



TREASURE VALLEY

CLASSICAL ACADEMY

ATHLETICS HANDBOOK

2021-2022

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TVCA ATHLETICS MISSION STATEMENT

TVCA provides athletics as an opportunity for growth in virtue and character. As General Douglas MacArthur famously stated, “On the fields of friendly strife are sown the seeds that on other days, on other fields will bear the fruits of victory.” The manner of which student athletes perform on the field is a measure of who they will be off the field—both in winning and in losing.

ATHLETICS PROGRAM OVERVIEW

The driving force behind TVCA Athletics is its coaches. Just as classes at TVCA are teacher-led rather than student-led, so each sport is a coach-led entity. A coach’s work is twofold: to lead the student-athletes in and through the obstacles of their sport with virtue and to teach dedication to their sport’s craft.

Athletics is one of many extra-curricular options that students may engage in at TVCA. Within this statement reside three conditions for engaging in TVCA’s Athletics Program:

1. All athletics and clubs are under the banner of TVCA, which means that all student athletes are expected to exemplify the virtues of TVCA in school and while participating in their chosen sports.
2. Athletics are extracurricular, meaning that all student athletes are, first and foremost, students who have academic expectations to meet prior to participation.
3. We want our students to be well-rounded human beings which is why we have many extra-curricular options for students to choose from. However, students also must learn time management and the tradeoff between quality of performance and the number of activities undertaken.

Guidance for TVCA Athletics is provided by the Athletic Director under the supervision of the Principal. If parents or guardians would like more information about any of our athletics programs, they should feel free to contact the Athletic Director at any time. If they have a question or concern while their student athlete is participating in a sport or club, then they should first contact the coach, then the Athletic Director, and finally the Principal if the question or concern has not been dealt with in a satisfying manner.

TEAMS AND CLUBS

As TVCA continues to grow, so will our athletic offerings. All athletics programs are driven partly by what our student body wants to engage in. For example, we did not plan to have a school volleyball team our inaugural year until two coaches stepped up and built up the program: first as a club sport the previous Spring and then as a school team sport the following Fall.

To help designate between our athletics teams and clubs we will always use the term ‘club’ in the title (e.g., Spring Volleyball Club). Clubs are organized by the club leaders and may be intramural in style and/or compete against other clubs in the area. Teams that are organized by the Athletic Director and compete against other schools will simply be designated as their typical sport name (e.g., Fall Volleyball). In High

School we will utilize the common team designations Junior Varsity and Varsity when needed (e.g., Junior Varsity Volleyball).

Team Sports (Eligible: 6-8th grade)

Fall

- Girls' Volleyball
- Boys' and Girls' Cross Country

Winter

- Boys' and Girls' Basketball

Spring

- None (at the moment)

Club Sports (Eligibility varies)

Fall

- None (at the moment)

Winter

- Boys' Wrestling (3-8th grade)

Spring

- Boys' and Girls' Soccer (6-8th grade)
- Girls' Volleyball (5-8th grade)

STUDENT ATHLETE CODE OF CONDUCT

Student athletes are expected to demonstrate the school's virtues in relation to their sports:

- **Courage** – Athletes will face every situation with mental strength whether easy or hard, simple or complex. Obstacles from outside or within are opportunities to overcome.
- **Perseverance** – Athletes will not give up on their coaches, teammates, or on themselves. Athletes will give their best no matter the circumstances.
- **Self-Government** – Athletes will conduct themselves in a controlled manner, listening and participating as they are instructed. Athletes will focus on improving themselves rather than trying to control others.
- **Honesty** – Athletes will play by the rules of the game and abide by the guidelines set by the coach. Athletes will take responsibility for themselves and their actions.
- **Courtesy** – Athletes will respect their coaches, teammates, opposing teams, and referees whether they do well or poorly, or win or lose. Athletes will not blame, make fun of, or put others down.
- **Service** – Athletes will serve their team by being team-centered rather than self-centered. Athletes will be good stewards in regard to our facilities and equipment as well as those of the opposing team.

Student athletes are expected to:

- Be on time to all scheduled events.
- Refrain from cell phone use during practices and games.
- Refrain from vulgar speech or gestures.
- Not engage in any form of harassment or personal attack.
- Not engage in any form of hazing.
- Not to use, possess, or distribute tobacco, e-cigarettes, alcohol, illegal drugs, performance enhancing drugs, or abuse prescription medications.
- Abide by any additional guidelines as given by individual coaches that are not expressed in this handbook.

