

EMMANUEL CHRISTIAN ACADEMY

Athletic Department Manual

Student Athlete Edition

569 Maple Hill Avenue
Newington, Connecticut 06111
(860) 666-8387 facsimile (860) 667-3261

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The contents of this document are intended to be a help to students, athletes, and parents as they participate in the Athletic Department of Emmanuel Christian Academy. This document is taken in part from the *Athletic Department Policies and Operations Manual* which governs our sports program. We have reproduced in the following pages the sections of that larger manual which apply to the athletes and fans of ECA Athletics. Individual adjustments and/ or exceptions to the policies of this manual can be made by the Academy Administrator.

Following the pages of the Athletic Department policies is an *Appendix*, consisting of a detailed schedule of the coming season and directions to each of the games listed on that schedule.

The purpose of the ECA Athletic Department

The purpose of the Emmanuel Christian Academy Athletic Department is to glorify the Lord through the training of our students in teamwork, self-control, and physical exercise. Although winning games is not the primary purpose of the Athletic Department, it is important that everything be done heartily for the glory of the Lord (Colossians 3:23, I Corinthians 10:31), and also to enhance the testimony of the Academy before others. It is imperative that nothing be done to diminish the Lord's value before others, either before those of like faith or those of the general public.

Responsibilities of the Athlete

The athlete is perhaps the most important part of the ECA Athletic Program, but is in no way the central figure of the Program. It is important that the athlete keep in mind that Christ is to be the preeminent figure in all that takes place at Emmanuel Christian Academy. In keeping with that goal, the following procedures are to be followed:

- Nothing is to be done that would in any way diminish the testimony of the Lord Jesus Christ and Emmanuel Christian Academy as an extension of Emmanuel Baptist Church.
- It is the responsibility of the athlete to be sure that the Academy office has on file a copy of the Extra-Curricular Form and the Parent's Pledge of Support form. It is imperative that every athlete have these forms on file before participating in the ECA Athletic Program.
- The athlete, once selected by the coaches for an athletic team, must be present at all practices and games of that team. Although extenuating circumstances can be excused well in advance by the coach, **no player is to miss a practice or a game because of family vacation, work, or other activities.**
- The athlete is responsible to be on time to practices and games. Team members who are not on time may be left at the coach's discretion.
- The athlete is to abide by the specific policies delineated in this manual. These procedures should be followed with a Christ-honoring attitude.

- The athlete is responsible to fill out any forms (Student Athlete form, Extracurricular form, Medical Release forms, etc.) and return them to the Academy office prior to the first practice of the season.
- The athlete is responsible to be respectful to coaches, fellow athletes, fans, and referees/ officials at all times.
- The athlete is responsible to be present and on time for school the day following a ball game. Beginning with the second time a student-athlete is absent from or tardy to school the day following a game, all absences or tardies will be treated as unexcused unless accompanied by a doctor's note. Extenuating circumstances will be handled on a case by case basis by the administrator.

Responsibilities of the Spectator

Parents, other relatives, and friends are an important part of the overall testimony of Emmanuel Christian Academy, and it is imperative that fans act accordingly at games. Please cheer tastefully and positively at games. Do not "boo" or make negative comments to or about referees or other teams, even if they try to provoke you. Be Christ-like in victory or defeat. Above all, please bear in mind that the reputation of ECA and of the Lord Jesus Christ are affected by your words and actions.

Transportation Policies

- The coach is to be sure that all team members ride in the vehicles to which they are assigned. In addition, it is imperative that the coaches ride in the same vehicles as the members of their team.
- Coaches are responsible for the cleanliness of all church vehicles. Eating and drinking in the vehicle is solely at the coach's discretion.
- Students of opposite genders should ride in separate vehicles at all times. If a male is to be the driver of a vehicle of girls, it is imperative that an adult lady ride in the vehicle for testimony's sake. The exception to this policy is in the instance of school bus use.
- Students who plan to drive their own vehicles to practices and games must have a letter on file from the student's parents in the Academy office to that effect.
- Students may not ride in a vehicle driven by another student to or from games. Immediate family members (brothers or sisters) are exempted from this policy.
- **Students must wear seatbelts at all times** when riding in vehicles to and from activities officially sponsored by Emmanuel Christian Academy. This includes, but is not limited to, riding in church-owned or personal vehicles to and from practices and games.

