



2023-2024

Athletic Handbook

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Revised: 8.4.23

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Dear Parent and Student,

As you review the contents of this handbook, you will quickly realize that participation in athletics at Grace is a unique opportunity and privilege to glorify the name of Jesus Christ on the fields of play. The primary purpose of athletics at Grace is to allow student-athletes to grow in their relationship with Christ. This happens through the discipline taught through practices and games as well as the concept of teamwork required to have a successful program. The Athletic Department strives to be successful in all sports, but not at the expense of keeping Christ first.

All of the coaching staff members have a personal relationship with Christ and are involved in a local church whose fundamental beliefs are in agreement with the Statement of Faith of this school. Coaches will take time throughout the season and off-season to discipline the athletes on their teams to grow in their relationships with Christ.

The Athletic Department strives to enhance and support the overall mission of Grace Christian School. The mission of Grace Christian School is to equip students to reach their God-given potential while a Christian worldview foundation is taught as the building blocks of academics, athletics, fine arts, and technology are provided.

The Athletic Department and our coaches desire that you as a parent or student will also partner with us to have meaningful and successful athletic programs that Glorify Christ on and off the field at Grace Christian School.

Sincerely,

Nathaniel Rhine
Athletic Director

This handbook establishes policies and procedures for the Athletic Department at Grace Christian School. It should serve as a convenient reference for coaches, players, and parents concerning policies and procedures governing the Athletic Department. While it is impossible to find answers to every question in this manual, you should find it to be a useful reference guide. All questions about student eligibility and Athletic Department policy should be brought to the attention of the Athletic Director. Questions regarding a specific sport or team can be directed to the head coach.

Note: Information in this handbook is supplemental to that found in the *NCISAA Handbook* and *Grace Christian School's Parent/Student Handbook*. The weblink to Grace is <https://www.gracechristiansanford.com/#> and to the NCISAA is <https://www.ncisaa.org/>

GCS Athletic Mission: “Work-Witness-Win”

"The mission of Grace Christian Athletics is to provide an excellent sports program that will enable our students to continue to glorify God in all that they say and do. Our coaches WORK alongside our student-athletes to develop their God-given abilities. Student-Athletes carry out their WITNESS in and beyond their community, and seek to WIN in a way that honors the Lord."

GCS Athletic Philosophy

In all aspects of life, whether occupation or recreation, Christians are called to glorify God and to acknowledge the lordship of Jesus Christ. Athletes and coaches are therefore encouraged to strive for Christ-likeness in all of their activities, whether training or competing. The Grace Christian School athlete will be challenged to do his or her very best with his or her God-given talents, not for selfish gain but for the glory of God and the good of the team. Competing to win is strongly emphasized, without sacrificing the display and the development of Christ-like character. Athletic training and competition provide numerous opportunities to instill the practice of Biblical principles, such as developing an appropriate approach to authority, working together as members of a team, and learning self-control amid competition.

SPORTSMANSHIP

Athletes and coaches at Grace are to be exemplary in their display of sportsmanship during games and practices. Physical and/or verbal abuse aimed at an opponent, official, coach, fans, or teammates will result in immediate discipline by the coach, and possibly, the administration. Taunting and/or inappropriate language directed toward opponents, fans, or teammates are not part of the game and are inconsistent with the mission of Grace Chapel Ministries. Parents and all spectators are expected to be a good example and follow these guidelines.

An athlete ejected from a contest is automatically suspended for the next game, but may sit on the bench. A coach that is ejected from a game may not sit on the bench for the next scheduled contest. Spectators who are ejected will be required to meet with the Athletic Director prior to being allowed to attend any further Athletic Contests. All ejections are to be reported to the athletic director immediately after the conclusion of the game. Athletes are to demonstrate sportsmanship and an attitude of cooperation with coaches and teammates. An athlete who has a grievance with the coach or another player should attempt to resolve the problem with that individual first, in private, in accordance with Biblical principles. Matters of disagreement and dispute should be kept confidential between the individuals involved.

Structure of the Athletic Department

The Athletic Director (AD) serves under the direction of and has direct reporting relations with the MS/HS Principal and Head of School. The Athletic Director oversees the total operation of the Athletic Department and is assisted by the Assistant Athletic Directors. The AD is responsible for the direct oversight of all Varsity Head Coaches and their Professional Development as it pertains to Athletics.

