

United  
Christian  
Academy



ATHLETIC  
HANDBOOK

# I. PHILOSOPHY OF CHRISTIAN ATHLETICS

*Winning is the total release of all that you are toward becoming like Jesus Christ in each situation.*

*Losing is not releasing your entire self toward becoming like Jesus Christ in each situation.*

## TWO BUILDING BLOCKS FOR GOD'S PERSPECTIVE ON WINNING

### **Building Block Number One**

*"Whatever you do, do your work HEARTILY as FOR THE LORD rather than for men."*  
Colossians 3:23

The word "whatever" includes EVERYTHING YOU DO IN YOUR PARTICULAR ATHLETIC PERFORMANCE whether it is running, throwing, jumping, etc. The word "heartily" means that you do it by TOTALLY RELEASING all of your abilities toward the task at hand. It involves much more than just your strength.

"Heartily" refers to your MENTAL AND PHYSICAL ABILITIES as well as your EMOTIONAL ENERGIES. OBEDIENCE, STRENGTH, REFLEX ACTION, CONCENTRATION, SPEED, STRATEGY, ENTHUSIASM, etc., are all wrapped up in the word "heartily."

If we were to stop at this point it would sound pretty much like the philosophy, "Just give it all you've got and you're a winner." But, we're not going to stop here because God doesn't! IT IS NOT JUST A MATTER OF "GIVING IT ALL YOU'VE GOT!" It's doing it "as for the Lord rather than for men." JESUS CHRIST IS YOUR ONLY AUDIENCE!

### **Building Block Number Two**

*"And whatever you do in word or deed, do all in the name of the Lord Jesus, giving thanks through Him to God the Father."* Colossians 3:17

This verse means that you ARE TO TOTALLY REPRESENT JESUS BY SAYING AND DOING ONLY THOSE THINGS THAT HE WOULD SAY AND DO. It means that you are to have His attitude in everything you do in your athletic performance.

An interesting question comes in mind as we reflect upon Jesus' winning attitude and action on the cross. The qualities Jesus displayed in His lifetime would have developed His athletic abilities to the maximum if He were an athlete.

- 1) Preparation. Jesus would prepare for each competition and practice session in prayer just as He prepared for the crucifixion.
- 2) Intensity. He would keep His thoughts focused on what pleased His Father rather than on the pain or discomfort at the moment.

- 3) Diving Perspective. He would be intent on carrying out His Father's will through each competition and practice session.

YOUR RESPONSIBILITY IS TO GIVE ALL THAT YOU HAVE, AT ANY GIVEN MOMENT, NOT WHAT YOU DON'T HAVE!

*"If you are really eager to give, then it isn't important how much you have to give. God wants you to give what you have, not what you have not." II Corinthians 8:12*

A loss is a LEARNING SITUATION in which more of your potential can be brought to the surface. This is out of a book called Total Release Performance by Institute for Athletic Perfection.

## II. ATHLETIC CODE

Participation in athletics at United Christian Academy means more than competition between individuals or teams representing different schools. It teaches fair play and sportsmanship, understanding and appreciation of teamwork. It teaches that to quit means failure, but to follow through on a commitment while working hard brings about rewards. Participation on an athletic team is a privilege that is extended to every student who is eligible under regulations set up by the State CIF and United Christian Academy. With every privilege goes responsibility. The conduct of an athlete at United Christian Academy is closely observed by many people. An athlete is a representative of the Lord Jesus Christ, the team, the school, and the community. It is important, therefore, that a United Christian athlete be at all times and in all places, a gentleman or lady. Any situation not specifically covered in this code will be referred to the Athletic Director and/or administration. The following rules, indicative of the school's philosophy, are in effect during the school year.

