

2021-2022
ATHLETIC HANDBOOK



United Christian Academy
10900 Civic Center Drive
(909)758-8747
www.UCAcademy.org

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OVERVIEW

Statement of Foundations

The purpose of interscholastic athletics at United Christian Academy is to provide students with opportunities for athletic competition consistent with the mission of our school. That is, to educate students by integrating academic excellence with a Christian worldview, equipping them to impact their world for Christ.

It is the responsibility of the administration, staff, and coaches to provide the Christian leadership and training necessary for our athletics program to achieve these essential foundations:

- Honor Jesus Christ in all things – this is the most important measure of our success.
- Christian character defines who we are – in and out of school and the athletic arena. God-honoring behavior, good sportsmanship, and adherence to the Athletic Code are required.
- Good grades and school citizenship lead the way – successful athletes are first successful students.
- Selfless attitudes permeate the team – what is best for the team always comes first.
- We seek to win in accordance with the rules – competing at the highest possible level is the goal while showing proper respect for opponents.
- We are all in this together – student-athletes, coaches, parents, fans and administrators – are all seeking the success of the athletic program.
- Commitment to the team is important – it takes no talent to show up on time and work hard.
- Athletes and coaches support other athletes and teams within our program in order to build effective teams – we all share Eagle pride.
- Athletes work hard and improve in and out of season – commitment does not end when the season ends.
- Positive attitudes will influence outcomes – play with passion, encourage those around you, cheer with enthusiasm, and be full of joy as well compete.

PHILOSOPHY OF ATHLETICS AT UCA

At UC Academy we believe athletics plays a vital role in developing the whole person, preparing and training our students to impact their world for Christ. We recognize the benefits of a healthy active lifestyle, the character traits and life lessons that come from athletic competition, the important relationships built between coaches and student athletes, and the tight knit community that athletics can help cultivate within our school.

At UC Academy we seek to provide as many opportunities for students to participate and succeed in athletics as possible throughout their school years. Our coaches are dedicated people who are passionate and gifted both in their specific sport as well as their commitment to growing and developing young people. The development of Christian character and learning how to compete from a Christian perspective are staples of our programs that students will take with them throughout their lives.

At UC Academy our administration, coaches, athletes, and parents all play a vital role in helping our athletics program succeed. When we work together towards a common athletic goal of growth, joy, and healthy competition at all levels, then we truly do become, United.

Benefits of Athletics

Joining an athletic team can be one of the most valuable and rewarding experiences in your entire life.

It can:

- Provide an opportunity to incorporate Christian principles under the leadership of Christian coaches.
- Teach you to lose with dignity and to win with humility, so you may succeed in life.
- Improve your respect for yourself and enhance your maturation.
- Permit you to express yourself to many others in a language everyone can understand...ACTION.
- Make you much stronger in your faith and much more confident in the Lord.
- Bring you new friendships that you will value because of their lasting quality.
- Broaden your life by giving you many NEW experiences that will have deep and lasting meaning to you.

What a 'Successful' UCA Athlete Looks Like

- **Coachability** - Are you coachable? Can you listen to constructive criticism without looking for an excuse? Do you respect the coach's leadership? Will you always do your level best to try to improve?
- **Competitiveness** - Are you possessed with the spirit of competition which fires an intense desire to grow and succeed? Does it bother you to lose if you haven't done your best? Do you want to see your team and teammates grow and get better?
- **Practice** - Are you willing and excited 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? Great athletes have one speed, and it is the same every day, every practice, every game. If you cut corners in practice, you will cut corners in a game.
- **Sacrifice** - Are you willing to make sacrifices? Conditioning to play is not fun or easy. Training is exacting, and the responsibility is heavy. Being on a team requires personal denials in order to remain in tip-top condition, but it has its rewards. Do you seek the betterment of the team at your own personal expense, whether this is playing time or recognition?
- **Desire to Improve** - Do you have a deep desire to improve? Are you willing to work on your areas of weakness? 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?
- **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. Elite athletes learn to thrive under pressure.
- **Love** - Are you willing to love your opponents, even during competition? Do you have positive personal feelings toward your opponent? Do you respect and appreciate his/her God given talents and abilities? Do you love your teammates and coaches, and display this through hard work, a servant's heart, and a positive attitude?
- **Integrity** - Will you compete as hard as you can in accordance with the rules to bring out the best in yourself and your opponent? Do the rules matter?