The Assistant Athletic Directors work under the supervision of the Athletic Director to help manage and facilitate the athletic programs at GCS. The Assistant Athletic Directors assist the athletic director and coaches with scheduling, athletic forms, field maintenance, organizing volunteers, communication needs, and various game-day administration duties. The Assistant Athletic Directors are responsible for the direct oversight of all Junior Varsity and Middle School Head Coaches and their Professional Development as it pertains to Athletics.

All Head Coaches will have a direct reporting relationship with the AD on all functions of their positions, including program administration, operations, facilities, etc. Varsity Head Coaches, under the direction of the above-outlined structure, will be responsible for assisting coaches on their coaching staffs, for the Middle School and Junior Varsity programs.

Athletic Offerings for the 2023/24 School Year

MS B Team	Season	MS Team	Season	JV Team	Season	Varsity Team	Season
Volleyball	Fall	Volleyball	Fall	Volleyball	Fall	Volleyball	Fall
		Cross Country	Fall			Cross Country	Fall
		Boys Soccer	Fall			Men's Soccer	Fall
						Women's Golf	Fall
		Cheerleading	Winter			Cheerleading	Winter/Early Spring
						Swimming	Winter
		Girls Basketball	Winter	Girls Basketball	Winter	Girls Basketball	Winter
Boys Basketball	Winter	Boys Basketball	Winter	Boys Basketball	Winter	Men's Basketball	Winter
		Softball	Spring			Softball	Spring
		Baseball	Spring	Baseball	Spring	Baseball	Spring
		Girls Soccer	Spring	Girls Soccer	Spring	Women's Soccer	Spring

						Men's Golf	Spring
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* All offerings are based on participation and staffing. Offerings are subject to change from year to year at each level offered.

Middle School Developmental Teams (Gold Teams) (5th through 8th grade)

In order to give additional students the opportunity to continue to grow and compete in athletics Grace now offers developmental teams in some of our sports. These teams will be more focused on the development of the fundamentals of a sport and will have a heavy emphasis on practices. They will compete in about half the amount of games that our Middle School Teams compete in against other schools. This will allow more of our athletes to reach the next level, where they will be ready to learn more advanced aspects of the sport. We want to encourage our athletes to have fun while doing their very best. Developmental teams/athletes should expect to practice/or play **at least** 3x a week. Wednesday is normally the off day for MS practice. They may practice on Saturdays due to limited court or field space during the season.

Middle School Athletics (5th through 8th grade)

The Middle School Athletic program is the foundation of all GCS athletics. Middle school athletics give us an opportunity to introduce and teach the fundamental aspects of a particular sport. When our athletes reach the next level, they will be ready to learn more advanced aspects of the sport. We want to encourage our athletes to have fun while doing their very best. The wins and losses will take care of themselves. You can win a game and still be a loser. You can lose a game and still be a winner. We want to provide all of our players with as much real-game experience as possible. Decisions related to playing time are made solely at the coach's discretion. Middle School teams/athletes should expect to practice/or play **at least** 4x a week. Wednesday is normally the off day for MS practice.

Junior Varsity Athletics (7th through 11th grade)

Our focus for junior varsity athletics is to refine the concepts learned in middle school. However, the demands of excellence, competition, and the complexity of the game will intensify. GCS athletes do not practice to lose. Therefore, the athletes must be prepared to compete for roster spots, positions, and playing time. We encourage our athletes to do their very best. Our goal is to prepare our athletes for the demands of our varsity programs. We want our athletes to make the transition from junior varsity to varsity as smoothly as possible. Our athletes should know the system and be ready to contribute immediately. Decisions related to playing time are made solely at the coach's discretion. Junior Varsity teams/athletes should expect to practice/or play **at least** 4x a week.