## III. ATHLETE'S CODE OF ETHICS

It is the goal of United Christian Academy to see athletes, with the help of God's Spirit, exhibit the following character qualities as they strive to represent Jesus Christ. (II Corinthians 5:20)

Our Athletes Shall:

- 1) BE COMMITTED TO JESUS FIRST, AND THEN THE SPORT BEING COMPETED IN - Psalm 37:5. (Commitment fosters faithfulness and endurance.)
- 2) BE INTENSE - Colossians 3:17, 23 - Giving a "total release" in all areas (spiritually, mentally, emotionally, and physically).
- 3) BE SELF-CONTROLLED AND DISCIPLINED - I Corinthians 9:25 - Punctuality being of importance.
- 4) BE COURTEOUS AND RESPECTFUL - Matthew 7:12 - To Christ, parents, teachers, coaches, teammates, opponents, referees, and spectators.
- 5) SACRIFICE FOR GOD AND OTHERS - Romans 12:1, 2; Philippians 2:3.
- 6) UPHOLD THE HIGHEST INTEGRITY - Proverbs 10:9; II Timothy 2:5 - Upholding the rules of fair play.

- 7) BE OBEDIENT TO AUTHORITY - Romans 13:1, 2.
- 8) PROMOTE TEAM PLAY AND UNITY - Philippians 2:2.
- 9) CONTINUE TO STRIVE FOR EXCELLENCE - Philippians 3:14
- 10) STRIVE TO GROW AS LEADERS - Galatians 5:13; Romans 12:1, 2; Matthew 5:38-42. Exhibiting the character traits of sacrifice, going the second mile, and having a servant's heart.

#### **IV. OBJECTIVES**

- A. To provide an opportunity for the release of physical and emotional tensions. To gain new modes of self-expression and self-confidence.
- B. To teach an understanding of the rules, techniques, and strategies of the various games and activities so that maximum enjoyment and benefit may be derived from participation in the observation of these activities.
- C. To develop acceptable social standards, to afford opportunities for exercising such desirable social traits as leadership, fellowship, and cooperation; and, to stress the development of a strong, positive set of moral attitudes and such character traits as fair play, courtesy, honesty, self-control, loyalty, truthfulness, and good sportsmanship.
- D. To afford opportunities for development of worthwhile physical recreational skills for immediate benefit and for carry over value.
- E. To develop the ability, through instruction in athletic skills, to use the body skillfully in a variety of situations for the protection of self and others.

#### **V. BENEFITS**

- A. Joining an athletic team can be one of the most valuable and rewarding experiences in your entire life.
- B. It can:
  - 1. Provide an opportunity to incorporate Christian principles under the leadership of Christian coaches.
  - 2. Teach you to lose with dignity and to win with humility, so you may succeed in life.
  - 3. Improve your respect for yourself and enhance your maturation.
  - 4. Permit you to express yourself to many others in a language everyone can understand...ACTION.
  - 5. Make you much stronger in your faith and much more confident in the Lord.

6. Bring you new friendships that you will value because of their lasting quality.
7. Broaden your life by giving you many NEW experiences that will have deep and lasting meaning to you.

