

**2020-2021
Caldwell Academy**

Athletic Handbook



Table of Contents

Athletic Program Profile	3
Caldwell Academy Athletics	4
	<i>Purpose</i>
	<i>Philosophy</i>
	<i>Mission Statement</i>
Athletic Participation Guidelines	5-7
	<i>Participation Prerequisites</i>
	<i>Team Roster Size</i>
	<i>Tryouts</i>
	<i>Athletics on Wednesday & Sunday</i>
	<i>Missed Time for Athletics</i>
	<i>Practice on Workdays & Student Breaks</i>
	<i>Multisport and Dual Sport Participation</i>
	<i>Overlapping Seasons</i>
Student-Athlete Academic & Discipline Issues	7-8
	<i>Academic Requirements</i>
	<i>Detentions/Suspensions/Ejections</i>
	<i>Missed Practices and Games</i>
	<i>Substance Abuse</i>
	<i>Hazing</i>
Student-Athletes & Parents	8-11
	<i>Student-Athlete Conduct</i>
	<i>Sportsmanship</i>
	<i>Lettering</i>
	<i>Parents</i>
	<i>Presence at Games, Practices, Tryouts</i>
	<i>Perspective</i>
	<i>Parent Coach Relationship</i>
General Information	11-14
	<i>Severe/Inclement Weather</i>
	<i>Transportation</i>
	<i>Fundraising</i>
	<i>Music</i>
	<i>Facility Usage</i>
	<i>Weight Room</i>
	<i>Team Pictures</i>
	<i>End of Season Celebrations</i>
	<i>Banners</i>
	<i>Eagle of the Year</i>
	<i>Senior Night</i>
	<i>Jersey Recognition</i>
	<i>Hall of Fame</i>

Athletic Program Profile

Mascot: Eagle

Colors: Royal Blue, Gold

Affiliations:

State – North Carolina Independent Schools Athletic Association (NCISAA) – 2A Classification

Conferences– Piedmont Triad Athletic Conference (PTAC) – varsity only

Conference Members: Caldwell Academy, Calvary Day, Forsyth Country Day, Greensboro Day, High Point Christian, Salem Academy (Girls Only), and Westchester Country Day.

Piedmont Triad Middle School Athletic Conference – (PTMAC) – middle school only

Conference Members: Caldwell Academy, Calvary Day, Forsyth Country Day, Greensboro Day, High Point Christian, and Westchester Country Day.

Sports Offered:

Varsity – Baseball, Boys & Girls Basketball, Cheerleading, Boys & Girls Cross Country, Boys Golf, Boys & Girls Soccer, Boys & Girls Swimming, Boys & Girls Tennis, Boys & Girls Track, Girls Volleyball

JV – Baseball, Boys Basketball, Girls Volleyball

Dialectic – Baseball, Boys Basketball, Girls Basketball, Boys & Girls Cross Country, Golf, Boys Lacrosse, Boys & Girls Soccer, Girls Tennis, Girls Volleyball

State Champions

Girls Track and Field – 2009

Boys Swimming – 2011

Girls Swimming – 2011, 2013

Girls Soccer – 2011

Girls Volleyball - 2015

State Runners-Up

Girls Track and Field – 2010, 2011

Boys Soccer – 2008, 2010, 2013

Boys Baseball – 2012, 2018

Girls Cross Country – 2007, 2014

Girls Soccer – 2012, 2013, 2015

Girls Swimming -2012, 2014, 2015

Girls Volleyball – 2014, 2016, 2018

Boys Swimming -- 2020

College Athletics Signings since 2010 -- 40

Caldwell Athletics

Purpose

The Caldwell Academy Athletic Department exists to help fulfill the mission of the school through participation in athletics.

Caldwell Academy Mission Statement:

The mission of Caldwell Academy is to assist parents from a biblical perspective in the instruction of their child by providing a classical and Christian education.

Philosophy

Caldwell athletics seeks to supplement the school's academic program by providing students an opportunity to develop and use their God-given abilities. We believe athletics allows ways to enhance the community building efforts of our school by providing parents and students an opportunity to demonstrate school spirit. Athletics also provides an avenue to reach out to the surrounding community through our Christ-like attitudes, exemplary actions and athletic accomplishments.

We believe that athletics provides students with opportunities to grow in their relationship with the Lord. In focusing on character building and commitment, we seek to provide a positive experience that will have lifelong implications. We seek everyday to grow our student-athletes spiritually, physically, mentally and emotionally.