Varsity Athletics (7th through 12th grade)

It will be a privilege for an athlete to wear a GCS varsity uniform. The athlete must be prepared to compete for a roster spot, position, and playing time. Once an athlete has solidified his/her position he/she must work to keep it. The seniority of a player is not a factor. Players will be judged on athletic ability, work ethic, attitude, and knowledge of the coach's strategy/strategies when determining playing time. Competing to win is strongly emphasized, without sacrificing the display and the development of Christ-like character. The athletes are expected to act according to their roles on the team, and the coaches expect athletes to contribute unselfishly in accordance with their

abilities. **Playing time will be determined solely by the coach/coaches. Coaches will not discuss playing time or strategy.** Varsity teams/athletes should expect to practice/or play at least 5x a week with possible Saturday practices and games. During their offseasons, Varsity Athletes are strongly encouraged to choose one of our many weight training classes as their secondary elective.

Club Offerings for the 2023/24 School Year

Elementary	Season	Middle School	Season	High School	
Chess	Fall/Winter	Chess	Fall/Winter	Chess	Fall/Winter
		Shooting	Winter/Spring	Shooting	Winter/Spring

* All offerings are based on participation and staffing. Offerings are subject to change from year to year at each level offered.

Club Teams (5th - 12th grade)

The Athletic Department is excited to announce that we will be bringing club sports to GCS. These clubs are still operated by the Athletic Department but have different player fees and practice schedules than that of a typical sports team here at Grace Christian School. Depending on how a sport grows these club teams could be moved into competitive school teams in subsequent years.

COACHES

Coach, Parent, and Player Relationships

Both parenting and coaching are difficult at times. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to our children. As parents, when your children become involved in our programs, you have an obligation to understand what expectations are placed on your child. This begins with clear communication from the coach of your child’s program.

Communication Parents Should Expect From Their Child’s Coach

- Philosophy of the coach (general and sport-specific)
- Expectations the coach has for the child, as well as other players on the squad
- Locations and times of all practices and contests
- Team requirements (i.e. special equipment, off-season conditioning, etc.)
- Procedures if an athlete is injured during practice/contest
- Discipline that may result in the denial of an athlete’s participation
- Primary Methods of Communication: Emails, MaxPreps, and RenWeb.

Communication Coaches Should Expect From Parents

- Concerns expressed directly to the coach
- Notification, well in advance, of any schedule conflicts
- Specific concerns regarding a coach’s philosophy and/or expectations

- Medical or physical limitations of the child

As children become involved in athletic programs, they will experience some of the most rewarding moments of their lives. It is important to understand that there also may be times when things do not go the way athletes or their parents wish. At this time, discussion with the coach is encouraged.

Major Concerns to Discuss with Coaches (In an appropriate setting)

- The treatment of the child: mentally, physically, emotionally, and spiritually
- Ways to help the child improve
- Concerns about the child's behavior

It is very difficult for parents to accept their child's not playing as much as they may hope. Coaches are professionals. They make judgment decisions based on what they believe to be the best for all athletes involved.

Minor Concerns not to Discuss with Coaches

- Playing time
- Team strategy
- Playcalling
- Other student-athletes

We want the parent-coach relationship to be "Major on the Majors" and "Minor on the Minors". When issues arise to be discussed, the following procedures should be followed to help promote a resolution to the issue of concern.

What can a parent do if the meeting with the Coach does not Provide a Satisfactory Resolution?

1. Call and set up an appointment with the Athletic Director or Assistant ADs to discuss the situation. The AD and Assistant ADs will not meet unless the parent has first met with the Coach.
2. If the issue is not resolved at this meeting, the appropriate next step would be to set an appointment to meet with the Athletic Director and MS/HS Principal.

COACH PARENT CONFERENCE POLICY - 24 Hour Policy

No parent is to talk to any coach during practice or anytime on the game day regarding specific concerns or frustrations. If a parent wants to talk to a coach about any specific concerns or frustrations, they must set up a time on another day to meet with that coach and possibly the A.D. We encourage parents and players to communicate with the coaches but it must be at the right time and place with the right frame of mind. Please schedule an appointment to talk with the coach if you have a concern. **If a parent breaks this rule they may be removed from attending GCS athletic events and that athlete may be in jeopardy of not being on the team.**

ATHLETE DEVELOPMENT

Attendance Eligibility

Athletic competition is a privilege at Grace. To participate in athletics (practice or games), student-athletes must be present for a minimum of 3 hours on the day of the activity (being present and participating in a virtual class also fulfills this requirement). If a student is not at school or at a school-sponsored event for that amount of time, they are not eligible to participate without the advanced approval of the Athletic Director.

