



CHAMPIONS CHRISTIAN ACADEMY

2023-2024

Athletic Handbook For Coaches, Students, and Parents

Champions Christian Academy

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Champions Athletics 2023-24

"We are more than champions through Him..."

Romans 8:37

The athletic program of Champions Christian Academy is offered as an opportunity for the students to enrich their lives and become Godly leaders. 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. 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 don't 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.

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/Parents Handbook.

Student Athlete Conduct Guidelines

1. 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.

Written Rules of the CCA Athletic Program

1. Student athletes are expected to attend and be on time for all practices and games. A student that frequently misses practice will not be “game-ready” when the time arrives. 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.
2. 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.
 - e. Any other behavior deemed unacceptable by the coach or staff of CCA.
 - f. 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

Listed below are commitments the parents of student athletes at CCA are asked to meet:

1. Attendance at as many games as possible.
2. View the game with team goals in mind.
3. Relieve competitive pressure; do not increase it.
4. Accept the judgment of the officials and coaches; always remain in control.
5. Be a good listener.
6. Model appropriate behavior, poise, and confidence.
7. Be an encourager; help your student athlete(s) to keep in perspective, both victory and defeat.

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.
9. Negative comments or remarks about team members 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 director of athletics, 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 student's removal from the team. This includes posts made to social media.

Coach Guidelines

The coaches at CCA are 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.
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.

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 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 if you have been injured, no matter how slight it may seem.
3. Engage in and take seriously any warm-up activities prior to strenuous participation.
4. Comply with all rules specific to the sport you are participating in.
5. Be alert to risks associated with exposure to bodily fluids, such as blood.
6. Immediately wash hands and other skin surfaces that come in contact with blood or any other bodily fluids.

7. Uniforms exposed to blood or other bodily fluids must be properly disinfected or changed before participation in the event.
8. Under no circumstances may a student athlete participate in any physical activity during practice or games without the coach's supervision.
9. 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. All student athletes are required to utilize the school's transportation when attending any out-of-town school sponsored athletic events. Only student athletes and those associated with coaching will be transported by the school's transportation. Private car will only be used when needed and will also have to be approved by the school administration, athletic director, or coaches.

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 parent/guardian, written notification from the student athlete's parent/guardian is required before the student athlete can leave. Personal contact also must be made with the coach, 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

Athletics Consent Form F-1012 is to be completed and turned in to CCC prior to the student beginning athletics. See attached.