Governance of School Athletics

The interscholastic athletic program at UCA is administered by the Athletic Director and the principals. The Athletic Director will meet regularly with the UCA Eagle Athletic Boosters, which serves as the Athletic Advisory Committee and helps support UCA Athletics.

CIF SS and CIF State

United Christian Academy is a member school of the California Interscholastic Federation at the state and section level for all high school athletics. As a member school it is the responsibility of the school administration and coaches to adhere to the policies and procedures published annually in the CIF handbook.

Head coaches are responsible to follow CIF policy related to completing online certification for their sport. It is the head coach's responsibility to determine that JV and assistant coaches are following CIF policies and procedures.

Junior high sports are governed by their respective leagues and the rules which are adopted each year. These are *not* the same as CIF at the high school level.

Coaching Appointments

Coaching appointments are the responsibility of the Athletic Director in consultation with the Superintendent and others of his choosing. Head coaches will make recommendations to the administration as to selection of JV and assistant coaches with the final decision resting with the Athletic Director. Appointments are for a one-year period with evaluation at the conclusion of each season. Evaluation of head coaches will be made by the Athletic Director. JV and assistant coaches will be evaluated by the head coach and Athletic Director cooperatively.

Sunday Policy

United Christian Academy does not sponsor curricular or extra-curricular competitions or allow teams or school-sponsored groups to participate in Sunday competitions or practices. United Christian Academy athletic facilities are not used on Sundays by the school, unless determined appropriate or necessary. Sunday events and practices are not to interfere with a family's Sunday observance and students may not be required to participate.

Inclement Weather

On days when school is cancelled due to weather, JV and JH programs will not practice but varsity coaches may arrange practices at the school in conjunction with the Athletic Director. These are optional workouts and the safety of the athlete is of foremost importance. Decisions about games on days when school is cancelled will be made by the principals and the athletic directors of the schools involved.

Sport Specialization

The question of whether a student athlete should play multiple sports or specialize in one sport is an important one for students and their parents to consider. Some student athletes may have hopes of playing at the collegiate level one day, while others are participating simply for the joy of

playing and being part of a team. We do not suggest that there is one right answer for every student or situation.

We believe that there is a great deal to be gained from participating in multiple sports, particularly in the early years of high school. Different sports challenge athletes in different ways, and the skills developed through the training methods used in one sport will often help the athlete in another sport. Together, each sport works to build a better overall athlete. The athlete's social, emotional, and mental well-being also benefits from the variety of teammates, coaches, and competitive situations provided by multiple sports.

While most athletes probably enter high school with a favorite sport or one that they believe they are most suited to play, much can change over a few years. Enthusiasm about a particular sport can increase or decrease. In addition, it is impossible to accurately predict the physical development of a young man or woman, which will greatly impact their ability to compete in certain sports. The starting lineups of our varsity teams often look much different than would have been predicted based on the abilities of the athletes several years earlier. This suggests that choosing a single sport early in high school can sometimes lead to a disappointing experience.

We believe that the decision to participate in multiple sports versus a single sport should ultimately be decided by the parents and student and should include consideration of a wide range of factors, such as the student's other interests and activities. Coaches can provide important information and offer a valuable perspective, but their proper role in the decision-making process is that of an advisor.

Interscholastic Sports: Co-Curricular Conflicts

The athletic department recognizes each student's need for a wide range of experiences in his or her education. Faculty members, coaches, and administrators work diligently to minimize conflicts between school-sponsored activities. However, it is impossible to avoid all conflicts and students will sometimes be faced with difficult decisions about activities. When conflicts between school events arise, the sponsors, advisors, and coaches will work together, along with the parents and student, to arrive at the best possible solution. Students must also guard themselves from being "over-scheduled" or involved in too many in-school and out-of-school activities.