Infractions regarding these virtues and expectations, including their standing under the terms described within the 'Academic Eligibility' and 'Character Eligibility' sections below, will affect students' eligibility for practices and competitions.

SPECTATOR CODE OF CONDUCT

TVCA Athletics sees parents, guardians, relatives, and any other spectators as partners to further student athletes' character and well-being. Spectators are expected to be role models for their student-athletes in two main areas:

1. By providing their student-athletes with guidance that does not contradict that specified within this handbook or the TVCA Family Handbook.
2. By modeling the virtues in their interactions with the coaches, the opposing teams and fans, and any referees or judges presiding over competitions that we would expect of their student-athletes.

Any spectators, including parents and guardians, may be removed from events or prohibited from attending future events for violating these standards.

Examples of inappropriate spectator conduct:

- Coaching from the stands.
- Approaching the team without permission from the coach.
- Approaching referees directly.
- Using less-than-virtuous language in a public setting.

Examples of a spectator exemplifying virtue:

- Respecting referees before, during, and after competitions.
- Displaying good sportsmanship to the other team and their fans.
- Controlling emotions by focusing on cheering for our team.
- Being encouraging to all participants.

STUDENT ELIGIBILITY

CHARACTER ELIGIBILITY

Students who are issued a disciplinary referral (a "yellow slip" or "pink slip") will be ineligible to participate in athletic competitions for one week from the date of issue. They may attend practice, provided there is not a specific prohibition issued from the administration.

Upon receipt of a third disciplinary referral students will be ineligible for practice or competition for the remainder of the sport season.

Students who receive four disciplinary referrals will be ineligible to participate in all athletic activities for the remainder of the academic year. Students who receive their fourth disciplinary referral at the end of a school year will be ineligible for the following semester.

Students who receive a uniform correction (a “blue slip”) will receive disciplinary action at the discretion of their coaches. Repeated and persistent uniform infractions will result in a more severe disciplinary action being taken.

ACADEMIC ELIGIBILITY

Students who maintain a grade point average (GPA) of 2.0 or higher in the upper school are eligible to participate in athletic programs, unless their grades include two “Ds” or one “F”.

Eligibility for athletes will be determined on a weekly basis. For sports that have events less frequently (e.g., cross country), eligibility will be evaluated 3-5 days before each event.

If an athlete finishes a quarter with two “Ds” or one “F” on his or her report card, the student will be on probationary status for athletic events in the next quarter. Probationary status provides the student a timeframe (two weeks) to meet expectations while still being allowed to participate in practices and competitions. If expectations are not met, the student will become ineligible until they earn passing grades in all classes at the end of an academic quarter.

If a student is on probationary status and has a “D” or lower in any class, he or she will be ineligible for practice or competitions for *two weeks* pending improvement in their grades. If students on academic probation finish the quarter with no “Ds” or “Fs”, they will begin the next semester off of probation.

In the case of sports like basketball, which start after the first quarter, students who received two “Ds” or one “F” in quarter one will be allowed to try out and participate on the same probationary status as students already on an athletic team. If any of their grades fall to a “D” or lower, they will be ineligible for two weeks pending improvement in their grades.

Students with repeated stints on probationary status may be deemed ineligible for the remainder of the season at the coach’s and Dean of Students’ discretion.

Coaches will be responsible for notifying the Dean of Students one week prior to events so that he or she can conduct eligibility checks with adequate time to notify students and parents of eligibility.

ATHLETICS AND TIME MANAGEMENT

Part of TVCA’s mission is to train students to be civically minded which includes learning to say ‘no’ to activities that one may want to engage in but does not have time for. Taking on too much responsibility does not only affect the individual but the group, the community, or even the world around him or her.

Many of our sports or clubs are team oriented. A lack of commitment negatively impacts the team in various ways such as the coach’s ability to organize practices as well as team cohesion. Each athlete must determine the number of activities that he or she is capable of participating in with dedication and consistency.

