

Athletic Manual

2022-2023



For Parents, Athletes & Coaches

A NOTE FROM THE ATHLETIC DIRECTOR

Welcome to the 2022-2023 school year!

I am proud to be in my first year as the Athletic Director at New Bern Christian Academy. As Athletic Director, I am fortunate to be a member of the Mustang Community. The Mustang community is complete with High Christian Standards, Excellence, and Dedication that surrounds this great school.

It is a true honor to welcome you to an environment that cultivates a relationship with Jesus Christ through athletics while attending this Christian school that seeks to educate the mind of every young person with excellence while striving to cultivate in their hearts a passion for the Lord Jesus Christ and His work.

New Bern Christian Academy is a proud member of the Mid Atlantic Christian Athletic Association (MACAA) (Formerly NCCSA) and fields boys' and girls' athletic programs through a variety of Varsity and Junior Varsity sports.

I work with a winning team in the athletic department, from the office to the field. We have passionate coaches who care about each individual athlete and have the expertise to coach their respective sports. Each coach will strive to develop a winning culture through relationships with the players and through hard work on the field.

Our coaches and athletic department are always happy to talk with you about our programs and answer any questions you may have. Please don't hesitate to contact myself and or the coaches.

Go Mustangs!

Michael Pugh

Athletic Director

New Bern Christian Academy

PHILOSOPHY

NBCA Athletics provides extracurricular activities in the form of competitive sports and athletic competition. The vision of the NBCA Athletics department is to see the world transformed by Jesus Christ through the influence of coaches and athletes, while encouraging each coach and athlete to grow in their personal relationship with Jesus Christ. We strive to ensure that each interaction with our athletic department demonstrates our steadfast commitment to Jesus Christ and His Word. Our athletes will build character, develop teamwork, and apply principles of godliness to their everyday life. Through planning, organizing, and participating in sports, our coaches and athletes will demonstrate an attitude of excellence. The pursuit of excellence through our athletics will be seen in partnership with others, and Christian service to utilize the platform of sport for the glory of God.

The athletic department is striving to instill into our athletes a **Christian Student Athlete** mentality. The athlete at NBCA is first and foremost a Christian. Therefore, the athlete is expected to conduct his or herself as a Christian on and off the field. Next, the athlete is going to be encouraged to be the best student that he or she can be. The CSA is going to be encouraged to be a leader in the classroom amongst peers. Lastly, the athlete is going to be pushed to be the best athlete that he or she can be for the glory of God and the betterment of the individual.

ATHLETIC PROGRAM

New Bern Christian Academy Athletics competes within the North Carolina Christian School Association and offers the following sports:

Fall:

JV Girls Volleyball (6th - 12th Grade)
Varsity Girls Volleyball (8th - 12th Grade)
Varsity Boys Soccer (9th - 12th Grade)
Cross Country (6th - 12th Grade)

Winter:

JV Girls Basketball (6th - 9th Grade)
JV Boys Basketball (6th - 9th Grade)
Varsity Girls Basketball (8th-12th Grade)
Varsity Boys Basketball (9th-12th Grade)
Cheerleading (6th - 12th Grade)

Spring:

Varsity Girls Soccer (7th-12th Grade)
Varsity Boys Baseball (7th-12th Grade)
Varsity Boys Volleyball (6th- 12th Grade)
Varsity Girls Softball (6th - 12th Grade)
Co- Ed Golf (6th - 12th Grade)

EXPENSES AND FEES

Parents of athletes should expect the following fees and expenses throughout the course of the athletic seasons:

- There will be a fee, depending on the sport (\$50.00-\$100.00) per sport assessed to the school bill of each participating athlete.
- Each sport may require the purchase of equipment and apparel necessary for competition which may include but is not limited to the following: baseball gloves, footwear, team socks, etc.
- Tournaments are sometimes played over the course of multiple days. Such events will require money for a hotel room (usually around \$25-\$30 per night).
- Away games usually require money for food at either the opposing school's concession stand or at a fast-food restaurant following competition.
- Most schools, including ours, require payment upon entering a sporting event. Gate fees are usually no more than \$5 per person or \$10 per family. Athletes are free, but family members are not. Season passes are available in the school office for home games only.

