

ATHLETICS HANDBOOK 2021-2022

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This handbook has been developed with the intent of helping to make interscholastic athletics at Williamsburg Christian Academy as simple, effective, and as enjoyable as possible. It is hoped that by assembling all the materials that relate to the administration of athletic programs in one central volume, parents and student athletes will have a better understanding of these practices, policies, and procedures with a more convenient reference to them.

This handbook is intended to clearly state and define methods for accomplishing specific tasks, to outline basic goals, and to recommend guidelines for the maintenance of high standards in the overall athletic program. It is also intended to be a practical tool that answers more questions than it creates, and which parents and student athletes find to be a usable resource and not just another item to be filed away.

This handbook is designed to supplement and not replace direct communication among all members of the athletic community. The Athletic Director will always be available to provide whatever assistance is required in pursuit of common goals.

Finally, any suggestions you might have for improving this handbook or any of its content are welcome.

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FREQUENTLY ASKED QUESTIONS BANK

This page is designed for quick reference of the most frequently asked questions of our staff and leadership at WCA

Q. Where do I find the forms required to join athletics?

A. Forms are found on the WCA *Parent Central* Website. Select Forms and Info from the menu on that page and click the link for athletic forms.

Q. In what grade is my child eligible to participate in athletics?

A. In most sports we have options for students to start as early as 5th grade on JJV teams. There are also intramural sports offered in each sports season for grades 2 through 5 called 'Junior Eagles' (*all athletic programs are contingent on school staffing and student demand*).

Q. Does my child require a physical to participate in school athletics?

A. Yes. Each student wishing to participate on an athletic team must have a physical **prior to the first practice event**. This physical is only good for the school year in which it was obtained. VISAA Physical forms can be found on the WCA *Parent Central* Website. Select Forms and Info from the menu on that page and click the link for athletic forms.

Q. Can I drive my own student or additional students to and from away athletic contests?

A. Unless otherwise specified by your team's coach or coordinator and sometimes dependent upon team numbers in relation to bus seat availability, all athletes typically travel to and from any athletic contest on the school bus. Parents who are responsible for driving their student(s) as well as additional student-athletes must be Approved Drivers per WCA policy and have all required forms filled out with the front office including a copy of their current license and current insurance card. (Forms are available under the Parent tab on the official WCA website). Student-athletes riding with another parent driver must have verbal or written approval from a parent or guardian to ride with this designated driver.

Q. Can my student stay at the school if they have a later practice time?

A. Yes, students are able to stay in the designated and supervised Upper School aftercare room between the hours of 3:00 – 5:00pm most days unless specified ahead of time by staff that services are not available on a particular day. Student-athletes are encouraged to work on school assignments between the designated time and their practice. Parents are asked to indicate their student athlete's specific "aftercare" designation on the School Dismissal App accordingly.

Q. How can I help?

A. Please contact the Athletic Director at ad@williamsburgchristian.org for volunteer opportunities. The best way to help the WCA athletic program is by joining the WCA Athletic Booster Club. Booster Club membership supports WCA programs both through volunteering and monetarily. For more info, see the Booster Club section of this handbook on page 29 of this handbook.

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THE PHILOSOPHY OF
WCA ATHLETICS**

Introduction

Philosophy of the WCA Athletic Program

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Team Level Philosophy

Introduction

Athletic competition at Williamsburg Christian Academy (WCA) flows out of and is integral to our mission of developing students mentally, emotionally, and spiritually. We believe that participation in interscholastic athletics should foster and cultivate Christian character traits, including diligence, responsibility, courage, loyalty, cooperation, self-discipline, good sportsmanship, and team play, all striving towards excellence.

WCA competes in the Virginia Metropolitan Athletic Conference (VMAC), a member of the statewide Virginia Independent Schools Athletic Association (VISAA).

Philosophy of the WCA Athletic Program

The focus of the athletic program shall demonstrate that students first and foremost attend WCA to receive an education and grow in their relationship with Christ. While athletics is an integral part of American culture, participation in athletics is only a secondary aspect of the entire experience. Competitive sports can be a valuable tool that we can use to enrich students' lives; however, membership on an athletic team is a privilege, not a right.

We desire for our student-athletes to possess Christ-like characteristics and strive to express them openly through the medium of athletics. Our goal is to build eternal values in our students while being a testimony of our relationship with Jesus Christ to those we encounter during athletic events. Winning is desirable, but it is secondary to the Godly principles we strive to instill into each student-athlete.

Objectives of the Athletic Program

- ✎ To glorify God through the vehicle of athletics.
- ✎ To develop and maintain a positive testimony for Jesus Christ, WCA, the individual athletes, coaches, and spectators, to those with whom we come in contact
- ✎ To give students an early understanding that participation in athletics is leadership training and is a privilege that also carries responsibilities. Some of this leadership training would include:
 - ✎ To strive for excellence with enthusiasm and desire to please the Lord in all that we do.
 - ✎ To provide an opportunity for goal setting and to achieve the highest potential in both academics and athletics.
 - ✎ To provide an opportunity for students to place the group above self; to learn and to practice self-discipline for the overall benefit of the team.
 - ✎ To provide opportunities to learn the benefits of following the rules.
 - ✎ To learn crucial Christ-like character traits such as teamwork, sportsmanship, loyalty, obedience, submission to authority, love, desire, and hard work.
 - ✎ To teach new skills and offer opportunities to improve those already possessed.
 - ✎ To provide an opportunity for physical, mental, emotional, and spiritual growth and development while having fun.
 - ✎ To provide opportunities to develop lasting friendships with teammates, coaches, and opponents

INTRODUCTION: THE PHILOSOPHY OF WCA ATHLETICS

Team Colors:

Blue and Gold (as demonstrated through much of this handbook)

Mascot:

Eagle



Conference: VMAC



Statewide Athletic Association:



**INTRODUCTION:
THE PHILOSOPHY OF
WCA ATHLETICS**

Team Level Philosophy

Philosophy for JJV Teams (Grades 5-8)

The JJV level familiarizes the student-athlete with interscholastic athletics at the high school level. The main emphasis is skills/fundamental development and gaining experience in that particular sport. JJV athletes should begin to understand what it takes to earn a spot on a roster of a JV and/or Varsity team. While winning is a goal, it is not as important as developing skills to promote to higher-level squads. In addition, the athlete will learn teamwork, discipline, and sportsmanship. (Note: Grade ranges may be dictated differently by the School's Athletic Director.)

Philosophy for JV Teams (Grades 6-10)

The JV level is the last "preparatory" level for the Varsity team in a respective sport. The goal is to continue to sharpen skills and fundamentals while increasing the emphasis on playing time and training to win. Athletic skill, commitment, team chemistry, attitude, and effort are some determining factors of playing time for an athlete. (Note: Grade ranges may be dictated differently by the School's Athletic Director)

The number of games, practices, and overall time commitment will increase over the JJV level. The expectation is that athletes learn more responsibility and discipline to cope with these factors and other academic pressures.

Philosophy for Varsity Teams (Grades 8-12)

The Varsity level is the highest level of competition at WCA. It represents the highest skilled athletes of the school in a particular sport. Therefore, the criterion for selection to a varsity level team is based primarily (but not entirely) on skill. Consequently, there may be times when coaches will select a younger athlete over an older athlete. Playing time will be determined by the head coach and/or coaching staff and will be based on several factors. Some of the factors considered include skill, team chemistry, player effort, attitude, and how the coaches feel each player will impact the game. (Note: Grade ranges may be dictated differently by the School's Athletic Director.)