The general guideline is that competitions or performances take precedent over practices or rehearsals. If there is a conflict that cannot be resolved – a basketball game and a band concert, for instance – the student along with the parent can decide about which event in which to participate, with no penalty assessed from either teacher or coach.

Undue Influence

United Christian Academy adheres to the CIF policy regarding the recruitment of athletes and undue influence (*Appendix B*). No person directly or indirectly associated with the school can offer any special privileges to students because of athletic ability. Academic and athletic scholarships are not available from, nor provided by United Christian Academy.

COACHES

Characteristics

- The coach is a spiritual mentor and a Christian role model for the athletes they coach, helping the students in their Christian walk by allowing them to develop their God-given gifts, using them to glorify Him.
- The coach is able to relate to kids, enjoys being around and communicating with students, and is willing to invest in the lives of these students – in and out of the athletic arena.
- The coach has a passion for and a love of the sport they coach.
- The coach has the knowledge and ability to teach the technical skills required and the teamwork involved to create an atmosphere to develop the team to play at the highest possible level.
- The coach conducts him or herself in a professional manner and fosters healthy relationships with athletes, parents, and officials. The coach is expected to be a leader in exhibiting Christian values and responsibility. As a highly visible representative of the school and the community, the coach must accept a special role in demonstrating positive and responsible leadership.

Responsibilities

Faith Formation

Coach is a spiritual mentor. Faith formation can take a variety of shapes, but it is a coach's responsibility to engage the team in weekly faith formation activities and conversations. It is strongly encouraged that every team, at every level, participate in a service project within the community.

Athletic Code

Our staff and coaches are held accountable to ensure that every student athlete understands and abides by the Athletic Code of United Christian Academy. We consistently and fairly enforce the disciplines of the School's Athletic Code, which is included as Appendix A in this handbook.

Parent Meeting

Coaches are encouraged to hold an informational meeting for the parents at the beginning of the season to address scheduling, expectations, conduct, discipline, and any other areas of interest that the coach deems necessary.

Coaching Appointments

Head coaches will make recommendations to the administration as to selection of JV and assistant coaches with the final decision resting with the Athletic Director. Appointments are for a

one-year period with evaluation at the conclusion of each season.

Evaluation

Evaluation of the head coaches will be made by the Athletic Director. JV and assistant coaches will be evaluated by the head coach and Athletic Director cooperatively. Athletes' evaluations will be administered at the conclusion of each season and a summary prepared for the head coach.

Team Selection and Tryouts

In sports where tryouts are necessary to achieve the desired team size it is imperative that athletes be aware prior to tryouts of the criteria being used to select the team. It is recommended that multiple coaches be involved in the evaluation of athletes. Informing athletes as to whether they have made the team should take place in a private area with a person-to-person conversation between the athlete and the coach.

Team size varies between sports. Any deviation, either larger or smaller, from the traditional team size should be brought to the attention of the Athletic Director.

The advancement of the athletes to a higher-level team than is typical for their grade level should be made with the approval of the parents of the athletes and the individual athletes. If either the parents or the athlete object to the advancement, consultation with the Athletic Director should take place in order to resolve the difference.

Program Building

Head coaches are responsible for other coaches in the program. In some cases, this includes JV coaches and all assistants. The head coach should give the sub-varsity and assistant coaches direction while also allowing some freedom and discretion.

Whenever possible, the head coach should conduct clinics and/or camps for younger athletes to teach sport-specific skills, to begin to train the athletes and to form relationships between student-athlete and coach.

Equipment and Uniforms

The coaching staff will collect any school-issued equipment and uniforms in a timely manner following the completion of the season. Coaches need to hold athletes accountable to return items in good condition. Payment for the season's work will be issued after all uniforms, equipment, and season summaries are collected and returned. Good stewardship of equipment is essential to our programs.

