



EAGLE ATHLETICS HANDBOOK

@CFCAEAGLEPRIDE

700 GOOD HOMES ROAD, ORLANDO, FL

EAGLES

AT A GLANCE



MASCOT:

- EAGLES & LADY EAGLES

COLORS:

- GREEN, YELLOW, AND WHITE

ATHLETIC AFFILIATIONS:

- FLORIDA HIGH SCHOOL ATHLETIC ASSOCIATION (FHSAA)
- SUNSHINE STATE ATHLETIC ASSOCIATION (SSAA)

SPORTS OFFERED:

- BASEBALL
- BASKETBALL
- CHEERLEADING
- FOOTBALL
- GOLF
- SOCCER
- SOFTBALL
- TRACK AND FIELD
- VOLLEYBALL

PURPOSE

CFCA ATHLETICS EXISTS TO TRAIN HONORABLE STUDENT-ATHLETES THROUGH PURSUING INTERSCHOLASTIC SPORTS AT THE HIGHEST LEVEL.

EXPECTATIONS

COACHES

- CREATE AND FOSTER A CHRIST-CENTERED ENVIRONMENT THROUGHOUT ALL ASPECTS OF THE PROGRAM.
- MAINTAIN A STRUCTURED AND DISCIPLINED PROGRAM THAT LEADS TO UNITY AND TEAMWORK.
- STRIVE TO DEVELOP EACH PLAYER INTO A BETTER TEAMMATE, A BETTER PLAYER, AND A BETTER PERSON.
- AS SITUATIONS PERMIT, GIVE OPPORTUNITY FOR EACH PLAYER TO PLAY AS MUCH AS POSSIBLE WITHOUT JEOPARDIZING THE TEAM'S ABILITY TO WIN A CONTEST.
- PRIORITIZE GOOD COMMUNICATION WITH TEACHERS AND PARENTS.

PLAYERS

- OPERATE WITH A POSITIVE ATTITUDE AND LEARNING SPIRIT.
- MUST MAINTAIN PASSING GRADES IN ALL SUBJECTS. WHEN A PROBLEM ARISES, IMMEDIATELY SEE YOUR TEACHER;
- CONTINUE TO IMPROVE ON CONDITIONING AND FUNDAMENTAL SKILLS DURING THE OFF-SEASON.

PARENTS

- (AT PRACTICE) UNLESS OTHERWISE NOTED, PRACTICES SESSIONS ARE CLOSED TO ANYONE WHO IS NOT INVOLVED WITH THE TEAM ON A DAILY LEVEL (COACH, PLAYER, MANAGER, ETC.)
 - IT IS THE COACH'S RESPONSIBILITY TO LEAD AND INSTRUCT THE TEAM, PARENTS AND OTHERS ARE ASKED TO REFRAIN FROM INTERFERING WITH PRACTICE BY "COACHING" FROM THE STANDS OR INTERACTING WITH THE STUDENT-ATHLETES. THIS IS TO MINIMIZE CONFUSION AND DISTRACTION.
- (AT HOME) ENCOURAGEMENT OF YOUR SON/DAUGHTER IN THE DEVELOPMENT OF HIS/HER SKILLS AND HIS/HER TEAM SPIRIT. PLEASE, NO NEGATIVISM IN HIS/HER PRESENCE TOWARD OTHER PLAYERS OR HIS/HER COACH.
- (AT GAMES) SUPPORT AND ENCOURAGEMENT FOR ALL CFCA PLAYERS AS WELL AS ONE ANOTHER. AT CFCA, WE CHEER FOR OUR TEAMS AND NOT AGAINST OTHER TEAMS.

TEAM SELECTIONS

STUDENT-ATHLETES THAT REPRESENT OUR SCHOOL WILL POSSESS THE ABILITIES, CHARACTER, ATTITUDE, COMMITMENT, TIME AVAILABILITY, ENERGY, AND ACADEMIC STANDING TO NOT ONLY COMPETE, BUT EXCEL AT THIS LEVEL.