While the goal of winning is at its highest peak at the Varsity level, the ultimate goals of the athletic program will come first over winning games. Athletes are expected to be an example regarding general conduct, self-control, court/field attitude and behavior, hustle, discipline in athletics and academics, and growing spiritual maturity.



**AVAILABLE SPORTS
PROGRAMS**

Fall Sports

Winter Sports

Spring Sports

Sports Interest Clause

Weight and Fitness Training

AVAILABLE SPORTS PROGRAMS

Available Sports Programs

WCA attempts to tailor its athletic programs to those sports that 1) have the requisite numbers of athlete interest and 2) those that fall into athletics offered by our conference (VMAC) or statewide through the Virginia Independent Schools Athletic Association (VISAA).

Fall Sports

- Boys Soccer
- Girls Volleyball
- Girls Field Hockey
- Co-ed Cross Country
- Co-ed Tennis Club

Winter Sports

- Boys Basketball
- Girls Basketball
- Co-ed Swimming
- Cheerleading Team

Spring Sports

- Girls/Co-ed Soccer
- Run Club
- Co-ed Golf
- Baseball

Interest Clause

As mentioned earlier, WCA attempts to tailor its athletic programs to those sports with the requisite numbers of athlete interest. Consequently, all sports programs are tentative each sports season. If the interest in any sports program in any season is inadequate to support competition in a particular sport, then that sport will be canceled until the following calendar year or beyond. WCA does not guarantee that any sport will have viable numbers to support a competitive team year to year. WCA may, at its discretion and depending on volunteer interest, offer sports that have been canceled as club sports to permit interested athletes to continue to improve their skills in that sport.

Weight and Fitness Training

Weight training or specialized fitness training may be available as an integral part of specific WCA athletic programs. The requirement, scheduling, and frequency of this training will be at the discretion of the Athletic Director and the coach for that sport.



**JOINING A TEAM:
REQUIREMENTS AND
ELIGIBILITY**

Organizational Meetings

Required Forms

Tryouts/First Week Practice

Selection/Team Start

Multiple Sports/Travel Teams

Eligibility

JOINING A TEAM: REQUIREMENTS AND ELIGIBILITY

See the Athlete Code of Conduct located on page 20. For more information

Joining a Team: Requirements and Forms

Athletic seasons require a great deal of planning; athletes wishing to participate on WCA sports teams have specific requirements that they must meet.

Organizational Meetings

Typically, a week or more before each season, coaches will hold an organizational meeting for their sport. At this time, the sports coaches will distribute important information pertinent to participating in that sport.

Required Forms

Certain forms are required to participate on any team. Athletes must complete the following forms before they are permitted to participate:

-  Completed VISAA Pre-Participation Form with Athletic Physical information filled in and signed by an appropriate medical professional.
-  Signed Athletic Handbook Acknowledgement Form
-  Student Health and Insurance information on file in the Praxi system
-  Student signature on the Student Agreement Form.

Please Be advised that no athlete under any circumstance will be permitted to participate in any workout, practice, or game activity without receipt by the Athletic Director of the required forms and signed waivers.

Attend Tryouts or First Week Practices

Rarely WCA cannot accommodate as many students who wish to try out in a particular sport. Therefore, attending tryouts at WCA is primarily a way for prospective team members to evaluate whether the sport and team are right for them before committing to being an active team member. This evaluation period generally lasts one to two weeks.

Per our philosophy of athletics, we desire to see as many students as possible participate in the athletic program while at WCA. In the unusual occurrence that more students wish to be on a team than are ordinarily kept on a roster, coaches are encouraged to keep as many students as possible without unbalancing their sport's integrity. Time, space, facilities, personal preference, and other factors will limit the most effective squad size for any sport.

At the start of the Evaluation Week, before team selection, the coach shall provide the following information to all candidates:

-  the extent of the selection period
-  criteria used to select the team
-  number to be selected
-  practice commitment if they make the team
-  game commitments

Selection and Official Team Practice Start

Once the evaluation period has ended, the coach sets the team roster. After the evaluation period, there are only three possible outcomes: the athlete elects not to continue with the team, the athlete chooses to continue with the team, or the coach selects the team members due to an excessive number of athletes who have tried out.

JOINING A TEAM: REQUIREMENTS AND ELIGIBILITY

Selection (if required)

Choosing the members of athletic teams is the sole responsibility of the coaches of those teams. However, non-varsity coaches shall consider the policies established by the head coach in that program when selecting final team rosters.

The selection process will include three critical elements. Each candidate shall:

- ✎ have participated in (2) tryout sessions.
- ✎ have performed in at least one intra-squad experience, if possible.
- ✎ be personally informed of not being selected by the coach and the reason for the action.

Coaches will not post selection lists. Coaches will discuss alternative possibilities for participation in the sport or other program areas for those athletes not selected.

Team Commitment

Once a student commits to a team, they must attend no fewer than 75% of practices and/or all scheduled games unless excused by a coach. Team coaches will apply, at their discretion, minimum practice attendance standards for receipt of recognition in a sport. **Per VMAC and VISAA guidelines, athletes MUST attend 75% of all practices to be eligible for post-season competition.**

Our student-athletes accept responsibility when they agree to participate on our athletic teams. Therefore, we hold them accountable for their commitment to their teammates, coaches, and fellow students. Once a student participates in regular-season practices and receives a uniform, they are considered a team member. If a student-athlete then decides to quit the team for whatever reason, they will not be eligible to try out for any other teams during that same season.

Note: Coaches will consider circumstances that may arise beyond the student's control and take them into account. In all cases, however, the decision of the Athletic Director will be considered final.

Multiple Sports/Travel Teams

Multiple Sports or Major Activities

Students who desire to participate in multiple activities (e.g., sports, drama production, missions, etc.) during a single season/semester/year should consider and discuss with their parents the following:

- ✎ Families and students should make mature, thoughtful, and intelligent choices based on a student's gifts, time constraints, support from the group, family commitments, and lifetime interests when considering multiple activities.
- ✎ Certain activities simply do not complement each other in such a way as to be practical for simultaneous participation.

Student-athletes and families should consider the following GUIDELINES AND CONDITIONS when making activity choices:

- ✎ The student must declare their major and minor activities at the beginning of each athletic season.
- ✎ The parent of the student must approve participation in multiple activities.
- ✎ The student must notify each coach/club sponsor (both major and minor) of their intention to participate in multiple activities at the beginning of the season/semester/year. In addition, the student should provide each coach/sponsor

JOINING A TEAM: REQUIREMENTS AND ELIGIBILITY

with information concerning requirements, schedules, and conflicts to be handled between the coaches/sponsors.

✍️ Only one major activity will be allowed per season.

✍️ The coach/sponsor has the right to disallow participation in his sport/activity should they feel the student's commitments are too significant and that they would be unable to fulfill what is required.

✍️ In all cases, final decisions rest with the Athletic Director.

Major Activity: The activity on which the student places the greatest priority. The student will be required to be available for all major events and practices as determined by the coach/sponsor of that activity unless previous arrangements have been made and agreed upon by the coach/sponsor.

Minor Activity: The activity/activities in which the student will participate, as agreed upon by the major coach/sponsor and parent.

