



# Athletic Handbook

*The VCA Board, Administration, and Athletic Department reserves the right to change any policy or procedure at any time as is deemed necessary and to be in the best interest of Valley Christian Academy.*

Valley Christian Academy  
301 W. Whyte Avenue, Roseville, CA 95678  
916/728-5500 - Fax: 916/721-3305  
[www.vcalions.org](http://www.vcalions.org)

## **Valley Christian Philosophy of Student Athletics**

Valley Christian Academy recognizes athletics as an integral part of the entire school setting and as a means of achieving a student's complete educational development. We also believe that all students should have an opportunity to participate in some form of interscholastic athletics within the limitations of each individual sport and that such participation should encourage positive scholastic and social growth and achievement. Both the student athlete and the sport itself should be a credit to the athlete's specific school and the community. Moreover, the Board realizes that an effective interscholastic athletic program is a product of the responsible cooperation among its four major contributors: the student athlete, the coaching staff, the site administration and parents.

We expect athletes themselves to strive to develop a personal code of conduct consistent with the time-honored values of sportsmanship, scholarship, integrity, commitment to self and team, and respect for self and others. Furthermore, as a result of participation in organized team sports, we believe our students should strive to become exemplary representatives for our schools and communities.

## **VCA ATHLETE EXPECTATIONS**

### **SPORTSMANSHIP**

Interscholastic athletic competition should demonstrate high standards of ethics and sportsmanship and promote the development of good character, teamwork and other important life skills. The highest potential of sports is achieved when participants are committed to "Pursuing Victory with Honor" according to six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship. This code applies to all student-athletes in California and has been adopted as the operating beliefs and principles of the California Interscholastic Federation (CIF). From these six core principles, a set of specific rules has been established by each respective coach.

An additional aspect of good sportsmanship includes respect for all people and institutions associated with athletic competition. Athletes will be required to exhibit respect to officials, coaches, staff, fans, and opponents.

Athletes must understand that compliance with the standards of good sportsmanship is required regardless of the particular situation. Athletes or coaches who are ejected from an athletic competition will be disqualified from participating in the remainder of the game and from attending the next athletic contest.

Athletes should demonstrate sportsmanship and ethical behavior whether experiencing success or failure, victory or defeat.

### **HAZING**

A pupil may be suspended from school, removed from a team, or recommended for expulsion if that pupil has committed an act of, engaged in, or attempted to engage in, hazing. "Hazing includes any method of initiation or pre-initiation into a student organization or student body or any pastime or amusement engaged in with respect to these organizations which causes, or is likely to cause, bodily danger, physical harm, or personal degradation or disgrace resulting in physical or mental harm, to any pupil or other person attending any school."

## **SCHOOL ATTENDANCE**

Coaches recognize the importance of school attendance and expect athletes to establish good attendance patterns.

1) Students must attend at least half the school day in order to participate in either practice or competition on that day.

2) If a contest is held on a non-school day, the student must attend at least half the school day on the school day prior to the contest.

3) Excused and approved absences may count as periods of attendance for purposes of this requirement. (A doctor's note or principal's approval may be required.)

Students failing to comply with the attendance policy will be referred to their coach for discipline.

## **PRACTICE ATTENDANCE**

Students who participate in athletics make a commitment to a team and are expected to maintain good practice attendance.

Students are expected to attend all practices and contests, unless they are absent from school due to illness or the coach excuses them. Students are expected to communicate directly with the coach when they cannot attend a practice.

Unexcused absences from practice, or failure to maintain good attendance, may be cause for removal from a team.

Coaches may adopt individual rules for practice and contest attendance.

## **EQUIPMENT/CARE OF FACILITIES**

Students are expected to turn in the same piece(s) of equipment checked out to them.

Equipment and uniforms should be returned in the same condition that it was received and should be cleaned and washed before being returned. Students are expected to make arrangements to have torn or ripped clothing repaired prior to turning it in.

Students are responsible for the security of their equipment and uniforms. Students will be financially responsible for replacing any lost or stolen equipment or uniforms. In some cases, the replacement fee may be higher than the original purchase price because special processing and printing may be required to duplicate the uniform or equipment.

No awards (letters, trophies, etc.) will be issued until all equipment is returned and/or paid for unless otherwise determined by the involved coaches.

Students must return or pay for all equipment before they can compete or participate in another sport. In unusual circumstances when a significant amount of money is owed, arrangements for repayment may be made with the coach and the administrator in charge of athletics.

An athlete will not steal, damage, deface, or possess without permission a teammate's property, school property, or another school's property. Teams and/or athletes may be held financially responsible for any/all misuse of athletic facilities.

## **TRAINING RULES**

The coaches support healthy behaviors by all athletes at all times. Athletes will be held responsible for all training rules while on school grounds, while going to or coming from school, or at a school-sponsored activity. During the officially recognized CIF "season of sport" as defined by CIF Bylaw 511, Section B, athletes will also be held accountable for any off campus violation of training rules.

The use of drugs, alcohol, steroids or performance-enhancing substances, or tobacco is not acceptable and will not be tolerated for high school athletes.

