

PUNGO CHRISTIAN ACADEMY ATHLETIC HANDBOOK

SPORTS OFFERED 2024-2025

FALL

Middle School Girls Volleyball
Junior Varsity Girls Volleyball
Varsity Girls Volleyball
Junior Varsity Soccer
Varsity Boys Soccer
Junior Varsity Football
Varsity Football
Junior Varsity Cross Country
Varsity Cross Country
Girls Golf
Varsity Girls Tennis

WINTER

Middle School Girls Basketball
Middle School Boys Basketball
Junior Varsity Girls Basketball
Junior Varsity Boys Basketball
Varsity Girls Basketball
Varsity Boys Basketball
Junior Varsity Hunter Safety Team
Varsity Hunter Safety Team

SPRING

Girls Soccer
Junior Varsity Softball
Middle School Baseball
Junior Varsity Baseball
Varsity Softball
Varsity Baseball
Boys Golf
Boys Tennis

Student Athlete Handbook

Philosophy

A primary goal of the athletic program for Pungo Christian Academy is to provide a variety of student athletic opportunities intended to enhance individual preparation for the future.

The interscholastic athletic program shall be conducted in accordance with existing North Carolina Independent Schools Athletic Association and the Tarheel Independent Conference policies, including the rules and regulations outlined in the Pungo Christian Academy handbook. Students who participate on athletic teams are expected to meet the demands of the academic program as well as the demands of daily practice and game schedules.

At PCA, participating on an athletic team is a privilege that will be afforded to those students in good standing in our community. Students must understand the responsibility, commitment, and dedication required before going out for a team. It is the student's responsibility to make up all missed work in a timely fashion that is satisfactory to the teacher. Practice and game attendance are **mandatory**.

Expectations

To All: Respect our country during the playing or singing of the National Anthem by standing, remaining quiet, and respecting our country and flag.

Coaches:

- Recognize you are representing PCA, and the example you provide will have a tremendous bearing on everyone involved in and out of our athletic program.

- Work to develop good character in each student. This means you are to teach them to work hard, work together, and inspire them to be confident in all they do on and off the playing field.

- Achieve a thorough understanding and acceptance of the rules of the game and seek to wholeheartedly adhere to the values of fair play.

- Treat your players with respect. Help develop in them a healthy attitude towards sports competition, a positive self-image, a loving relationship with Christ and each other, a sense of dignity in all circumstances, and a strong stand against incidents of profanity or intimidation or other un-sportsmanlike behaviors.

- Treat the other team's coaches, players, and fans with respect. Encourage hard play while competing but in no way intimidate or embarrass the opposition.

- All head coaches will be CPR/First Aid certified.

Student-Athletes

- Recognize you are representing PCA and the example you provide will have a tremendous bearing on everyone involved in the sport.
- Maintain good grades. Your academic work is more important than your athletic participation.
- Learn, understand, and adhere to the written rules of the sport. Do not manipulate the rules to gain an unfair advantage over the other team.
- Recognize your gifts and abilities as God given and diligently develop those gifts.
- Practice good health habits by refraining from tobacco, alcohol, drugs, or use of other harmful substances.
- Treat visiting teams, spectators, and officials as honored guests.
- Have fun and enjoy the sport you are playing.
- Commit to practice and game attendance.
- Refrain from all profanity, intimidation, or any other unsportsmanlike behavior.
- Shirts must be worn during practice.
- Locker rooms and dugouts must stay clean and orderly.

Parents-Guardians-Fans

- Be a good witness in the stands. Your character matters when you cheer on our teams. Many people will not remember the score, but they will remember how you act.
- Create and recognize opportunities to teach sportsmanship.
- Remember your child is a student; therefore, be reasonable in organizing the time demands for academics and athletics.
- If there is a disagreement between you and the coach, commit not to speak poorly about the coach in front of your child. Teach your child to respect authority. Do not approach coaches. They are coaching. Give yourself and the coach 24 hours to calm down.
- Build relationships with your child's coaches through open communication.
- Commit to your child's practice and game schedule.

Affiliation

Pungo Christian Academy participates as a member of the Tarheel Independent Conference for all Varsity sports. Conference and Tournament information is available by contacting the athletic office during regular business hours.

Beginning in the 2017-2018 school year the TIC enforced the following policies:

- No individual JV awards will be given
- All conference selections will be chosen by stats only

Academics

The athletes at PCA are students first and foremost. Coaches will work to accommodate student-athletes who need additional after-school academic support.

Students participating in athletics should anticipate the demands on their time and plan accordingly. Athletic participation should never be used to excuse incomplete assignments, missed tests, or tardiness. Additionally, if a student misses a class for an away game, it is his/her responsibility to make up any missed work or tests in a timely manner.

