the next time it will. Although this can be frustrating in the moment, things tend to even out over the span of time.
    - c. The best wisdom concerning the outcome of a game going down to a call of an official is to not allow ourselves to get in that position to begin with – don't leave the game in anyone's hand!
  5. **Be a good listener.**
    - a. Most all conflicts come down to a misunderstanding.
  6. **Model appropriate behavior, poise, and confidence.**
  7. **Be an encourager; help your student athlete(s) to keep in perspective, both victory and defeat.**
    - a. We must always seek to build up and not tear down.
  8. **Always be respectful when communicating to coaches when addressing certain topics, such as mental and physical treatment of the athlete, ways to help the student athlete improve, and concerns about the student athlete's behavior.**
    - a. You will always be given the utmost respect by any CCA staff, so it is expected that you extend the same.
  9. **Negative comments or remarks about team members or CCA staff should not be made, and inappropriate subjects should not be discussed while attending or participating in an athletic event.**
  10. **In the event you have an issue with an opposing team, player, parent, fan, or school personnel please immediately communicate the issue with the CCA Athletic Director or a CCA coach. Any negative comments directed towards opposing teams, players, fans, or school personnel will not be tolerated and will be grounds for your immediate removal from the site of competition and may result in your students removal from the team. This includes posts made to social media.**
    - a. We must ALWAYS remember to act in a God-honoring way!

### Coach Guidelines

The coaches at CCA are expected to be Christian role models for the young student athletes who benefit from their instruction. The CCA community recognizes that coaching is both rewarding and challenging. Coaching is also a great opportunity for developing close relationships with student athletes and their families, achieving excellence in athletics and above all else, glorifying God.

Listed below are the commitments the coaches at CCA are required to meet:

1. Be a leader in exhibiting Christian values and responsibilities. As a highly visible representative of CCA and the community, the coach must accept a special role in demonstrating positive and responsible leadership.
2. Treat all student athletes with respect, dignity, and fairness.
3. Resolve all team conflicts with good communication, equitable treatment of all persons involved, and a willingness to achieve positive results.
  - a. We are in the business of fostering opportunities for growth for all concerned.
4. Be a student of the game themselves and continually learning new ways to facilitate growth of the student athlete not only physically, but spiritually and mentally as well.
5. Always looking for opportunities of continuing education to become more effective as a coach.
6. Maintain any necessary certifications that may be required.
7. No CCA coach will ever ask a student/athlete to do anything that they have not done themselves, or wouldn't ask their own kids to do.

### **Safety Guidelines**

**Champions Christian Academy strives to protect each student athlete from possible injury while engaged in school activities. Participants and their parents should recognize that conditioning, nutrition, proper techniques, safety procedures, and properly fitting equipment are all important aspects of a training program. All student athletes are expected to follow the directions and safety standards of their coach.**

**While all sports activities have risk factors associated with them, adhering to the following guidelines can help minimize injury.**

1. Advise the coach if you are ill or have any prolonged symptoms of illness.
2. Advise the coach immediately if you have been injured, no matter how slight it may seem at the time.
3. Engage in and take seriously any warm-up activities prior to strenuous participation.
4. Play full speed as injuries tend to occur when we lack focus and don't give our best effort.
5. Comply with all rules specific to the sport you are participating in.
6. Be alert to risks associated with exposure to bodily fluids, such as blood.
7. Immediately wash hands and other skin surfaces that come in contact with blood or any other bodily fluids.
8. Uniforms exposed to blood or other bodily fluids must be properly disinfected or changed before participation in the event. The coaching staff will keep an extra uniform in the event one is needed.
9. Under no circumstances may a student athlete participate in any physical activity during practice or games without the coach's supervision. This means if you are taken out due to injury or other factors, do not put yourself back in without the coaches consent.
10. In case of an extreme emergency, CCA is authorized to transport the injured athlete to get the medical attention he/she needs.

### **Transportation**

**The Athletic Program of CCA puts great importance on the safety of its student athletes before, during, and after competition. Currently, the most utilized mode of transportation to and from games is by personal family vehicles. As our program grows and it becomes available, student athletes are required to utilize the school's transportation when attending any out-of-town school sponsored athletic events. This time to and from games has always proven to be a great**

**opportunity to grow team unity and spirit. Only student athletes and those associated with coaching will be transported by the school's transportation when available.**

**If you travel in a private vehicle, as soon as you arrive at the game/competition, please notify the coach immediately in case there are any last minute changes or instructions that they need to relay.**

**When a student athlete needs to leave a game site to travel home, the following rules apply:**

1. When leaving with their parent/guardian, personal contact must be made with the coach, letting him/her know of their departure.
2. When leaving with adults other than the student athlete's usual parent/guardian, written notification from the student athlete's parent/guardian is required before the student athlete can leave.
  - a. A text message from the parent/guardian to the coach will serve as sufficient written notification.
  - b. Personal contact also must be made with the coach by the departing athlete and approved adult, letting him/her know of their departure.

### **Concussion Management Policy**

***What is a concussion?***

**A concussion is an injury to the brain that causes a change in structure or a change in the way the brain normally works. This can be caused by a bump, blow, or hit to the head or to another part of the body where the force may be transmitted to the head. Concussions may be mild to severe, and may cause prolonged brain damage, or even death, if not recognized and managed properly.**

***What are the signs and symptoms?***

1. **Signs observed by the Coach/Certified Personnel:**
  - a. Dazed or stunned
  - b. Appears confused
  - c. Often forgetting simple things
  - d. Not aware of the game opponent or game information
  - e. Answers questions slowly
2. **Symptoms reported by the Athlete:**
  - a. Headache
  - b. Trouble keeping his/her balance
  - c. Nausea
  - d. Double or fuzzy vision
  - e. Tells the Coach/Certified Personnel that he/she doesn't feel right.

***Removal and Return to Play***

Any athlete that demonstrates signs, symptoms, or behaviors consistent with a concussion shall be immediately removed from the game or practice and shall not return until cleared in writing by a certified health care professional. No athlete will be able to return to athletic activities after being removed under the concussion protocol until the Athletic Director receives a release form from a certified health care professional.

**Student Athlete/Parent Acknowledgment & Consent Form**

We, the parent/guardians of \_\_\_\_\_ give permission for him/her to participate in the athletic program of Champions Christian Academy.

We, the undersigned, have read this handbook together and agree to abide by the standards, rules, and regulations set forth.

We agree that if we have any questions or concerns at any time, we will present them to the Athletic Director, Coaches, and Staff of CCA.

We agree to support the Athletic Program with our prayers and to also do our part to maintain student/athlete priorities in this order:

1. Relationship with God & spiritual growth
2. Academic Standards
3. Athletics

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Parent Signature      Date

Student/Athlete      Date