In order to encourage good time management, the following guidance is offered to the student:

- 1) TVCA prioritizes extracurricular activities in the following order: student government, Color Guard, athletics or fine arts, and clubs.
- 2) An athlete should go into the season as one dedicated to their craft. Thus, athletes should only miss one practice a week consistently because of other activities and the coach must be informed what day that will be so that they are well prepared. For example, an athlete who also participates in orchestra may miss Tuesday practices each week, but the coach will be informed in advance. If practices are held less often (e.g., 2-3 days per week) it becomes even more crucial to not miss practices consistently and to coordinate with the coach beforehand. Partially attended practices will be considered a missed practice.
- 3) In the case that an athlete chooses too many activities and ends up missing multiple practices on a regular basis, playing time may be given to those that show more consistency and dedication. Future decisions regarding tryouts will also be under consideration with open spots being given to those who have a proven track record for showing up consistently.
- 4) In general, the practice before a competition is used as preparation and attendance is required in order to be on the starting team the following day. This should not be construed as a penalty for missing practice. Instead, it should be understood that if there is preparation for a game, the starting spots will go to the ones that are best prepared.
- 5) Athletes who find themselves with too many scheduling conflicts may attempt to reach agreements with the coaches to modify schedules, but it is not the responsibility of the coaches to make this happen. Keep in mind that it is much harder to find a workaround for a team sport than it will be for individual sports. If an athlete ends up quitting a sport that they committed to, the athlete will be ineligible to participate in any other sports or clubs for the next six weeks and spots in that same sport or club the following year may go to other athletes. Exceptional circumstances will be taken into account.
- 6) Lastly, TVCA does not and will not suggest or require that students not engage in extracurricular activities outside of TVCA. However, student athletes are expected to commit themselves to not only the craft of the sport but also to their coach, team, and school. Exceptional cases will exist and are to be worked out with the coach well in advance but, in general, if there is a scheduling conflict between a TVCA activity and a non-TVCA activity, it is expected that the student athlete prioritize the TVCA activity.

SOCIAL MEDIA GUIDELINES

Student athletes represent TVCA in the community at large. This involves a responsibility that the student athlete must take seriously by portraying their teams, their school, and themselves in a positive manner at all times.

Students who make use of social media and electronic communications outside of school hours should be aware that third parties, including the media, faculty, future employers, and school officials, may easily access social media profiles and view all personal pictures, comments, posts, posters, and other information.

Inappropriate activity may have a long-lasting detrimental effect on the student athlete and the school, including the student athlete's future employment options, whether in sports or in other professions. Any

student athlete engaging in inappropriate, harassing, demeaning, threatening or offensive behaviors while participating in online communities may lose eligibility for future participation in TVCA athletic programs.

Inappropriate content may include but is not limited to unsportsmanlike, derogatory, demeaning, or threatening speech toward any other individual or entity as well as any acts of violence; photos, videos, comments, or posters that are sexual in nature and/or display the personal use or the condoning of alcohol, drugs, and tobacco; and content that would constitute a violation of team, school, or league rules.

INJURIES AND RETURN TO PLAY

Cooperation between doctor, coach, parents or guardians, and the athlete will determine return-to-play for the athlete who becomes injured during the season.

Injuries where an athlete cannot participate but do not require a doctor's visit will not be required to have a doctor's note to return. Instead, a parent or guardian will be required to give the coach permission for their athlete to return. The coach will then determine if full or partial participation will be best for that athlete as they return.

Injuries where an athlete cannot participate but do require a doctor's visit will require a doctor's note to return along with the aforementioned return-to-play process.

If an athlete is injured but is still able to participate then the aforementioned steps do not need to be taken. However, if a coach feels that a player is either pressured to participate or is not fully disclosing the extent of the injury, the coach may limit participation or request a doctor visit in order to determine the extent of the injury in order to protect the athlete.

OTHER POLICIES

HARASSMENT

Harassment in any form, both physical and/or sexual in nature, is not tolerated and is not consistent with the character expected of students and adults at TVCA.

Sexual harassment includes all acts of a sexual nature, whether verbal or physical, which are unsolicited, unwelcome, inappropriate, and/or demeaning, which interferes with and individual's performance or creates an intimidating, hostile, or offensive atmosphere.

Physical harassment includes threats or intimidation of any nature, or inappropriate verbal or physical conduct which creates a hostile, offensive, or fearful environment including acts that inflict injury or damage and/or acts intended to control by fear and or/intimidation.

