

VI. ATHLETIC HANDBOOK

Desert Christian Academy offers a rewarding athletic program for secondary students (grades 6-12). The purpose of DCA's athletics program is to train students to take care of their bodies, to improve their physical skills, to learn to cooperate with each other through the interdependence necessary in team sports, and to experience competition.

ELIGIBILITY FOR PARTICIPATION & COMPETITION

Academic Requirement

To participate on an athletic team a student must have a minimum GPA of 2.0 for the previous semester. **Students under a 2.0 GPA for any semester will be on probation for the entire following semester and will not be eligible to play sports for the full semester.** New students who are admitted on probation will be able to play sports on a week by week basis if the probation report reflects at least a 2.0 GPA.

Attendance Requirement

On game days, **athletes are required to be in attendance at school for the entire day** (for any reason including on or off campus suspension). **Athletes who do not attend school for the entire school day will not be allowed to travel with the team or play in the game that day.** Students who are absent from school for any reason will not be allowed to attend practice as well.

Athletic Commitment Requirement

Athletes will be given until the end of the 10th practice to decide if he/she wishes to play a sport. Athletes have through the end of the 10th practice to make a decision on participation without penalty. However, on the 11th practice, the athlete will be considered a member of the team. **If the athlete quits the team after the end of the 10th practice, he/she will become ineligible to play a sport the next season.**

ATHLETIC POLICIES & PROCEDURES

Steroid Use

The Board of Trustees of Desert Christian Academy recognizes that the use of steroids and other performance-enhancing supplement presents a serious health and safety hazard. As part of the school's drug prevention and intervention efforts, the Secondary Principal and staff will make every effort to ensure that students do not begin or continue the use of steroids or other performance-enhancing supplements. Students in grades 7-12 will receive a lesson on the effects of steroids as part of their instruction in one of the following classes: health, physical education, or drug education program. Students participating in interscholastic athletics must sign (along with his/her parents) an agreement that the student will not use steroids, unless the student has a written prescription from a fully licensed physician as recognized by the American Medical Association, to treat a medical condition. A student who is found to have violated the agreement or this policy will be restricted from participating in athletics and will be subject to disciplinary procedures including, but not limited to, suspension or expulsion in accordance with the law, Board policy, and administrative regulation. Coaches will educate students about the school's prohibition and the dangers of using steroids and other performance-enhancing supplements. (Note: In May 2005, the CIF adopted a Bylaw 22.B.9 to require that, as a condition of CIF

membership, all coaches, paid and unpaid, complete a coaching education program by December 31, 2008 which includes training on the harmful effects of steroids.) The Head of School will ensure that Desert Christian Academy does not accept sponsorships or donations from supplement manufacturers that offer muscle-building supplements to students.

Performance Enhancing Dietary Supplements

DCA personnel, including coaches, will not sell, distribute, or promote to students performance-enhancing dietary supplements that promote muscle-building. School personnel and coaches may provide only non-muscle-building nutritional supplements to student athletes for the purpose of providing additional calories and electrolytes. Permissible non-muscle-building nutritional supplements are identified according to the following classes: carbohydrate/electrolyte drinks, energy bars, carbohydrate boosters, and vitamins and minerals. School personnel, including coaches, will follow the manufacturer's recommendations when discussing the use of any drug or food supplement with a student athlete. In order to minimize the health and safety risks to student athletes, school personnel will not supply or recommend any drug, medication, or food supplement solely to enhance an athlete's performance. The Secondary Principal will ensure that the following warning is posted in all locker rooms:

Warning: The use of steroids to increase strength or growth can cause serious health problems. Steroids can keep teenagers from growing to their full height; they can cause heart disease, stroke, and possible damage to the function of the liver. Men and women using steroids may develop fertility problems, personality changes, and acne. Men can also experience premature balding and other developmental problems. These health hazards are in addition to the civil and criminal penalties for unauthorized sale, use, or exchange of anabolic steroids.

Athletic Forms

To participate in athletics, an athlete must fully complete and submit all athletic forms before he/she will be allowed to try-out for a team. Athletic forms include: an emergency contact form and a sport physical (grades 9-12 only). Sports physicals are valid for one calendar year from the date of the physical examination.