Year-Round and Travel Athletic Teams

Many athletes wishing to participate in WCA athletics are also members of local travel clubs or teams in particular sports. While coaches desire maximum attendance at all practices and games, WCA acknowledges that participation on a travel club or local team activities will often take precedence for athletes and parents. Requiring these athletes to attend a rigorous WCA practice schedule while also attending rigorous travel team or local club practices and competitions can overstress a student's academics and potentially result in burnout. Therefore, coaches may, at their discretion, set specific reduced practice and competition requirements for these athletes and will be encouraged to do so when at all possible not to detract from team cohesion and morale.

Eligibility

To be eligible to join a WCA athletics team, there are several eligibility requirements:

Enrollment Eligibility

A student-athlete shall be currently enrolled at WCA as a bonafide student (defined by the VISAA by-laws as taking five core courses). Furthermore, per VISAA by-laws, student-athletes must be enrolled and in attendance at the VISAA school that they represent at least 30 days before the date of the commencement of the VISAA championship to be eligible to participate in that VISAA championship event.

Age Eligibility

Any athlete who turns 19 on or before August 1 of the school year in which they wish to compete, regardless of grade, may practice with the team but is ineligible to compete in athletic contests per VISAA guidelines. In addition, athletes in certain sports that can accept athletes as non-scoring 'exhibition' competitors may be allowed to compete in varsity events but will not qualify for Championship meets or events related to that sport.

Grade Level Eligibility

Students in grades 8-12 are eligible for varsity athletics. Students below the 8th-grade level are ineligible for varsity events.

Academic Eligibility

Participation in extracurricular activities is a privilege extended to all students who are in good academic standing. Therefore, to participate in a sport, student-athletes must meet academic grade standards defined in the WCA Student/Parent Handbook and the VMAC by-laws.

Physical Eligibility

Student-athletes shall have a physical examination completed using the Virginia Independent School Athletic Association (VISAA) physical examination form, which must be filled out and turned into the athletic office, as indicated above. Parents and students may find these forms in the Parent Central section of the WCA website. When a Sports Physical indicates an illness or condition that precludes the student from safely participating, the student will be ruled ineligible to participate in the activity. Coaches may elect to include students who fall into this category on the team as student team managers.

**JOINING A TEAM:
REQUIREMENTS AND
ELIGIBILITY**



RULES AND GUIDELINES

Treating Others with Respect

Maintaining a Healthy and Safe Environment

Being a Positive and Cooperative Member of the Community

Additional Rules

The WCA Athletic Department has established rules and regulations, which are at the minimum as comprehensive as the WCA Student/Parent Handbook, and in many cases, more so. Athletes at WCA are held to a high ethical, moral and Christian standard, in that they are acting as representatives of the school.

WCA athletic rules are in place to ensure that athletes follow three primary guidelines: to treat others with respect, maintain a safe and healthy environment, and be positive role models and cooperative members of our Christian community.

RULES AND GUIDELINES

Treat Others with Respect

Hazing

In this section, "hazing" means to recklessly or intentionally endanger the health or safety of a student or students or to inflict bodily injury on a student or students in connection with or for initiation, admission into, or affiliation with an athletic team at WCA regardless of whether the student or students so endangered or injured participated voluntarily in the relevant activity.

Williamsburg Christian Academy strictly prohibits hazing, regardless of where or when it occurs. Any student who is involved in hazing will be subject to disciplinary action up to and including dismissal. Hazing also is a crime under Virginia law.

The consent of a participant in hazing is no defense to criminal prosecution or disciplinary action by the school.

Anyone who knows or has reason to suspect that hazing has occurred must immediately report it to the Head of School. In addition, a person who is at the scene of hazing and knows that hazing has occurred must report the incident to the school administration as soon as possible.

WCA requires every student-athlete to acknowledge in writing in the Student Athletic Agreement form that the student and parents have received and will abide by this policy and the Virginia Anti-Hazing Law.

Bullying and Harassment

The WCA Student/Parent Handbook clearly explains the WCA bullying and harassment policy, and these policies extend to include all athletic activities. All parents and students should read this section in its entirety to ensure that the definitions and consequences of bullying and harassment in daily school activities and on our athletic teams are fully understood.

Maintain a Healthy and Safe Environment

Treatment and Evaluation of Injuries & Medical Conditions

The WCA Athletic Director and all Head Coaching staff are required to hold current First Aid, CPR, and AED Training and Concussion Protocol Training and feel confident in administering rescue breathing, CPR, and/or use of an AED as deemed necessary. In addition, first aid kits are provided at each practice and competition for use as needed, including the following items: adhesive bandages of assorted sizes, sterile gauze pads, saline wound care wash, antiseptic wipe pads, instant cold compress, athletic tape, ace bandage, thermometer, and tweezers.

AED

The AED is located on the first floor of the school and will be accessed as needed by a pre-designated trained individual at each event. If CPR and an AED are needed, trained individuals will call 9-1-1 immediately and follow the emergency response protocol outlined in the Coaches Handbook.

Anaphylactic Reaction

Any athlete prescribed an Epi-Pen is required to carry it with them during all athletic practices/games. Parents may provide a spare Epi-Pen that will stay in the team's medical kit that goes to every practice and game. If an allergic reaction requires an Epi-Pen, the student-athlete will self-administer with verbal directions provided by the coach as necessary.

Asthma Complications

If a student-athlete has a Physician prescribed inhaler with a doctor's note placed with the school administration, supervising school personnel can help assist/instruct an athlete in using their prescribed inhaler. As with an Epi-Pen prescription, student-athletes must carry their inhaler with them during practices/games.

Diabetic Concerns

If a student-athlete has been diagnosed as Type I or Type II Diabetic by a Physician, it is the individual's responsibility to supply their own diabetic supplies. Any diabetic athlete needs to carry their own insulin, glucose monitor, and fast-acting carbohydrate supplies. They need to check their insulin levels before, during, and after athletic practice and games.

Parents/guardians are responsible for ensuring that any medications are up to date and do not reach expiration.

Head Injury/Concussions

Parents/guardians and coaches are not expected to "diagnose" a concussion. However, everyone involved in athletics must be aware of the signs, symptoms, and behaviors associated with a concussion during both practice and games. If you suspect that an athlete may have a concussion, the athlete must be immediately removed from all physical activity.

Signs Observed by Coaching Staff/Family Members:

-  Dazed or stunned appearance
-  Confusion about assignment or position
-  Forgetfulness
-  Uncertainty of game, score, or opponent
-  Clumsy movements
-  Slow response to questions
-  Mood, behavior, or personality changes
-  Cannot recall events before or after hit or fall

Symptoms Reported by Athlete:

-  Headache or "pressure" in the head.
-  Nausea
-  Balance problems or dizziness
-  Double or blurry vision
-  Sensitivity to light or noise
-  Feeling sluggish, hazy, foggy, or groggy
-  Concentration or memory problems
-  Confusion
-  Emotions of "not feeling right" or "feeling down."

WCA Coaches and Administration will follow the NFHS policy "When in doubt, sit them out," taking all precautions to ensure the highest safety of our student-athletes. Student-athletes will be required to seek a medical evaluation and provide documentation before return to play.

If you suspect a possible head injury or concussion, you should NEVER give your child the following medications: Advil, Aleve, Ibuprofen, Aspirin, or Excedrin. Evaluating an individual first before administering any medication is highly recommended.

Heat Guidelines

WCA is committed to ensuring the safest outdoor environment for our athletes. Progressive acclimatization is essential for preseason practices with gradual exposure to the duration and intensity of physical activity, minimizing exertional heat illness risk while improving overall athletic performance. Fluids will be made available at all practices and games, but athletes are encouraged to bring extra water bottles. Coaches and assistants train to identify signs and symptoms of heat illness from mild to severe and monitor athletes carefully for necessary action.

