



**Nazarene Christian Academy  
Athletic Handbook**

## Table of Contents

<u>Item</u>	<u>Page #</u>
Athletic Department	3
Sports Offered	3
NCA Athletic Mission/Philosophy	4
Physical Exams and Forms	5
Athletic Fees	5
Practices	5
Games	6
Game Schedules	6
Game Transportation	6
Student Pick Up Times	6
Playing Time	6
Varsity Goals	7
Junior Varsity Goals	7
Middle School Athletic Objectives & Policy	7
Participation on Non-School Teams	7
Athletes with Part Times Jobs	7
Equipment/Uniforms	7
Laundry Care for Team Uniforms	8
Places of Use for Team Uniforms	8
Music at Athletic Events	8
Discipline for Technical Fouls & Ejections	8
NCAA Clearinghouse	9
Transfer Students	9
Coaches' Policies	9
Homework & School Assignments	9
Athletic Eligibility Rules	9
Practice & Game Attendance	10
Athletic Participation Parent Volunteer Requirement	10
Booster Club	10
Senior Night	11
Middle School End of Year Awards	11
High School Athletic Banquet	11
Jacket & Patches	11
Conflict Resolution	11
24 Hour Rule	12
The Matthew 18 Principle	12
Physical Examination Form	13
Medical History	16
Student Athlete & Parent Code of Conduct	17
Athletic Participation Form	18
TCAF Coaches/Volunteer Code of Ethics	20
CSAF Coaches/Volunteer Code of Ethics	21
TCAF Transfer Eligibility Statement	22

## Athletic Department

The NCA Athletic Director oversees the entire athletic program grades 6 -12. The athletic director works with the secondary principal and school administrator to provide a quality program. Each assistant coach reports to the head coach of their respective sport and all head coaches report directly to the athletic director.

Steve Shonamon	Athletic Director	<a href="mailto:sshonamon@fwfnca.org">sshonamon@fwfnca.org</a> 817-297-7003x190
Sue Hilgardner	Athletic Office Assistant	<a href="mailto:shilgardner@fwfnca.org">shilgardner@fwfnca.org</a> 817-297-7003x192

### NAZARENE CHRISTIAN ACADEMY

#### Sports Offered

Season	Middle School	High School
Fall (Aug-Oct)	Cheerleading Cross Country (G&B) Football (B) Volleyball (G)	Cheerleading Cross Country (G&B) Football (B) Volleyball (G)
Winter (Oct-Feb)	Basketball (G&B) Cheerleading	Basketball (G&B) Cheerleading
Spring (Feb-May)	Baseball (B) Track (G&B) Softball Clinic (G)	Baseball (B) Softball (G) Track (G&B) *Clay Shooting (G&B) *Fishing (G&B)

(G) = Girls' Team (B) = Boys' Team (G&B) = Both Girls & Boys Teams Available \*Club Sports

## NCA ATHLETIC MISSION/PHILOSOPHY

Nazarene Christian Academy's athletic philosophy is developed from **Luke 2:52 - "Jesus grew in wisdom and stature and in favor with both God and man."** From this verse we begin to see four critical arenas of development in our student athletes - academically, physically, spiritually, as well as socially..

Just as Jesus grew in wisdom, student athletes develop their intellectual abilities through academics. Notice the word student precedes "athletes". At NCA, students have an opportunity to flourish in an atmosphere of excellent academics which is prioritized as student athletes journey their way toward college or other life pursuits.

The stature of Jesus was a natural development similar to our athletes who mature naturally yet train and prepare physically to compete. A strong sports program provides an opportunity for students to get physically fit, develop skills, and embrace a competitive challenge.

As Jesus grew in favor with God, our students also grow spiritually. Through athletics, students have an opportunity to live out their faith in front of others. In sports, student athletes have unlimited opportunities to inspire and encourage others.

Favor with man represents the social development of a student athlete. With NCA's stress on sportsmanship, the athletes learn skills such as getting along with teammates, working together as a team, and collectively accomplishing goals. Through respect for the authority of coaches and officials, student athletes develop self-discipline to cooperate with others even in challenging situations.

Simply put, athletics provides a way to educate students, resulting in them becoming thus making them more well-rounded. Since some things can't be taught in the classroom, sports and competition can provide an avenue for developing richer qualities in a student, for examples, dealing with injuries, disagreeing with an official's call, or just the process of winning or losing.

NCA student athletes have an opportunity to better be prepared for contributing positively in society.

## **We believe....**

... in the “student athlete concept” where excellence in the classroom takes precedence over athletic endeavors.

...that coaches, players, and parents should conduct themselves at all times with the grace, humility, and high character befitting a Christian school.

... Students become better athletes when they avoid the temptation of specialization and participate on multiple sport teams.

## **Physical Exams and Forms**

Middle School & High School Athletes are required to have an updated physical exam on file with the NCA Athletic Department. Athletes may not compete in practices or games without a current physical (one completed by a physician within the last 24 months) on file with the school. Parents should make sure to complete the Medical History form every year. In addition, every school year, each athlete must provide the following forms filled out and signed by the athlete and a parent/guardian prior to first practice - Student Code of Conduct, Participation Form, Medical History and Athletic Physical. Any High School Athlete transferring in from another school must complete the TCAF Transfer Student form. The forms are available online in the Athletics section of the NCA website ([www.nazarenechristianacademy.org](http://www.nazarenechristianacademy.org)) or in this handbook on pages 15-24.