Academic Eligibility

Athletes represent the school to the community and must display good sportsmanship and Christian character. To participate in interscholastic sports, students must have a record of a physical examination on file with the school. Athletes must meet the current academic requirements as stated below. These students must maintain a 2.0 GPA and not receive two F's, one F and two D's, or three D's on any report card. If these requirements are not met, students are ineligible to participate in Home or Away Contests and are not permitted to travel to any Away Contests. Once a year, students may request reinstatement 3 1/2 weeks (18 academic days) into the quarter of suspension.

1. After 3 ½ weeks, students must have a passing mark in each class they failed.
2. After 3 ½ weeks, students must have a letter of recommendation from the teacher of the classes they failed, indicating a change in effort and commitment.
3. After 3 ½ weeks, they must have a 2.0 Grade Point Average and not more than two D's.

Behavioral Expectations

We believe that our student-athletes represent Grace Christian School everywhere that they go and that having the ability to be that representation is a privilege and not a right. That being said we understand that students will make mistakes and at times need to be shown grace in those moments. Here are the expectations the Athletic Department has regarding Behavior at school:

1. Any student-athlete who misses practice due to after-school intervention, or ISS/OSS may have further disciplinary actions from their Head Coach which may include additional conditioning or missed playing time from contests.
2. Athletes receiving a second out of school suspension may be removed from the team. First time out of school suspension may result in team dismissal as determined by the Principal and Athletic Director.

Practice Expectations

Student-Athletes are expected to make practices a priority here at GCS.

If a student misses three unexcused practices they will have to sit out the following contest. If they miss five unexcused practices they will be suspended from all contests for the following week.

Student-Athlete Ineligibility Expectation

Student-Athletes at GCS who become ineligible for either behavioral or academic purposes will be expected to adhere to the following:

1. Attend Practices unless there is a test in the class that they are academically ineligible for the

following day.

2. Attend Home Contests, but are not permitted to sit on the team bench or be in uniform that day.
3. Students who have an ISS or OSS are not allowed to attend games or practices on the day they are serving the suspension.
4. Not permitted to ride the GCS Bus or Van to any away contests while ineligible.
5. Not permitted to attend any away contests while ineligible.

Required Forms

The following forms must be completed, signed, and uploaded to the new GCS Athletic Website prior to the start of the season students wish to participate. Parents are responsible for uploading the below documents in a timely manner.

- General Sports Physical - must be uploaded to their rSchoolToday Account
- NCISAA Gfellar-Waller concussion form
- NCISAA Consent to Play Form
- GCS Athletic Handbook Form

Physician's Note

- Any student receiving a physician's care for an injury or illness which results in loss of time from school or athletic competition must provide a note from a physician clearing him/her to return without restriction to athletic competition.
- Any student who suffers a loss of consciousness during a practice or contest may not resume athletic participation until receiving written clearance from a physician.

New Students

Students enrolling at GCS after teams have been decided are eligible (after a 5-day waiting period, NCISAA approval, and NCISAA deadline dates) and will be allowed to join a team **if** positions are open. New students are ineligible to participate in a contest for a period of five enrolled school days if approved. If Students transfer from another NCISAA school after August 1st

FACILITY USAGE

All athletic facilities are managed and supervised by GCS and Grace Chapel Church. Use of facilities is limited to GCS events, athletic programs, and Grace Chapel Church ministries. All program usage must be approved, calendared, and run by GCS or GCC staff members. Due to the growing program needs for GCS and GCC, any outside usage of facilities is very limited and rarely allowed. All outside usage must be requested, approved, and scheduled through the athletic department along with a proper insurance waiver if approved. No individual use of facilities without supervision is allowed. *Facility usage priority is always given to the in-season team vs. an off-season team even if an off-season workout has already been scheduled.* The gym schedule is run on a shared calendar by both the AD and the Assistant AD.

To request access to the GCS Gymnasium, Soccer Field, Baseball or Softball Field, or Weight Room Coaches must submit this form 48 hours in advance:

https://docs.google.com/forms/d/e/1FAIpQLScU7kQcGDyoeS60SyPW2EOALw8p05hi9NqHQx2aLiZVNIGA/viewform?usp=sf_link

POLICIES

ADMINISTRATIVE SUPERVISION

All athletic events will have a GCS administrator on duty. Duties include, but are not limited to, providing safe crowd control, contacting appropriate personnel in case of emergency, and dealing with facility issues. The administrator will assist the Athletic Director and staff in keeping spectators off the playing field/sideline areas and courts. The supervisor will also maintain sportsmanship and a positive environment for competition.