MISCELLANEOUS ELIGIBILITY REQUIREMENTS

NBCA rules and regulations are determined largely through restrictions imposed by the Mid Atlantic Christian Athletic Association (MACAA), which governs interscholastic athletics in the state of North Carolina for Christian schools. Some of the following rules are based on the restrictions for athletic recruitment into colleges. Pertinent eligibility rules include the following:

- A student must not have reached the age of 19 years, 7 months to be eligible for MACAA varsity athletic competition.
- Students may participate in varsity sports for a maximum of four seasons beginning with ninth grade enrollment. Participation involves any athlete who has played over one-half of the sport in season which shall be considered using that season of eligibility.
- Students legally transferred from another MACAA school within a 50-mile radius shall be ineligible for the remainder of the school year unless the parents had a job-related move. Transfer students from non-MACAA schools may not participate in an MACAA game until 14 days after official enrollment.
- An athlete that is banned from another league is ineligible to play for one year in an MACAA competition. After the year's suspension, a letter must be filed for admittance into the MACAA.
- Students must meet all the attendance, academic, and other eligibility requirements established by the state and NBCA.

ACADEMIC ELIGIBILITY REQUIREMENTS

Athletes must maintain a "C" average and cannot be failing more than one class. Students who do not meet the criteria when report cards come out will be placed on probation for a minimum of two weeks.

- During probation, athletes may practice with the team, but they may not participate in a game until probation has been lifted.
- An athlete will have a maximum of three weeks to bring his grade up to regulation status, and the principal will remove the athlete from probation.
- Before tryouts are finalized for any team sport, a list of players should be submitted to the teachers so the coach will know who does not qualify academically.

CONDUCT

- NBCA athletes and team members are expected to always display appropriate conduct and sportsmanship throughout the season, both on and off the field. Specific violations might include, though are not limited to, fighting, theft, use of improper language, and misuse of school facilities and equipment. The conduct of individual athletes reflects on Jesus Christ, the team, the Athletic Department, and NBCA. This certainly can contribute to the image and success of all the above. Exemplary behavior is required for the Christian Student Athlete. Therefore, excellent classroom behavior is expected for the Christian Student Athlete.
- Any time an athlete is not maintaining a Christian testimony on or off the field, he or she may be suspended or dismissed from the team. Detentions given to athletes will be served on Wednesdays when possible; however, an accumulation of detentions may result in an athlete serving on a practice date. An athlete who receives a detention that forces him to miss practice must serve that detention and accept the disciplinary measures consistent with the coach. Possible discipline for infractions could be one or more of the following: decrease in playing time, increase in cardiovascular exercises, missing subsequent games, and not dressing out for games depending on the discretion of the coach.
- If an athlete receives a suspension from school, the student will be suspended from his or her team for the next game or games. Further action will be at the discretion of the administrator and/or athletic director. Any athlete or coach that is ejected from a game will be suspended for the next game.

Athletic Chain of Command

At New Bern Christian Academy, the following chain of command is in effect. If there are any questions or concerns involving some aspect of our athletic program, the athletes should first contact the appropriate coach. If there is no resolution, he or she would then go to the head coach, etc.

- Administrator
- Athletic Director
- Head Coach
- Players

- If the athlete or coach receives a second ejection, he will be suspended for two games. A third ejection will result in dismissal from the team and forfeiture of athletic privileges for the remainder of the school year.

The Player-Coach Relationship:

The player-coach relationship is perhaps the most critical relationship in athletics. Unfortunately, a parent can have a pronounced effect on this very important and delicate relationship. While you may not agree with all decisions of a coach, how and when you express your feelings can have a distinct effect upon your child. If you express a negative opinion in the presence of your child, you need to remember that he or she will return to practice the next day and may carry with him or her your convictions. Your son or daughter will then have to interact with this coach. Receiving technical or strategic instruction at home may interfere and conflict with the instructional process at practice sessions and games. This may ultimately impede your son's or daughter's progress and affect his or her playing time or even winning a starting position.

