

San Ramon Valley Christian Academy
2016-2017
Athletic Handbook



Revised 12/1/2016

SRVCA Middle School Athletic Code

Our school exists to **HONOR GOD**, and our schools involvement in athletics seeks to promote His kingdom. As a member of an SRVCA team, you must realize this priority and strive to make it happen. In order to honor God, a player must live in such a way as to bring glory to His name. Part of this shows when winning comes free from boasting and losing comes free of excuses. Each athlete must continue to remember that they represent their team, their school, their family, and their Lord.

The athletic program at San Ramon Valley Christian Academy is an extension of our academic and physical education programs. Its main purpose is to help develop the physical, emotional, spiritual, and scholastic dimensions within each student, as well as to allow those who are more gifted in athletics to excel. Participating on an athletic team is a **PRIVILEGE** for those students who are interested and have the ability and the right attitude. **MEMBERSHIP** must be earned by the student through the maintenance of acceptable scholastic grades as well as irreproachable conduct in class and on the playing field.

San Ramon Valley Christian Academy has adapted a philosophy that each student have an equal opportunity to become an athletic team member. **Each member of the team will receive playing time throughout the season, however not all playing time will be equal.** Participating in interscholastic athletics is a positive experience that encourages each participant to simply do his or her best.

Overview of SRVCA athletics and the BACSAL

SRVCA participates in five boys and girls sports throughout the year. They are as follows:

Fall: Girls Softball and Boys Football (September 2 – October 25)

Fall: Boys and Girls Cross Country (November 7)

Winter: Boys and Girls Basketball (October 27 – January 24)

Spring I: Boys Soccer and Girls Volleyball (January 26 – March 21)

Spring II: Boys Volleyball and Girls Soccer (March 23 – May 16)

SRVCA is a member of the Bay Area Christian School Athletic League (BACSAL). The BACSAL consists of 22 schools throughout the Bay Area and is divided into four divisions. San Ramon is a part of the East Division and will play up to 8 league games (one game at each site) in each sport. The division alignments are as follows:

North Division:

Cornerstone Christian (Antioch)

Kings Valley Christian (Concord)

Calvary Temple (Concord)

North Hills Christian (Vallejo)

El Sobrante Christian (El Sobrante)

East Division:

SRVCA (Danville)

Tabernacle (Concord)

Walnut Creek Christian (Walnut Creek)

North Creek Academy (Walnut Creek)

Contra Costa Christian (Walnut Creek)

West Division:

Redwood Christian (San Lorenzo)

Fremont Christian (Fremont)

Kimberly Hills Christian (Fremont)

Chinese Christian (Oakland)

Milpitas Christian (Milpitas)

Valley Christian (Dublin)

South Division:

Campbell Christian School (Campbell)

Liberty Baptist (San Jose)

Los Gatos Christian (Los Gatos)

Baymonte Christian (Scotts Valley)

San Jose Christian (Campbell)

Achiever Christian (San Jose)

Legacy Christian (San Jose)

Sports Pricing:

Our athletic budget can no longer support the increasingly growing costs of field rentals, and official fees. In an effort to offset these costs, we are going to charge for sports. The pricing structure works out like this.

Price per season: (Football, Softball, Basketball, Volleyball, Soccer)

1 student-\$50

2 students in the same season- \$80

3 students in the same season- \$100

Cross Country: No charge because it poses no cost to the school.

1. Fees will be due upon the release of the official roster.
2. There will be no refunds if the student decides to quit once the season has started.
3. The student will not be allowed to participate in practices or games until fees are paid.
4. Cases of academic failure will be decided by the administration.

Trophies and Banners:

A trophy will be awarded to our school by the league when the following happens...

*An SRVCA team wins or shares the division championship with another Central division school.

This is determined by league record.

*SRVCA places in the top six in the season ending BACSAL tournament

A banner will be awarded to a team by our school when one of the following happens...

*An SRVCA team wins or shares the division championship with another Central division school.

This is determined by league record.

*SRVCA wins the BACSAL tournament

****Note: All banners are hung in the gym, and trophies will be placed in the cases outside of the PE office****

Personal Awards

Eligibility for Awards

- 1). The player must have remained on the team all season long
- 2). The player must have maintained a satisfactory grade in all academic work as well as behavior.

Types of Awards

- 1). If a team should win the Championship of the league, each member of the team may receive a plaque or trophy given to them by the school.
- 2). It is the discretion of the coach to have an awards party and/or hand out individual awards to his/her team.

Home Games

Home games for 2014-2015 will be played at the following sites

- *Softball: Sycamore Park
- *Football: Sycamore Park
- *Cross Country: Oak Hill Park
- *Basketball: SRVCA Gym
- *Volleyball: SRVCA Gym
- *Soccer: TBD (but hopefully Diablo Vista Middle School)

All schedules and directions will be handed out and emailed at the first practice.