## **Athletic Fees**

All student-athletes are required to pay athletic fees prior to participation in Nazarene Christian Academy sports. Fees for sports will not be required until the official team roster has been announced; at that point, fees are due before athletes may continue with practices. All fees are non-refundable except by administrative approval. In some instances, athletes may be required to purchase some equipment and uniform items. Team managers are not required to pay an athletic fee. A list of the current fees are in the Student Handbook, Appendix VIII.

## **Practices**

Practice sessions are specifically designed to sharpen skills. These skills cannot be applied to contest situations if attendance at practices is inconsistent. Coaches spend valuable time preparing for practices and attendance is absolutely necessary.

- Players and managers must attend all practices unless cleared by the coach.
- Coaches must be contacted if any athlete or manager must miss a practice due to illness or family emergency.

## Games

Being part of an athletic team is a commitment that affects many people (teammates, coaches, teachers, parents, etc.). This commitment should not be entered into lightly and faithful attendance is extremely important.

- Players and managers must attend all home and away games.
- Coaches must be contacted if any athlete or manager must miss a game due to illness or family emergency.
- Using sports as part of a consequence and not allowing them to participate in games or practices for NCA athletic teams to which they have committed is doing a great disservice to their coach and teammates who depend upon their involvement. All players have a role to play and are needed at all practices and games.

## Game Schedules

Game schedules will be published prior to the start of every season. While changes will occur from time to time, the NCA athletic department will try to avoid changing games as much as possible and make every effort to inform parents and players of changes in a timely manner. A weekly email will be sent to inform everyone involved in the program what to expect in the upcoming week. Any last minute changes during the week will be communicated by email.

## Game Transportation

When NCA provides transportation to athletic contests, all athletes are expected to travel with the team. Only the head coach can give permission for an athlete to travel to or from a game with his or her guardian or someone else with someone else with parent permission.

## Student Pick Up Times

In order to ensure the safety of student athletes after games and practices, coaches remain at venues until all athletes have been picked up. Out of respect for our coaches, athletes must be picked up from practices and games as soon as these events conclude.

## Playing Time

Playing time is a great motivation for students to continue participation. In order to participate, a student needs to be faithful in attendance, hardworking at practice, and attentive at all times. The player with ability should not be hindered from developing his/her skills, nor should the hardworking player with less ability be kept from contributing to the team's play. Athletes who meet the above criteria will be given playing time at the discretion of the head coach. Playing time for a **varsity player** is not guaranteed and is at the discretion of the coach. Coaches should always use good judgment and sportsmanship during a game to keep the score from getting out of hand. Substitutions, game tempo, and pace can all be used to help with a one-sided score.

## Varsity Goals

The varsity goals are to strengthen teamwork, learn strategy and improve skills, while playing with integrity.

## Junior Varsity Goals

The junior varsity goals will follow our varsity goals with a few exceptions.

- Participation and the development of varsity-level skills are more important than winning games.
- Continue to develop fundamental skills and help athletes understand the more complex schemes.

## Middle School Athletic Objectives and Policy

We believe that Middle School athletics should be challenging and is fun for students and the foundation of our High School team when kept in the proper perspective. It is our goal that each program will develop a strong desire to continue in their development of the sport as well as develop their skills to their maximum potential. Coaches are encouraged to provide “quality playing time” for each athlete, but we do not specify a minimum or maximum amount of time each player will be allotted.

## Participation on Non-School Teams

At the coach’s discretion, student athletes are permitted to participate in non-NCA sports and athletic activities while participating on a NCA team, but participation must meet the following criteria:

- Outside participation may not conflict with NCA team schedules, including practices, and games.
- Missing practices or games due to participation on a non-NCA team will result in loss of playing time and possible removal from the team.

## Athletes with Part-Time Jobs

Students with part-time jobs during athletic seasons will not be excused from practices or games due to work responsibilities. Missing any practices or games due to a work conflict may result in loss of playing time and possible removal from the team.

## Equipment/Uniforms

Student athletes are responsible for the maintenance, upkeep and protection of all equipment/uniforms issued. Student-athletes have one week from the end of their season to turn in all issued equipment/uniforms. Failure to do so will result in disciplinary consequences and can result in grades being held until everything is turned in to the coach or paid for. The student athlete is responsible for lost equipment/uniforms and must make monetary restitution, if applicable, for lost items or for items damaged beyond reasonable wear and tear.

## Laundry Care for Team Uniforms

- A good portion of the NCA athletic budget is used each year to purchase new uniforms for athletic teams.
- Athletes are responsible for properly maintaining uniforms issued to them.
- Athletes/parents should wash all uniforms on machine-wash cold/warm with mild detergent (no bleach) with lettered/numbered uniform pieces turned inside out.
- Please hang dry all uniforms. Do not use a dryer to dry uniforms as it causes numbers to deteriorate and uniforms to shrink.

## Places of Use for Team Uniforms

- The only acceptable place for a uniform to be worn is for school athletic contests, unless directed by the coach.
- Athletes will not wear the team uniform for physical education classes or daily wear.

## Music at Athletic Events

All music played at NCA athletic practices, games, events, etc. must be a positive representation of NCA with Christian or family friendly language.

## Disciplines for Technical Fouls & Ejections

Student-athletes who receive any type of conduct foul, penalty, etc. in an athletic competition, while representing NCA, will have consequences assigned by the coach and/or administration. NCA will follow CSAF and TCAF rules.