During practices or games when the weather is particularly hot, care should be taken by coaches or officials to encourage water breaks approximately every 20 minutes. Athletes should attempt to intake at least 8-10 ounces of fluid at this time. Care should also be taken to educate athletes on monitoring urine color, frequently hydrating during their school day, entering each practice or game well hydrated, and focusing on maintaining this hydration throughout.

The Athletic Director and coaches will assess local weather forecasts daily and follow these heat index guidelines in determining safety for play in elevated temperatures:

- 👉 104 degrees Heat Index and above – NO OUTDOOR ACTIVITIES
- 👉 100 -103 degrees Heat Index – careful monitoring for signs and symptoms of heat-related illnesses; unrestricted access to water and breaks every 10-20 minutes as judged appropriate by coaches and officials, access to ice bags as needed.

Lightning Policy

Risk is present whenever lightning is visible, or you can hear thunder. In the event of either circumstance, the athletic director will suspend practice or competition immediately. In addition, the Athletic Director will take substantial care to avoid competing on days where the local weather forecast is calling for storms and will typically postpone or cancel a competition accordingly and communicate to all parties involved as soon as possible.

WCA has a designated shelter where spectators will convene in case of a storm. For soccer and baseball games, the designated area is located at the back of the school through the double set of doors. Upon entering, athletes and spectators will spread out appropriately in the back hallway outside of the gymnasium doors as needed. For field hockey competitions, the designated area will proceed through the school's front doors into the front hallway area but not into the gymnasium. These specified areas will be secondary options for those who are unable to access their family vehicle immediately.

The game officials present may call the competition off at their discretion. In a conference championship competition, the officials will be asked to wait 30 minutes from when the last thunder event was heard, or the last lightning bolt was seen to resume play.

Re-admittance to Athletic Activity Following an Injury or Illness

If a student-athlete sustains an injury (e.g., sprain, concussion, laceration, bruise, etc.) which is serious enough to require a physician's examination and treatment, the athlete must obtain written permission from the attending physician and parent/guardian before being allowed to resume practice/competition.

Parents will submit all doctors' notes regarding an athlete's fitness to resume athletic competition to the Athletic Director to note the student's health record. If a question arises regarding an injury/illness, contact the Athletic Director immediately.

Casted or Splinted Injuries

RULES AND GUIDELINES

If an athlete sustains a broken bone or an injury that requires the application of a cast or splint, the athlete is automatically excluded from participation in athletic competition as well as physical education programs. Once the injury has healed, and the cast/splint has been removed, the athlete may be readmitted to athletic competition only when the attending physician and the parent/guardian provides written permission to do so.

School Absence due to Illness

When an athlete is absent from school for more than five consecutive days due to illness, the athlete's fitness to resume athletic activity must be established. Athletes must obtain written permission from the attending physician or other qualified medical professional and written permission from the parent/guardian before the athlete can return to athletic competition.

The Head Coach and Athletic Director expect to be informed about any injury or extended illness situations. In all cases, when a question regarding the health, fitness, or ability of an athlete to return to athletic participation is raised, the Athletic Director's decision will be final.

Transportation

It is WCA policy that student-athletes will utilize school transportation to all athletic contests whenever possible. However, on certain occasions, it may be necessary for parent volunteers to drive players when other teams or school groups are using the buses, when a team has more participants than can be accommodated by available school transportation, or when there is a limited number of overall team members traveling for a specific contest. For other persons to drive, an approved volunteer driver form must be completed annually and be on file in the office, along with a copy of the driver's current DMV driving record, current driver's license, and vehicle insurance information.

To drive to any school-sponsored athletic event, the drivers of the WCA buses or those transporting student-athletes in their vehicles must be pre-approved and at least 25 years of age. In addition, anyone driving WCA transportation must schedule with the Athletic Director to receive a brief instruction session on the general operations of the bus.

When traveling to or from an athletic or extracurricular event, the coach or sponsor has full responsibility for all students within their care traveling on school transportation from the time of departure to the time that a family member or responsible guardian has safely picked up the last student participant.

Students are expected to conduct themselves appropriately at all times when riding to and from an athletic contest. Any athletes who cause damage to school transportation will be required to pay for damage and be subject to disciplinary actions, including suspension of travel privileges, suspension from competition, and dismissal from the team. It is important to remember that school policies and procedures remain in effect during every extracurricular activity and sports contest.

For the occasional tournament and overnight event requiring a hotel stay, student-athletes must sign a school waiver and release form to participate with their team while off-campus.

Under no circumstances may a student drive their personal vehicle to a competition. However, with approval from the Athletic Director and parent/guardian written permission, student-athletes may drive directly with a family member or another approved driver instead of riding on a school mini-bus or other vehicle.

Bus Cleanliness

For those teams traveling by bus, team members and specifically team captains will be responsible for leaving the team bus in the same level of cleanliness as they found it, if not

cleaner. Team members must remove all personal trash with them on departure, clean up any spills, and sweep food particles from the floor before exiting the bus. Cleaning supplies will be made available on each bus.

Be a Positive Role Model and Cooperative member of the Christian Community

The primary way that we convey the values of being a positive and cooperative member of the community is through our Athletic Code of Conduct.

Code of Conduct

As Christians, we have accepted the responsibility of being witnesses for Christ. Therefore, student-athletes, coaches, and spectators must display courtesy and good sportsmanship at home *and* away events.

In this time when society is experiencing increased incidents of physical confrontation and unmanaged anger, often associated with youth sports, WCA wishes to state a philosophical stance of keeping our athletes, coaches, and fans safe. To do this, we must insist on proper behavior and promote our positive reputation and Christian testimony regarding sportsmanship. All involved parties must recognize that the purpose of athletics is to promote the spiritual, physical, mental, moral, social, and emotional well-being of the individual student-athletes.

This code of conduct, WCA's Student Handbook and the VMAC by-laws govern our student-athletes. All WCA students are subject to school rules at athletic events.

WCA places substantial emphasis on respect and good sportsmanship. We embrace this fully by definition and in the spirit of intent. Proper human courtesies, kindness, and etiquette must apply to all relationships and situations; student-athletes are not an exception. High school sports exist to build character, allow students to express themselves through physical exertion and as a form of entertainment. Poor behavior on the part of adults will only hinder the goals and objectives of WCA and its Athletic Department.

Therefore, the WCA Athletic Department expects that our student-athletes...

- ✎ Will display respect for the coaches and shall abide by the rules and regulations of the coaching staff
- ✎ Understand that participation in athletics is a privilege extended to all students who have good attendance and are in good academic standing. Athletes must meet the academic grade standards defined in the WCA Student Handbook and the VMAC by-laws to be eligible to participate and compete on a team.
- ✎ Are expected to conduct themselves maturely, demonstrate self-control and respect for other teammates, opponents, officials, coaches, and spectators at all times. This includes avoiding the use of profanity, abusive language, or gestures.
- ✎ Will be an encouragement to their teammates.
- ✎ Attend all practices and games unless given prior permission to miss by the coach (at least 24 hours in advance unless there is an emergency).
- ✎ Must be present in school by 10:00 AM to participate in a practice or game that day.
- ✎ Will be on time for team practices, games, and meetings.
- ✎ Will make their best effort to attend all end-of-the-year team activities, including any sports awards program(s) held at the end of the season.
- ✎ Understand that missing a practice or game without permission may result in removal from the team.
- ✎ Strive to be a positive factor in the classroom – behaviorally and academically (i.e., be on time, be courteous and respectful of teachers and classmates, strive for excellence, etc.)