Eligibility Policies

While the Athletic program is an important part of the educational process at ECA, it is a relatively insignificant part in comparison to the academic and character training facets of the Academy. Therefore, all members of any team at Emmanuel Christian Academy must meet the eligibility requirements of the Academy in regards to grades and demerits.

- In order to be eligible to be a member of a sports team at Emmanuel Christian Academy, a student must maintain a C average with no failing grades. Athletics are not influenced by the semester grades, which are an average of the two quarters. Athletics are influenced only by quarter grades.
 - Grades are checked at the midpoint of each nine-week grading period.
 - ✓ A student who receives a failing grade is ineligible for practice or games for one week. After one week, if the failing grade has improved to a “D,” the student will regain his eligibility. Any student who still has not raised his grade to an acceptable level at this point will remain ineligible until the failing grade is passing.
 - ✓ A student who receives three grades of “D” or lower is ineligible for practice or games for one week. After one week, if one or more of the “D” grades has improved to a “C,” the student will regain his eligibility. Any student who still has not raised one or more of the “D’s” to a “C” at this point will remain ineligible until his grades have reached an acceptable level.
 - A student who receives a failing grade on a report card is ineligible for a minimum of three weeks. The ineligibility period begins the day that report cards are issued. After three weeks, if the subject the student was failing has improved to a “D” average or higher, the student will be reinstated.
 - A student who receives a report card with three D grades is ineligible for a minimum of three weeks. The ineligibility period begins the day that report cards are issued. After three weeks, if the student has maintained a “D” average in a maximum of two classes, the student will be reinstated.
- Any student who receives an accumulation of twenty-five (25) demerits in a single semester is not eligible to be a member of the current sports team at Emmanuel Christian Academy for the remainder of that season. (For instance, a student who receives 25 demerits in the soccer or volleyball season is no longer eligible to play on the soccer or volleyball team. A person who ends the second semester with 25 or more demerits is not eligible to try out for soccer or volleyball the following semester.)

Transfer Students

Students transferring to Emmanuel Christian Academy during the school year may be admitted to a team after tryouts have been conducted, provided that there is a jersey/ uniform still available and that no team members are displaced from their current membership on the team. All transfer students will be required to meet eligibility and conduct requirements.

Athletic Department Dress Requirements

Emmanuel Christian Academy has established a dress code based on the Biblical principles of modesty and testimony. While the dress code listed in the Emmanuel Christian Academy Parent and Student Handbook is the guiding code for all facets of the school, the following is an addendum to that code for the purposes of the Athletic Department. If there is a specific area not listed in the following section of this manual, the Parent and Student Handbook is to be followed without exception.

Practice Dress Code

- Team members must be in proper school attire prior to practice, but may leave in practice attire after team practice; however, men should wear wind pants over their shorts. All clothing worn in leaving the facilities after practice must meet the requirements of the school and sports dress code.
- If a team member will be remaining at the school for some other function, he/ she should change back into school attire.
- Once a team member changes from school attire into practice attire, the team member must head immediately to the practice facility. There are no circumstances under which a team member may loiter in the school building in practice attire.
- Only plain T-shirts or T-shirts from the ministries of Emmanuel Baptist Church are acceptable for practice attire. A small manufacturer's logo or symbol on the chest or sleeve of the T-shirt is acceptable, but no further writing or pictures are allowed. This includes college logos.
- Ladies may wear loose fitting athletic attire that, when standing, reaches the middle of the knee.
- Proper shoes must be worn in the gymnasium at all times.
- Soccer cleats and/or muddy shoes should never be worn in the building.

Game Dress Code

Managers and ball boys must be in school attire for all athletic activities unless approved by the administration.

