

# **ATHENS CHRISTIAN SCHOOL ATHLETIC HANDBOOK**



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**2023-2024**

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## **ACS MISSION STATEMENT**

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Athens Christian School is a non-denominational, college preparatory institution that works hand-in-hand with families to develop the spiritual, mental, physical, and social character of children. The mission of Athens Christian School is to equip each student with a Biblical world-view, with excellent academic, athletic, and aesthetic training, and with those scriptural truths and character traits that will enable each student to reach his or her maximum potential in life, for the glory of God.

## **ACS VISION STATEMENT**

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Athens Christian School exists to educate, to train, and to equip future generations of leaders so they can use their God-given talents and abilities to further the Kingdom of God on this earth and be salt and light in their communities.

# EXPECTATIONS OF ACS STUDENT ATHLETES

## **PURPOSE**

Each athlete is to represent Christ in all they do!

## **PURSUIT**

Each athlete should display a life that seeks to discover more about Jesus!

## **PATTERN**

Each athlete should pattern themselves by equipping and encouraging others through service and building each other up!

## **PRODUCE**

Each athlete should produce an attitude and actions that foster relationships that are honorable and respectful in our community, in the classroom, and in competition!

*Now then, we are ambassadors for Christ*

*2 Corinthians 5:20*

## PARENT/GUARDIAN COMMUNICATION

Athens Christian strives to keep open lines of communication between athletes, parents, coaches and the community. Each week our staff sends out a newsletter and in addition you can find information on our website at [athenschristianschool.org](http://athenschristianschool.org)

## PARENTAL SUPPORT

Both parenting and coaching are extremely challenging callings. By establishing an understanding of each position, we pursue faithfully to better accept the actions of others for the benefit of the student-athlete.

As parents, when your athlete becomes involved in our program, you have a right to understand what expectations are placed upon them. This begins with clear communication from the ACS Athletic Department.

It is essential that parents and athletes demonstrate respect for coaches.

The coach has been appointed to a leadership and decision-making position. His/her responsibility is to the individual participant, the team, and to ACS. As a result, all coaches have been instructed to make the best decisions they can for the team.

In today's culture there is unjustified fan pressure relative to athletic and/or coaching decisions. In all instances, an environment of mutual respect and civility should prevail and the appropriate steps for a solution should be followed.

## COMMUNICATION ATHLETES CAN EXPECT FROM COACHES

### **Philosophy of the coach:**

2. Expectations the coach has for your athlete as well as the players on the team
3. Locations and times of all practices and contests
4. Team requirements; i.e., fees, special equipment, off-season conditioning
5. Procedures should your athlete be injured during participation
6. Discipline that results in the denial of your athlete's participation
7. Availability to speak with you about your athlete if you should have concerns

## **COMMUNICATION COACHES EXPECT FROM PARENTS**

1. Concerns expressed directly to the coach
2. Notification of any schedule conflicts well in advance (planned vacations)
3. Specific concerns with regard to a coach's philosophy and/or expectations

As your children become involved in programs at ACS, 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 you or your athlete might like. At these times, respectful discussion with the coach is encouraged.

## **APPROPRIATE CONCERNS TO DISCUSS WITH COACHES**

1. The treatment of your athlete, mentally and physically
2. Ways to help your athlete improve
3. Concerns about your athlete's behavior

It is difficult to accept your athlete not playing as much as you may hope. Coaches are professionals. They make judgment decisions based on what they believe to be best for all athletes involved. As shown in the list above, certain things can be and should be discussed with your athlete. With that being said, other things that follow below should only be discussed at the discretion of the coach.

## **ISSUES NOT APPROPRIATE TO DISCUSS WITH COACHES**

1. Playing time
2. Team strategies
3. Game play-calling
4. Other student-athletes

There are situations that may require a conference between coach and parent. These types of communication are encouraged. It is important that both parties involved have a clear understanding of the other's position. When these conferences are necessary, please follow the steps outlined in the Chain of Communication. The goal is to promote a resolution to the issue of concern.

## CHAIN OF COMMUNICATION (CONFLICT RESOLUTION)

If a conflict arises the below steps will serve as the appropriate protocol after a 24 hour period to allow all parties to mitigate any unnecessary actions. **\*Utilize the Matthew 18 principle.**

Step 1 ... Athlete and Coach

Step 2 ... Athlete, Parent, and Coach

Step 3 ... Parent and Athletic Director

Step 4 ... Parent and Principal

In the event that you should need to contact a coach directly, you should do so via email or school phone.

Parents are urged to contact the coach directly at the phone numbers distributed via the website. Please do not contact the coach's cell phone or contact at home unless requested to do so.