ADMISSION

\$8 per Adult

\$5 per Student (4th Grade and above, 3rd and below are free)

\$5 per Senior Citizen (Over 55)

GCS and CDC Students are Free

Season Pass: \$60.00 Per Season *Does not include GCS Tournaments or State Playoff Games

Annual Pass: \$150.00 *Does not include GCS Tournaments or State Playoff Games

AFFILIATION

The middle school, junior varsity, and high school teams are 3A Independent members of the North Carolina Independent School Athletic Association (NCISAA) and must abide by the rules that they set forth.

ATHLETIC FEES 2023-24

- **Athletic Fees will vary on a Sport by Sport basis. The table below is the updated Athletic Fee Structure for the 2023/24 School Year. This fee covers the various areas of operating athletics, including operational, administrative, transportation, coaches, equipment, and applicable cost of officials.**

Sports Team	Fall	Winter	Spring
Varsity Sports (\$325.00)	Volleyball, Soccer, Cross Country and Golf	Basketball, Cheerleading, and Swimming	Softball, Soccer, Golf, Baseball
MS and JV Sports: (\$275.00)	Volleyball, Soccer, Cross Country, & B Team Volleyball	Basketball and Cheerleading	Baseball, Softball, and Soccer
Club Sports Varsity: (\$325.00)		Shooting Team	
Club Sports JV and MS: (\$225.00)	Chess Team	Shooting Team	

- ***Fees are non-refundable and will be billed to your FACTS account upon the student earning a spot on the team. If the student quits or is unable to remain on the team for any***

reason, the Athletic Fee is non-refundable. The payment of athletic fees does not imply or guarantee, in any way, game playing time.

- **This fee does not cover any other elected incidental expenses, not limited to but including things such as team shoes, T-shirts, warm-ups, camps, etc. The athletic fee only covers each student participating in the sport.**

CHANGING SPORTS/ LEAVING A TEAM IN-SEASON

Whenever students enlist in the athletic program by joining a specific team, they assume responsibility and commitment to that team and coach. Dropping out of a sport is discouraged. On occasion, however, an athlete may find it necessary to drop a sport for a good reason. The dropping of a sport and subsequently transferring to another team will not be allowed unless coaches and the Athletic Director agree. An athlete who is dismissed from a team for disciplinary reasons or quits the team (unless approved by the Athletic Director) will not be allowed to participate in another sport for the remainder of that sport's season and possibly the next. The Athletic Fee responsibility still applies.

CONDUCT

Student, Student Athlete, & Spectator Conduct

Everyone associated with an athletic event plays an important role in seeing that standards of sportsmanship are upheld. As members of athletic teams, athletes are high-profile representatives of Grace Christian School. Therefore students and fans are expected to act appropriately. The following behaviors are inappropriate and will not be tolerated:

- Fighting
- Profanity
- Use or possession of/being under the influence of alcohol, tobacco, or drugs
- Unsportsmanlike conduct
- Rude or disrespectful behavior
- Taunting opponents, fans, or officials
- Destruction of property
- Obscene gestures
- Derogatory or degrading language and or actions
- Activism or Political statements or gestures

Students or Spectators who exhibit any of the above behaviors or any other inappropriate behavior will be suspended from athletic competition until they are able to meet with the Athletic Appeal Committee. The Athletic Appeal Committee and AD will determine the length of the suspension, which could result in a permanent dismissal from the Athletic Program.

DISCIPLINE

Coaches are employees of the school. Therefore, the coaches at practices, games, and road trips carry out all school policies and standards of behavior for students set forth by the administration. Disciplinary actions for misconduct are applied. If a student-athlete receives a Suspension, they will not be allowed to practice or play in games on the day of the Suspension. Disciplinary issues at school can cause dismissal from a GCS sports team. The decision will be made by the Athletic Director in conjunction with the Principal and Head of School.