## **VI. WHAT DOES IT TAKE TO BE AN ATHLETE?**

- A. **COACHABILITY** - Are you coachable? Can you take coaching? Can you take criticism without ever looking for an alibi? Are you a “know-it-all”? Will you always do your level best to try to improve?
- B. **COMPETITIVENESS** - Are you possessed with the spirit of competition which fires an intense desire to win? Do you want to win with a passion--never taking “no” for an answer when there is a job to be done - a tackle to be made - a charge to be taken - a sacrifice to be made - playing with pain? Does it bother you to lose if you haven’t done your best?
- C. **PRACTICE** - Are you willing to practice? Not just reporting and putting in the necessary time, but working every day with the same zeal, speed, and determination you use during a game? Do you have two speeds - a practice speed and a game speed? The great athletes of the past were the ones who had one speed, and it was the same every day, every practice, every game. If you loaf and cheat in practice, you will loaf and cheat in a game.
- D. **SACRIFICE** - Are you willing to make sacrifices? Conditioning to play is not fun. It is not easy. It is stark punishment. Training is exacting, and the responsibility is heavy. It is rough and includes personal denials in order to remain in tip-top condition, but it has its rewards. You thrill with an inner glow that reflects a feeling of happiness when you accomplish in a game what you have practiced. The only way for you to remain in good shape is never to get out of it.
- E. **DESIRE TO IMPROVE** - Do you have an ardent desire to improve? Are you willing to practice the things you cannot do three times longer than the things you can do? Are you willing on your own to put in long grinding hours, concentrating on a skill until you have perfected it? Are you eager to work so diligently at the skills you lack that they eventually become your strongest assets? We have seen too many athletes spend their time doing what they already do well. They never improve.
- F. **POISE** - Do you have the ability to think under pressure? Can you concentrate on the work to be accomplished at the moment? Can you shut out from your mind a previous failure, success, rule infraction, or personal insult in order to give undivided attention to the offensive and defensive maneuver in the here and now? Games are not won by yesterday’s score, but by what is happening now, at this moment. Good athletes play every play up to the hilt, never depending on past success to aid them.
- G. **LOVE** - Are you willing to love your opponents, even in the midst of competition? Do you have positive personal feelings toward your opponent? Do you respect and appreciate his/her God given talents and abilities?
- H. **INTEGRITY** - Will you compete as hard as you can in accordance with the rules to bring out the best in yourself and your opponent?

## **VII. PRACTICE AND CONTESTS**

- A. Be dressed and ready for practice on time every day. There is no substitute for industriousness and enthusiasm.
- B. Attend every practice session unless excused by the coach. Only leave the practice facility when permission is given. Dedication comes from inside the athlete.
- C. Work hard to improve yourself without having to be forced. Be serious. Have fun without clowning. Condition comes from hard work during practice and proper mental and moral conduct. Poise, confidence, and self-control come from being prepared.
- D. Earn the respect of all without cliques, complaining, criticizing, jealousy, egotism, envy, or alibis. Expect the best from your teammates and look for it.
- E. When the coach blows the whistle, give him/her your undivided attention and respond immediately.
- F. Move quickly to get in position to start a new drill. Do things the way you have been told. Correct habits are formed only through continued repetition of the perfect model.
- G. When group activity is stopped to correct one individual, pay close attention in order that you will not require the same correction.
- H. Make sure you take preventive measures to decrease the possibility of injury to yourself or your teammates. Remove all jewelry before practice or games, make sure fingernails and toenails are cut properly, get taped by the coach if necessary (get this accomplished soon enough to be on time for practice), and wear the proper number of socks.
- I. Most important - Pray for the team and its members daily.

## **VIII. SCHOOL ATTENDANCE**

- A. If a student is absent UNEXCUSED any part of the day, he/she will not be allowed to participate in any extra-curricular activities that day.
- B. If a student is absent EXCUSED more than 4 periods in a day, he/she will not be allowed to participate in extra-curricular activities that day without special permission from the administration.

## **IX. GAME AND PRACTICE ATTENDANCE**

- A. Attendance at all games and practices is mandatory unless permission is given by the coach or a written note by the parents is received by the coach. (A note from a parent does not insure that the absence will be excused.) Discipline, by the coach, will occur after the first unexcused absence.

- B. More than 2 unexcused absences will result in the loss of the chance to letter in that sport and may result in the removal from the team.
- C. Playing time for each player will be at the discretion of the coach.
- D. At times, parents use the potential of withholding athletics as a disciplinary measure. United Christian Academy would like to discourage this discipline once the season has begun. Parents should notify the Athletic Director and/or coach prior to the season if they intend to use this form of discipline. We as a coaching staff want to support parents; therefore, we encourage that the parents work with the coach to avoid removing their son/daughter from the team once a commitment has been made to that team.