We mandate that all our athletes, fans and coaches demonstrate Christ-like behavior and character. Our expectation is our fans and athletes will, through their words and actions, create a positive and encouraging environment in which to compete.

Caldwell Academy follows all NCISAA guidelines, which explicitly forbids the recruitment of students for athletics and distribution of financial aid to students in exchange for athletic participation.

Athletic Department Mission Statement

The Caldwell Academy Athletic Department is committed to developing Christ-like character among our student-athletes and to encouraging them to develop their God-given athletic abilities to their highest potential. Our program will emphasize Christian character and behavior, athletic achievement, leadership development, and respect for teammates and opponents.

Goals

Based on our philosophy, our athletic department and team goals are:

- **Excellence** – programs focused on discipleship, which honor God and are well managed and well executed.
- **Success** – reaching maximum potential both individually and as a team.

Athletic Participation Guidelines

Participation Prerequisites

In order to try out for an athletic team a student must have a current sports physical on file with the Athletic Department. (Sports physicals are considered current for 13 months from the date of the exam on the form.) In order to participate on a Caldwell Academy team, students must have Concussion Awareness form filled out and returned to the Athletic Department.

Team Roster Size

Team roster size is set each year by the head coach in conjunction with the Athletic Director. This is based on numerous factors including skill level of group trying out, ability to run efficient/effective practices, and number of uniforms.

Tryouts

Each Caldwell team will hold a 2-3 day tryout process. Students must have a current sports physical on file with the athletic department in order to try out. At the end of the tryout process each student will be informed personally/individually of the decision. Coaches' decisions are final. Students should plan on attending all days of the tryout.

All students in grades 7-12, per NCISAA rules, are considered potential varsity athletes. Seventh and eighth grade students may be asked to "play up" on a varsity team. This must first be approved by the Athletic Director and with the consent of the parent.

Athletics on Wednesday and Sunday

All athletic events including practices and games are to be completed by 5:30 p.m. on Wednesday unless special permission is given by the Head of School. All Sunday activities including practices, games, and gatherings are prohibited.

Missed Time for Athletics

Participation on an athletic team at Caldwell Academy will require a student to miss classroom time. Teachers are made aware of early dismissal times by the Athletic Director. It is up to each individual student to coordinate missed assignments, quizzes, and tests with their teachers.

Practice on Teacher Workdays and Student Breaks

Depending on the team, student-athletes may be required to participate in athletic practices or events on teacher workdays or student breaks. This will be limited and approved through the Athletic Director. Parents and students will be informed of this as early as possible.

Participation and School Attendance

A student, who is absent from school more than one-half day, may not participate in extracurricular activities that day, either in practice or games unless their principal gives permission to do so. To be eligible to participate, a student must check-in no later than 11:30 a.m. Also, a student may not check out before 11:30 a.m. and still be eligible.

Multiple Sports and Dual Participation

Caldwell Academy and its coaching staff promotes participation of students in multiple sports. Any student playing in organizations outside of Caldwell such as club soccer, AAU basketball, or Junior Olympic volleyball should communicate this with their coach immediately. The coach and family will need to work out the schedule for the season to ensure that participation in both activities is possible.

In addition, Caldwell Academy allows students to participate in two competitive sports at Caldwell in the same season.

The following conditions apply to single season dual sport activity:

1. The dual sports must consist of one team sport and one individual sport or two individual sports. Students will not be allowed to compete in two team sports within the same season.
2. A student wishing to dual sport must communicate their intent to the coaches of the sport and the Athletic Director prior to the beginning of tryouts. The Athletic Director and Principal must give approval for dual activity participation.
3. The team sport takes priority over the individual sport. In the case of two individual sports a student must declare in writing which is the primary sport. Participation in the primary sport takes priority over the secondary sport in the event of practice and game/match conflicts. Exceptions will only be made in order to qualify in the minimum number of dates for competition in PTAC and NCISAA championships, or at the discretion of the primary sport coach.

Overlapping Seasons

Sometimes overlap between fall/winter and winter/spring seasons may occur. The sport already in season takes precedence over the new sport that is just beginning. Athletes will be allowed a full tryout with the new team period once they complete the current obligations. Coaches may not require or pressure tryout or practice until the current season ends.

In cases where a student is currently on a team but wishes to attend an offseason workout for another team the following should occur: 1) permission given by the parent 2) communication with the in-season coach about the limitations of participation. In-season sports take priority.

Student-Athlete Academic & Discipline Issues

A student may be suspended or removed from an athletic team at any time by the Head of School, Principal, or Athletic Director for behavior deemed unacceptable by the Caldwell administration.