The Director of Athletics receives all in-season student athletes' grades every six-week grading period and every three weeks for student athletes who have a midterm grade of D or below. Student athletes who are failing a course(s) will be warned, but no loss of eligibility will take place at the three weeks. The loss of eligibility will occur at the end of each six-week grading period once grades are posted.

Eligibility

To be eligible a student must pass seven (7) subjects per semester. If taking four (4), he or she must pass 100% of all courses taken to be eligible for the next semester, and that student must maintain a 77 average each six weeks. If grades drop below the 77 average, the player is suspended from play until the three-week progress report. The progress report determines whether the student resumes play or remains on suspension until the end of the six-week grading period. A student may not have below a 70 in more than one subject per six weeks. A student must not receive an Incomplete (I) in two or more classes. "I" grades can be removed upon the completion of the work needed to remove the "I" grade. If the "I" grade is removed with a passing grade, athletic eligibility will be restored on the day that the grade is removed and recorded in the Head of School's Office. Students who have an average of 70 or below in a required class twice will be ineligible for play unless overall average for course is above 70. The student may continue to practice with the team while on suspension. However, practice is not required if parents think the student should concentrate on academics. A suspended player is not required to attend away games; however, for all home games, the player will dress appropriately, and sit with the team. Injured athletes that have required medical attention must have a doctor's note before they will be allowed to return to practice or play.

A player will not be eligible if they are 19 years old by August 1st of that school year. A player is eligible for 8 semesters of participation running consecutively from the time he or she enters the ninth grade. All transfers must at least attend three (3) practices before playing in the first game and meet all eligibility standards. A student transferring from one T.I.C. member school to another will be ineligible to play the

remainder of the current season, unless his or her parents relocate or special permission is granted by the full membership of the conference. Any student who transfers in from an NCISAA member school is ineligible to participate in athletics for 120 calendar days.

Conduct

If a player receives two (2) “N”s on conduct from two (2) different teachers on his/her report card, the player is suspended for the two (2) games. The player will dress and sit with the team for home games but will not travel to away games.

On the court misconduct, technical fouls, and ejections will be handled according to high school rules, coach’s rules, and T.I.C. rules and regulations.

Individual misconduct of a player will be handled by the coach and, if necessary, by the athletic director, Head of School and the Board of Directors. Behavior or misconduct, which will result in an ejection and disciplinary action, is, but not limited to 1) Fighting, which includes but is not limited to, combative acts. 2) Taunting and /or baiting. 3) Profanity directed towards an official, coach or opponent. 4) Obscene gestures, including gesturing in such a manner as to intimidate. 5) Disrespectfully addressing or contacting an official. Students who are ejected from a game will be suspended from two games as written in the NCISAA rule book. Furthermore, PCA students who receive three technical fouls in one season will be ineligible to play until the student has met with the PCA Board of Directors.

Dress Code

Athletic participation will be contingent upon adherence to team grooming/dress policies. Hairstyles are to be maintained according to the policies set forth in the student handbook.

Boys: No blue jeans are to be worn. Slacks or colored jeans with a polo shirt neatly tucked in with a belt. No caps will be worn. No hooded sweatshirts are to be worn. Tennis shoes may be worn as long as they are clean and neat. No earrings will be allowed.

Girls: No blue jeans are to be worn. Slacks may be worn. Skirts no shorter than three (3) inches above the knee may be worn. No mini skirts, no big, baggy flannel shirts or sweatshirts are to be worn. Dress shorts are acceptable as long as they are not more than four (4) inches above the knee. No tight skirts or pants will be tolerated. Dress shoes must be worn.

Playing Time

There are no guarantees regarding playing time. The coach is the sole judge on who should start and how much playing time each player should receive. If there are any questions or concerns, please contact your coach first. All players and parents must sign the “PCA Playing Time Agreement” before the season begins.

Athletic Awards

There is a maximum of 4 awards per middle school, junior varsity and varsity teams given at the annual Athletic Awards Banquet. Athletes must play in 50% of the team's contests to be eligible for an award.

Discipline

Coaches are employees of the school. Therefore, the coaches have the authority to enforce their team guidelines and expectations, as well as school policies and standards of behavior for students set forth by the administration. Disciplinary actions for misconduct will be appropriately applied as necessary. Serious offenses will be brought to the attention of the Athletic Director and PCA administration. **Coaches may establish additional rules and regulations for their respective sports.** Penalties will be imposed consistent with these policies.

Athletic Suspensions

Discipline will play an important role in athletic eligibility. Student athletes are role models for younger students in the school community. Student athletes should understand that extracurricular activities, such as the interscholastic sports program, are a privilege and not a right. Therefore, they should conduct themselves in a well-behaved manner.

Student athletes will be suspended from participating in the team's next scheduled contest for the following reasons:

1. Serving an Out of School Suspension for any reason.
2. Receiving more than three misconduct reports during the team season.
3. Failing to comply with team rules. This decision is at the discretion of the head coach with the approval of the Director of Athletics.