TVCA's Harassment Policy is consistent with that of Idaho Law Code as described in Section 18-917A:

18-917A. STUDENT HARASSMENT — INTIMIDATION — BULLYING.

(1) No student or minor present on school property or at school activities shall intentionally commit, or conspire to commit, an act of harassment, intimidation or bullying against another student.

(2) As used in this section, "harassment, intimidation or bullying" means any intentional gesture, or any intentional written, verbal or physical act or threat by a student that:

(a) A reasonable person under the circumstances should know will have the effect of:

(i) Harming a student; or

(ii) Damaging a student's property; or

(iii) Placing a student in reasonable fear of harm to his or her person; or

(iv) Placing a student in reasonable fear of damage to his or her property; or

(b) Is sufficiently severe, persistent or pervasive that it creates an intimidating, threatening or abusive educational environment for a student.

An act of harassment, intimidation or bullying may also be committed through the use of a landline, car phone or wireless telephone or through the use of data or computer software that is accessed through a computer, computer system, or computer network.

(3) A student who personally violates any provision of this section may be guilty of an infraction.

HAZING

"Hazing" refers to any activity expected of someone joining a TVCA athletic team, club, or organization that humiliates, degrades, or risks emotional or physical harm, regardless of the other person's willingness to participate.

Any activity that intimidates or threatens a student with ostracism or subjects a student to extreme mental stress, embarrassment, shame or humiliation that adversely affects the mental health or dignity of the student or discourages the student from remaining in school is considered hazing. This is regardless of the person's willingness to participate.

TRANSPORTATION

In general, all student athletes are expected to ride with their teams to and from competitions, especially while traveling to competitions.

Student athletes may be released to ride home with parents or guardians who sign out the athlete(s) after a competition. Verbal consent via a phone call will only be accepted if the coach can verify who the speaker is. If a coach cannot verify the speaker, the athlete(s) will travel back to TVCA with the team. It is part of the coach's duties to ensure the safety of those on their team and to keep the trust of the parents or guardians of the members of their team. To avoid any issues, confirm in advance with the coach if your

athlete(s) will leave the competition with a sibling, with another teammate's parent or guardian, or in any other circumstance not described herein.

On return to the school, coaches are expected to remain until the entire team has been picked up. It is expected of parents and guardians to be punctual out of respect for the coaching staff.

For clubs engaging in non-school organizations (e.g., soccer clubs registered to play in the Idaho Youth Soccer Association), transportation will not be arranged by TVCA unless the club itself specifies so beforehand. In these situations, parents and guardians will be expected to arrange transportation for their athletes. A coach will only be given permission to transport an athlete if they are accompanied by additional passengers and have been given permission by the parents and guardians.

GUIDANCE ON THE USE OF SUPPLEMENTS

Supplements are just that, supplemental. They are meant to supplement good eating and sleeping habits. Subsequently, if one does not have good eating habits (e.g., eating whole foods, staying away from processed foods, etc.), one should not be focused on supplements but instead on changing eating habits. A person cannot supplement bad eating and sleeping habits and also be healthy.

In the arena of fitness and athletics, many use supplements to try and 'get the edge' on their opponents. This is misguided in many ways:

- There is more proof that eating well and improving quality of sleep will increase ability and performance.
- There are mixed opinions on whether supplements actually accomplish what they advertise and whether or not the human body will actually digest the supplements well. For example, does 20g of a protein supplement digest as well as 20g of steak?
- If the supplement label reads 'Supplement Facts' it is unknown what is actually in that particular supplement as it is not regulated. Only labels with the title 'Nutrition Facts' are required to have what is stated on the label. For example, a protein supplement might only have 5g of protein instead of the 20g stated on the label.
- Some supplements have been shown to contain illegal and/or performance enhancing drugs.

For these reasons, athletes should focus on improving eating habits and quality of sleep in order to increase athletic performance.

Please see the following references provided by the NCAA:

- *Understanding Dietary Supplements*
https://ncaaorg.s3.amazonaws.com/ssi/nutrition/SSI_UnderstandingDietarySupplementsFactSheet.pdf
- *Sleep and Wellness for Collegiate Athletes*
https://ncaaorg.s3.amazonaws.com/ssi/performance/SSI_SleepWellnessFactSheet.pdf