**First Offense** – The player will serve a one game suspension in all sports but Football. Football will serve a half game suspension. If ejection occurs during a non-district game, suspension must be served the next scheduled game. If ejection occurs during a district game, the suspension must be served the next district game. In addition, the Coach, player and team must take the NFHS Sportsmanship Course within one week of the incident. The Athletic Director must also sign off on completion.

**Subsequent Ejections** - If a player is ejected from a game for a second time, in one season, said player will serve a minimum of a two-game suspension and will be subject to review by the Executive Council. A third removal during a season will result in the player being suspended for the remainder of that season.

**Fine** - \$50 per ejection for the student. The student may be assessed the \$50 ejection fee to compensate the school. The fine is due in the TCAF Office ten (10) days from the date of the ejection/removal. Failure to submit the fine by this deadline will result in the fine being doubled and all games occurring after the ten days and until the fine is paid declared a forfeit. Once the fine has been paid, games will not be forfeited; however, any games which were forfeited for nonpayment will not be reversed.



## NCAA Clearinghouse

If you are a prospective student-athlete at a Division I or II college or university, you have certain responsibilities to attend to before you may participate, hence all qualifying athletes must go through NCA's Academic Advisor during their junior year.

## Transfer Students

If a student transfers to a TCAF school after the school year has begun, he/she shall be ineligible for competition for fifteen school days. This is a waiting period. The school shall also fill out all applicable paperwork and send copies to the state office. Exception: If a student transfers into a TCAF school within the first 15 days of the school year, the waiting period is waived. However, no student is eligible for play until Transfer Forms have been received and approved by the TCAF Director. Schools must submit a transfer form to the TCAF Director for every new student that intends to participate in high school athletics. Transfer students participating in High School Level Athletics are not eligible for play until the school has received approval from the TCAF Director. See Transfer paperwork starting on page 22.

## Coaches' Expectations

Each coach will establish additional rules or standards for the team or program in which they coach, in addition to what is listed in this handbook. These rules may be unique to that sport or program. The coaches' expectation will be consistent with and not contradict other school practices and policies. These expectations will be communicated to the players and families during parent meetings.

## Homework & School Assignments

Students are responsible for completing all homework assignments. It is important for students to realize that with the privilege of playing sports comes the responsibility to keep up with their academics. Students should use class, academic support period and home time wisely in order to accurately complete their assignments. If a student is in need of after school tutoring, the tutoring takes priority over practice and games.

## Athletic Eligibility Rules

Students receiving a grade below 70 will not be allowed to participate in extracurricular activities until the next eligibility period. The eligibility schedule will be communicated through the coaching staff or administration. Students receiving a grade below 70 will not be allowed to be dismissed early or travel with the team to games. They can, however, go to the game on their own after 3:30pm. They will not be allowed to leave school early. If any classes are missed they will result in a grade of "0".

At the end of the 6 weeks of school if the athlete is passing **all** classes, that athlete is good to play for 6 more weeks. 3 weeks after eligibility has been checked, grades for ineligible student

athletes will be rechecked. If the student athlete is passing all subjects at that time, eligibility will be regained. If the student is not passing, all subjects at that time, the player will remain ineligible for three more weeks. Full week holidays such as Thanksgiving, Christmas and Spring Break do not count as a week of ineligibility during the ineligibility period unless a game, meet, etc. is scheduled during one of these weeks.

During the ineligibility period

- The student athlete will not be allowed to participate in any extracurricular event or miss class time to attend a game
- The student athlete must continue to attend games/competitions per the coach or sponsor's instructions and participate in all practices. Failure to do so may result in dismissal from the team.
- Ineligible student athletes may not miss class time to attend games/competitions. If a family chooses to take an athlete out of school to attend an athletic contest, resulting in missed class time, that athlete will not be allowed to suit out or sit on the bench with the team at the game or athletic contest.

### Practice & Game Attendance

Failure to attend practices or games may result in a grade reduction in PE, loss of playing time, or other sport-specific consequences, with excessive absences potentially resulting in removal from the team.

### Athletic Participation Parent Volunteer Requirement

Families are required to participate as a volunteer in at least two games each sport season. This requirement is two games per family, not per athlete. You may choose among several areas such as gate, concession stand, clock, book, etc. While we encourage everyone to share in the volunteer experience, we understand that not every family is able to volunteer due to other commitments or schedule conflicts. To accommodate this, families may opt out of volunteering by paying \$25 per required volunteer experience (\$50 total for the season). To be fair to all families, a fee up to \$50 will be charged to families who do not fulfill their volunteer obligation.

Parents who wish to volunteer must complete the CSAF and or TCAF Coaches/Volunteer Code of Ethics Form, **prior** to volunteering. The form must be turned into the athletic office. This form is a legal requirement from the leagues, in which we participate in.

### Booster Club

All parents are encouraged to participate by volunteering their time and other resources by joining and supporting the Booster Club and NCA. The Booster Club provides financial and organizational support for all NCA sports and is open to anyone interested in contributing to the success of NCA Athletics. Funds are raised through concessions, spirit wear, and various annual fundraisers. The club elects its own officers and operates under the supervision of the NCA Athletic Director.

## Senior Night

If an effort to maintain a level of consistency, NCA will honor its seniors in a similar manner for all sports. They will be recognized before a game with their parents. NCA will purchase a flower for the student-athlete to give to their mother/or father.