RULES AND GUIDELINES

RULES AND GUIDELINES

- ✍ Experience and exhibit sportsmanship through fellowship, competition, teamwork, and fair play.
- ✍ Will accept victory with grace and defeat with dignity.
- ✍ Understand that they hold a leadership role and that the younger athletes and students often emulate their behavior.

Violations of this code will result in restrictions in participation as set forth below:

- If WCA withdraws a student-athlete from an athletic team for disciplinary reasons, the student-athlete will not be considered in good standing and will therefore forfeit all athletic awards. Exceptions require the approval of the Athletic Director and Head of School.
- If a student-athlete is suspended from participation on a team for conduct violations, they are still expected to fulfill their commitment to that team and support teammates by attending practices and games.
- If a student-athlete is suspended from an athletic team for conduct violations and the season ends before the suspension finishes, they may have to finish their suspension in their next season and/or sport.
- Two or more one-day suspensions, either In School (ISS) and/or Out of School (OOS) or one multi-day suspension of an athlete for any reason, will result in dismissal from the team.
- The Athletic Department will adhere to and uphold WCA's Student/Parent Handbook Policy regarding the use or suspicion of drug use and/or alcohol. Illegal drugs and/or alcohol use by a player will not be tolerated and will incur severe consequences up to and including removal from the team roster.
- Three detentions in a semester will result in a two-week suspension from all athletic contests.

Additional Rules

Uniforms and Equipment

The head coach issues uniforms at the beginning of each season. Keep in mind that the uniforms are the property of WCA, and the student-athlete should take care to wash them according to the directions on the tag. When the season ends, return clean uniforms to the team's coach in a bag marked with the student-athlete's name. If a uniform is not returned, is reported lost, or is returned damaged, the student-athlete will be responsible for reimbursing the cost of the uniform or repairs.

All student-athletes will care for WCA equipment as if it is their own. There should be no throwing of helmets, bats, etc. The cost to replace or repair any lost or damaged equipment will be the responsibility of the student-athlete.

Uniforms or other equipment purchased by the athlete's families do not need to be returned; they are the property of that athlete.

Athletic Fees

Every student-athlete pays an activity fee that covers all activities (arts, athletics, and clubs). These fees are necessary to help defray the rising cost of game officials, upkeep of equipment and uniforms, and transportation costs to/from away games. Additional fees may be incurred

should the individual teams elect to order warm-ups, sport-specific t-shirts, etc. In some sports, the athlete's family may need to purchase additional non-reusable equipment, e.g., swimsuits, swim goggles, etc.

Athletic Participation as a Course Credit in Physical Education (PE.)

High School students may receive a quarter credit in PE for every varsity sport they participated in during one school year, not to exceed ½ credit per year. No carry-over to the next school year will be permitted. Students may also receive credit for additional athletic endeavors within the school as collaborated and approved by the Upper School Principal, the Head of School, and the Athletic Director.

Cancellation of Games and/or Practices

The Athletic Department desires to have all games played as scheduled; however, cancellations do occur due to inclement weather and other unforeseen circumstances. Once the Athletic Director has decided to cancel a game or practice, the front office is alerted, and an announcement is made at school via the school's communication system so that students and parents are aware of the change. Decisions regarding any cancellations are generally made by noon; however, inclement weather at the end of a school day creates additional issues. Keep in mind that it may be storming at WCA but not at the away game site; therefore, we are required to wait on word from the other team's Athletic Director. Student-athletes should always come to school prepared to play or practice as scheduled. Do not assume a cancellation based on the weather in the morning, as it can change quickly.

The Athletic Director will make all attempts to reschedule any canceled games and advise the student-athletes and parents of the new game date/time when determined.

Removal of Cleats/Spikes in School Building

To prevent damage to the floors and finish inside the school building, athletes must remove cleats or spikes before entering the building.

Post-Competition Meals

If sports teams are traveling to competitor schools during dinner hours, the team bus will make every effort to stop for a quick service post-competition meal. Each student-athlete must provide payment for their meal. Students riding school transportation shall contact a family member to communicate team plans and potential arrival time back to the school, which can sometimes be late depending on competition times.

RULES AND GUIDELINES



**AWARDS AND
LETTERING**

Athletic Awards
Lettering

Athletic Awards

Williamsburg Christian Academy cherishes the accomplishments and achievements of our sports teams and student-athletes. The school holds an annual Sports Celebration toward the end of the year to honor and recognize our athletes' accomplishments and shine a light on athletes who have made substantial contributions to the WCA Athletic program and have glorified God through their actions and effort.

Awards Ceremony Etiquette

The presentation of individual athletic awards is the coach's responsibility and will be used to recognize the contributions and achievements of student-athletes who meet the coach's established criteria.

General awards

Coaches select award winners at their discretion (or Athletic Director when applicable). It is the coach's prerogative whether to give (or not to give) these awards. Examples include:

-  Most Outstanding Player
-  Christ-like Competitor Award
-  Heart & Hustle Award

Specific Awards

The following awards are given to one student-athlete each year and represent our highest athletic honors:

Edgar W. Randall Scholar-Athlete Award – This award goes to one high school athlete at the End of Year Awards Ceremony. The individuals should meet the following guidelines:

- a. The athlete must play on a minimum of one varsity sport and have earned a varsity letter in the current school year.
- b. The athlete must maintain a grade point average of 3.6 or above for that school year.
- c. The athlete is a role model to others in academics and athletics. They are hardworking and dedicated in both practices and games and understand that athletics' commitment requires sacrifice in other areas of their life.
- d. The student shows Christ-like qualities in both their athletic and academic journeys.

John Perkins Heart and Hustle Award – This award goes to one senior female and one senior male at the End of Year Awards Ceremony. This established award honors John Perkins and depicts his true "heart and hustle" in all sports and the vision, direction, and excellence that his leadership established in our Athletic Department. The individuals should meet the following guidelines:

- a. The athlete must play on a minimum of one varsity sport and have earned a varsity letter in the current school year.
- b. The athlete is a role model to others and gives 100% in every aspect of the game.
- c. The athlete strives to make the team better by playing hard and doing their best.

AWARDS AND LETTERING

AWARDS AND LETTERING

Lettering

For a student-athlete to be eligible to receive a Varsity letter, they must complete the season in good standing, both academically and athletically. The following sports are eligible for a varsity letter:

Baseball, Basketball, Cheerleading, Cross Country, Field Hockey, Golf, Soccer, Tennis, Swimming, Tennis, and Volleyball.

Varsity Level Awards

First Award: An athlete meeting the criteria for a varsity participation award for the first time shall receive a varsity letter and a pin representing the sport participated in that season. Letter earners will place the varsity letter on the left chest of their letter jacket (if the athlete chooses to purchase one.)

Subsequent Awards: An athlete continuing to meet the criteria for a varsity participation award after the first time shall receive a pin representing each new sport played and a varsity chevron for each subsequent season played of the same sport. The pins(s) and chevron (s) should be placed on the left sleeve of a letter jacket.

WCA does not recognize letters/awards earned at a previously attended high school for purposes of earning awards at WCA, and these letters/awards shall not be placed on a WCA letter jacket.

Note: Injuries suffered by an athlete during participation in a school sport shall not necessarily exclude them from receiving an award. The coach and the Athletic Director shall decide to award a letter on cases involving injury or other circumstances.