DUE TO THE LIMITED SPACE WITHIN SOME OF OUR TEAMS, THERE MAY BE A NEED TO HOLD A TRYOUT, OR CONDUCT CUTS IN ORDER TO SUCCESSFULLY MANAGE TEAM NUMBERS WHILE REMAINING COMPETITIVE. WE REALIZE THIS CAN BE A SENSITIVE ISSUE AMONG THOSE STUDENT-ATHLETES CUT FROM A TEAM, HOWEVER THEY ARE ENCOURAGED TO GET INVOLVED IN AN OUTSIDE LEAGUE OR OUTSIDE COACHING/TRAINING AND TRY OUT AGAIN THE FOLLOWING YEAR.

MIDDLE SCHOOL ATHLETICS ARE AN EXCELLENT TIME FOR OUR STUDENT-ATHLETES TO GAIN THE NECESSARY EXPERIENCE AND SKILLS THAT WILL PREPARE THEM FOR THE COMPETITION THEY WILL ONE DAY FACE AS MEMBERS OF THE VARSITY PROGRAMS.

THEREFORE, IT IS OUR DESIRE FOR EACH OF OUR MIDDLE SCHOOL STUDENT-ATHLETES TO HAVE THE OPPORTUNITY TO PLAY THE SPORT OF THEIR CHOICE. WE VIEW THEIR TIME WITHIN IN MIDDLE SCHOOL AS AN EXCELLENT TIME TO DEVELOP THEIR FUNDAMENTALS AND SKILLS FOR THE FUTURE. HOWEVER, CUTS OR TRYOUTS MAY BE USED ON THIS LEVEL IN ORDER TO MAINTAIN A MANAGEABLE NUMBER OF PLAYERS FOR THE AVAILABLE COACHES TO ENSURE THE QUALITY OF INSTRUCTION THAT CAN BE GIVEN. IF POSSIBLE, AN ADDITIONAL TEAM WILL BE ADDED TO ACCOMMODATE NUMBERS.

CFCA VARSITY TEAMS ARE COMPETITIVE AND MORE SELECTIVE THAN THAT OF OUR MIDDLE SCHOOL TEAMS. MANY FACTORS WILL GO INTO THE SELECTION OF A TEAM. EACH CFCA VARSITY COACHING STAFF, IN CONJUNCTION WITH THE ATHLETIC DIRECTOR, IS ALLOWED TO SET THE SIZE OF THEIR FINAL TEAM ROSTER WHETHER THROUGH PRACTICE EVALUATIONS OR A TRADITIONAL TRYOUT. STUDENT-ATHLETES THAT DO NOT MAKE A PARTICULAR TEAM ARE ENCOURAGED TO REFINE THEIR SKILLS AND TRY OUT AGAIN IN THE FUTURE.

IF ENOUGH INTEREST IS PRESENT ON THE HIGH SCHOOL LEVEL, A JUNIOR VARSITY TEAM MAY BE FORMED TO FACILITATE AND BENEFIT THE STUDENT-ATHLETES WHO DO NOT MAKE THE VARSITY TEAM. IT IS THE DECISION OF THE COACHING STAFF AS TO WHICH PLAYERS MAKE THE VARSITY TEAM AND WHICH WILL PLAY ON THE JUNIOR VARSITY TEAM.

THERE ARE OPPORTUNITIES OF INVOLVEMENT WITHIN THE CFCA TEAMS OUTSIDE OF COMPETING. EACH TEAM IN MIDDLE SCHOOL AND HIGH SCHOOL HAS NEED FOR MANAGERS, STATISTICIANS, AND SCOREKEEPERS. ANY STUDENT-ATHLETE INTERESTED IN THIS OPPORTUNITY IS ENCOURAGED TO VISIT WITH A HEAD COACH TO GET INVOLVED.