- Fall: Football and cheer will be recognized at a home football game. Volleyball will be recognized at a designated home game.
- Winter: Typically, senior night will be one of the last home basketball games of the year. It will be for both girls and boys.
- Spring: We will have a senior night for our baseball and softball teams.
- Our track, cross country, clay target and fishing do not have “senior night” to honor their senior class. The reason being, NCA does not have a “home” venue for these sports.

## Middle School End of Year Awards

Each May, the Middle School will have an Athletic End of Year Awards night. At this time all Middle School teams will be recognized.

## High School Athletic Banquet

Each May, the NCA Athletic Booster Club organizes a banquet to celebrate the year. During this banquet, all varsity high school athletes and teams are recognized, with high school coaches presenting a limited number of individual awards to selected High School athletes.

## Jackets & Patches

All letter jacket & patch information can be accessed through the school office. The company the school has contracted with will be able to provide school approved jackets and patches. The athlete’s family is responsible for the cost of the jacket and patches.

## Conflict Resolution

Communication is the key to resolve any issues. The following are guidelines of what is acceptable and not acceptable to discuss.

Appropriate concerns to discuss with coaches:

1. Treatment of athletes, mentally and physically
2. Ways to help athlete improve
3. Concerns about an athlete’s behavior
4. College options and recruiting

Concerns **not** appropriate to discuss with coaches:

1. Team strategy
2. Playing time
3. Play calling

#### 4. Other student athletes

##### 24-Hour Rule for Conflict Resolution

Do not confront a coach immediately before or after a contest or practice; instead wait for a full twenty-four hours before making contact of any sort (including emails or text messages). Because meetings of this nature rarely promote resolution, the “24 Hour Rule” will always be in effect. This not only allows for reflection and prayer, but for emotions to settle so rational, fact-oriented discussions can take place.

##### The Matthew 18 Principle

Matthew 18:15-16 states that, “If your brother sins against you, go and show him his fault, just between the two of you. If he listens to you, you have won your brother over. But if he will not listen, take one or two others along, so that ‘every matter may be established by the testimony of two or three witnesses.’” NCA strongly believes in this principle. If an athlete or parent has a concern with a coach, the coach should be extended the courtesy of being addressed first, and all efforts should be made to work out the concern with the coach. In the event a satisfactory resolution is not reached, then the parent or athlete may ask for a conference with the athletic director and the coach. The goal should always be to guard against divisive speech and gossip by solving problems at the lowest level with the fewest people possible.

See attached forms...

Physical Form-Page 13

Medical History Form-Page 14

Student Code of Conduct Form-Page 15

Participation Form-Page 16

CSAF Coaches/Volunteer Code of Ethics Form-Page 18

TCAF Coaches/Volunteer Code of Ethics Form-Page 19

TCAF Transfer Student Form-Page 20

**PREPARTICIPATION PHYSICAL EVALUATION -- PHYSICAL EXAMINATION**

Student's Name \_\_\_\_\_ Sex \_\_\_\_\_ Age \_\_\_\_\_ Date of Birth \_\_\_\_\_  
 Height \_\_\_\_\_ Weight \_\_\_\_\_ % Body fat (optional) \_\_\_\_\_ Pulse \_\_\_\_\_ BP \_\_\_\_\_ / \_\_\_\_\_ ( \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ )  
 Vision R 20/ \_\_\_\_\_ L 20/ \_\_\_\_\_ Corrected: Y N Pupils: Equal \_\_\_\_\_ Unequal \_\_\_\_\_

As a minimum requirement, this Physical Examination Form must be completed prior to junior high athletic participation and again prior to first and third years of high school athletic participation. It *must* be completed if there are yes answers to specific questions on the student's MEDICAL HISTORY FORM on the reverse side. \* Local district policy may require an annual physical exam.

	NORMAL	ABNORMAL FINDINGS	INITIALS*
<b>MEDICAL</b>			
Appearance			
Eyes/Ears/Nose/Throat			
Lymph Nodes			
Heart-Auscultation of the heart in the supine position.			
Heart-Auscultation of the heart in the standing position.			
Heart-Lower extremity pulses			
Pulses			
Lungs			
Abdomen			
Genitalia (males only)			
Skin			
<b>MUSCULOSKELETAL</b>			
Neck			
Back			
Shoulder/Arm			
Elbow/Forearm			
Wrist/Hand			
Hip/Thigh			
Knee			
Leg/Ankle			
Foot			

\*station-based examination only

**CLEARANCE**

- Cleared
- Cleared after completing evaluation/rehabilitation for: \_\_\_\_\_  
 \_\_\_\_\_
- Not cleared for: \_\_\_\_\_ Reason: \_\_\_\_\_

Recommendations: \_\_\_\_\_  
 \_\_\_\_\_

*The following information must be filled in and signed by either a Physician, a Physician Assistant licensed by a State Board of Physician Assistant Examiners, a Registered Nurse recognized as an Advanced Practice Nurse by the Board of Nurse Examiners, or a Doctor of Chiropractic. Examination forms signed by any other health care practitioner, will not be accepted.*

Name (print/type) \_\_\_\_\_ Date of Examination: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 Phone Number: \_\_\_\_\_  
 Signature: \_\_\_\_\_

Must be completed before a student participates in any practice, before, during or after school, (both in-season and out-of-season) or games/matches.