DRESS CODE

All GCS dress codes must be followed at all times. On the day of an athletic event, the members of the team, including managers, are permitted to wear matching athletic gear provided by the coach or Athletic Director (Warm-ups, shirts, etc.) Team Jerseys/Uniforms are **NOT** to be worn to school **UNLESS** approval is given from the Athletic Director. For further clarification please read below:

MS Teams: On Game Days may wear Team T-Shirt or Outerwear - **Sweatpants are not permitted.**

JV Teams: On Game Days may wear Team T-Shirt or Outerwear - GCS Branded Sweatpants are permitted.

Varsity Teams: On Game Days may wear Travel Suit, Team T-Shirt, and other Outerwear ordered by the team - GCS Branded Sweatpants are permitted.

Practice Dress Code: Each player will be given practice t-shirts that they are to wear to practice. **Grace Christian Shirts are to be worn at all times to all practices.** Violation of this policy will result in discipline from the Athletic Director to both the players and the coaches in the supervision of those players.

GameDay Attire: Any Attire that the GCS Athletic Department collects at the end of the season is not to be worn to class. Any Student Athlete that wears any of the following Game Day Attire to Class is subject to disciplinary actions: GameDay Hats, GameDay Jerseys (top or bottom), On Court or on field Warm-Ups that are returned to the Athletic Department (ie: Shooting Shirts or Team Warm Up Shirts)

EARLY DISMISSAL & LATE ARRIVAL

Students are responsible for all work missed due to early dismissals for athletic contests. When a student-athlete knows he/she will miss a class for a competition, it is strongly recommended that class and homework be obtained in advance. When scheduling our Athletic Department makes every attempt to avoid students getting back late. However, there are occasions when student-athletes return after 10:30 pm. When this occurs students are allowed to come to school late the next day, however, it is their responsibility to make up any missed work within 48 hours, including tests and quizzes.

- Arrival at GCS after 10:30 pm: Excused from 1st period
- Arrival at GCS after 11:00 pm: Excused from 1st and 2nd period
- Arrival at GCS after 11:30 pm: Excused from 1st, 2nd, and 3rd period

EQUIPMENT

All equipment used by athletic teams at Grace is the property of the school. Equipment and uniforms must be returned within ten days of the final game. If it is not returned or is returned in an unusable condition, then the students' FACTS Account will be charged for the replacement of the jersey. Jersey should be returned in a grocery or ziplock bag with players last name and number written on the bag. Jersey's can only be turned into Head Coaches. Jersey's will not be accepted at the Front Office. Fees will be outlined below:

MS Equipment:

Game Jersey: \$90.00 each

Practice Jerseys: \$45.00 each

Shooting Warm-Up: \$45.00

Team Issued Bat Bags: \$150.00

JV Equipment:

Game Jersey: \$105.00 each
Practice Jerseys: \$45.00 each
Warm-Up Tops: \$45.00
Team Issued Bat Bags: \$150.00

V Equipment:

Game Jersey: \$135.00 each
Practice Jerseys: \$50.00 - \$75.00 each
Warm-Up Tops: \$45.00
Team Issued Bat Bags: \$150.00
Team Issued Golf Bags: \$250.00

GAME DISCIPLINE

We will follow the NCISAA rules for technical fouls, yellow/red cards, and ejections. All infractions are reported to the Athletic Director. The NCISAA uses a point system that carries over from one sport to the next within the school year. If a player receives too many technical fouls, yellow cards, red cards, or ejections that player will not be allowed to play any sport for the remainder of that school year and possibly into the next school year. (See NCISAA rules)

NON-SCHOOL COMPETITION

Participation in non-school teams (AAU, Club, etc.) is allowed provided student-athletes and their parents come to an agreement with the Athletic Director and Head Coach of the GCS program prior to the student being offered a position on the GCS roster. Priority must be given to the GCS program as this policy aligns with NCISAA standards.

PLAYING TIME

The amount of playing time an athlete receives on any level team at GCS is a privilege, not a right. While we are committed to developing all our athletes, most of an athlete's development should take place during practice. Practice is where you prepare to play. Playing time is earned in practice and is not an entitlement. The seniority of an athlete is not a factor in determining if a player will start or how much they will play. Players will be judged by their coaches on their athletic ability, work ethic, attitude, and knowledge of the coach's strategy/strategies when determining playing time. We must teach our athletes that most things in life are not given to us and for our program/teams to be excellent, time must be spent developing those skills.