Players are expected to attend all practices. The coach & Athletic Director should be notified 2 weeks in advance to ensure the player is not penalized if the player plans to be absent from practice. The parent or player should notify the coach and Athletic Director by phone or in writing.

Excused absences will be: 1) sickness 2) medical appointment 3) funerals and 4) school activities.

New Practice Rules:

If a player is unexcused from practice five (5) times, it is assumed the player is no longer interested in participating and will be dropped from the team.

Students may have the first (5) practices before committing to a sport for the season. After the 5th practice the student must decide to commit to the full season or he/she may quit with no penalty.

Death in family, injury or illness will be the only legitimate excuse for missing a regularly scheduled game.

If a player is unexcused from one (1) game, it is assumed the player is no longer interested in participating and may be dropped from the team. **If any athlete quits or is dismissed from a team they will not be allowed to participate in the following sport. If an athlete misses a conference contest that has not**

been preapproved by the athletic director that student will not be recognized with an individual award for that season.

On any given day an athlete must attend at least ½ day of school to be eligible to practice or participate in an athletic event that day.

****Practices will be closed. Only coaches and players allowed in practice facility.**

Travel

Team members, regardless of age, must use the mode of transportation provided by the school for away games. Parents are responsible for picking up the students upon returning from away games. If parents attend away games, they will be allowed to transport their child from the site of the away game. Students may drive themselves or their siblings to the designated meeting place for an away game. Students may not transport their teammates. If a player is riding with other adults, written permission must be sent on game day to the athletic director. To maintain the safety of each student, the note must clearly state the name of the adult providing transportation.

It is expected our student-athlete will conduct himself or herself appropriately while on the bus. Any misconduct will result in a penalty including and up to dismissal if warranted. Student athletes will be responsible for any damage to bus property and subsequent cost to repair or replace. Student athletes will be responsible for keeping the activity bus neat and clean. Student athletes will be separated male from female on all bus trips to and from all athletic events.

If a parent takes two or more athletes to a contest, they will be granted one hour toward their family volunteer hours. The parent must provide proof of liability insurance & how much coverage to drive athletes.

Medical and Participation Forms/ Emergency Medical Authorization

All Athletes must complete and sign all necessary NCISAA forms. These should be returned to the athletic director prior to the first practice.

Music

There will be no explicit music or “clean” versions of explicit music played during school events which include:

- Athletic events
- Athletic practices
- Pre or Post Game in the locker room (home and away)

Uniforms

Uniforms are the property of PCA. They will be signed out when picked up and will be examined upon return. Student athletes are responsible for the care of the uniform and should follow the manufacturer's instructions for cleaning after each use. An athlete who loses a uniform is responsible for the replacement cost for that uniform. Uniforms are not to be altered or tailored by the student-athlete. Uniforms should be worn for games only. Student athletes are not allowed to leave games in uniform. Uniforms will be returned at the conclusion of each season. **Uniforms will be returned to the Athletic Director only!**

- Uniforms must be turned in two weeks after the last game of that sport season.
- Individuals who do not turn in his/her uniform on time will face a fee of: \$300.00 Football and \$100.00 for all other sports. This fee will be billed weekly until the uniform is turned in.

Booster Club

The PCA Booster Club is an organization of coaches, parents, supporters and alumni who believe that athletics can radically change the hearts and lives of young people. The Booster Club actively serves to support all athletic teams and helps raise needed financial support for the Athletic Department through membership donations, concessions, and fund-raising events throughout the year. The Booster Club works diligently to raise the funds needed to pay for official's fees, pay coaches, pay NCISAA dues, buy team uniforms, purchase necessary athletic equipment, and assist in the upkeep, improvement and development of PCA's athletic facilities. The Booster Club elects officers and operates alongside the Athletic Director. Parent participation is vital to the success of this organization and to the entire PCA Athletic Department.

Football Program

There will be a one-time fee of \$250.00 for an athlete to play Junior Varsity or Varsity football to cover the cost of equipment.

Dual Sports

A student may elect to play dual sports, however, he or she must have permission granted from the administration. Academics will be considered for permission to be granted. The student must also have a primary sport determined.

Dual Sports Accepted:

Volleyball & Cross Country
Soccer & Cross Country
Football & Cross Country
Volleyball & Girls Golf
Baseball & Boys Golf
Girls Tennis & Cross Country

Dual Sports Not Accepted:

Cross Country & Girls Golf
Soccer & Football
Softball & Girls Soccer
Girls Tennis & Volleyball
Girls Tennis & Girls Golf
Boys Tennis & Baseball
Boys Tennis & Boys Golf

We have read and understand the rules and regulations of the Athletic Handbook as well as the consequences of violating the rules and regulations. Please return to school office by the first day of school.

Student's Signature

Date

Parent's Signature

Date