PREPARTICIPATION PHYSICAL EVALUATION -- MEDICAL HISTORY

REVISED 1-11-86

This MEDICAL HISTORY FORM must be completed annually by parent (or guardian) and student in order for the student to participate in athletic activities. These questions are designed to determine if the student has developed any condition which would make it hazardous to participate in an athletic event.

Student's Name: \_\_\_\_\_ Sex \_\_\_\_\_ Age \_\_\_\_\_ Date of Birth \_\_\_\_\_  
 Address \_\_\_\_\_ Phone \_\_\_\_\_  
 Grade \_\_\_\_\_ School \_\_\_\_\_  
 Personal Physician \_\_\_\_\_ Phone \_\_\_\_\_  
 In case of emergency, contact:  
 Name \_\_\_\_\_ Relationship \_\_\_\_\_ Phone (H) \_\_\_\_\_ (W) \_\_\_\_\_

Explain "Yes" answers on an additional sheet. Circle questions you don't know the answers to. Any Yes answer to questions 1, 2, 5, 7, 11, or 17 requires further medical evaluation which may include a physical examination. Written clearance from a physician, physician assistant, chiropractor, or nurse practitioner is required before any participation in UIL practices, games or matches

<p>1. Have you had a medical illness or injury since your last check up or sports physical? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>2. Have you been hospitalized overnight in the past year? <input type="checkbox"/> Yes <input type="checkbox"/> No Have you ever had surgery? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>3. Are you currently taking any prescription or non-prescription (over-the-counter) medication or pills or using an inhaler? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>4. Do you have any allergies (for example, to pollen, medicine, food, or stinging insects)? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>5. Have you ever passed out during or after exercise? <input type="checkbox"/> Yes <input type="checkbox"/> No Have you ever been dizzy during or after exercise? <input type="checkbox"/> Yes <input type="checkbox"/> No Have you ever had chest pain during or after exercise? <input type="checkbox"/> Yes <input type="checkbox"/> No Do you get tired more quickly than your friends do during exercise? <input type="checkbox"/> Yes <input type="checkbox"/> No Have you ever had racing of your heart or skipped heartbeats? <input type="checkbox"/> Yes <input type="checkbox"/> No Have you had high blood pressure or high cholesterol? <input type="checkbox"/> Yes <input type="checkbox"/> No Have you ever been told you have a heart murmur? <input type="checkbox"/> Yes <input type="checkbox"/> No Has any family member or relative died of heart problems or of sudden unexpected death before age 50? <input type="checkbox"/> Yes <input type="checkbox"/> No Has any family member been diagnosed with enlarged heart, hypertrophic cardiomyopathy, long QT syndrome, Marfan's syndrome, or abnormal heart rhythm? <input type="checkbox"/> Yes <input type="checkbox"/> No Have you had a severe viral infection (for example, myocarditis or mononucleosis) within the last month? <input type="checkbox"/> Yes <input type="checkbox"/> No Has a physician ever denied or restricted your participation in sports for any heart problems? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>6. Do you have any current skin problems (for example, itching, rashes, acne, warts, fungus, or blisters)? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>7. Have you ever had a head injury or concussion? <input type="checkbox"/> Yes <input type="checkbox"/> No Have you ever been knocked out, become unconscious, or lost your memory? <input type="checkbox"/> Yes <input type="checkbox"/> No If yes, how many times? _____ When was the last concussion? _____ How severe was each one? (Explain below) _____ Have you ever had a seizure? <input type="checkbox"/> Yes <input type="checkbox"/> No Do you have frequent or severe headaches? <input type="checkbox"/> Yes <input type="checkbox"/> No Have you ever had numbness or tingling in your arms, hands, legs, or feet? <input type="checkbox"/> Yes <input type="checkbox"/> No Have you ever had a stinger, burner, or pinched nerve? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>8. Have you ever become ill from exercising in the heat? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>9. Have you ever gotten unexpectedly short of breath with exercise? <input type="checkbox"/> Yes <input type="checkbox"/> No Do you cough, wheeze, or have trouble breathing during or after activity? <input type="checkbox"/> Yes <input type="checkbox"/> No Do you have asthma? <input type="checkbox"/> Yes <input type="checkbox"/> No Do you have seasonal allergies that require medical treatment? <input type="checkbox"/> Yes <input type="checkbox"/> No</p>	<p>10. Have you had any problems with your eyes or vision? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>11. Are you missing any paired organs? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>12. Do you use any special protective or corrective equipment or devices that aren't usually used for your sport or position (for example, knee brace, special neck roll, foot orthotics, retainer on your teeth, hearing aid)? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>13. Have you ever had a sprain, strain, or swelling after injury? <input type="checkbox"/> Yes <input type="checkbox"/> No Have you broken or fractured any bones or dislocated any joints? <input type="checkbox"/> Yes <input type="checkbox"/> No Have you had any other problems with pain or swelling in muscles, tendons, bones, or joints? <input type="checkbox"/> Yes <input type="checkbox"/> No If yes, check appropriate box and explain below.</p> <table border="0"> <tr> <td><input type="checkbox"/> Head</td> <td><input type="checkbox"/> Elbow</td> <td><input type="checkbox"/> Hip</td> </tr> <tr> <td><input type="checkbox"/> Neck</td> <td><input type="checkbox"/> Forearm</td> <td><input type="checkbox"/> Thigh</td> </tr> <tr> <td><input type="checkbox"/> Back</td> <td><input type="checkbox"/> Wrist</td> <td><input type="checkbox"/> Knee</td> </tr> <tr> <td><input type="checkbox"/> Chest</td> <td><input type="checkbox"/> Hand</td> <td><input type="checkbox"/> Shin/Calf</td> </tr> <tr> <td><input type="checkbox"/> Shoulder</td> <td><input type="checkbox"/> Finger</td> <td><input type="checkbox"/> Ankle</td> </tr> <tr> <td><input type="checkbox"/> Upper Arm</td> <td></td> <td><input type="checkbox"/> Foot</td> </tr> </table> <p>14. Do you want to weigh more or less than you do now? <input type="checkbox"/> Yes <input type="checkbox"/> No Do you lose weight regularly to meet weight requirements for your sport? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>15. Do you feel stressed out? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>16. Record the dates of your most recent immunizations (shots) for:          Tetanus _____ Measles _____          Hepatitis B _____ Chickenpox _____</p> <p>17. Are you under a doctor's care? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p><b>Females Only</b></p> <p>18. When was your first menstrual period? _____          When was your most recent menstrual period? _____          How much time do you usually have from the start of one period to the start of another? _____          How many periods have you had in the last year? _____          What was the longest time between periods in the last year? _____</p>	<input type="checkbox"/> Head	<input type="checkbox"/> Elbow	<input type="checkbox"/> Hip	<input type="checkbox"/> Neck	<input type="checkbox"/> Forearm	<input type="checkbox"/> Thigh	<input type="checkbox"/> Back	<input type="checkbox"/> Wrist	<input type="checkbox"/> Knee	<input type="checkbox"/> Chest	<input type="checkbox"/> Hand	<input type="checkbox"/> Shin/Calf	<input type="checkbox"/> Shoulder	<input type="checkbox"/> Finger	<input type="checkbox"/> Ankle	<input type="checkbox"/> Upper Arm		<input type="checkbox"/> Foot
<input type="checkbox"/> Head	<input type="checkbox"/> Elbow	<input type="checkbox"/> Hip																	
<input type="checkbox"/> Neck	<input type="checkbox"/> Forearm	<input type="checkbox"/> Thigh																	
<input type="checkbox"/> Back	<input type="checkbox"/> Wrist	<input type="checkbox"/> Knee																	
<input type="checkbox"/> Chest	<input type="checkbox"/> Hand	<input type="checkbox"/> Shin/Calf																	
<input type="checkbox"/> Shoulder	<input type="checkbox"/> Finger	<input type="checkbox"/> Ankle																	
<input type="checkbox"/> Upper Arm		<input type="checkbox"/> Foot																	