QUITTING POLICY

AT CFCA WE BELIEVE THAT GODLY CHARACTER IS NEVER FORMED BY QUITTING. RESPONSIBILITY, INTEGRITY, LOYALTY, AND HONORING COMMITMENTS ARE ALL ATTRIBUTES THAT WE STRIVE TO INSTILL IN OUR STUDENT-ATHLETES. PARTICIPATING ON AN ATHLETIC TEAM WHETHER IN MIDDLE SCHOOL OR HIGH SCHOOL WILL REQUIRE AN EFFORT AND SACRIFICE OF TIME AND RESOURCES FOR STUDENT-ATHLETES AS WELL AS PARENTS OR GUARDIANS.

WHEN A STUDENT-ATHLETE DECIDES THAT THEY WANT TO PLAY ON A TEAM AND BEGIN A SEASON THEY ARE MAKING A COMMITMENT TO THAT TEAM AND THAT A LEVEL OF HARD WORK AND LOYALTY ARE REQUIRED FROM THEM. A STUDENT-ATHLETE THAT IS UNDECIDED OF THEIR DESIRE TO PARTICIPATE IN A SPORT WILL HAVE UNTIL THE FIRST REGULAR SEASON GAME OF THE SPORT TO "DROP" WITHOUT PENALTY.

AFTER THAT PERIOD OF TIME, NO STUDENT-ATHLETE MAY QUIT THE TEAM WITHOUT PENALTY. ANY STUDENT-ATHLETE THAT QUILTS A TEAM AFTER THE FIRST REGULAR SEASON GAME OF SAID SPORT, WILL LOSE ALL ATHLETIC ELIGIBILITY AT CFCA FOR THE REMAINDER OF THAT SPORTS' CURRENT SEASON.

THIS MEANS THAT A STUDENT-ATHLETE CANNOT PRACTICE, OR PLAY WITH ANY OTHER TEAM UNTIL THE SPORT THAT THEY QUIT IS COMPLETELY FINISHED.

IF PERSONAL INJURIES SHOULD RESTRICT PARTICIPATION IN PRACTICES AND GAMES, STUDENT-ATHLETES ARE STRONGLY ENCOURAGED TO USE THEIR PRIDE AND LOYALTY FOR THE SPORT AND TEAM AND CONTINUE THEIR INVOLVEMENT WITH THE TEAM.

AN INJURED PLAYER IS EXPECTED TO BE AT ALL PRACTICES AND GAMES AS IF HE OR SHE WERE HEALTHY, UNLESS OTHER APPROVAL IS RECEIVED FROM HIS OR HER COACH. THERE ARE MANY DIFFERENT RESPONSIBILITIES THAT AN INJURED PLAYER CAN TAKE ON, IN ORDER TO CONTINUE TO CONTRIBUTE TO CFCA ATHLETICS.

A STUDENT-ATHLETE THAT QUILTS A TEAM WILL BE REMOVED FROM THE FINAL ROSTER AND FORFEIT ANY POSTSEASON REWARDS SUCH AS TEAM PICTURES, LETTERS, AWARDS, ETC.

EXCEPTIONS TO THIS RULE WOULD BE FOR FAMILY HARDSHIPS, SEVERE INJURY, OR SERIOUS ACADEMIC PROBLEMS AND WILL BE ENTERTAINED FOR APPROVAL BY THE ATHLETIC DIRECTOR.

PLAYING TIME

THE CFCA COACHING STAFF USES MANY FACTORS TO BASE THEIR PLAYING TIME DECISIONS UPON. THESE INCLUDE SKILL, ATTITUDE, WORK-ETHIC, PERFORMANCE IN PRACTICE, AND "IN-GAME" NEEDS. TEAM PARTICIPATION AND PLAYING TIME IN GAMES SHOULD ALWAYS BE CONSIDERED A PRIVILEGE AND NOT A RIGHT.