Also, follow us on facebook by adding "SRVCA Eagles". Updates, schedules and scores will be updated regularly.

Conduct of an Athlete

On the Field/Court

All athletes are expected to observe the regulations and procedures, which are specified by the coach and athletic director.

- 1). Be a modest winner and a gracious loser.
- 2). Profanity is out of place and will not be tolerated.
- 3). Respect the officials. They are doing the best they can and we must respect their authority. The coach and the team captains are the only ones who should talk to them, and it should be done in a manner that is respectful.
- 4). Our team bench should always be under control and supportive of those team members playing at the time.
- 5). Any behavior contrary to the desires of the coach reflects negatively on the player, teammates, the school, and most importantly the Lord. Violations as such will not be tolerated and could result in the expulsion from the team.

In the classroom

- 1). Passing grades both in academic and behavior must be maintained. ***A grade point average of 2.5 or above and no F's must be maintained during the course of the grading period.***
- 2). Be prompt to class and maintain a good attendance record. Cut classes are causes for suspension or expulsion from the team.
- 3). An athlete must attend four class periods in order to attend practice or participate in a game that same day.

- 4). It is the responsibility of the student athlete to make up required work in each class they might miss because of a game trip.

On and off campus

Any connection with cigarettes, alcohol, or drugs on or off campus means an automatic expulsion from the team.

Game Tips

- 1). Any time you leave campus you represent the school and the team as well as the Lord.
- 2). Dress in a clean, freshly washed uniform.
- 3). Conduct yourself with dignity to all you come in contact with, and always show respect for property.
- 4). Remember to show good sportsmanship at all times

Legal Requirements

- 1). Each participant must have on file a parental consent form and a medical form

Concussion Policy (Per CIF Bylaws)

- 1). A student athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time and for the remainder of the day.

Also

A student-athlete who has been removed may not return to play until the athlete is evaluated by a licensed health care provider, and has received a written clearance to return to play from that provider.

- 2). If you have any questions regarding the symptoms of a concussion, please refer to the "Concussion Information Sheet" handed out at this evening's meeting.
- 3). Lastly, each family will need to read, sign and return a copy of the "Concussion Information Sheet" in order for their students to be eligible to play.

Academic and Behavioral Requirements

- 1). **A student is declared academically ineligible if the student has any F's or below a 2.5 average in core classes***. Ineligibility will be lifted when the new grading period begins and the student's report card indicates they have met the minimum academic requirements.
- 2). Any player that comes out for the team and then quits once the team has begun game play will be penalized by not being able to participate the following season.

For example: if a student is selected to play softball, quits after the team plays it's first game, he or she cannot be selected for basketball.

* Core classes: Math, Science, Social Studies, English, Bible, Spanish and P.E.

Uniforms and Equipment Requirements

- 1). Each team member will be issued a uniform and will be held responsible for it. The uniform must be turned in when requested or paid for when asked. Failure to comply will result in the ineligibility of further school sports and the holding of that student's report card. **Team uniforms will be worn only on game days, and must be turned in clean.** Team uniforms must not be worn for PE.
- 2). Be prepared, if you do not have **YOUR** uniform, you will not be allowed to participate in that game. "Loaner" uniforms will not be given out. You are not allowed to call home from the office and have your parents bring it for you.
- 3). **DO NOT** loan your uniform to any one else on the team. You are solely responsible for your uniform. Please make note of your jersey and shorts number, so you know which one belongs to you.

Tryouts

We will have a full tryout for all sports when necessary. Meaning, there are no entitled spots reserved for teams regardless of grade or prior experience. Our target roster size for each sport is listed below. However, the AD and administration reserves the right to change them at our discretion.

Softball: 14

Football: 16

Basketball: 12

Volleyball: 12

Soccer: 16

Uniforms provided

Football (boys)

1 Game Jersey

1 Pair of Shorts

Softball (girls)

1 Game Jersey

1 Pair of shorts

Basketball (boys and girls)

1 reversible jersey

1 pair of reversible shorts

Soccer (boys and girls)

1 Game Jersey

1 Pair of shorts

Note: Goalie jersey and gloves are available

Volleyball (boys and girls)

- 1 Game Jersey
- 1 Pair of shorts

Required Equipment not supplied by the school

Softball- Batting helmet

Soccer- Shin guards

Volleyball- Kneepads (optional)

Coaches

- 1). Coaches for SRVCA sports are staff or faculty members of SRVCA, parents of SRVCA students, or members of the church or school community that is approved by the administration.
- 2). All coaches have been fingerprinted for background check purposes.
- 3). Children of coaches will no longer have an automatic spot on the team. All players will earn their roster spot.

Priority on selecting coaches

- 1). Coach(es) from previous seasons if they wish to return.
- 2). Current staff member who is interested in coaching a specific sport.
- 3). Parent(s) of a Junior High student at SRVCA.
- 4). Parent(s) of an elementary school student at SRVCA. (5th-8th grade only)
- 5). Members of the church or SRVCA community that is approved by the administration.