The Parent-Coach Relationship:

In your role as a parent, you obviously love your child and are concerned about your child's welfare. You want the best for him or her. But an athlete can have only one coach. Allowing the coach to instruct and guide the team is crucial in many respects. Should you have any questions or concerns, do not approach the coach immediately at the conclusion of a contest. At this time, coaches have other responsibilities, and it may be an emotional time. Call and make an appointment for a later time and approach this meeting in a calm and courteous manner.

TRANSPORTATION

- The majority of teams are transported to contests by NBCA buses or vans while others are driven by coaches, parents, or other players.
- Away games will often require athletes to be dismissed from class prior to school dismissal. The time and pickup spot will be made known by the coach of each team or by homeroom teachers. We usually will allow teams to arrive at venues up to an hour prior to competition.
- Parents/guardians must sign a note or give verbal agreement to a coach to have their child ride with anyone besides official school transportation to or from games.

SCHEDULING AND COMPETITION

- Schedules will be posted on the NBCA website at www.newbernchristianacademy.com.
- Our goals in scheduling are to provide our athletes with games against teams who are both competitive and similar in philosophy to NBCA. While these goals are sometimes not obtained, we try to consistently schedule with schools who have consistently met these two standards.

- The majority of NBCA games involve teams within the North Carolina Christian Athletic Association.

ATHLETES' DRESS REQUIREMENTS

- Girls' shirts and shorts must be loose and non-form clinging. Girls must be in modest dress at practice.
- **Athletic clothing should be worn only in the gym building and on the athletic field, not in the main church building.**
- Cleats are not to be worn inside the gymnasium at any time.

EQUIPMENT AND UNIFORMS

- School equipment is the responsibility of the athlete who checks it out. The athlete is expected to keep it clean and in good condition. Equipment and uniforms are to be used only in practice or contests or as directed by the coach, and not worn or used in PE class or at other times. Loss of equipment is the financial obligation of the athlete up to full replacement value. Fees may be charged for late return of equipment/uniforms. No athlete will be allowed to participate in a sport until previously issued equipment/uniforms are returned or proper restitution made.
- In some high school sports athletes may be required to purchase a portion of the game uniform, which will become their property.

A WORD TO PARENTS

You are reading this handbook because your son or daughter wants to participate in sports. We value your family's interest in athletics and believe that athletic participation provides a wealth of opportunities and experiences for students. Parents play an essential role in the overall experience of their student's participation in athletics. Here are some ways that you can support your child and the school and provide key elements that will contribute to your child's success.

- Attend as many games or contests as you can. Your presence is meaningful to your athlete and shows support for the school.
- Be positive and supportive without adding undue pressure or unrealistic expectations. Try to be objective regarding your player's skill level and role on the team. Let your child know that you believe in him or her regardless of performance or outcome.
- Express support for the coach's judgment, character, and actions, whether you fully agree. This will help your child do the same. Remember that all players, no matter how capable, sometimes need correction or redirection by a coach.
- Be flexible. Despite careful planning, schedule changes sometimes need to be made.
- Build up and speak well of other team members.
- Volunteer to help the athletic department with tournaments, admissions, etc.
- If you have a question or concern, express it to the appropriate person (most often the coach) in a constructive way at an appropriate time. See section 16 – Conflict Resolution.

PARENT AND SPECTATOR SPORTSMANSHIP

The role of spectators is very important in athletics. The character and testimony of NBCA and our employees, parents, and students are on display at athletic events, and we aim to exemplify Christlikeness in all aspects of athletics, including spectator participation. **NBCA parents/guardians, students, employees, and spectators are expected to cheer for and support the school's athletes, teams and coaches in a way that is positive, constructive, and gives honor to Christ. The same is expected toward opponents, opposing fans, and officials. The following behavior is not acceptable at an athletic contest which NBCA is hosting or in which NBCA is participating booing, jeering, cursing, mocking, taunting, and negative comments to officials, coaches, athletes, and others.** A game official, the school administrator or a designee, and the Athletic Director have authority to remove a person from an athletic contest for unsportsmanlike behavior. In the event of violation of this policy, the school administration and Athletic Director may deny the person the right to attend future athletic contests and could also restrict or limit the family's participation in NBCA programs.