STUDENT-ATHLETES WHO HAVE QUESTIONS REGARDING PLAYING TIME SHOULD VISIT WITH THEIR COACHES TO DISCUSS WHAT THEY CAN DO TO EARN MORE PLAYING TIME. FACTORS THAT GO INTO CONSIDERATION FOR PLAYING TIME MAY INCLUDE:

- ATTENDING ALL PRACTICES AND GAMES AS SCHEDULED BY COACH.
- BEING ON-TIME TO PRACTICES, GAMES, AND EVENTS.
- SUCCESSFULLY PASSING ALL ACADEMIC AND DISCIPLINE REQUIREMENTS AS STATED IN CFCA'S HANDBOOKS.
- EXHIBITING EXCELLENT WORK ETHIC AND THE ABILITY TO FOLLOW TEAM RULES AND INSTRUCTION AS ESTABLISHED BY THE COACH.

ATTENDANCE

AS A MEMBER OF ANY CFCA TEAM, A STUDENT-ATHLETE HAS PLEDGED THEIR DEDICATION AND LOYALTY TO THAT TEAM UNTIL THE LAST GAME IS COMPLETED. PLAYERS MUST BE AT EVERY PRACTICE OR GAME UNLESS EXCUSED FOR ONE OF THE FOLLOWING REASONS:

- DOCTOR OR DENTIST APPOINTMENT
- PERSONAL SICKNESS
- DEATH IN THE FAMILY
- A PREVIOUSLY SCHEDULED CHURCH COMMITMENT

STUDENT-ATHLETES OR THEIR PARENTS ARE RESPONSIBLE FOR COMMUNICATING ANY ABSENCE TO THEIR COACH BEFORE THE PRACTICE OR GAME, UNLESS THERE IS AN UNEXPECTED EMERGENCY. ANY STUDENT-ATHLETE WHO MISSES A PRACTICE OR GAME MAY HAVE TO MAKE UP PRACTICE ACTIVITIES (I.E. CONDITIONING) AND FACE THE TEAM'S POLICY FOR REDUCTION IN PLAYING TIME.

THIS IS NOT MEANT AS PUNISHMENT FOR AN EXCUSABLE ABSENCE, BUT AS A WAY TO DETER THE CASUAL ABSENCE, WHILE KEEPING THE STUDENT-ATHLETE IN STEP WITH THE REST OF THE TEAM WITH CONDITIONING OR GAME PLANS.

A TEAM MEMBER WHO MUST MISS A PRACTICE OR GAME MAY RETURN TO THEIR STATUS AS TEAMMATE IN GOOD STANDING, AS SOON AS THEY HAVE FULFILLED THE TEAM'S POLICY FOR ABSENCES.

MULTI-SPORT ATHLETES

WE ENCOURAGE STUDENT-ATHLETES TO BE WELL ROUNDED, PARTICIPATING IN DIFFERENT ACTIVITIES BOTH ATHLETICALLY AND OTHERWISE. DIFFERENT SPORTS CHALLENGE STUDENT-ATHLETES IN DIFFERENT WAYS, AND THE SKILLS DEVELOPED THROUGH THE TRAINING METHODS USED IN ONE SPORT WILL OFTEN HELP THE STUDENT-ATHLETE IN ANOTHER SPORT.

ANY STUDENT-ATHLETE AT CFCA THAT HAS A DESIRE TO PARTICIPATE IN MORE THAN ONE SPORT AT A TIME WILL BE REQUIRED TO MEET WITH THE COACHES OF BOTH SPORTS, AND THE ATHLETIC DIRECTOR REGARDING THE ADDED RESPONSIBILITIES AND EXPECTATIONS OF SUCH A REQUEST BEFORE AN APPROVAL. AT THIS TIME, THE STUDENT-ATHLETE WILL DECLARE THEIR NUMBER ONE SPORT AND NUMBER TWO SPORT IN ORDER TO ESTABLISH A CLEAR RECORD OF PRIORITY. BY ESTABLISHING A PRIORITY, THE STUDENT-ATHLETE DECLARES THAT THEIR NUMBER ONE SPORT WILL BE WHERE THEY WILL SPEND THEIR TIME IN THE EVENT THAT A SCHEDULING CONFLICT ARISES BETWEEN THEIR TWO SPORT CHOICES.