Academic Requirements

Caldwell Academy athletes strive for success in the classroom as well as on the playing field. Participation on an athletic team does not lessen a student's academic responsibility. Students must learn to budget their time, plan ahead, and fulfill responsibilities to their team as well as academic responsibilities.

In order to remain in good academic standing, Dialectic and Rhetoric students are required to maintain a quarterly grade point average of 2.0 or higher and must successfully pass all subject areas. Exceptions may be made for students who have a grade point average of less than 2.0 but who have not failed any courses during the quarter.

If, at the end of the next quarter, the student's quarterly G.P.A. has not risen to at least a 2.0, and if that student has not passed all subject areas, the Principal and Head of School will reevaluate the student's placement at Caldwell. The student, if allowed to continue at Caldwell for the current athletic year, will remain on academic probation for the ensuing quarter.

Athletics: If a student is placed on academic probation he/she may continue to participate on athletic teams with the following restrictions.

- The student may practice with the team but will not participate in games;
- The student may not dress out for home games but may sit on the team bench;
- The student may not travel with the team to away games;
- The student must schedule at least one tutoring session each week.

After a period of four weeks the student's grades will be reevaluated. If the student is passing all subjects, and if the student has a cumulative G.P.A. of 2.0 or greater, the student will be allowed to participate fully on the athletic team with no restrictions. If the student is failing any classes, or has a cumulative G.P.A. below 2.0, the student will be removed from the team.

Detention/Suspensions/Ejections

Detentions – Any student-athlete receiving detention must serve their punishment on the day designated by administration. Detentions may not be rescheduled in order to allow for participation. Students who receive detention may be allowed to participate that day in practice or games at the Athletic Director's discretion. A student issued detention may miss transportation to away games. It is the students' obligation, in that case, to secure transportation to the contest.

Suspensions – Any student suspended from school will not be allowed to participate in practices, games or events associated with the team during the duration of the suspension.

Ejections – Any ejection from an event by an official will result in a minimum of a one-two game suspension from athletic events. This includes coaches, students and parents. Caldwell Academy parents may not approach an official to discuss any issues before, during or after a match.

Missed Practices and Games

Each Caldwell coach is responsible for setting up discipline policies regarding missed practices and games. This should be communicated to parents and students at the preseason team meeting. It should be understood that students are making a commitment and failure to follow through can result in suspensions or dismissal from the team.

Substance Abuse

Caldwell Academy strongly opposes the use, possession, or distribution of tobacco, alcohol or drugs (including non-prescribed steroids) in any form, on campus or off. A student in violation of this stance is subject to disciplinary action deemed appropriate by the administration and coaching staff. A student in violation may be subject to the following: multi-day suspension, removal from the team, or expulsion from the school.

Social Media

Each Caldwell Academy student-athlete is charged with representing the school and athletic program in a positive way. All student athletes take note of potential issues associated with the use and/or misuse of social media outlets. Any behavior deemed inappropriate from students or parents on social media may result in removal of a student-athlete from a team, suspension from school, or expulsion.

Hazing

Hazing is the act of subjecting someone to an indignity, fright, abuse or threat and is not tolerated. Anyone who engages in the act of hazing will be subject to disciplinary action.

Student-Athletes & Parents

Student-Athlete Conduct

Being a student-athlete at Caldwell Academy is a choice and therefore a privilege. It is the expectation that student-athletes at Caldwell conduct themselves in a manner that brings honor to God, Caldwell, their team, and their sport. Student-athletes are a representation of the school no matter where he/she is and should conduct themselves accordingly.

Sportsmanship

As stated in the athletic philosophy, we mandate that all our athletes, fans and coaches demonstrate Christ-like behavior and character. Our expectation is our fans and athletes will, through their words and actions, create a positive and encouraging environment in which to compete.

We expect our fans to cheer for our team, but not against the opposition. Our teams will be humble in victory and gracious in defeat. Officials will be treated with respect and we will accept all decisions that are made. Officials will never be blamed for “losing” a contest.

At home contests we are the hosts to the visiting team, their team and spectators. They are our guests and should be treated as such. At away contests we will treat the home school’s staff and facilities with care and respect.

Any member of the Caldwell community, whether a participant or spectator at an event, who uses profanity or behaves inappropriately, will be dismissed from the event and subject to disciplinary action by the school.