Transportation to Athletic Competitions

Transportation to DCA athletic events relies largely on volunteer parent drivers. **At no time will students be allowed to transport other students to athletic competitions.** Board policy requires parents volunteering to transport students to submit an Insurance Verification Form to the office (two weeks prior to transporting students). Drivers transporting students must agree to follow California's Road Rules and Driving Laws. In addition, volunteer drivers must have the following minimum insurance coverage required:

Bodily Injury	\$100,000/\$300,000 each accident
Property Damage	\$25,000-\$100,000 total
Medical	\$5,000

Athletic Uniforms and Equipment

It is important that all athletes be in modest proper uniform for all practices and games. All athletes will be issued uniforms and some athletes may be issued practice gear and sports equipment (varies by sport). Uniforms, practice gear and sports equipment that is not returned by the specified turn-in date will be charged to the student's account at the replacement cost. Uniforms, practice gear and sports equipment returned after the specified turn-in date will not be

issued a credit if replacement gear has already been ordered. Athletic team bags are to be stored in cars, athletic lockers, or in the designated athletic bag area by Room 22.

VARSITY LETTERING

DCA will award Varsity Letters to all varsity team participants who have met the following standards: participating in 75% of the games played, practice, attending team meetings and team functions, displaying sportsmanship, commitment to the team and school, and displaying an attitude of dedication and service. Athletes may ask the athletic director for more qualifications regarding lettering in a sport.

ATHLETIC COMPETITION

DCA is a member of California Interscholastic Federation (CIF) and high school athletic teams compete in the Victory League. Middle school athletic teams compete against local private schools. Since the academic and athletic demands of this school are high, please note that students will be restricted to participating in one sport per season.

Sports Offered

High School:

- ✧ Fall – Football and Volleyball
- ✧ Winter – Men’s and Women’s Basketball
- ✧ Spring – Baseball, Softball, and Co-ed Golf

Middle School:

- ✧ Flag football and Volleyball
- ✧ Boy’s and Girl’s Basketball
- ✧ Co-ed Soccer

Cheer

High school students may try out for the cheer program each year. Students involved in the cheer program must maintain the same academic requirements as other athletes in order to participate.

Booster Club

DCA’s Booster club offers financial and volunteer support to our secondary school athletic teams. Parents and local businesses can join the DCA booster club by making a donation to the organization. Booster Club members will receive the following:

- ✧ A Booster Club pass that entitles the club member and one guest to free admission to all DCA home volleyball, football and basketball games. (excludes CIF playoff games)
- ✧ Free business advertising on an 18” x 36” fall sports schedule poster that will be distributed to several stores throughout the valley. A poster will also be provided for the member’s place of business.
- ✧ Free business advertising on football, volleyball, and basketball programs, which are distributed to fans attending our home events.
- ✧ A free advertisement in the school’s yearbook.

Additional advertising opportunities exist. For more information please contact the school Athletic Director.

ROLE OF COACHES, ATHLETES, PARENTS & SPECTATORS

Coaches

A committed and dedicated coaching staff has been selected to honor God, serve the school and mentor the athletes. DCA requires all coaches, athletes, parents and spectators to display the highest level of competition and sportsmanship at every contest. The coach, as a mentor and role model, helps demonstrate good sportsmanship and godly leadership. Coaches are responsible for decisions made regarding their team and are encouraged to seek guidance and counsel from the Athletic Director when appropriate. Coaches will help guide athletes in skill development and training as well as teach athletes how to accept losing and winning with humility and respect for the opposing team, fans and officials.

Athletes

Athletes are expected to demonstrate commitment to the team by attending all practices, games, events and team functions. Unexcused absences may result in dismissal from the team. Athletes are expected to demonstrate respect for the coach, officials and teammates and are required to give their best effort. The role of the athlete is to: be committed, work hard towards skill development, be a team player, accept his/her assigned role on the team, demonstrate sportsmanship at all competitions, and strive to use his/her talents and abilities to glorify God.

Parents and Spectators

Parents are expected to demonstrate a family commitment to the team by being flexible and avoiding schedule conflicts with games and practices whenever possible. Parents are expected to support the coach and allow coaches to instruct the athlete and make all decisions related to competition and the role of the athlete on the team. If a parent has a grievance with a coach, he/she should follow the Matthew 18 principle and speak with the coach first. If after speaking with the coach the conflict remains unresolved, parents are to go to the Athletic Director. Parents and spectators are required to demonstrate good sportsmanship at all athletic competitions. This includes but is not limited to encouraging DCA teams and athletes and refraining from harassing or heckling the officials or opposing team.