**PARENTS, COACHES,
AND ATHLETES**

Expectations of Parents and Spectators

Parent/Coach Communication Guidelines

Procedures for Resolving Conflict/Concerns

WCA Athletics Booster Club

Expectations of Parents and Spectators

Our parents and fans must set a behavioral example of the highest standard.

WCA will not condone or permit inappropriate parental behavior directed toward WCA staff or players, the opposing school and its representatives, or the game officials. Such conduct by parents can cause the school to suffer severe sanctions from ACSI, VISAA, or the Virginia Metropolitan Athletic Conference (VMAC) and damage the school's reputation and our testimony of Jesus Christ. Therefore, actions such as swearing, making derogatory comments about officials, players, and/or spectators from either team, or other verbal abuse are not tolerated. Violators of this policy may be asked to leave the premises when this conduct is observed.

Parents/Spectators should invest time and care in:

-  Praying for the Athletic Department and student-athletes of WCA.
-  Supporting their child's team and the rest of the athletic program in whatever way possible to include:
 -  Attending as many games as possible.
 -  Volunteering to help at contests.
 -  Being willing to meet any other needs that come to their attention.
 -  Conforming to accepted standards of good sportsmanship and behavior.
 -  Respecting coaches, officials, and all players and extending them the same courtesies you would like displayed to your players.
-  Encouraging all athletes to treat the visiting teams and officials as guests. (Booing or yelling at players, opponents, coaches and officials will not be tolerated.)
-  Allowing coaches to do their jobs (parents are not permitted in the locker rooms or on or near the bench area for any reason.)
-  Refraining from derogatory comments about a coach or player before, during, or after a game, remembering that the coaches are ministering to your student-athlete. If you feel you need to speak with a coach, please schedule an appointment. (See Parent/Coach Communication Guidelines below)
-  Picking up student-athletes at the designated times since coaches cannot leave until all players have left the field/building. Student-athletes who are picked up habitually late from practices and/or games may be removed from the team.
-  Encouraging their child to be involved in individual and/or off-season workouts/conditioning.

Parent/Coach Communication Guidelines

The WCA Athletic Department recognizes its partnership with parents in helping to shape and mold student-athletes to be more like Christ. Both parenting and coaching are extremely rewarding but sometimes challenging vocations. By establishing an understanding of each other's positions, it is often easier to accept the actions of the other and provide more significant benefits to the student-athletes. Open lines of communication are necessary to reach this understanding. The following are guidelines for achieving and maintaining understanding between parents and the Athletic Department:

Communication you should expect from coaches:

- Philosophy of the coach
- Expectations of the coach for the student-athlete (their role on the team)
- Times and locations of all practices and contests
- Team requirements (i.e., fees/costs, special equipment, off-season conditioning, skill level, etc.)

- Procedures in case of student injury during participation

Communication that should be expected from parents:

- Appropriate Parental Concerns –
Parents should express any concerns regarding the team, their child, etc., directly to the coach. These concerns should not be something that leads to talking about a coach "behind his/her back" to students (even your own), other coaches and/or faculty members, or other parents. Appropriate concerns to discuss privately with coaches include:
 1. The treatment of your student-athlete (mentally and physically)
 2. Concerns about your student's behavior and/or attitude
 3. Your student's academic standing
- Inappropriate Parental Concerns –
 1. Playing time
 2. Team strategy
 3. Playcalling
 4. Other student-athletes
- Schedule Conflicts –
Notification of any schedule conflicts should be made well in advance to the coach. At times, there may be excused reasons for a student-athlete to miss a game or practice. Parents or athletes should communicate these to the coach with as much advance notice as possible.

PARENTS, COACHES, AND ATHLETES

Note: At times, it may be difficult to understand and accept that your child is not getting as much playing time as you would like. If there is something that you do not understand concerning a playing time situation, you may inquire about what the coach thinks may help your child to get more playing time. Keep in mind, playing time is up to the coach's discretion and should not be an issue to be regularly discussed.

Procedures for Resolving Conflict/Concerns

As students become involved in the WCA athletic program, they will experience some of the most memorable and rewarding moments of their lives. However, understand that there may be times when things do not go the way the student-athlete or the parent wishes or envisions. When concerns or potential problems arise, work with the Athletic Department to employ the Biblical model of resolving conflict (Matthew 18:15-17). Always try to handle resolution as follows:

1. The student-athlete meets with the coach. The first step in avoiding potential conflicts is for the student-athlete to meet with the coach to discuss any concern(s) and resolve the issue(s). Often, these concerns lead to conflict resulting from miscommunication or misperceptions and can often be resolved through open discussion.
2. Parent(s)/Guardian(s) meet with the coach. If the student-athlete coach meeting has not resolved the issue or the matter needs adult/parent attention, the parent(s)/guardian(s) should contact the coach (either through e-mail or through the office) to set up a time for the two parties to meet. Parents should follow this procedure for scheduling meetings with coaches to allow all involved parties to be open-minded and ensure that adequate time is allotted to resolve the conflict. Parents should call the office, e-mail, or call the coach directly to request an appointment. **Be advised that arranging an appointment is the ONLY acceptable means of meeting with a coach. Coaches will not be available to parents immediately following a game to discuss parent concerns. Additionally, no appointment will be scheduled less than 24 hours from any contest (24-hour Rule).**

3. Parent(s)/Guardian(s) meet with the Athletic Director and/or Head of School. If the previous meetings do not adequately resolve the issue, the parent(s)/guardian(s) may request a meeting to mediate the conflict.

Note: Do not attempt to confront a coach before, during, or after a practice or game to discuss any issues. These can be emotional times for both parents/guardians and coaches, which will often not lead to a proper resolution.

WCA Athletics Booster Club

The Williamsburg Christian Academy Athletic Booster Club supports all interscholastic athletics of the school and advocates for promoting Christian character within the WCA community.

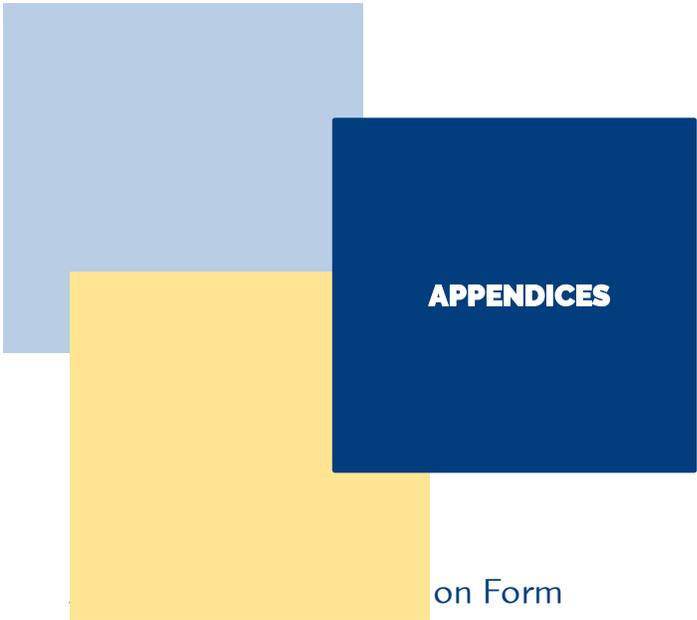
The Booster Club provides financial support to WCA athletics and raises funds through concessions at sporting events, various annual fundraisers, and club memberships.

Membership is open to all persons who have a sincere desire to support the athletic program of WCA, are at least 18 years of age, and have paid current yearly membership dues.

