

Athletic Handbook



NORTHDALE
CHRISTIAN ACADEMY

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Mission Statement

The Northdale Christian Academy (NCA) athletic program is an extension of its educational mission. NCA athletics is set up to serve the students of the school by providing participation in sports at a competitive level in a safe and Christian environment.

Philosophy

It is our belief at NCA to develop the whole child emotionally, academically, and spiritually. This is also true of physical development and participation in an organized sports program.

While it is good to want your team to win, the NCA philosophy keeps this goal of winning in perspective. The primary focus is on learning and developing skills in a safe and positive environment through sportsmanship, teamwork, and fair play.

Goals

- Develop an atmosphere where children learn and enjoy sports;
- Give every student K-8th grade an opportunity to participate in at least one activity;
- Teach the skills necessary to participate in and appreciate sports;
- Instill in the student a sense of responsibility by demanding consistently high standards of behavior and making the student aware and respectful of the needs of others;
- Nurture unselfishness in the student by requiring his/her actions on the playing field be consistent with the goals of the team as a whole and not be directed toward individual honors;
- To, at all times, have respect for teammates, referees, opposing players, coaches, and parents;

Through all this we hope every student, coach, and parent will use every opportunity to educate team members to model Christ on and off the field/court. Each competition and practice should be a learning experience for everyone involved.

Policies

Absences

If a student athlete is absent from school, he/she is not eligible to participate in any game or practice that may take place after school or evening of that day.

Attendance

Attendance at all practices and games is of great importance for the development of individual athletes and for the team. For this reason, the student should meet all attendance requirements.

The student athlete is required to participate in all practices, games, and tournaments. If there is an illness or emergency, it is the responsibility of the parent to notify the coach or athletic director so the student athlete may be excused.

- First unexcused absence: the student athlete will not start the following game.
- Second unexcused absence: the student athlete loses up to 50% of his/her playing time.
- Third unexcused absence: student athletes and parents must meet with the Athletic Director to determine status on the team.

Academics

The athletic program does not take precedence over the academic program; therefore, each student athlete is expected to maintain the following minimum academic standards:

- Student athletes must maintain at least a “C” (or a 3 in grades k-4) average in academic subjects.
- Student athletes must maintain at least an “S” in conduct, effort, and homework.
- Student athletes are required to have all assignments finished on time. The student will sit out any practices or games until work is completed.

Individual teachers reserve the right to waive any athletic suspension for any student judged to be working at their best ability level but not maintaining a “C” or better average.

Fees

Fees help to cover the costs of rentals, referees, replacing and acquiring needed equipment to operate an athletic program. The costs are different depending on what is needed for each sport. Below are the costs for one player for each of the sports offered here at NCA.

● Kickball Intramural	\$15
● Flag Football*	\$25
● Basketball*	\$25
● Track and Field*	\$40
● Pee Wee Soccer*	\$25
● Soccer*	\$25

*Tournament costs not included. Fees will be adjusted to reflect the costs of any scheduled tournaments.

Transportation

It is the parent/guardian’s responsibility to provide transportation to all competitions. If you are not able to drive then it is your responsibility to find carpooling for your child.

NCA has a 15-passenger van available for team transportation. Parents may speak with the coach or athletic director to guarantee a seat.

After-school care

Any student athlete still at school 10 minutes after a practice has finished will be admitted into the after-school program at NCA.

Please see the parent/student handbook for the cost associated with the after-school care.

Practices and Competitions

The NCA athletic program is an extension of its educational and spiritual missions. We understand the need to limit the hours of practice and competition so that students can perform their best in the classroom. It is our goal to limit practices and competitions as such:

- The first practice will take place no sooner than four weeks before the first scheduled competition.
- Practices will be no longer than 75 minutes.
- It is our goal to limit total practices and competitions to two days a week with the exception of competitions taking place on weekends.

- Coaches may schedule an extra practice, with permission from the athletic director, on weeks when competitions are on weekends

Eligibility

Student-Athlete

The NCA eligibility requirements for all sports:

- A student must be enrolled in, attending, and in good standing at NCA.
- Each student athlete participating in NCA's athletic program is expected to maintain the minimum academic standards outlined on page three.
- Failure to abide by the policies set on page three may result in suspension from practice or a game, and possible removal from the team at the discretion of the athletic director and principal.
- Read and agree to the student contract. The contract must be signed and turned in before the student can participate.

Sports Offered

Flag Football

Flag football is a coed sport that takes place in the fall. Students are eligible to participate if they are in 5th-8th grade and meet all other requirements stated above. The SALSA flag football season consists of a flag football day that will take place during the school day in October.

Soccer

Soccer is a coed sport that takes place in the spring. Students are eligible to participate if they are in 3rd-8th grade and meet all other requirements stated above. More games may be scheduled with other local private schools. The SALSA soccer day will take place during the school day in April.

Required equipment: Shin guards, socks that cover the shin guard, (soccer shoes are optional)

Basketball

Basketball is a coed sport that takes place during the winter. Students are eligible to participate if they are in 4th-8th grade and meet all other requirements. The basketball season consists of two tournaments, one invitational tournament in Maitland, FL, the other is the SALSA Tournament. The SALSA Tournament is a two-day event in Doral, FL that will be held on the first weekend in February. More games may be scheduled with other local private schools.

Due to the size of our teams we may not be able to accommodate all the players at the SALSA tournament.