FOR EXAMPLE, IF A STUDENT-ATHLETE CHOOSES BASEBALL AS THEIR NUMBER ONE SPORT, AND TRACK AS THEIR NUMBER TWO SPORT, THE STUDENT-ATHLETE MUST BE AT EVERY BASEBALL MEETING, PRACTICE, GAME OR ACTIVITY REGARDLESS OF CONFLICTS WITH THE TRACK SCHEDULE. ALTHOUGH DUAL PARTICIPATION WILL NOT BE DISCOURAGED, TRACK WILL CLEARLY BE A SECOND PRIORITY IN THIS EXAMPLE.

WE HAVE CLASSIFIED OUR SPORTS PROGRAMS INTO TWO DISTINCT GROUPS. THE FIRST WE CALL "TEAM SPORTS" AND THEY INCLUDE THE FOLLOWING: BASEBALL, BASKETBALL, FOOTBALL, VOLLEYBALL, SOCCER AND SOFTBALL. A STUDENT-ATHLETE MAY ONLY PARTICIPATE IN ONE TEAM SPORT AT A TIME. THE SECOND CATEGORY IS CALLED, "LIFETIME SPORTS." LIFETIME SPORTS ARE DEFINED AT CFCA AS GOLF, TRACK AND FIELD, AND CHEER.

TEAM PRACTICES

PRACTICES ARE TYPICALLY HELD WITHIN ONE TO THREE HOURS AND CAN ALSO INCLUDE BEFORE SCHOOL, AFTER SCHOOL AND/OR SATURDAYS IF NEEDED. COACHES MAY CALL ADDITIONAL PRACTICE TIME AS NEEDED AND FACILITIES PERMIT, BUT SUFFICIENT NOTICE WILL BE GIVEN TO BOTH THE STUDENT-ATHLETES AND PARENTS.

CFCA REQUIRES ITS COACHES TO BE AT THE SCHOOL IN A SUPERVISING ROLE UNTIL ALL STUDENT-ATHLETES HAVE BEEN PICKED UP AFTER PRACTICES OR GAMES. HOWEVER, IN RESPECTING A COACHES TIME AWAY FROM THEIR FAMILY, IT IS IMPERATIVE THAT PARENTS ARE PUNCTUAL IN PICKING UP THEIR STUDENT-ATHLETES.

UNLESS OTHERWISE NOTED, PRACTICES SESSIONS ARE CLOSED TO ANYONE WHO IS NOT INVOLVED WITH THE TEAM ON A DAILY LEVEL (COACH, PLAYER, MANAGER, ETC.). AS IT IS THE COACH'S RESPONSIBILITY TO THE LEAD AND INSTRUCT THE TEAM, PARENTS AND OTHERS ARE ASKED TO REFRAIN FROM INTERFERING WITH PRACTICE BY "COACHING" FROM THE STANDS OR INTERACTING WITH THE STUDENT-ATHLETES. THIS IS TO MINIMIZE CONFUSION AND DISTRACTION.

TEAM PRACTICES

ALL UNIFORMS ARE THE PROPERTY OF THE CFCA ATHLETIC DEPARTMENT. THIS IS ONE OF OUR LARGEST EXPENDITURES AS AN ATHLETIC DEPARTMENT, AND IT IS IMPORTANT THAT WE MAXIMIZE THE LIFE OF THESE ITEMS.

UNIFORMS BECOME THE RESPONSIBILITY OF THE STUDENT-ATHLETE AS SOON AS THEY ARE ISSUED UNTIL THE TIME THAT THEY ARE RETURNED. ATHLETIC UNIFORMS ARE ONLY TO BE WORN FOR GAMES AND ARE NOT PERMITTED AS PART OF THE SCHOOL UNIFORM AT ANY TIME, UNLESS APPROVED BY ADMINISTRATION.

ANY DAMAGE THAT IS DONE DURING THAT PERIOD OF BEING ISSUED TO BEING TURNED IN, OTHER THAN NORMAL WEAR AND TEAR, IS THE RESPONSIBILITY OF THE STUDENT-ATHLETE AND DAMAGES WILL BE BILLED TO THEM ACCORDINGLY. ANY LOST ITEMS WILL BE BILLED TO THE STUDENT-ATHLETE AT FULL REPLACEMENT VALUE.