Monitoring Academic Progress

It is required that coaches make every effort to hold their athletes academically accountable.

Score Reports

All varsity coaches are required to call in their scores to the IV Daily Bulletin and LA Times.

ATHLETES

Expectations

By being a participant in a sport at UCA, athletes are accepting the expectations for academic performance listed below, and for behavior, which is outlined in the athletic code (Appendix A). As an athlete the behavioral expectations apply during all 12 months of a calendar year.

Eligibility

- Each athlete is required to remain eligible according to the CIF Bluebook guidelines and those requirements established by United Christian Academy.
- United Christian Academy requires a student to be enrolled in at least 30 units of work each grading period with a minimum of 2.0 GPA and may not exceed more than one F.
 - a. High School Requirements: Students who don't meet the 2.0 minimum GPA requirement will be placed on probation while continuing to participate. The student will have until the next grading period (9 week quarter) to meet the 2.0 / one F grading requirement in order to be removed from probation and considered eligible. Please note that if a student has two F's or more, they are immediately ineligible to play and will not receive a probationary period.
 - b. Junior High Requirements: Students who don't meet the 2.0 GPA requirement with 1 or less F will be restricted from playing in games for three weeks, until their next athletic grade check. There is not a probation period for JH athletics, but grades are checked more frequently in order to help students stay on top of their academics. Please note that students are able to participate in all team activities except games during the restriction period.

General Rules and Guidelines

- No association or use of drugs, alcohol, or tobacco (365 days per year).
- Any improper or questionable language will not be tolerated. These areas include swearing, boasting, or disrespect to teachers, officials, coaches, fans, or teammates.
- 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, with consultation and approval of the Athletic Director.
- As an athlete of United Christian Academy, you represent your family, school, and Jesus Christ. You are asked to be aware of your actions both on and off the field at all times.
- *Please see our Athletics Code in Appendix A.*

School Attendance

- 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.
- 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.

Game and Practice Attendance

- 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 ensure that the absence will be excused.) Discipline, by the coach, will occur after unexcused absences.
- Playing time for each player will be at the discretion of the coach. There is a program-wide understanding that at the JH and JV levels, the priority is for all team members to experience playing time in games. At the varsity level, game time can't be guaranteed, but should be worked for and earned.
- 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.

Transportation

United Christian Academy provides transportation to scheduled contests when requested by the coach. The coach decides whether athletes are required to ride school transportation to and from contests. Any exception from this requires parental permission.

- While traveling to contests athletes must ride in school vehicles or with designated parent drivers unless the coach issues special permission after consultation with the athletic director. Parents must visit the office to fill out the needed paperwork to be considered a 'parent' driver for athletic contests. Parents will be eligible for a gas card as a 'thank you' for your driving if at least three athletes from the team are riding in the vehicle.
- 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.

Out of Season Expectations

During the school year, athletes are expected to give the in-season sport in which they are participating priority and are not expected to train for another school sport during that time period. Any organized training for another sport during the season in which the athlete is participating (such as an open gym) should be cleared with the head coach.

Summer offers an opportunity for players to work on and develop their athletic abilities. Many coaches offer various opportunities for skill and strength development such as lifting workouts, team camps and summer leagues. Athletes are free to attend as many or as few of these opportunities as they wish. However, it should be noted that these opportunities provide the athlete with excellent ways to further develop skills, improve conditioning, bond with other athletes and demonstrate the commitment required for participation on varsity teams.

Our coaches work together to schedule open gym times and team camps so that multi-sport athletes can be involved in each sport. There may be times when an athlete must choose one activity over another, especially when participating in a summer league. Summer is a time for vacations and other family activities, and we encourage families not to sacrifice these important times. A reasonable amount of down-time is important for the wellness of the body and mind of everyone involved.

Uniforms and Equipment

Uniforms and equipment provided by UCA must be returned to the school at the end of the season. No parent or student will be obligated to purchase extra equipment in order to participate as a member of the team. Players are held financially responsible for any lost, stolen, or damaged UCA issued uniform or equipment. The athletic department is not responsible for lost or stolen items.