Please do not attempt to confront a coach before or after a contest, a practice, or event. These can be emotional times for both parent and coach. Meetings of this nature do not promote resolution.

(Call 706-549-7586)

# ATHLETIC ELIGIBILITY

## **Students are eligible to participate in interscholastic activities at Athens Christian if they:**

- Attended school last semester
- Passed 5 courses the previous semester
- Have earned course units that count toward graduation equivalent to years you have been in high school
- Have been in high school no more than four consecutive years after your first entry into ninth grade
- Have not attained your 19th birthday prior to May 1st preceding the year of participation
- Had a bona fide move into the school district as a transfer student or have met the GHSA exceptions
- Have completed the ACS/GHSA Athletic Physical/Concussion Form
- Are in compliance with the ACS Athletic Code of Conduct

**To be eligible to participate, practice, and/or try out in interscholastic activities, a student must be academically eligible. A student is required to pass classes that carry at least 2.5 Units counting toward graduation the semester immediately preceding participation. Summer school grades are considered part of the second semester. Students must also accumulate Carnegie Units towards graduation according to the following criteria:**

- First-year students entering 9th grade are eligible academically
- Second-year students must have accumulated five (5) total units in the first year, and passed courses carrying at least 2.5 Carnegie units in the previous semester
- Third-year students must have accumulated eleven (11) units in the first and second years, and passed courses carrying at least 2.5 Carnegie units in the previous semester
- Fourth-year students must have accumulated seventeen (17) units in the first three years, and passed courses carrying at least 2.5 Carnegie units in the previous semester.



# SCHOOL ATTENDANCE

- Students must attend school on the day of an event in order to participate in any extra-curricular event that occurs after the school day.
- Approved field trips or school activities will constitute attendance.
- The Head of School, Principal, or Athletic Director must approve all exceptions to the attendance rule.

# BUILDING YOUR ACADEMIC PICTURE

## GPA/CORE

### GPA - REMINDERS

#### BUILDING YOUR PICTURE

A= 4 Quality Points

B= 3 Quality Points

C= 2 Quality Points

D= 1 Quality Point

F= 0 Quality Points - *But the class still counts in calculations*

English - 88 = 3 QP

Math - 74 = 2 QP

Science - 82 = 3 QP

History - 91 = 4 QP

Foreign Language - 96 = 4 QP

### CALCULATIONS

$$2 \text{ A's} \times 4 = 8$$

$$2 \text{ B's} \times 3 = 6$$

$$1 \text{ C} \times 2 = 2$$

$$16 / 5 = 3.2$$

GPA

# GRADUATION REQUIREMENTS

4 - ENGLISH

4-MATH

4-SCIENCE

4-SOCIAL SCIENCES

4 -BIBLE

1- HEALTH/PE

1 -FINE ART

2-FOREIGN LANGUAGES

2 - ELECTIVES

TOTAL - 26

# STUDENT ATHLETE TIMELINE FOR COLLEGE

## HIGH SCHOOL TIMELINE

### 9<sup>th</sup> GRADE REGISTER



- » *Start planning now!* Take the right courses and earn the best grades possible.
- » Find your high school's list of NCAA-approved core courses at [eligibilitycenter.org/courselist](https://eligibilitycenter.org/courselist).
- » Register for a free Profile Page account at [eligibilitycenter.org](https://eligibilitycenter.org) for information on NCAA initial-eligibility requirements.

### 10<sup>th</sup> GRADE PLAN



- » If you fall behind academically, ask your counselor for help finding approved courses you can take.
- » If you are being actively recruited by an NCAA school and have a Profile Page account, [transition](#) it to a [Certification account](#).
- » Monitor the task list in your Eligibility Center account for next steps.
- » At the end of the school year, ask your counselor from each high school you have attended to upload an official transcript to your Eligibility Center account.

### 11<sup>th</sup> GRADE STUDY



- » Check with your counselor to make sure you are on track to complete the required number of NCAA-approved [core courses](#) and graduate on time with your class.
- » Take the [SAT/ACT](#) and submit your scores to the Eligibility Center using code 9999.\*
- » Ensure your sports participation information is correct in your Eligibility Center account.
- » At the end of the school year, ask your counselor from each high school you have attended to upload an official transcript to your Eligibility Center account.

### 12<sup>th</sup> GRADE GRADUATE



- » Complete your final NCAA-approved [core courses](#) as you prepare for graduation.
- » Take the [SAT/ACT](#) again, if necessary, and submit your scores to the Eligibility Center using code 9999.\*
- » Request your final amateurism certification beginning April 1 (fall enrollees) or Oct. 1 (winter/spring enrollees) in your Eligibility Center account at [eligibilitycenter.org](https://eligibilitycenter.org).
- » After you graduate, ask your counselor to upload your final official transcript with proof of graduation to your Eligibility Center account.
- » **Reminder:** Only students on an NCAA Division I or II school's [institutional request list](#) will receive a certification.