## **X. DRESS AND EQUIPMENT**

- A. Practice attire shall consist of standard physical education clothing or clothing appropriate for a particular sport.
- B. Each player will be personally responsible for all school athletic equipment checked out and will return said items in good condition and on time. Missing equipment will be paid for by the responsible player at the replacement cost. An athlete may not participate in any further athletics until he/she has either returned or paid for all issued equipment. No after-school equipment will be worn during physical education class.
- C. Take excellent care of your equipment by pretending that it was your own. Be courteous to your teammates by washing your uniform and practice gear before each game or practice.
- D. Every member of an athletic team, while traveling to and from athletic events as a representative of the school, must dress as cleanly and neatly as possible. (Uniforms of sport in season are considered dress code.) On game days, the players will dress according to the guidelines set forth by the coach of that sport.

## **XI. GENERAL RULES AND GUIDELINES**

- A. No association or use of drugs, alcohol, or tobacco at any time (365 days per year). Proven use or association of the above will constitute expulsion from the team and/or further disciplinary action. (I Thessalonians 5:15; Proverbs 15:1)
- B. Any improper or questionable language will not be tolerated. These areas include swearing, boasting, or disrespect to teachers, officials, coaches, fans, or teammates.
- C. Other rules of acceptable conduct for athletes may be set by the Head Coach of that sport. The Head Coach of a sport reserves the right to dismiss from his/her squad any athlete he/she feels is having a negative influence on the team or is not abiding by the rules and regulations set up for that sport. Any student so dropped from a squad forfeits all rights to letters and awards that he/she may otherwise have been entitled to receive.

- D. When eating in restaurants or gathering in local places, act as though Jesus Christ is your own special guest.
- E. As an athlete of United Christian Academy you represent our Lord and our entire student body. You are asked to be aware of your actions both on and off the field at all times.
- F. All other rules and regulations fall under the direction of each coach, and each coach has the right to discipline as he/she sees fit under the authority of the administration.
- G. If a student athlete will miss a class or classes for a game, he/she is responsible to obtain any homework assignments and turn in any homework that is due before leaving school for the game. There are not extra days given to turn in homework for going to games.

## **XII. FACILITIES**

- A. You are asked to be a good steward of the facilities we have and use.
- B. Keep the vehicles we use clean.
- C. No athletes are permitted in the school vehicles unless approval has been given by a coach.
- D. No one is allowed in the gym unless approval has been given by a coach.
- E. No cleats are allowed in the gym or locker rooms at any time. (Put cleats on outside and take them off outside.)
- F. No food, gum, or drink is allowed in the gym at any time.
- G. No signs are to be put up on the walls, doors, bleachers, or equipment unless approval has been given by the Athletic Director or administration.
- H. No street shoes of any kind are allowed on the gym floor for physical activity.
- I. Misuse of gym equipment, i.e., swinging on backboards, hanging on rims, etc., will not be tolerated.
- J. Lights are to be turned on by the coaches only unless approval has been given by the coach for a player to turn them on.
- K. Horseplay of any kind is not allowed. Only organized games or recreational activities may be conducted in the gym.

## **XIII. PHYSICAL EXAMS**

- A. Every athlete must have a physical exam prior to the season of sport. Each physical exam keeps the athlete eligible for the school year.

## **XIV. INJURIES**

- A. Each athlete is responsible to be in condition and ready to participate for his/her sport prior to the sport.
- B. Any injuries need to be brought to the attention of his/her coach.

## **XV. ELIGIBILITY**

- A. An athlete that decides to quit a sport prior to its completion will become ineligible for the next sport he/she competes in for the first 1/3 of the regular season. A sport is said to have begun once the final team selection has been made by the coach.
- B. Each athlete is required to remain eligible according to the CIF Bluebook guidelines and also those requirements established by United Christian Academy.
- C. United Christian Academy requires a student to be enrolled in at least 30 units of work each grading period with an academic average of 2.0, and a satisfactory cooperation grade in every subject area. Failure to maintain a 2.0 GPA for each period will result in ineligibility for the entire grading period. Athletes may practice with the team, if permission is given by both the parents, coach, and athletic director, but are not allowed to play in a game. Junior High should refer to their handbook.