- Soccer and Volleyball
 - Men must wear appropriate shirts (ties are left to the coach's discretion) on game days.
 - When leaving the school to go directly to a game, soccer players must change into current team uniforms prior to leaving the Academy building for both home and away games. Black wind pants should be worn over soccer shorts. An appropriate team sweatshirt or long-sleeved shirt that follows ECA T-shirt policy is also acceptable.
 - When returning from games, soccer players must leave the game site in their complete uniform with black wind pants. An appropriate team sweatshirt or long-sleeved shirt that follows ECA T-shirt policy is also acceptable.
 - **Ladies should wear the black "YOLO" dazzle shorts with their uniform tops.**
 - When leaving the school to go directly to a game, volleyball players must change into current team uniforms prior to leaving the Academy building for both home and away games.
- Basketball
 - Game day school attire should be worn to the site of the game, regardless of time or location. This includes Saturday or vacation games. Exceptions to this may be made by the coaches to

accommodate the facilities of a destination (i.e., if a destination gym does not have changing facilities).

- After the game, men may wear black wind pants; ladies may continue to wear their basketball uniforms after the game. An appropriate sweatshirt or long-sleeved shirt that follows ECA T-shirt policy is also acceptable.
 - **Ladies should wear the black “YOLO” dazzle shorts with their uniform tops.**
 - Ladies who are spectators after their game is finished should be careful to sit modestly in the stands.
- Cheerleading
 - Cheerleaders may wear their uniforms to school on game days. Please be careful to sit modestly in class and in the stands. Nylons should be worn to school with socks; they may be removed before departure for the games
 - All accessories (necklaces, bracelets, earrings, etc.) must be approved by the cheerleading coach.

Overnight Travel

Policies

When a team is given the privilege to travel to a tournament where an overnight stay is required, it is imperative that the testimony of the Lord and of Emmanuel Christian Academy be held in the highest regard. The administration of Emmanuel Christian Academy relies heavily on the coach to see that the following policies are adhered to without exception:

- All students must stay in the room that has been designated by the coach/administration.
 - Students may stay with their parents if they have received prior permission from the administrator. This permission must be secured before room reservations are made to avoid extra expenditure by the Academy Athletic department.
- Students should not leave the hotel unless they are accompanied by a coach. Since the coach is responsible for the safety of the student while on the trip, the student should not leave the hotel with his/her parents without the coach’s permission.
- Realizing that the testimony of the Lord and of Emmanuel Christian Academy is at stake, all students are reminded of the following:
 - Running in the halls, horseplay, and loud and inappropriate behavior in general will not be tolerated. Any student who participates in these activities will forfeit his/ her right to travel with the team in the future.

- No student, whether in a mixed group or on the same team, may be in the lobby or breakfast area of the hotel unless accompanied by at least one coach.
- When outside of the hotel room (including the lobby, at the snack machines, etc.) all students must be dressed in school attire.
- Students may not leave the hotel room after the curfew that is set by their coach.
- Mixed groups of students should not be in the same room together at any time.
- When using the hotel pool, the following policies are to be followed:
 - Students may not use the hotel pool unless chaperoned by a coach.
 - Men and women will have separate swim times.
 - When using the pool, students should go directly to and from the pool, and should not loiter in the halls or the lobby.
 - Men should wear an acceptable t-shirt to and from the pool.
 - Women should wear loose-fitting, knee-length athletic attire and an acceptable dark t-shirt to and from the pool.