Facilities

You are asked to be a good steward of the facilities we have and use.

- Keep the vehicles we use clean.
- No athletes are permitted in the school vehicles unless approval has been given by a coach.
- No one is allowed in the gym unless approval has been given by a coach.
- No cleats are allowed in the gym or locker rooms at any time. (Put cleats on outside and take them off outside.)
- No food, gum, or drink is allowed in the gym at any time.
- 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.
- No street shoes of any kind are allowed on the gym floor for physical activity.

- Misuse of gym equipment, i.e., swinging on backboards, hanging on rims, etc., will not be tolerated.
- 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.
- Horseplay of any kind is not allowed. Only organized games or recreational activities may be conducted in the gym.

Athletic Physicals – CIF Requirements

Athletes are required to have a current physical examination form on file in the Athletic Director's office before they are declared eligible for participation and placed on the MHSAA eligibility list. Please see our athletic physical form on the athletic clearance website.

Awards

- As stated in our philosophy, we as a staff desire that our athletes become 'more like Christ' as they grow during the season and strive to develop certain character qualities that would bring honor to God. Therefore, many of the awards in athletics will be based on how well the athlete exhibits these qualities.
- Varsity letters will be awarded in all sports based on character development and support of fellow team members.
- All letters will be awarded at awards gatherings to be held after the completion of the sport.
- 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.
- 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.
- The awards given for each sport include the following:
 - a. Most Outstanding Player
 - b. Coaches Award
 - c. Most Improved Player
 - d. Pillars Award

PARENTS

Parents are an important part of the athletic program at United Christian Academy. The support and encouragement given to coaches and athletes is highly valued. Parents, as well as coaches and athletes, represent the school to the community.

Parent Guidelines for a Successful Season

- Be encouraging. Your attitude is contagious.
- Encourage your athlete to speak directly with the coach if there is a problem. Empower your athlete to speak up for themselves.
- Lead by example to keep conversations about the coach and other teammates positive and uplifting. Create a culture of positive energy in regards to their team.

Communicating with a Coach

It is appropriate to contact coach regarding issues of safety, clarifying details of the schedule or team functions. Parents should expect regular communication from their coach and are welcome to respond to coach about the information in those emails.

Conflict Resolution

There is a policy regarding parent-coach communication developed and adopted by our athletics program. If there is an issue a parent wants to discuss with coach, please respect a 24-hour time frame before following the adopted policy. The following policy is outlined:

In resolving conflicts with coaches, the following steps of communication should be followed. The next step should occur only if the conflict is not resolved:

1. Player – Coach
2. Parent & Player – Coach
3. Parent & Player – Coach & Athletic Director
4. Parent & Player – Principal, Coach & Athletic Director
5. Parent & Player – Principal, Coach, Athletic Director and Athletic Advisory Team

Eagles Athletic Booster Club

The Eagles Athletic Booster Club is a support and fund-raising organization of parents interested in UCA Athletics. Funds raised in support of UCA athletics are available to athletic teams by means of coaches' requests via the Athletic Director. Requests for support should be made in writing and given to the Athletic Director for review prior to being forwarded to the Eagles Athletic Booster Board.

Insurance

Payment for treatment of athletic injuries is first the responsibility of the parent's insurance company. In the event of no coverage or partial coverage by the parent's insurance, the school provides supplemental coverage. The necessary forms for applications for reimbursement may be obtained from the Athletic Director. It is the parent's responsibility to complete this application.