\* More information regarding the impact of COVID-19 and test scores can be found at [on.ncaa.com/COVID19\\_Fall2022](https://on.ncaa.com/COVID19_Fall2022).

## HELPFUL LINKS FOR STUDENT ATHLETES



<https://www.ghsa.net/>



[http://fs.ncaa.org/Docs/eligibility\\_center/Student\\_Resources/CBSA.pdf](http://fs.ncaa.org/Docs/eligibility_center/Student_Resources/CBSA.pdf)



<https://www.compassprep.com/act-and-sat-testing-dates/>

# ACS RETURN TO PLAY PROTOCOL

At the high school level with athletics, conflicts may arise among coaches, parents, students and health-care providers as to the readiness of a student-athlete to return to activity. Since most of these athletes are minors, the decision regarding their readiness to return to play can lie in the hands of many individuals.

As administrators and coaches alike, we affirm our decision to allow medically qualified personnel to make medical RTP decisions.

Please read the inherent risks statement below and note the steps to take when a student-athlete is injured.

## **Inherent Risk:**

Any student-athlete who participates in athletic competition must understand the risk of injury always exists. The athletic staff at ACS will do everything possible to minimize risks for student-athletes in practice and in competition.

## **RTP protocol:**

- The student-athlete recognizes ,along with the coach, that there is a potential injury.
- The coach notifies the appointed ACS Athletic Trainer of the injury.
- The trainer will assess the athlete and make a determination for next steps which can include: referral to a physician, physical therapy, rest, and/or RTP.
- The trainer can communicate to the parents/guardians via email copying the Department of Athletics on the correspondence.
- The trainer will be the advocate who oversees the process and makes the final recommendation to the school on the timeline for the athlete to return to play.
- If an athlete receives care from a medical doctor for the injuries they must turn in all doctor's notes pertaining to RTP to the Athletic Trainer.
- If an athlete/parent does not agree with given RTP protocol/guidelines they are responsible to obtain a clearance note from another physician.

In closing, communication is paramount from all members who support the student-athlete. The ACS Department of Athletics believes it is important to be unified in our approach toward our community.

Coaches please sign and return to the Athletic Director or Principal indicating that you have read, understand, and will abide by the “*Return to Play*” procedures.

Coach's Name:

Date:

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# SOCIAL MEDIA POLICY FOR ATHLETICS

- Represent Christ and Athens Christian School well by posting content that reflects Christian and ACS values. Students are not to post content or comments that are threatening, harassing, illegal, obscene, defamatory, slanderous, or hostile towards any individual or entity. This includes links to websites and content that contain offensive or immoral media.
- Avoid showing approval of inappropriate posts (*by “liking” or sharing such content*).
- Interact with others in a respectful, courteous, and positive manner through all comments and posting of content.
- Identify themselves truthfully through all social media accounts. Students are not to create alternate social media accounts under an alias, nickname, or someone else’s name.
- Respect the privacy of others. Students are not to publicly post the phone numbers, addresses, email addresses, or other personal information of other individuals. Such information, once posted, is public and can be misused. Protect their personal social media accounts. Students may not allow another individual or entity to use their personal identification to post content or comments on their behalf.
- Stand up for the safety and well-being of others. Students are to immediately notify school faculty or administration if they become aware of a student being bullied, harassed, slandered, or threatened online by someone else.
- Respect the rights of other people and their content. Students may not post content or comments that infringe on the rights of ACS or any individual or entity, including privacy, intellectual property, or publication rights.

# PARENT-GUARDIAN AGREEMENT

As the Parent/Guardian:

- I pledge to communicate with my child's coach in a Christ-like and professional manner when issues arise, and that I will not approach my child's coach during or after a contest or practice.
- I understand that appropriate concerns to discuss with the coach are: the treatment of my athlete mentally and physically, ways to help my athlete improve, and concerns about my athlete's behavior.
- I understand that issues not appropriate to discuss with the coach are: playing time, team strategy, play calling, other student-athletes.
- I will express my concerns directly to the coach.
- I will contribute to the goal of a "faith, family, and community" environment within Athens Christian Athletics by promoting good sportsmanship, by celebrating team accomplishments, and by giving value to my athlete's opportunity to be a member of a team.

*Thank you for your support of Athens Christian School's coaching staff and for your investment in your athlete's growth, in Christ, in our Community, and in Competition.*