An individual answering in the affirmative to any question relating to a possible cardiovascular health issue (question five above), as identified on the form, should be restricted from further participation until the individual is examined and cleared by a physician, physician assistant, chiropractor, or nurse practitioner.

It is understood that even though protective equipment is worn by the athlete, whenever needed, the possibility of an accident still remains. Neither the University Interscholastic League nor the high school assumes any responsibility in case an accident occurs.

If, in the judgment of any representative of the school, the above student should need immediate care and treatment as a result of any injury or sickness, I do hereby request, authorize, and consent to such care and treatment as may be given said student by any physician, athletic trainer, nurse or school representative. I do hereby agree to indemnify and save harmless the school and any school or hospital representative from any claim by any person on account of such care and treatment of said student.

If, between this date and the beginning of athletic competition, any illness or injury should occur that may limit this student's participation, I agree to notify the school authorities of such illness or injury.

I hereby state that, to the best of my knowledge, my answers to the above questions are complete and correct. Failure to provide truthful responses could subject the student in question to penalties determined by the UIL.

Student Signature: \_\_\_\_\_ Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

THIS FORM MUST BE ON FILE PRIOR TO PARTICIPATION IN ANY PRACTICE, SCRUMMAGE OR CONTEST BEFORE, DURING OR AFTER SCHOOL.



Nazarene Christian Academy  
**Student Athlete and Parent  
Code of Conduct**

NCA requires all players, parents, volunteers, and fans to understand and follow our code of conduct:

- model sportsmanship at all times/treat our volunteers, opponents and officials with respect.
- help make sports at NCA a positive experience for everyone.
- 24 HOUR RULE is a rule that is in place to help keep peace between the coach and parents. Parents are NOT allowed to approach the coach about issues until 24 hours after the competition. This allows everyone time to calm down and gives time to think and to prevent any unnecessary scenes in front of players and other parents.
- disrespectful behavior towards players, opponents, officials, coaches or volunteers will not be tolerated nor will abusive or foul language.

**Policy Enforcement**

Parents or adults that violate this code of conduct will be asked to immediately leave the facility.

WE HAVE READ AND UNDERSTAND THE ATHLETE/PARENT CODE OF CONDUCT.