ALL UNIFORMS AND EQUIPMENT MUST BE RETURNED TO THE COACH OR ATHLETIC DIRECTOR WITHIN ONE WEEK AFTER THE LAST GAME OF THE SEASON. ANY STUDENT-ATHLETE WHO DOES NOT RETURN UNIFORMS OR EQUIPMENT WILL HAVE THE COSTS FOR REPLACEMENT CHARGED TO HIS OR HER SCHOOL ACCOUNT.

HANDLING CONFLICT

WHEN CONCERNS ARISE, WE ENCOURAGE ALL TO USE THE PRINCIPLES FOUND IN MATTHEW 18:15-18 AS A BASIC GUIDE TO HANDLE SUCH ISSUES. IF ANY PARENT, STUDENT-ATHLETE, COACH, TEACHER, OR ADMINISTRATOR HAS A CONCERN OVER AN ATHLETIC ISSUE, THEY HAVE A BIBLICAL RESPONSIBILITY TO GO FIRST TO THE PERSON(S) THAT THEY HAVE THE CONCERN ABOUT OR WITH.

IT IS OUR DESIRE AND EXPECTATION THAT ANY PROBLEMS CAN THEN BE CLEARED UP AND THOSE INVOLVED CAN MOVE ON. IF HOWEVER, THIS DOES NOT RESOLVE THE ISSUE, THEN AND ONLY THEN SHOULD THE ISSUE BE BROUGHT TO THE ATTENTION OF ANOTHER PERSON. THE ATHLETIC CHAIN OF AUTHORITY AT CFCA IS AS FOLLOWS:

1. COACH
2. ATHLETIC DIRECTOR OR ASSISTANT ATHLETIC DIRECTOR
3. CFCA HEAD OF SCHOOL

DUE TO THE RESPONSIBILITY GIVEN TO A COACH DURING THESE TIMES, IT IS A COURTESY TO NOT CONFRONT THEM BEFORE, DURING, OR AFTER A GAME OR PRACTICE. THESE TIMES ARE FULL OF RESPONSIBILITY AND DUTY FOR A COACH, AND COULD SOMETIMES BE EMOTIONAL DEPENDING ON GAME SITUATIONS AND NOT BEST FOR RESOLVING CONFLICTS.

ANY TIME CONCERNS REQUIRE A MEETING, WE ASK THAT THE COACH OR ADMINISTRATOR BE CONTACTED, AND AN APPOINTMENT BE SET TO DISCUSS THE ISSUES AT HAND. THIS REMOVES BOTH PARTIES FROM ACTING OUT OF ANY IMMEDIATE EMOTIONS AND HELPS FOR A CLEAR AND CARING CONVERSATION. MEETINGS WITH THE ATHLETIC DIRECTOR SHOULD COME ONLY AFTER A MEETING WITH THE COACH, AND A MEETING WITH THE HEADMASTER OF CFCA SHOULD COME ONLY AFTER MEETING WITH THE ATHLETIC DIRECTOR, SHOULD ANY LINGERING ISSUES OR CONCERNS REMAIN.

ATHLETICS CONTACTS

THANK YOU FOR ENTRUSTING YOUR CHILDREN TO THIS SCHOOL, AND OUR COACHES AND ADMINISTRATORS. WE DO NOT TAKE YOUR DECISION TO DO SO LIGHTLY AND LOOK FORWARD TO THE PRIVILEGE OF SERVING YOU AND YOUR FAMILY. FEEL FREE TO CONTACT THE ATHLETIC OFFICES FOR GUIDANCE OR TO SET UP A MEETING.

ATHLETIC DEPARTMENT CONTACTS:

KEVIN BLACKMAN (KEVIN.BLACKMAN@CFCAEAGLES.ORG)

REBEKAH DAY (REBEKAH.DAY@CFCAEAGLES.ORG)

KYLE WILLS (KYLE.WILLS@CFCAEAGLES.ORG)