PLAYING TWO SPORTS IN ONE SEASON

If cuts are required for a team because of excessive interest, a spot on the team/roster will **NOT** be held for a student-athlete wanting to play two sports in the same season. If a student is allowed to take part in two sports (decision made by the Athletic Director and coaches in both sports) in the same season they must **at the start of the season name one sport as the main activity** and cannot miss any games for that sport. They can miss practice to take part in a game for the second sport.

MS students may be allowed to play on MS and JV or Varsity teams in the same season **ONLY** if coaches and Athletic Director agree that is best for the student-athlete and the GCS Athletic

Program. To be eligible for state tournament play a student-athlete must play in at least four contests with that team prior to the start of the state tournament. .

RETURN TO PLAY POLICY

If a student-athlete is injured during a contest or practice and our Athletic Trainer states that they must go be evaluated by a licensed professional before they are allowed to participate in practices or games then they must have a signed note clearing them before returning to play. If they are not cleared by the licensed professional then they may not return to play until they have a note stating they are cleared. This is a non-negotiable policy. **Any athletes in violation of this policy will be immediately suspended from all athletic events at GCS.**

SCHEDULES AND NOTIFICATIONS

All athletic schedules will be available from the Grace athletic website. All coaches and parents will need to access the website for scheduling information. Any schedule changes will be communicated through the athletic website, athletic Facebook page, and through rSchoolToday notifications.

TEAM CAMPS: OFFSEASON

Varsity teams at GCS may at times travel to a team camp during the summer. The players are responsible to cover the entire cost of that camp. GCS will provide transportation to and from camp as they are able to over the course of the summer. participation in these camps does not guarantee one a spot on the team, just an opportunity to improve as a player.

TRANSPORTATION

The Grace Chapel Ministries provides safe vehicles for transportation of teams to all out-of-town games. Male and female students are not allowed to sit in the same seat and should sit on opposite sides of the bus. Players must travel with the team. The only exception to this rule would be if there is a family emergency and the athlete may arrive with a parent only. After the conclusion of the game, it is preferred that students ride the bus/van back to campus with the team. However, if a parent wishes to drive their child home from an away game, they must notify the Head Coach or AD. Student-athletes may not leave with anyone other than their parents or guardians. If a parent or guardian needs their child to be picked up by someone else, they must contact the head coach or AD via email or text message to notify them. If this is not done, students will not be allowed to leave and will ride the bus/van back to school. The coach will monitor the students on the bus/van.

TRYOUTS

Tryouts are conducted to assess skill level and make decisions that will benefit both the team and the players. Please be aware that not all who sign up/try out will make the team. Due to the nature of some sports programs/teams, it may be necessary to limit team rosters. Selecting an appropriate number of players results in achieving effective practices and coaching in preparation for games. This selection of players allows for a coach to spend focused time with individual players and player groups, promoting growth in athletes and developing cohesiveness among the team members.

Fall Tryouts: Any players who are going to miss the Fall Tryout Date (Outside of a family emergency) must schedule a tryout ahead of time with their Head Coach.

All GCS students will be expected to complete and submit all required forms to tryout for any sport at Grace Christian School. This is in order to protect your student's safety.

In order to try out and participate in a sport at GCS, all students must have completed and submitted an athletic physical, concussion, and the NCISAA intent to play form. Once all forms have been verified by the Athletic Department the athlete will be permitted to participate.

TOURNAMENTS and OVERNIGHT STAYS

Grace athletic teams have the opportunity to participate in tournaments that sometimes require an overnight stay. Student-athletes are responsible for the cost of accommodations unless otherwise denoted by the AD. Students are expected to adhere to all school codes of conduct. Except for state tournaments, all hotel arrangements will be set up by that team's coach. While staying overnight all school policies are in effect and the coach is in charge of supervising the team.

SOCIAL MEDIA

The Athletic Department is responsible for all social media posts about Grace Christian Athletics. GCS Coaches, players, and parents are not permitted to broadcast anything negative towards other teams, coaches, administration, teachers, parents, or the athletic programs. Failure to follow this rule may result in not being able to attend GCS athletic events and/or that athlete may be in jeopardy of being on the team. Please refer to the student handbook with questions about social media.