EMMANUEL CHRISTIAN ACADEMY ATHLETIC DEPARTMENT

Appendix

Schedules and Directions

The Master's School

**Westledge Road, Route 309
West Simsbury, CT
860-651-9361**

From the North:

Rte. I-91S
Rte. 178W
Rte. 185W
Rte. 10N
Left onto Stratton Brook Rd.
Left onto Rte 309W

From the South:

Rte I-84 West
Rte. I-291W
Rte. 218W
Rte. 185W
Rte. 10N to 2nd light
Left onto Stratton Brook Rd
Left onto Rte. 309W

From the South:

Rte 10N to 2nd light
Left onto Stratton Brook Rd.
Left onto Rte. 309W

From the West:

Rte. 44 or 202E
Rte. 167N
Left onto Stratton Brook Rd.
Left onto Rte. 309W

Heritage Baptist

**Parks & Recs Gym
6 Fairfield Blvd.
Wallingford, CT**

From 91S:

Take Exit 15 (Route 68) –Turn Right off the exit ramp. At the fourth light (by Fire Station) turn right. Take the first right (Fairfield Blvd.) –The gym is the second building on the left.

From 91N:

Take Exit 15 (Route 68) –Turn left off the exit ramp. At the fourth light (Barnes Road-by Fire Station), turn right. Take first right (Fairfield Blvd.)- the gym is the second building on the left.

Hartford Christian Academy

Soccer and Volleyball games played at ASD:

- Turn left onto Maple Hill Avenue and continue until the end.
 - Turn left onto Route 175. Continue on until the stop light right before the bridge and sign for CCSU.
 - Take a right onto Fenn Road. Continue on Fenn Road for close to ten miles. You will pass Stop and Shop, go through West Hartford Center, and ASD will be on your left.
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Living Word

Peterson Field, West Haven, CT

Rte. 9 South

Merge onto I-91 S via EXIT 20S toward NEW HAVEN/N.Y. CITY.

Merge onto GOVERNOR JOHN DAVIS LODGE TURNPIKE/I-95 S via the exit on the
LEFT toward N.Y. CITY.

Take the CT-162/SAW MILL RD exit- EXIT 42

Turn Left onto CT-162/SAWMILL RD.

3rd light turn left (Field is on your left);

Twin City

**194 Electric Ave.
Lunenburg, MA
978-582-4902**

-Take 84 East to 90 East (Mass. Turnpike)

-Take 90 East to 290 East through Worcester

-Take 290 East to 190 North

-Take 190 North to 2 West to 13 North (Exit 32)

-Turn right onto 13 N and school will be on the left (about 5 miles)

** If you get to the Wal-Mart intersection you have gone too far.

Baptist Village Academy

**50 Parker Street
East Longmeadow, MA
413-525-1153**

-Take Route 91N to Exit 48 (Route 220)

-Take a right off the exit ramp and follow Route 220 to the MA state line
(about 5-6 miles, you will pass by state prisons)

-Take the first right after the state line (Pease Road). Take Pease Road
about 2 miles until it ends (you will go through one stop sign)

-At the end of Pease Road, take a right onto Somers Road (Route 83)

-Take the next (quick) left onto Meadowbrook Road

-Take a left onto Parker Street (1/2 mile)

-About ½ mile on the left is First Baptist Church/Baptist Village Acad.

American School for the Deaf

570-2300

- Turn left onto Maple Hill Avenue and continue until the end.
 - Turn left onto Route 175. Continue on until the stop light right before the bridge and sign for CCSU.
 - Take a right onto Fenn Road. Continue on Fenn Road for close to ten miles. You will pass Stop and Shop, go through West Hartford Center, and ASD will be on your left.
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Central Christian Academy

**1501 West Street
Southington, CT 06489
1-860-621-6702**

Central Soccer Field – Rec Park

From I-84W, take Exit 29 (left exit) to the end. Turn left at light. Turn right onto Mulberry St. Follow Mulberry St. past the Aqua Turf Club to the end. Turn right onto South End Road and at the first light, turn right into Recreation Park. Go all the way to the end of this road. The games will be held on the lower field

Christian Heritage

**Indian Ledge Park
Trumbull, CT 06611
(203)-261-6230**

- Take the Merritt Parkway South to Exit 48
 - Take a right off the ramp, Continue on Main St. (approx. 2.5 miles
 - Bear Right – pass Luigi's.
 - At stop sign, take right onto Whitney Ave. Follow to sign indication Indian Ledge Park on right
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