Lettering

The following is the criteria for all high school varsity athletes to earn a letter. All athletes that meet the criteria can request (from the athletic office) to receive the physical mementoes if desired: a “C” for the first season in any sport, and an individual sport “Pin” for that season and each additional season in which they meet the requirements. At the end of each season, the coaches will notify the Athletic Director which athletes have earned letters.

Criteria for lettering:

Varsity Soccer	Play in at least 40% of the total minutes
Varsity Volleyball	Play in at least 40% of the total games (not matches)
Varsity Cross Country	Finish in team’s top-7 in 40% of total meets or achieve qualifying time
Varsity Tennis	Play in 40% of the total matches
Varsity Basketball	Play in at least 40% of the total quarters
Varsity Swimming	Place in at least 30% of total meets
Varsity Cheerleading	Each will earn a letter at the completion of the season

Varsity Baseball/Softball	Play in at least 40% of the total innings
Varsity Track & Field	Place in at least 30% of the total meets
Varsity Golf	Participate in 40% of the total matches

Exceptions to the letter policy:

- A senior in good standing with the team who has not received a letter in that sport may be granted one
- A student who is injured while participating in their sport and cannot compete in a sufficient number of games to earn a letter may be granted a letter if the coach deems it appropriate

Parents

The relationship between coach, player and parent is crucial to providing a positive experience for the student-athlete. Parents, without a doubt, serve as the most influential models for young athletes. Parental conduct and also the emphasis placed on athletics by the family have a major impact on a young person's athletic experience. Parents are also vital in helping the athletic program as volunteers in areas such as: concessions, team parents, travel coordinating and statisticians.

Presence at Games, Practice or Tryouts

The Athletic Department encourages the presence of parents at all athletic events. It is important to understand and respect the boundaries of the coach. Team-bench, dugout and sideline areas are off limits to parents. The coach needs to instruct without distraction from the stands.

Practices and tryouts are open to parents as well. Parents attending a practice or tryout session should refrain from interacting with the players until the practice is over. At any time in the season a coach may close tryout or practice sessions if they feel it is necessary.

Perspective

Students participate in sports for a variety of reasons including: to have fun, make new friends, be a part of a team, and to compete. While winning is one of our goals, it cannot be our top priority. It is the process of competing that counts. That idea should be supported by both parents and coaches. An over-emphasis on winning puts the value of sports out of context.

Parent-Coach Relationship

Both parenting and coaching are difficult vocations. By establishing boundaries and an understanding between coaches and parents, both are better able to accept the actions of the other. This understanding allows for a more positive experience for everyone.

Communication parents should expect from their child's coach:

- 1) Coach's Philosophy
- 2) Expectations the coach has of his/her players
- 3) Team information such as practice schedules and travel arrangements
- 4) Team requirements such as rules and special equipment needed

Communication coaches expect from parents:

- 1) At the appropriate time and place, parent concerns about their child are expressed to the coach
- 2) Specific concerns in regards to the coach's philosophy and/or expectations
- 3) Scheduling issues with regards to practices and games

Appropriate concerns to discuss with a coach:

- 1) Treatment of your child, both mentally and physically
- 2) How your child can improve
- 3) Concerns about your child's behavior

Issues not appropriate for discussion with your child's coach:

- 1) Playing time
- 2) Team strategy
- 3) Other student-athletes

If a parent has a concern to discuss with the coach, the following procedure should be followed:

- 1) Set up a meeting with the coach.
- 2) If the coach cannot be reached, call the Athletic Director and ask for a meeting with the coach.
- 3) Do not confront the coach before, during or after a practice or contest. Emotions after practices and games can often escalate issues between parents and coaches.
- 4) If the meeting with the coach does not resolve the issue, call the Athletic Director to set up a meeting with the Athletic Director, coach and parent.

General Information

Severe/Inclement Weather

Final decisions with regards to afternoon athletic activities are typically made by 2 p.m. Changes will be communicated through email, text (if available), and school announcements.

Teams will not play games on days where school has been canceled due to weather issues. Teams may be allowed to practice on those days at the discretion of the Athletic Director and Head of School. Practices on days when school has been canceled will be optional.

Transportation

Bus Transportation: Caldwell Academy will strive to provide transportation to as many away games as possible for both the Dialectic and Rhetoric athletic teams. For games in which bus transportation is provided by Caldwell Academy, all student-athletes are expected to ride the bus to and from the site of athletic competition. Students may be excused from the bus if a parent note is given to both the Athletic Director and coach at least one day prior to the event or in the case of an emergency.