## **XVI. TRANSPORTATION**

- A. While riding to a contest on a bus or in cars, all athletes are to sit together as a team when possible. No athlete is to sit with cheerleaders or friends that are not on the team on the way to a contest unless approval has been given by a coach.
- B. While traveling to contests athletes must ride in school vehicles or with designated parent drivers unless the coach issues special permission. In order for an athlete to be considered for this special permission, a note signed by the athlete's parent giving permission for the athlete to drive is necessary, but only by himself/herself.
- C. If an athlete is driving or riding with someone else to a contest or practice, remember you are still the school's responsibility and we expect you to act accordingly.
- D. No tape players, radios, etc., may be taken to or played at athletic contests or practices.
- E. While riding to a game, prepare yourself mentally and spiritually.

## **XVII. AWARDS**

- A. As stated in our philosophy, we as a staff want our athletes to conform to the image of Jesus Christ and by doing this, strive to develop certain character qualities that would bring glory to

our Lord. Therefore, a large portion of the awards in athletics will be based on how well the athlete exhibits these qualities.

- B. Varsity letters will be awarded in all sports based on character development and support of fellow team members.
- C. All letters will be awarded at awards gatherings to be held after the completion of the sport.
- D. Any patches, year emblems, or extra emblems are to be purchased through the school and approved by the Athletic Director. Lettering on the athlete's lettermen jacket is up to the individual athlete but we ask that you be discrete and show good taste.
- E. In order to "letter" an athlete cannot be a disciplinary problem. If an athlete has more than one disciplinary action taken upon him/her during the season of sport, then the athlete may become ineligible for a letter.
- F. The awards given for each sport include the following:
  - 1. Most Outstanding
  - 2. Coach's Award
  - 3. Total Release
  - 4. Most Improved

## XVIII. CHARACTER TRAITS

The coaching staff at United Christian Academy wants athletics to be fun and helpful in your Christian life. We desire that Christ be the center of all your activity and participation. May you totally release your performance and hard work to Jesus Christ. By developing character qualities, we have listed below, you can become the well-rounded individual Christ wants you to be.

- A. **Dependability** - Be at practices and contests unless excused by your coach. Do what is expected of you in all situations.
- B. **Punctuality** - Be on time or early, never late.
- C. **Love** - Be self-sacrificing and show a real concern for team members, coaches, and opponents. Remember, Christ centered His Love around others, not Himself. Two characteristics of Love:
  - 1. Love produces action.
  - 2. Love produces a response of Love from others.
- D. **Enthusiasm** - Take an interest in every part of your sport and be glad to quickly carry out every part of the job. (I Thessalonians 5:16)
- E. **Faith** - Show that you know the Lord is in control of all circumstances and that He is carrying out His will in your life. (Hebrews 11:1)
- F. **Humility** - Show forth the attitude that God is the one responsible for your abilities, talents, and success.

- G. **Endurance** - You must be able to withstand stress, hard work, and the problems that all Christian athletes experience. (Galatians 6:9)
- H. **Boldness** - Be ready to boldly express what Jesus Christ has done for you. The Christian athlete cannot be one who is timid or gives up. (Acts 4:29)
- I. **Obedience** - Jesus was always obedient to His Father's will. We need to be obedient to the Lord and to those He has put in authority over us. (II Corinthians 10:5)
- J. **Diligence** - Use all your strength and ability to complete each part of your task whether in practice, in a game, or anywhere else.
- K. **Responsibility** - Athletes need to do everything that is expected of them; coaches need to know that athletes are capable of doing things without direct supervision. Take the initiative to work and make intelligent decisions because Christ is always watching.
- L. **Determination** - Make up your mind you will accomplish God's goals in His time, regardless of the opposition. (II Timothy 4:7)
- M. **Joyfulness** - Show that your relationship with Christ means something wonderful to you.
- N. **Confidence** - Athletes should know that they could be winners in God's sight as they totally give all they have to Jesus.
- O. **Intensity** - The Word sums up "Total Release." Give everything you have at all times, focusing your total attention upon the job at hand and putting forth your every effort to complete it perfectly.