GCS Athletic Contract

1. The athlete needs to understand that he/she is a representative of our Lord Jesus Christ as well as GCS, and such are expected to behave in a manner becoming of a Christian and a GCS student.
2. The athlete shall respect their coaches at all times.
3. The athlete shall ensure that he or she meets the academic requirements of GCS.
4. The athlete shall care for all equipment and uniforms issued to him or her. They shall report any lost or stolen equipment or uniforms to the coach immediately. The athlete may be held financially responsible for items that are misused or lost.
5. The athlete shall show proper respect towards officials, opposing teams, fans, and coaches.
6. The athlete shall attend all practices to make arrangements if it is necessary to miss a practice.
7. The athlete agrees to abide by all policies and procedures in the GCS Athletic Manual.

GCS Parent Responsibility/Contract

1. Parents should encourage their children to give 100% of themselves to represent Christ.
2. Parents should support their children by attending as many games or matches as possible.
3. Parents should always conduct themselves in a Christ-like manner during athletic events. Parents should realize that they are as responsible for representing GCS as are the coaches and players. Parents attending athletic contests are asked not to criticize officials, fans, coaches, and players.
4. Parents need to realize that due to the varied talents of athletes on each team, playing time is not guaranteed. Encourage your child to improve his or her skills so that they can help the team.
5. Parents are asked to schedule routine doctor, dental, and other appointments so as not to conflict with practices and games. Illness and death in the immediate family have excused absences. All other absences need approval and must be requested before the missed practice.
6. Your son or daughter must be picked up and dropped off for practices and games on time.
7. Parents should direct any questions regarding their student-athlete or manner of coaching to the coach directly maturely and responsibly in private and, if needed, by prior arrangements or appointments. Coaches should respond in a like manner.
8. Each student must have a physical on file before the start of their sport season.
9. Parents/Athletes understand that the amount of playing time an athlete receives on any level team at Grace Christian School is a privilege, not a right. The seniority of an athlete is not a factor in determining if a player will start or how much they will play. Players will be judged by their coaches on their athletic ability, work ethic, attitude, and knowledge of the coach's strategy/strategies when determining playing time.
10. As parent/s we agree to abide by all policies and procedures in the GCS Athletic Manual.

ENROLLMENT, ATTENDANCE & PARTICIPATION AGREEMENT

I acknowledge that enrollment, attendance, and participation in the activities of Grace Chapel Christian Church, a North Carolina non-profit corporation with its principal place of business at 2605 Jefferson Davis Highway Sanford, North Carolina 27332, its affiliates and subsidiary ministries, including but not limited to, Grace Christian School, Grace Christian Child Development Center, and Grace Cafe, involves risk to the participant (and to the participant's parents or guardians, if the participant is a minor), and may result in various types of injury including, but not limited to, the following: sickness, exposure to infectious/communicable disease, bodily injury, personal injury, property damage, financial damage, and even death. In consideration for the opportunity to enroll, attend and participate in the activities of the ministry, the participant (or parent/guardian if the participant is a minor) acknowledges and accepts the risks of injury associated with participation in and transportation to and from the activity. The participant (or parent/guardian) accepts personal financial responsibility for any injury, illness, death, or other loss sustained during enrollment or activity or during transportation to and from the activity, as well as for any medical treatment rendered to the participant that is authorized by the sponsor or its agents, employees, volunteers, or any other representatives, (collectively referred to as the "activity sponsor"). Further, the participant (or parent/guardian) releases and promises to indemnify, defend, and hold harmless the activity sponsor for any injury or illness arising directly or indirectly out of the negligence of the activity sponsor, the participant, or otherwise.

If a dispute over the agreement or any claim for damages arises, the participant (or parent/guardian) agrees to resolve the matter through a mutually acceptable alternative resolution process. If the participant (or parent/guardian) and the activity sponsor cannot agree upon such a process, the dispute will be submitted to a three-member arbitration panel for resolution following the rules of the American Arbitration Association.

Grace Christian School Athletic Agreement / Contract Form

2023-2024

My signature indicates that I have read and agree to abide by the policies and procedures outlined in the 2023-2024 Grace Christian School Athletic Manual and Contract.

Athlete Name: _____

Athlete Signature: _____

Parent Name: _____

Parent Signature: _____

Date Signed: _____