Caldwell Academy will use buses as the preferred method of transportation. This form of transportation is important for team unity concepts, while also giving coaches better control over the accountability and safety of each athlete.

Bus Rules

- All players are to ride the bus to and from away games unless a note is provided to the Athletic Director and coach at least one day prior to the event
- All student-athletes need to respect the needs of the bus driver for safety purposes. This includes keeping the volume of talking low and staying seated while the bus is moving
- Student-athletes will be separated by teams on the bus. Male and female student athletes are not permitted to sit together
- Dialectic students on Dialectic teams will not be allowed to use their cell phone on Caldwell Academy athletic bus trips. This policy will not be in effect for Dialectic students participating on varsity or JV teams. This policy will also not be in place for parent carpool transportation to dialectic games and practices off campus, but specifically for bus trips to athletic competitions.
- When exiting the bus at the site of athletic competition all student-athletes should be dressed appropriately and ready for game competition.
- Do not leave trash on the bus
- ***Only players, managers and coaches are allowed to ride the bus to an event***
- ***Any student not on the bus at the designated time may be left on campus at the discretion of the coach***

If Caldwell Academy is not able to provide transportation for games or practices, parents are responsible for organizing or providing transportation for those events.

Once the school year begins all student-drivers should park and remain parked in their assigned parking spots.

Fundraising

Each Caldwell team is allowed to have one team fundraiser. This must be approved by both the Athletic Director and Director of Advancement.

Music

All music played for athletic contests must be preapproved by the Athletic Director. This includes digital/streaming music and CD's. Caldwell Academy will not play music provided by other teams for the purposes of halftime entertainment.

Facility Usage

All use of Caldwell Academy athletic facilities must be coordinated through the Athletic Director in conjunction with the Facilities Director. Caldwell Academy does not rent out athletic facilities for outside usage for athletic teams.

Weight Room

Caldwell Academy encourages the use of the school's weight room facility by teams and student-athletes. However, no student-athlete will be allowed to use the weight room without supervision of a trained staff person. Weight room hours will be posted at the beginning of each school year.

Team Pictures

Each sports season will have a team picture day. This is typically planned on a Wednesday when there are no athletic contests. Parents will have the option of purchasing a team picture.

End of Season Celebrations & Awards

Each team is expected to have an end of season celebration. This is scheduled by the coach with assistance from parent volunteers. Three school-designated team awards, selected by the team coach, will be given at that time: MVP, Leadership Award, and Coach's Award. Some coaches may choose to recognize some team members in other ways at the end of season celebration.

Varsity players earning all-conference honors will receive certificates provided by the Triad Athletic Conference. Those varsity players earning NCISAA All-State recognition will receive a certificate from the NCISAA and a plaque from Caldwell Academy. TAC All-Conference and NCISAA All-State honorees will be recognized at the rhetoric awards.

Banners

Each Caldwell varsity team that earns a conference championship will receive a banner in the gym. Years will be added to the banners for each additional championship. Each team earning a state championship will get an additional banner placed in the gym.

Eagle of the Year

Caldwell Academy recognizes the best male and female athlete each year with the Eagle of the Year award. These Rhetoric students are athletes who display leadership, spiritual contribution, athletic accomplishment, a commitment to team, and representing the school in a positive manner. The winners are chosen based on point totals using the criteria below; anyone within 3 points of the top point-getter will go to a committee vote.

1 Varsity Sport = 1 point

2 Varsity Sports = 3 points

3 Varsity Sports = 6 points

Team MVP = 2 points

Leadership Award = 2 points

Coach's Award = 2 points

All-Conference = 3 points

Conference Players of the Year/Runner of the Year – 3 points

NCISAA All-State = 4 points

** All-Conference and All-State is individual only. Relay competitions do not apply

Senior Night

Each Caldwell varsity team will have a designated senior night. Senior nights will recognize each senior athlete on an individual basis. This will be arranged by the Athletic Director and parents will be notified as soon as possible.

Uniform Recognition

Some student-athletes may receive the special honor of a uniform recognition. These students have set the standard of excellence in their particular sports. Students receiving this recognition are nominated by their coach and approved by the Athletic Director. To qualify for this honor a student-athlete should be a multiple NCISAA All-State recipient, a TAC Player of the Year, and hold numerous records upon graduation, while also raising the standard of excellence for their respective team.

Hall of Fame

The Caldwell Academy Athletics Hall of Fame honors members of the Caldwell community who have helped propel the program to new heights through their Christian leadership, character, sportsmanship, and overall excellence in athletic achievement.