_____	_____	_____
Athlete Name <i>(Please Print)</i>	Signature	Date
_____	_____	_____
Parent/Guardian Name <i>(Please Print)</i>	Signature	Date

# Athletic Participation Form

Nazarene Christian Academy

Grade for 20\_\_\_\_-20\_\_\_\_ School Year 6 7 8 9 10 11 12 Sex: M F

## Background Information

Full Name \_\_\_\_\_ Age \_\_\_\_\_

Date of Birth \_\_\_\_\_ Email Address \_\_\_\_\_

Home Phone \_\_\_\_\_ HomeAddress \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Father's Name \_\_\_\_\_

Father's Email Address \_\_\_\_\_

Father's Home Phone \_\_\_\_\_ Father's Work/Cell Phone \_\_\_\_\_

Mother's Name \_\_\_\_\_

Mother's Email Address \_\_\_\_\_

Mother's Home Phone \_\_\_\_\_ Mother's Work/Cell Phone \_\_\_\_\_

## Emergency Information

Name \_\_\_\_\_ Relation \_\_\_\_\_ Phone # \_\_\_\_\_

Name \_\_\_\_\_ Relation \_\_\_\_\_ Phone # \_\_\_\_\_

Name \_\_\_\_\_ Relation \_\_\_\_\_ Phone # \_\_\_\_\_

Primary Care Physician \_\_\_\_\_ Phone # \_\_\_\_\_

Known allergies to medication \_\_\_\_\_

Medication regularly taken \_\_\_\_\_

Medical concerns \_\_\_\_\_

## Insurance Information

Name of insured party \_\_\_\_\_ Group# \_\_\_\_\_

Insurance Company \_\_\_\_\_ Policy ID# \_\_\_\_\_

Company Address \_\_\_\_\_ Company Phone # \_\_\_\_\_



I have completed the Medical History Report on this form and affirm that it is correct. I have read and understand the UIL and NCA rules on this form and agree that my son/daughter will abide by them.

The above named student is now under my control and in my custody. I hereby give my consent for the above named student to compete in the University Interscholastic League for Nazarene Christian Academy approved sports and go with the coach or school representative, or any parent, on any field trip or to games. The parents herewith grant permission for the school employees to secure medical services for the above named student if necessary.

It is understood that even though the athlete when needed wears protective equipment, the possibility of an accident still remains. Neither the UIL nor NCA assumes any responsibility in case an accident occurs. In consideration of the above named student being permitted to make such trips and take part in such activities, I hereby release the University Interscholastic League and NCA, its Trustees, Principals, Teachers and Employees together with all persons, trips and activities (excluding paid certified carriers), from any and all liability and responsibility in connection with such trips or activities, including travel, and I agree to indemnify and hold all said parties harmless from all claims hereafter made or assured by or on behalf of the above named student and his parents, heirs, executors, or assigns.

The undersigned hereby agrees to be responsible for the safe return of all athletic equipment issued by the school to the above named student. I also authorize any physician to release confidential information concerning an athletic injury to the Licensed Athletic Trainer involved.

Student Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

# CSAF Coaches/Volunteer Code of Ethics

The function of a coach is to educate students through participation in interscholastic competition. A CSAF coach shall be aware that he or she has a tremendous influence, for either good or ill, on the education of the student-athlete and, thus, shall never place the value of winning above the value of instilling the highest ideals of character. Any coach/volunteer will portray a positive role model for youth by maintaining an attitude of respect, loyalty, patience, integrity, courtesy, tact, and maturity. Coaches/volunteers are expected to teach fair play, good sportsmanship, the rules of the game, and fundamental techniques of that sport.

## **The Code of Ethics is as follows:**

1. In all personal contact with student-athletes, parents, officials, athletic directors, school administrators, league officers and the public, the coach/volunteer shall strive to set an example of the highest ethical and moral conduct.
2. Abuse of anyone by a coach or volunteer is forbidden. Abuse includes Physical abuse; Verbal abuse; Sexual abuse; and Mental abuse
3. Using, possessing, or being under the influence of alcohol or illegal drugs is forbidden.
4. Smoking or the use of tobacco products on the field/court is prohibited and the coach shall take an active role within his or her sphere of influence in the prevention of drug, alcohol and tobacco abuse.
5. Coaches/Volunteers shall NOT use profanity in the presence of children, parents, or game officials.
6. Coaches/Volunteers shall exert their influence to enhance sportsmanship by spectators, both directly and by working closely with cheerleaders, pep club sponsors, booster clubs, and administrators.
7. A coach shall respect the decisions of administrators and league officers and shall not exert pressure to give student-athletes special consideration either academically or disciplinarily.

## **The Coach's responsibilities are as follows:**

1. Never leave students/athletes unattended – especially after games/practices; make sure every one gets picked up
2. Follow school and league rules on transportation and eligibility
3. No sports activities are to be scheduled on Sunday
4. Follow the chain of command using the principles of Matthew 18:15-17 in resolving conflict:

CSAF Director

Principal

Athletic Director

Head Coach

Assistant coach

Players / Parents

I have read and understand this Code of Ethics. I understand that it is my responsibility as a CSAF Coach/Volunteer to adhere to this code, and I further understand that I may be reprimanded or suspended should I deviate from this code.

Signed: \_\_\_\_\_

Date: \_\_\_\_\_

Print Name: \_\_\_\_\_

# TCAF Coaches/Volunteer Code of Ethics

The function of a coach is to educate students through participation in interscholastic competition. A TCAF coach shall be aware that he or she has a tremendous influence, for either good or ill, on the education of the student-athlete and, thus, shall never place the value of winning above the value of instilling the highest ideals of character. Any coach/volunteer will portray a positive role model for youth by maintaining an attitude of respect, loyalty, patience, integrity, courtesy, tact, and maturity. Coaches/volunteers are expected to teach fair play, good sportsmanship, the rules of the game, and fundamental techniques of that sport.