## **FAMILY COMMITMENT LETTER**

Dear Parents:

Our coaching staff here at United Christian Academy is pleased that your son or daughter is contemplating the opportunity to serve our Lord and Master, Jesus Christ, on one of our athletic teams. It is indeed a thrill to represent Jesus on the athletic field, and we encourage this opportunity for your student to develop spiritually, physically, and mentally by joining an athletic squad of his/her choice.

We suggest that this decision be a prayerful one. In Luke 14:27-32, Jesus cautions us to sit down and count the cost before making a commitment. Because it is a privilege to compete in a sport, we hold commitment very highly--commitment to Christ first, but then to the coach as well.

You should know that our top priority with each athlete on our squads is to see that they have a personal relationship with Jesus Christ, which is the first step in maximizing the potential of each athlete.

To accurately understand the commitment that we believe Jesus wants our athletes and parents to have, the following guidelines have been set:

- Athletes:
- (1) To participate in all practices and contests.
  - (2) To eat properly and get a sound eight hour of sleep each night.
  - (3) To maintain at least a 2.0 GPA during the season.
  - (4) To properly care for uniforms and equipment.
  - (5) To finish out the season.
- Parents:
- (1) To pray for and encourage your child daily.
  - (2) To provide balanced meals each day.
  - (3) Attempt to keep scheduling conflicts with practices and games to a minimum.
  - (4) To support your child by attending as many contests as possible.
  - (5) To support and encourage our team and respect the authority of the officials.

There are costs and risks involved for students who participate in all sports. Parents and athletes must be aware that injury can occur in every sport, and, even occasionally, death may result from some unfortunate accident or unusual circumstance in sporting activities.

The following commitment form must be signed and returned to the head coach of the sport in which the athlete is participating.

In His Service.

The Coaching Staff of United Christian Academy

## COMMITMENT FORM

I/We have read the Family Commitment Letter and agree with my/our son/daughter, \_\_\_\_\_, that this is a way to serve the Lord and develop spiritual, physical, and mental strengths; therefore, we commit our support in praying for and encouraging this commitment.

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Signature of Father or Guardian

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Signature of Mother or Guardian

## UCA Team Parent Guidelines

Team Parent – Thank you for volunteering to be the team parent this season. We would like you to communicate with the parents about practices and games. If there is a change to the schedule, rain issues, or a significant event happening during the season.

### Duties Include:

1. Provide parents with copies of **team roster**.
2. Organize post game **snacks** with team families.
3. Organize and communicate spirit pack information. High School Only. Parents need to approve the cost of the spirit pack. Please turn in the cost per student to the finance office and they will bill the family.
4. Organize fundraiser (if needed).
5. Organize team and players for **Picture Day**. Remind players/parents of assigned time and location for photos. Money envelopes are given directly to the photographer. Assist Manager in distributing photos once they arrive.
6. Coordinate the **End of Season Banquet (High School)/Party (Junior High)** \$10 per player for junior high and \$15 per player for high school from athletic fee. Don't handle money, ask finance office for assistance.
7. Coordinate **Manager/Coach's gifts** at end of the season event.

You would receive 10 hours for your servanthood for being the team parent. Have fun!

Thanks!!

Mark Edgemon  
Athletic Director



Student's Name \_\_\_\_\_

Sport \_\_\_\_\_

Parent's Name \_\_\_\_\_

Phone \_\_\_\_\_

\_\_\_\_\_ Yes, I would be willing to serve as a team parent.

\_\_\_\_\_ No, I am not able to serve as a team parent at this time.