Any student who unlawfully possesses, uses, sells or otherwise furnishes or is under the influence of any controlled substance, an alcoholic beverage, or an intoxicant of any kind shall be ineligible for a minimum of thirteen (13) weeks from the date of the infraction, excluding vacation periods.

Any student who unlawfully possesses, uses, sells, or otherwise furnishes any androgenic/anabolic steroid, synephrine, or any performance-enhancing dietary supplement, or any performance-enhancing supplement without FDA approval (inclusive of the NCAA list) without a written prescription from a licensed health care practitioner to treat a medical condition shall be ineligible for a minimum of thirteen (13) weeks from the date of the infraction, excluding vacation periods.

Any student who unlawfully possesses, uses, sells, or otherwise furnishes tobacco shall be ineligible for a minimum of three (3) weeks from the date of the infraction, excluding vacation periods.

With the coach's permission, the student may continue to practice with a team but may not wear a school uniform or otherwise represent a team at any interscholastic contest or scrimmage against another school.

A second offense involving drugs, alcohol, steroids or performance-enhancing substances (inclusive of the NCAA list), or tobacco will cause the student to be ineligible for one calendar year from the date of the infraction and may include a recommendation to expel. The student may not continue practice or participate with a team during the period of ineligibility.

## **LEAVING A TEAM**

Students may leave a team without penalty until the submission of the final roster by personally notifying the coach that they no longer wish to participate. After a "try-out" period, students may leave a team only under the following conditions:

1. It is the student's responsibility to notify the coach that he/she no longer wishes to participate. The coach may request that the student discuss the reason(s) for leaving the team. If the coach and student mutually agree that the student can leave the team, the student may leave the team without penalty. All equipment must be turned in at the time a student leaves a team.
2. If a student leaves a team and plans to participate in a sport that begins practice prior to the completion of the sport, he/she may do so only if the coach of the previous sport agrees. If the previous coach does not agree, the student may not begin practice until the season (including play-offs, if applicable) has ended.

The intent of these rules is to encourage students to be responsible in their actions and to communicate in an adult manner when they plan to end a commitment to a sport or when they disagree with a coach.

## **CONDUCT AND BEHAVIOR**

As athletes, you are representing your team, school, community, parents, and most importantly – yourself. It is important to remember to behave respectfully and appropriately. Athletes will show respect for all coaches, teachers, officials, spectators, school facilities, equipment and opponents at all times.

## **APPEARANCE & LANGUAGE**

VCA athletes are expected to dress neatly and keep well groomed. When traveling to other schools or activities, keep in mind you are a representative of VCA. You are expected to use proper language on/off the playing field.

## **VALUABLES ON TRIPS**

Our advice is for athletes to not take valuables on road trips. Athletes are responsible for any and all belongings that they take on a trip.

## **TRIPS**

VCA athletes shall abide by all VCA rules, regulations, and policies while on an athletic trips. At any point that any VCA rule, regulation, or policy is violated in any manner by a VCA athlete on a trip, the VCA coach, staff, or administration shall refer to the VCA High School Handbook for the recommendations of the violation.

VCA athletes shall receive a list of items to bring on each trip they attend, a total cost of the trip, a location of where the team is staying, who will be driving, and the emergency contacts parents can reach in case of an emergency.

VCA athletes shall represent VCA in an honorable manner while representing VCA off campus.

## **ATHLETIC FORMS PACKET**

VCA athletes are responsible for completing the VCA athletic forms packet and submitting it to the VCA office before the first official practice in the first sport they play each year.

Athletic forms packets are valid for one school year only, and athletes will need to complete a new packet each year.

As part of the required athletic forms, athletes are required to get a physical each year by a doctor. Students must be cleared by a medical doctor to participate before the first official practice in their first sport of the year.

The Student and the Adult understand the nature of the Team, including the inherent or potential risks of team activities. The Student is in sufficiently good health and physical condition to participate in Team Activities, and voluntarily wishes to participate in Team Activities. Before participating in a Team Activity, a medical clearance shall be submitted (valid for one calendar year), signed by a medical doctor (chiropractors or other non-California licensed medical doctors are not acceptable), stating that the Student has been physically examined and is deemed to be in sufficiently good health and fitness so that the Student may fully participate in Team Activities.

Students who don't complete the athletic forms packet or have their physical completed by the start of practices will be required to attend practices, but will not be able to take the court or field and participate until both have been completed and submitted to the VCA office.

## **INSURANCE**

The California Education Code states that all students in California who participate in interscholastic athletics must have a minimum amount of major medical insurance. The school does not provide this coverage. Each player must have some type of accident insurance coverage before he will be allowed to participate in practices or games. This is to protect both the family and the school.

If a family does not have the necessary coverage, it may purchase a policy from an independent insurance company. Families and athletes will need to complete the insurance information section on the VCA athletic forms.

Students shall carry their insurance cards with them to all sporting events in case of an emergency.

## **GENERAL ELIGIBILITY REQUIREMENTS**

No student whose nineteenth (19th) birthday is attained prior to June 14 shall participate or practice on any team in the following school year. A student whose nineteenth birthday is on June 14 or before is ineligible (CIF Bylaw 201).