Appendix A: Athletic Code

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 how to fail well, and how to succeed with humility. 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 comes responsibility. The conduct of an athlete at United Christian Academy is closely observed by many people. An athlete is a representative of Jesus Christ, the school, the team and the greater community. It is important, therefore, that a United Christian athlete be at all times and in all places an image bearer of Christ. Any situation not specifically covered in this code will be referred to the Athletic Director and/or administration. Therefore, at UCA, we expect:

Our Athletes Shall:

- **Be Committed:** To the team and sport being competed in, and ultimately, we pray, Jesus Christ. This implies that personal performance is not focused on the individual but is directed toward achieving team goals and team unity. - Psalm 37
- **Be Christlike:** In your character and conduct. As a UCA student athlete, you are a representative of UCA not only during contests, but also after school hours and throughout the calendar year. Athletes are to realize that actions and attitudes reflect on individuals and on UCA.
- **Be physically healthy:** The athlete is expected to be in top physical condition by eating properly, getting sufficient rest, and observing other good health and fitness habits. As athletes, it is essential to abstain from the use of tobacco products, alcohol, illegal drugs, anabolic steroids, and other performance-enhancing substances.
- **Be loyal to your coaches:** The athlete is expected to be loyal to the coach. The quality of athletic experience and success depends on loyalty and a good working relationship between team members and coaches. If a problem between coach and athlete arises, both have the responsibility to work out a solution through good communication.
- **Be punctual and consistent:** They are expected to attend every practice and to give full effort both in practice and in competition. Any exception to attendance at practice and contests must be resolved by the athlete, the athlete's family, and the coach.
- **Be courteous:** The athlete is expected to accept responsibility for the care and maintenance of all school-issued equipment.

Violations of the Athletic Code

Adherence to the Athletic Code is important for the good of each athlete and the success of the team. It is important to note that the code of conduct is not confined to school time or school functions but reflects an expectation and commitment to an everyday lifestyle in and outside school during all 12 months of a given year. Team members who violate the rules of the Athletic Code are subject to discipline by the coach and/or Athletic Director. Coaches reserve the right to determine tougher penalties for their athletes.

Violation Categories

Category I violations include, but are not limited to:

- Use or possession of tobacco in any form
- Repeated school behavior referrals

Category II violations include, but are not limited to:

- Use, possession, or being under the influence of alcohol or a controlled substance (other than prescribed by a physician)
- Actions which would be deemed misdemeanors under the criminal code (e.g. minor theft, vandalism)

Category III violations include, but are not limited to:

- Sale or distribution of a controlled substance or alcoholic beverage
- Actions which would be deemed felonies under the criminal code

Disciplinary Actions — Percentage of contests suspended

	Category I	Category II	Category III
1st offense	10%	25%	12 months
2nd offense	25%	12 months *	Permanent
3rd offense	50%	Permanent **	Permanent

*If the violation involves alcohol or a controlled substance, this penalty may be reduced to 50% of contests in the next full season of participation if the athlete completes a school-approved substance abuse program.

**The student may rejoin the athletic program after 12 months only after completing a school-approved substance abuse program.

Notes:

- Any suspension from competition will be applied to the contests in which the athlete would participate immediately following the administrative discipline. If the suspension exceeds the remaining contests in a season, the remainder of the suspension will be served during the next season in which the athlete participates.
- During any suspension which is less than a full season, the athlete is expected to participate in all team practices and attend contests dressed in appropriate street clothes.

- Should a student athlete bring the issue to the athletic department's attention prior to an official report, the department reserves the right to reduce the disciplinary action by up to 50% the stated penalty.
- The athlete must complete the entire season during which he has been suspended. For instance, he or she may not serve a suspension for a particular sport and then quit that team.
- Appeals related to disciplinary action may be brought to the Athletic Director.

Appendix B: UNDUE INFLUENCE

Recruiting in high school sports is a violation of rules. This letter outlines guidance for parents, students, staff and others who support United Christian Academy.

In 2007, the United States Supreme Court issued a rare unanimous decision that state high school athletic association rules should prevent and penalize the recruiting of students into high schools because of athletics. United Christian Academy has agreed to follow the rules of the California Interscholastic Federation (CIF) which apply equally to public schools, charter schools and nonpublic schools. A long-standing rule, Undue Influence involves cooperation and compliance by more than just the athletes and coaching staff. The anti-recruiting rule states that a violation can occur if a person “directly or indirectly associated with the school” encourages or secures the attendance of a student because of athletics. “Directly or indirectly associated with the school” may include but not be limited to parents of players, booster club members, alumni and representatives of non-school athletic programs. Often it is the non-school environment (AAU or youth sports) where inappropriate recruiting rule violations occur and where vigilance is needed.