All parents of WCA athletes are strongly encouraged to participate by joining this support organization. You will receive FREE admission to all JJV, JV, and Varsity home sporting events with membership. Corporate sponsors of the booster club also receive marketing opportunity benefits such as a banner or sign display in the school gymnasium or on campus, mention at events, and display on the school website.

You can find levels of membership, both personal and corporate, as well as additional information on our website at...

<http://private-christian-school.williamsburgchristian.org/athletics/eagle-booster-club/>



on Form

B: Athlete Acknowledgement Form

APPENDICES

Appendix A: VISAA Pre-Participation Form

All student-athletes and parents must fill out and have the following four-page form completed by a physician. This form is the official sports physical required to participate in WCA Athletics.

This form can be submitted digitally in pdf scanned form once signed or handed directly to the front desk for forwarding to the athletic director.

Please direct any questions regarding this form to ad@williamsburgchristian.org

The Form starts on the following page and is four pages long for ease of printing.

Routing
1 _____
2 _____
3 _____



Athletic Participation/Parental Consent/Physical Examination Form

Separate signed form is required for each school year **May 1** of the current year through **June 30** of the succeeding year.

For School Year _____

PART I - ATHLETIC PARTICIPATION

(To be filled in and signed by the student)

Male _____

Female _____

PRINT CLEARLY

Name _____ Current Grade: _____
(Last) (First) (Middle Initial)

Home Address _____

City/Zip Code _____

Home Address of Parents _____

City/Zip Code _____

Date of Birth _____ Place of Birth _____

INDIVIDUAL VISAA ELIGIBILITY RULES*

(*Apply only to varsity athletes grades 8-12 competing in LIS/VISAA championship events)

A student who does not satisfy the rules set forth in this Article V is **NOT** allowed to participate in any regular season competition between VISAA member schools or any VISAA championship event (defined as a VISAA Event).

- **Academic Requirement:** The student must be a regular bona fide student in good standing of the school that he or she represents and must be enrolled and in attendance at the VISAA school that he or she represents at least 30 days prior to the date of the commencement of the VISAA championship in which he or she proposes to participate to be eligible for such VISAA championship. For the purposes hereof, the term "regular bona fide student" shall mean a full-time student taking an average of four (4) hours of classroom instruction per day or at least five (5) academic classes per semester/grade reporting period and is working toward graduation requirements at the school he or she represents. For the purposes hereof, the term "school" shall mean a private, preparatory, parochial or other nonpublic school that is accredited by the accrediting agency approved by the VCPE and that does not derive its financial support from state or local taxes.
- **Age Requirement:** The student shall not have reached the age of 19 on or before August 1 of the school year in which he or she wishes to compete.
- **Grade Level Requirement:** Students in grades 8-12 are eligible for VISAA Events. Students below the 8th grade level are ineligible for VISAA Events.
- **Conference Requirement:** Any student or school team ruled ineligible by a VISAA recognized conference is considered ineligible for VISAA Events. A conference's determination of eligibility under its rules is not appealable to the Appeals Committee of the Executive Committee or the Executive Committee.
- **Senior Status Requirement:** Attending academic classes while classified as a senior at any school marks the student's last year of eligibility for VISAA Events. A student who has been classified as a senior at any school, who then transfers to another VISAA member school, is eligible for VISAA Events during that transfer year only. The student may not gain additional eligibility thereafter. Post-graduates are ineligible for VISAA Events.
- **Reclassification of a student:** A school that reclassifies a student to repeat a grade must do so for non-athletic reasons and in compliance with all conference requirements as applicable. A change in grade status at any time must be reflected in all school records and publications as soon as practicable following the date of reclassification.
- **Non-Conference School Participation:** Schools not participating in a VISAA approved conference may apply to participate in VISAA championship events if they participate in at least 50% of their athletic contests with VISAA member schools. Non-conference schools must comply with all VISAA tournament dates and times and VISAA eligibility requirements.
- **Multisport Participation:** In order for a student to participate in more than one school sport in a season, the student must be a regular member of both teams participating in practice for both sports and participating in at least two scheduled contests for both teams during the regular season.
- **Gender:** If a school maintains separate teams in the same sport for girls and boys during the school year, regardless of sports season, girls may not compete on boys' teams, and boys may not compete on the girls' teams. If a school maintains only a boys' team in a sport, girls may compete on the boys' team. Boys may not participate on a girls' team in any sport other than cheerleading and crew. In the sports of crew, as permitted by the U.S. Rowing Rules, a male coxswain may compete in events for girls, and a female coxswain may compete in events for boys. Notwithstanding the foregoing, if the Executive Committee determines the boys' opportunities for participation in athletics have been limited in the past, boys may not participate on a girls' team, unless the sport involved is a contact sport.

Eligibility to participate in interscholastic athletics is a privilege you earn by meeting not only the above-listed minimum standards, but also all other standards set by you Conference and school. If you have any question regarding your eligibility or are in doubt about the effect an activity might have on your eligibility, **check with your administration for interpretations and exceptions provided under VISAA rules.** Meeting the intent and spirit of VISAA standards will prevent you, your team, school and community from being penalized. Additionally, I give my consent and approval for my picture and name to be printed in any school or VISAA athletic program, publication or video.

LOCAL SCHOOLS MAY REQUIRE ADDITIONAL STANDARDS TO THOSE LISTED ABOVE.

Parent Signature: _____ Student Signature: _____ Date: _____

Providing false information will result in ineligibility for one year.



The pre-participation physical examination is not a substitute for a thorough annual examination by a student's primary care physician

PART II - - MEDICAL HISTORY- Explain "Yes" answers below

This form must be completed and signed, prior to the physical examination, for review by examining practitioner. Explain "Yes" answers below with number of the question. Circle questions you don't know the answers to.

Form with columns for 'Yes' and 'No' and rows for 'GENERAL MEDICAL HISTORY', 'HEART HEALTH QUESTIONS ABOUT YOU', 'HEART HEALTH QUESTIONS ABOUT YOUR FAMILY', 'BONE AND JOINT QUESTIONS', and 'MEDICAL QUESTIONS'. Includes a section for 'FEMALES ONLY' and 'EXPLAIN "YES" ANSWERS BELOW:'.

Parent/Guardian Signature: _____ Date: _____ Athlete's Signature: _____



PART III – PHYSICAL EXAMINATION

(Physical examination form is required each school year dated after May 1 of the preceding school year and is good through June 30th of the current school year)**

NAME _____ Date of Birth _____ School _____

Date of EXAMINATION:
Height Weight Male Female
BP / Resting Pulse Vision R 20/ L 20/ Corrected Yes No

Table with 3 columns: MEDICAL, NORMAL, ABNORMAL FINDINGS. Rows include Appearance, Eyes/ears/nose/throat, Lymph nodes, Heart, Pulses, Lungs, Abdomen, Genitourinary (males only), Skin, Neurologic.

Table with 3 columns: MUSCULOSKELETAL, NORMAL, ABNORMAL FINDINGS. Rows include Neck, Back, Shoulder/arm, Elbow/forearm, Wrist/hand/fingers, Hip/thigh, Knee, Leg/ankle, Foot/toes, Functional.

Medical Practitioner to School Staff (please indicate any instructions or recommendations here)
Emergency medications required on-site
Inhaler Epinephrine Glucagon Other:

Comments:

I have reviewed the data above, reviewed his/her medical history form and make the following recommendations for his/her participation in athletics.