Kickball

Kickball day is a coed event that takes place during the school day on a select Friday in September. All students in 3rd-8th grade are expected to participate. This is treated similar to a school field trip and any fees will be applied. Students from SALSA schools will be divided up to make fair teams. Each team will play at least 3 games during the course of the school day.

An optional kickball intramural season will take place during the weeks before the Thanksgiving break. Any fees for the intramural are separate from the Kickball Day event.

Track

The annual SALSA track and field is typically held on the first Saturday of March. Two invitational meets have been added to the schedule as well, King of Kings invitational and Northside Middle School Invitational (grades 6-8 only). Students are eligible to participate if they are in the 3rd-8th grades and meet all other requirements.

Pee Wee Soccer

SALSA holds an annual pee wee tournament in the spring. This is a coed team made up of students in Kindergarten-3rd grade.

LPS Basketball Tournament

Luther Preparatory School hosts a coed basketball tournament to go along with their recruitment weekend. This tournament takes place in early March. NCA has the tradition to attend this tournament in the even years. Eligibility for the team will begin with the 7th and 8th grades and, as needed, will drop down one grade until a full team has been assembled.

Roles and Responsibilities

Student Athletes

- Attend and actively participate in practice to be eligible to play in games.
- Act in a Christian way exhibiting good sportsmanship both on and off the field/court. Respect opponents, officials, coaches, teammates, and spectators at all times.
- Remember athletic participation is a privilege, not a right. Remember it is an opportunity to learn and have fun, not just to please parents and coaches.
- Accept both victory and loss with pride and honor; never be boastful or bitter.
- Maintain grades (classwork, homework, projects, and tests) and effort in schoolwork. Always work to use the gifts God has given you.
- Maintain good behavior in school and at school events.
- No foul or abusive language will be used on the fields or courts.
- Listen and learn from the coach. Work hard to improve skills and help the team.
- Follow all the rules and regulations set by the school, coach, and sport.

- Attend all practices and competitions. If unable to attend, notify the coach or athletic director in advance.
- Attend the full school day of a practice or competition. Student athletes who are absent or miss any part of the day due to illness may not participate in events taking place after school.
- Wear clothing suited to practice in. There will be no jewelry worn.
- Any player suspended from school is not allowed to practice or participate in any game until reinstated in school.
- Return all school property, including uniforms, to the coach in a timely manner. If the uniform is not returned or lost, the school may assess a fee to replace it.

Parents

- Be prompt when dropping off and picking up your child.
- Be responsible for providing or finding transportation to all games and tournaments for your child.
- Encourage good sportsmanship, effort, and teamwork from student athletes, coaches, and spectators.
- Model Christian behavior for all students, spectators and coaches.
- Respect the judgements of the officials and efforts and strategies of the coaches.
- Remember the athletic experiences are learning opportunities for the players. It is supposed to be fun for the student. Encourage, but don't pressure participation in sports.
- Keep winning in perspective; help your child do the same.
- Help your child meet the responsibilities to the team and coach.
- Place academics as a first priority; schoolwork is still the primary task of students.
- Let the coach guide and instruct your child during competitions and practices.
- Cheer for your team. Acknowledge the efforts and successes of the opponents.

Coaches

- Coaches must be a member of a family registered at NCA or is a member of the Northdale Lutheran Church congregation.
- Shall give game and practice schedules to all team members.
- Will play all players who meet game eligibility.
- Will teach and give time to practice fundamental skills needed to play each sport.
- The head coach must be at least 21 years of age and approved by the principal and athletic director.
- Persons who graduated from NCA and are in high school may assist the head coach but cannot act as the head coach in their absence.
- No foul or abusive language will be used on the fields or courts.
- Coaches are responsible for the conduct of their players and spectators.

- Coaches must fulfill all school volunteer requirements.

Athletic Director

- Model the school's philosophy concerning after school athletics at all times.
- Maintain open and consistent lines of communication with NCA families, school administration, coaches, and student athletes.
- Organize and publish practice and game schedules in a timely manner. An online calendar will be maintained on the Northdale Christian Academy website: northdalechristianacademy.org.
- Notify the team's parents if a practice is canceled or times change.
- Keep accurate records of attendance, participation, and successes.
- Provide and organize all the necessary paperwork for the smooth and efficient running of the athletic program.
- Maintain an accurate athletic inventory and budget.
- Attend all scheduled SALSA athletic director meetings.



Student Athlete Contract Sample

I, _____, while a participant on the NCA _____ team promise to:

1. Attend all practices and meetings faithfully.
2. Contact a coach or athletic director personally before the practice or meeting if I must miss it.
3. Faithfully attend all competitions and practices in uniform or practice gear.
4. Contact a coach or athletic director if I am unable to attend a competition.
5. Be a student at Northdale Christian Academy.
6. Maintain my eligibility and academic standing.
7. Replace any equipment or uniform issued to me, either by payment or the equivalent of the lost article.
8. Turn in before the first practice all necessary forms issued to me by the coach or athletic director.
9. Report any personal injury or teammate's injury to a coach or athletic director immediately.
10. Follow all reasonable requests made by the athletic director and coaches, especially those involving practice, diet, rest, and competitions.
11. Pay any fees outlined in the athletic handbook through the family's TADS account.

Athlete's Signature

Date

Parent/Guardian's Signature

Date