Parents or others should not attempt to encourage or secure attendance by a student because of sports. They should not attempt to build up the roster by encouraging a good athlete to enroll at one school or another or target the best athletes for enrollment. Athletic recruiting is a violation, whether to a middle school student beginning the 9th grade or a high school student transferring between schools.

Attempting to encourage a student or parent to attend United Christian Academy because the student is an athlete risks our reputation, our entire program and the future involvement of adults with our high school. Violation of the anti-recruiting rule can result in penalties to the school and athletic program and ineligibility for a coach or a recruited athlete and can also result in a parent, alumnus or supporter being banned from attendance and involvement with the school. We strongly urge all those who support our school to follow the spirit and letter of the anti-athletic recruiting rules.

In the present day, schools of all types often market or advertise to either retain or attract students. The anti-athletic recruiting rule must be understood and followed by those who support our school to protect legitimate school-wide efforts to attract students who make their decisions free from athletic recruiting. Decisions about what school to attend would involve many factors, including athletics. But because athletics is based on competition, discussions about sports are only allowed as part of general school presentations. Non-athletic department school administrators and staff deal with admissions and are assigned to provide information to students and parents about our school. People interested in enrollment should be referred to administrators responsible for admissions.

United Christian Academy follows the rules of the CIF. We insist our staff follow these rules in letter and spirit. Anti-recruiting rules require the awareness and adherence of our entire school community to ensure a level playing field in school sports. Thank you for your cooperation and attention to this important matter.

FAMILY COMMITMENT LETTER

Dear parents,

Our coaching staff at United Christian Academy is pleased that your son or daughter is considering committing to an athletics team! It is a thrill and joy to represent your family, school, and ultimately Christ on the athletic field or in the gym, and we encourage their participation as we know how valuable it can be to their physical, emotional, and spiritual development.

We suggest that this decision be made with clear communication and prayer by the family, as commitment to a team is something, we take seriously here at UCA. In Luke 14: 27-32, Jesus cautions us to sit down and count the cost before making a commitment. And this is wise advice, as we know the hours and effort required to compete on an athletics team.

Please know that our top priority, just like ALL our program at UCA, is for your son or daughter to come to know Jesus Christ, who he is, and who we are in Him. We know that through Him we can reach our ultimate potential in all areas, including athletics.

To accurately understand the commitment to athletics at UCA, please review the following guidelines that have been discussed previously in the handbook.

Athletes:

- Participate in all practices and contest.
- Maintain a healthy lifestyle through proper nutrition, sleep, and staying away from harmful and illegal substances.
- Maintain a 2.0 GPA during the academic year.
- Properly maintain and care for school property and equipment.
- Complete your season with your team.

Parents:

- Support your son or daughter with encouragement, prayer, and a listening ear.
- Provide a healthy home environment for your son or daughter to thrive.
- Work to keep scheduling conflicts with practices and games to a minimum.
- Support your child by attending as many games as possible.
- Support UCA and our athletics program by providing positive encouragement to teams, coaches, and officials, always being mindful of the many people you represent.

Finally, there are costs and risks involved for all students who participate in athletics. Please be aware that injuries can and will occur in every sport, and these can sometimes be serious and life

threatening. Our coaches are all first aid and CPR trained and will do all they can in each practice and game to provide for the best care and safety possible for your son or daughter.

Commitment Form

I/We have read the Family Commitment Letter and agree with my/our student-athlete that these guidelines are not only beneficial to the success of our athletics experience, but will provide a way of accountability and commitment by the whole family; therefore, we commit our support and encourage this commitment to athletics at UCA.

(Signatures will take place in the online clearance)