- CLEARED WITHOUT RESTRICTIONS
CLEARED WITH FOLLOWING NOTATION:
Cleared AFTER documented further evaluation or treatment for:

Cleared for Limited participation (check and explain "reason" for all that apply): "Limited Until Date" when appropriate

Not cleared for (specific sports) Until Date:

Reason(s):

NOT CLEARED FOR PARTICIPATION Reason

By this signature, I attest that I have examined the above student and completed this pre-participation physical including a review of Part II – Medical History.

Physician Signature: (MD, DO, LNP, PA) . Date**

Examiner's Name and degree (print): Phone Number

Address: City State Zip

* Only signatures of Doctor of Medicine, Doctor of Osteopathic Medicine, Nurse Practitioner or Physician's Assistant licensed to practice in the United States will be accepted



PART IV -- ACKNOWLEDGEMENT OF RISK AND INSURANCE STATEMENT

(To be completed and signed by parent/guardian)

I give permission for _____ (name of child/ward) to participate in any of the following sports that are not crossed out: basketball, cross country, field hockey, golf, lacrosse, sailing, soccer, softball, squash, swimming/diving, tennis, track & field, volleyball, waterman, other (identify sports). _____

I have reviewed the individual eligibility rules and I am aware that with the participation in sports comes the risk of injury to my child/ward. I understand that the degree of danger and the seriousness of the risk varies significantly from one sport to another with contact sports carrying the higher risk. I have had an opportunity to understand the risk inherent in sports through meetings, written handouts, or some other means. He/she is insured by our family policy with: _____

Name of Medical Insurance Company: _____

Policy Number: _____ Name of Policy Holder: _____

I am aware that participating in sports will involve travel with the team. I acknowledge and accept the risks inherent in the sport and with the travel involved and with this knowledge in mind, grant permission for my child/ward to participate in the sport and travel with the team.

By this signature, I hereby consent to allow the physician(s) and other health care provider(s) selected by myself or the school to perform a pre-participation examination on my child and to provide treatment for any injury or condition resulting from participating in athletics/activities for his/her school during the school year covered by this form. I further consent to allow said physician(s) or health care provider(s) to share appropriate information concerning my child that is relevant to participation in athletics and activities with coaches and other school personnel as deemed necessary.

Additionally I give my consent and approval for the above named student's picture and name to be printed in any school or VISA athletic program, publication or video.

PART V - EMERGENCY PERMISSION FORM

(To be completed and signed by parent/guardian)

STUDENT'S NAME _____ GRADE _____ AGE _____ DOB _____

SCHOOL _____ CITY _____

Please list any significant health problems that might be significant to a physician evaluating your child in case of an emergency

Please list any allergies to medications, etc. _____

Is the student currently prescribed an inhaler or Epi-Pen? _____ List the emergency medication: _____

Is student presently taking any other medication? _____ If so, what type? _____

Does student wear contact lenses? _____ Date of last Tdap or Td (tetanus) shot _____

EMERGENCY AUTHORIZATION: In the event I cannot be reached in an emergency, I hereby give permission to physicians selected by the coaches and staff of _____ to hospitalize, secure proper treatment for and to order injection and/or anesthesia and/or surgery for the person named above.

Daytime phone number (where to reach you in emergency) _____

Evening time phone number (where to reach you in emergency) _____

Cell phone _____

☀▶▶ Signature of parent or guardian _____ Date _____

Relationship to student _____

*Emergency Permission Form may be reproduced to travel with respective teams and is acceptable for emergency treatment if needed.

I certify all the above information is correct _____

☀▶▶ Parent/Guardian Signature

The pre-participation physical examination is not a substitute for a thorough annual examination by a student's primary care physician

Appendix C: Athlete Acknowledgement Form



STUDENT ATHLETIC AGREEMENT

Philosophy

Interscholastic athletics supplement and support the academic mission of the school and assist students in their growth and development. We want WCA students to value their health and wellness, and this agreement is a reminder of our expectations towards that goal. Participation in athletics is a privilege, not a right. Dedication, desire, teamwork, effort, goals and commitment and good citizenship are essential personal characteristics, which are necessary for an athlete to participate on any team successfully. The goal of the athletic department is to nurture these traits. To assist the athlete to achieve these goals, the following “Athletic Policies” must be understood and agreed to between the school, student-athlete, and the parents.

A. Academics

A student that has a grade that falls below a 73% will be required to attend “Extra Help” sessions with his/her Learning Facilitators. Students earning less than a 70% in multiple courses will be ineligible for athletic participation and will be required to withdraw from the activity until the average in those classes improves to a 75% or above. The Upper School Principal will determine when a student is eligible to resume athletic participation. An athlete must maintain a full course load, a minimum of six classes which constitute a challenging academic program. Only the first eight semesters will count towards the student’s G.P.A.

B. Attendance

Student-athletes are expected to be in school on time every day. A student is required to be in school by 10:00 AM to participate in practice or a game. If a student is repeatedly late, he or she may be ineligible to participate in sports after school. Students may not participate on the day a student has detention, suspension, is completing a probationary period or has an early dismissal due to illness. Exceptions will be made if the student has an approved medical or educational excuse scheduled before the date of absence. Students with high unexcused absenteeism (more than five days per quarter) will be required to withdraw from the activity until attendance improves.

C. Use or Possession of Alcoholic Beverages or Drugs

Use and/or possession of alcohol or narcotics or illegal controlled substances of any kind, at any time or place (24/7) is strictly prohibited and may result in a suspension from athletic activities and/or removal from the team.

D. Criminal Offenses

Students charged with and/or convicted of criminal offenses involving activities or behavior which in the judgment of the Administration and coaches represent a threat to the health, safety or morale of the student or other students on the team during a season may be suspended and/or removed from the team.

E. Code of Student Conduct

Participation in an athletic event, practice, games, and travel to and from school are considered an extension of the school day, and therefore all behavior is governed by the student code of conduct. Violations of the Student Code of Behavior that occur during athletic events will be disciplined as if they were a classroom action.

F. Reclassification, Also Known as Post Graduate Year

WCA has a strict policy that student reclassification is not permitted for athletic reasons. WCA only reclassifies for medical or academic reasons.

SIGNATURES ARE REQUIRED TO INDICATE YOU HAVE RECEIVED A COPY OF THIS AGREEMENT. THIS AGREEMENT MUST BE RETURNED TO WCA ADMINISTRATION before STUDENT'S PARTICIPATION IN ANY OF THE WCA ATHLETIC PROGRAMS.

Acceptance of Athletic Policy Agreement:

I, (The Athlete) _____ have read and understand the athletic policies, rules, regulations of the Student Athletic Agreement of WCA, and acknowledge that I have read the WCA Athletic Handbook, and agree to abide by their terms. I also understand that this agreement is in effect for the entire school year and applies to the current and subsequent athletic seasons. By signing the agreement, I will be responsible for my actions in and out of the school.

Athlete Signature

Date

Sport(s) that the student will participate

Grade

I, (The Parent) _____ have read and understand the athletic policies of WCA and agree to abide by the standards that are set for both myself and that of my child. By signing this form, I will be responsible for the actions of myself and of my child. I also understand that as an adult I am a role model for other individuals around me at sporting events and agree to conduct myself in a sportsman-like manner at all times at both home and away events. I also understand that it is a privilege to watch my child participate in an athletic event and can be asked to remove myself from an event if I cannot abide by the expectations of WCA regarding good sportsmanship.

Parent Signature

Date

Parent Signature

Date



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