## The Code of Ethics is as follows:

8. In all personal contact with student-athletes, parents, officials, athletic directors, school administrators, league officers and the public, the coach/volunteer shall strive to set an example of the highest ethical and moral conduct.
9. Abuse of anyone by a coach or volunteer is forbidden. Abuse includes Physical abuse; Verbal abuse; Sexual abuse; and Mental abuse
10. Using, possessing, or being under the influence of alcohol or illegal drugs is forbidden.
11. Smoking or the use of tobacco products on the field/court is prohibited and the coach shall take an active role within his or her sphere of influence in the prevention of drug, alcohol and tobacco abuse.
12. Coaches/Volunteers shall NOT use profanity in the presence of children, parents, or game officials.
13. Coaches/Volunteers shall exert their influence to enhance sportsmanship by spectators, both directly and by working closely with cheerleaders, pep club sponsors, booster clubs, and administrators.
14. A coach shall respect the decisions of administrators and league officers and shall not exert pressure to give student-athletes special consideration either academically or disciplinarily.

## The Coach's responsibilities are as follows:

5. Never leave students/athletes unattended – especially after games/practices; make sure every one gets picked up
6. Follow school and league rules on transportation and eligibility
7. No sports activities are to be scheduled on Sunday
8. Follow the chain of command using the principles of Matthew 18:15-17 in resolving conflict:

TCAF Director

Principal

Athletic Director

Head Coach

Assistant coach

Players / Parents

I have read and understand this Code of Ethics. I understand that it is my responsibility as a TCAF Coach/Volunteer to adhere to this code, and I further understand that I may be reprimanded or suspended should I deviate from this code.

Signed: \_\_\_\_\_

Date: \_\_\_\_\_

Print Name: \_\_\_\_\_

# TEXAS CHRISTIAN ATHLETIC FELLOWSHIP

## Official Transfer Eligibility Statement

Schools must submit a transfer form to the TCAF Director for every new student that intends to participate in high school athletics. This includes Home-School students. Transfer students participating in High School Level Athletics are not eligible for play until the school has received approval from the TCAF Director.

Student Name \_\_\_\_\_

Former School \_\_\_\_\_

Address \_\_\_\_\_

Phone Number \_\_\_\_\_

Administrator/Principal \_\_\_\_\_

New School \_\_\_\_\_

Address \_\_\_\_\_

Phone Number \_\_\_\_\_

Administrator/Principal \_\_\_\_\_

Date of Transfer \_\_\_\_\_ Before School Year Began (circle one) YES NO

If no, give a brief reason for transfer. \_\_\_\_\_

### Please circle correct answer

1. Yes No Has the student ever practiced or participated in extracurricular athletic activities at another school? This includes before school, after school and during an athletic period.

2. Yes No Will or was the student 19 prior to **September 1** of the current year.

3. Yes No Did the student ENROLL in the 9th grade more than 4 years ago?
4. Yes No Has the student repeated a grade in High School?
5. Yes No Is the student enrolled in at least 4 classes at the present school?
6. Yes No Does the student presently reside with parent(s) (either birth or adoptive parents)?
7. Yes No Is the student a citizen of the United States?
8. Yes No Is the student presently under suspension or ineligible to participate in extracurricular activities at the previous school?

**Prior to applying to the new school, has the student, family or representative of the family**

9. Yes No Communicated with any coach at the school about ATHLETIC PARTICIPATION?
10. Yes No Communicated with any booster club member or school board member about ATHLETIC PARTICIPATION?
11. Yes No Attended a SPORTS CAMP at this school?
12. Yes No Participated on an AAU, CLUB, or similar team coached or operated by a coach at this school?
13. Yes No Participated in an OFF SEASON League on a team coached or operated by a coach at this school?
14. Yes No Been promised a SCHOLARSHIP for ATHLETIC PARTICIPATION from this school or representative of school?
16. Yes No Attended a tryout to determine eligibility for ATHLETIC PARTICIPATION at this school?
17. Yes No Has the student been promised payment of expenses or financial aid based on ATHLETIC ACTIVITY at this school?
18. Yes No Has the student been promised college scholarships or placement based on ATHLETIC ACTIVITY at this school?
19. Yes No Has the family agreed to pay individuals future sums for past or present representation in an ATHLETIC ACTIVITY?

## Certification Statements

### Certification of New School

We certify that, to the best of our knowledge, that no undue influence was exerted upon the student or parents to transfer schools for strictly athletic purposes. Furthermore, I (Administrator/Principal) certify that, to the best of my knowledge, no one connected with our school exerted upon the student or parents any inducements or privileges not afforded to any other student coming to our school who does not participate in athletics.

(BOTH SIGNATURES REQUIRED.)

School Administrator/Principal \_\_\_\_\_ Date \_\_\_\_\_

Athletic Director \_\_\_\_\_ Date \_\_\_\_\_

### Certification of Parents

I certify that I (we), as parent(s), are not placing our child(ren) in this school strictly for athletic purposes and there was no pressure or inducements to us, or our child(ren), from anyone at this school. By signature below, we attest that the above information is factual, true and correct. We understand that if information is later determined to be incorrect or untrue, the eligibility of the student would be in jeopardy and any contests in which the student participated would be subject to forfeiture by the school.

Parent(s) \_\_\_\_\_ Date \_\_\_\_\_

### Certification of Previous School

We certify that, to the best of our knowledge, that no undue influence was exerted upon the student or parents to transfer schools for strictly athletic purposes. We also certify that all student information is true and accurate.

School Administrator/Principal \_\_\_\_\_ Date \_\_\_\_\_

Athletic Director \_\_\_\_\_ Date \_\_\_\_\_