Practice Sessions

- 1). Each player must be properly dressed in practice attire (shorts, T-shirts, practice jerseys for basketball, etc.) and at the designated practice area at the designated time. **School modesty requirements are still in effect during practice sessions.**
- 2). Practices will be held up to three times per week before games start, and once or twice per week once league games start.
- 3). If an athlete misses a game or a practice due to a conflict with another school sponsored activity and has given his or her coach **advanced** notice, there will be no penalty. If no notice is given, it is at the coach's discretion.

- 4). If a student misses a game or practice that is due to an activity that is not school sponsored (i.e. trips, vacations, appointments, etc...) the penalty will be as follows.
 - **Missed practice: the athlete will miss one half of the next game**
 - **Missed game: the athlete will miss the next game.**

****The only exception will be if the student makes prior arrangements with the coach and athletic director before the season****
- 5). If an athlete needs to leave practice early or arrive to practice late, it must be cleared ahead of time with the coach.
- 6). All players must come to practice with an attitude of hard work and improvement. To do less would hurt the progress of the individual player as well as the team.

Travel to and from games

- 1). It is expected that the parents of each player drive to and from one to three games throughout the season.
- 2). Drivers will be assigned, and informed of their assignments after the second practice.
- 3). If it is impossible to make your driving date, it is your responsibility to switch dates with another parent and inform the AD. Missed dates could affect your child's eligibility for future sports.
- 4). All drivers must have their driver's license and current proof of insurance on file in the office. Car insurance needs to meet the minimum insurance requirement...
Liability: \$50,000-100,000
Medical: \$500,000
- 5). All drivers must have a background check on file in the office. In addition to the completed background check form, a check for \$10.00 should be brought into the office, payable to SRVCA. **Background checks do not expire and do not need to be renewed each year.**
- 6). Please pick up your child promptly. We have had parent drivers wait for an hour or longer for the kids in their car. This cannot happen! For road games, please instruct your kids to call you from the field or school to give you an ETA so you can be there on time to pick up.

Remember, kids in sports are trying to grow up without being harmed by you! Support your kids and use all things as a teachable moment for them. This includes successes, failures and disappointments. Our goal is to work with the families of SRVCA in a partnership. Looking forward to a great year!

Parent/Athlete/Coach Communications Guide

SRVCA Philosophy

Athletic achievement requires sincere commitment from all athletes, parents, coaches, and administration. For all of us to be successful, effective communication must occur. The SRVCA athletic department and administration believe strongly in being accessible and supportive of the athletes, parents and coaches. We are continually attempting to improve communication with the students and parents. For our programs to be truly successful, it is necessary that everyone understand the focus and direction of the program.

Your Expectations

- * It is reasonable to expect your child's coach to inform you:
 1. When and where practices and games will be held
 2. About expectations he/she has for all athletes on the team as well as your child.
 3. If your child is injured during participation in practice or a game
 4. Whenever disciplinary actions result in your son/daughter being removed from practice or a game.

- * Typical concerns of a parent that are **appropriate** to discuss with a coach are:
 1. Any unhealthy mental or physical strain you see in your child
 2. How you can contribute to your child's skill improvement and development
 3. Any dramatic changes in your child's health or behavior

Our Expectations

- * It is **inappropriate** to discuss with the coach:
 1. Playing time
 2. Team strategy or play calling
 3. Other athletes playing time or ability

- * Coaches will often need parents to tell them:
 1. Specific health concerns about your son/daughter
 2. Notification of any schedule conflicts (in advance)
 3. Strategies that have worked well for you in working with your son/daughter

- * If you have concerns to discuss with the coach, what procedure should you follow?
 1. Make sure your child has approached the coach first, with you there for support if needed. Let the child do the talking.
 2. Never confront a coach before, during or following a game or practice. These can be very busy and emotional times for both the parent and coach.
 3. Make an appointment to meet or talk on the phone to deal with and solve the problem.

- * What should you do if the meeting with the coach does not resolve the problem?
 1. Contact the Athletic Director to arrange a meeting with all parties involved, do not call unless the situation has already been discussed with the coach.
 2. The Principal will be called into the situation, by the AD, only as a last resort.

Remember, communication is the key. SRVCA supports the Matthew 18 principle, talk to the person with whom the problem has occurred. Do this quickly and in the appropriate manner. This may avoid problems in the future and should resolve the issue quickly for all parties involved.

Contact Information

Jamie Westgate :Principal:

Phone: 838-9622

Email: jwestgate@srvca.org

Mary Eid: Vice-Principal

Phone: 838-9622

Email: meid@srvca.org

Mel Lucht, Athletic Director:

Phone: 838-9622

Email: mlucht@gmail.com

www.srvca.org