Upon entering the 9th grade, a student has (not to exceed) eight consecutive semesters of athletic eligibility to compete in high school athletics in the state of California. Enrollment and/or attendance for fifteen (15) days or more shall count as one of the eight (8) semesters or terms.

The California Interscholastic Federation also requires that "any athletic contest in which an ineligible student has participated either intentionally or unintentionally, involving both team and individual sports, must be forfeited." The student may also be subject to dismissal from the team.

## **RESIDENTIAL ELIGIBILITY**

A student has residential eligibility upon initial enrollment in the ninth grade of any CIF high school. A student retains residential eligibility if continuously enrolled in CIF member high school of initial enrollment, transfers prior to the first day of the sophomore year or changes schools with a valid change of residence as defined in the CIF Bylaw. Any ninth grade student who is transferring for a second time, or any tenth, eleventh, or twelfth grade student who transfers without a valid change of residence, will have limited eligibility for one year from the date of transfer. Any residence of undue influence (recruiting), academic ineligibility at a previous school or disciplinary reasons for a transfer will impact eligibility at the new school.

The only exceptions to this rule will require documentation of a hardship which is defined as an “unforeseeable, unavoidable and uncorrectable act, condition or event which causes the imposition of a severe and non-athletic burden upon the student/family.” The section and state will review the documentation for a waiver of this rule.

A transfer student interested in playing at VCA should contact the office or Coach Gunter, athletic director, to determine his/her eligibility status and to complete any necessary forms. No athlete shall participate in competition until all forms have cleared.

## **SCHOLASTIC ELIGIBILITY**

Each student involved in playing high school sports at VCA must maintain a minimum GPA of 2.0 during each grading period.

If a student does not maintain a GPA of 2.0, they will be put on athletic academic probation. Academic probation allows a student one grading period, a quarter, to participate in VCA athletics while bringing their GPA up. If at the end of the next grading period a student hasn't brought their GPA to a 2.0 they will be ineligible to participate in athletics until it is.

## **OUTSIDE COMPETITION**

A VCA athlete may become ineligible if they participate in any outside competition, in the same sport, during their high school season of sport.

## **GENERAL ATHLETIC INFORMATION**

### **TRANSPORTATION**

Students may be transferred to athletic activities by VCA van and private vehicles driven by VCA employees or by parents or guardians of students enrolled at VCA.

Student athletes will be release from class at the designated time. Students are not required to check out at the VCA office when being released from school for an athletic event.

It is the responsibility for any parent or guardian transporting players to and from games to carry vehicle insurance at all times.

### **DIRECTIONS TO AWAY GAMES**

Each game schedule will name the location of the school or park where the game will be played. You may email the VCA office to verify location of games prior to game day if needed.

## **ATHLETIC FEES**

VCA charges an athletic fee in order for students to participate. These fees are due at the beginning of the sport, and are non-refundable once practice for that sport has begun. If the sports fee can't be paid before the start of season, payment arrangements will need to be made with the VCA office. A list of cost per sport is provided below:

Football	\$225
Varsity Basketball (Boys & Girls)	\$140
JV Basketball (Boys & Girls)	\$140
Varsity Volleyball	\$140
JV Volleyball	\$140
Softball	\$140
Golf	\$150
Varsity Baseball	\$140
JV Baseball	\$140

These fees are what VCA charges for participation in a sport. These fees don't include any fees that may come up throughout the season of each team, such as fundraising, team apparel purchases, and uniforms.

All fees are subject to change, and parents will be notified if they are before the season has started.

## **ATHLETIC AFFILIATIONS**

VCA is a member school of CIF Sac-Joaquin section. For all high school sports are league is the Sacramento Metropolitan Athletic Association (SMAL.).

## **VCA PARENT EXPECTATIONS**

1. Promote that academics should always come first.
2. Help student structure their time so that athletics don't interfere with academics.
3. Encourage participation by both boys/and girls.
4. Be supportive of your athlete: see that their medical needs are met, that they have proper equipment, and attend as many of their contests as possible.
5. Instill the importance of the complete athlete, both mental and physical preparation.
6. Emphasize perseverance as a better solution of solving problems, than quitting.
7. Be supportive of the coaching staff.
8. Attend all meetings requested by coaches.
9. Support the coaches' preparation plan.
10. Make arrangements to speak privately with a coach regarding a perceived problem.
11. Take practice and game schedules into consideration when planning family events.
12. Understand the needs of the particular sport. Some take more time, more equipment and some may call for year round preparations.
13. Model positive behavior towards everyone involved in a VCA or other school event.



**COLLEGE ATHLETIC PLANNING**

All students wanting to play college sports need to see the VCA office to get all information and specific high school graduation requirements to meet NCAA or NAIA requirements.

As the Parent/Guardian, I understand and agree to all of the obligations placed on me by this Agreement.

---

**Printed Name of Parent/Guardian**

**Signature**

**Date**

As the Student, I understand and agree to all of obligations placed on me by this Agreement.

---

**Printed Name of Student**

**Signature**

**Date**

**RETURN THIS FORM TO THE VCA OFFICE.**

**Updated: 5/1/2018**