



**ATHLETIC
HANDBOOK**

Revised July 2025

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GRACE ACADEMY PHILOSOPHY OF ATHLETICS

Grace Academy aims to teach fundamental physical development to our students to benefit them for the rest of their lives. We teach each student to take proper care of his/her body, the temple of the Holy Spirit; to exhort one another in times of trial; to complete tasks which are begun, and to cooperate with teammates.

The athletics program at Grace Academy teaches self-sacrifice, self-discipline, and personal commitment to attain the goal of excellence. Its primary goals are to honor God while developing characteristics that will enable student-athletes to overcome challenges they will encounter throughout their lives.

GRACE ACADEMY ATHLETIC VISION

- Date: July 5, 2023
- Objective: To define the role of the athletic program at the Grace Academy.
- Scope: All physical-education classes, athletic clubs, intramurals, and athletic teams related to the School.
- Policy: Grace Academy seeks to use both academics and athletics as instruments to fulfill our mission. The purpose of our athletic program is to complement, not compete with, our academic program. We recognize that training of the body has always been part of the classical approach to education, and we educate our students to honor God by being good stewards of the body He has given them and by maintaining their health to the best of their ability. Through athletics, our students do the following:
- learn to win and lose with grace and humility
 - endure through physical hardship, thus cultivating discipline,
 - become encouragers of teammates,
 - develop mental strength, agility, and focus as they push through difficult situations, and
 - refocus and renew determination—rather than succumbing to despair—in the face of defeat.
 - honor God in humility, effort, attitude, and in sportsmanship

GRACE ACADEMY ATHLETIC POLICIES

Head of School

The head of school has the authority to employ and terminate coaches with the advice of the athletic director.

Athletic Director

The athletic director oversees the final scheduling of athletic events in the school year. In appropriate situations, the athletic director will assist in executing policy within the manual and from the administrator. It is the goal of the athletic director to oversee each sport and prevent or resolve any problems that may occur during each athletic season. The athletic director also

produces a workable athletic schedule which complies with Grace Academy Board policy and supports the normal daily operation of the school.

Head Coach

The head coach is responsible for the spiritual and physical development of his or her entire team within the framework of a sound philosophy of the sport and to unite all players on the team. The head coach should build a student athlete using constructive criticism and encouragement, and institute a culture of humble excellence while giving praise through effort and attitude to our Lord and Savior, Jesus Christ.

The head coach is responsible for holding tryouts and only retaining the set number of student-athletes for his or her particular sport. Playing time is determined by the head coach. The head coach is also ultimately responsible for the conduct of assistant coaches. The head coach should also be open to the suggestion of an assistant coach, athletic director, and head of school. The head coach may not publicly criticize athletic policy, but rather be willing to address any disagreement in a private meeting.

Assistant Coach

The assistant coach is directly responsible to the head coach for any action taken involving the team. The head of school and athletic director will approve the appointing of assistant coaches by the head coach. The assistant may be called upon to act as head coach should the head coach not be able to lead the team for any reason. The assistant coach will support the head coach in all phases of team leadership and disagreements should never be made public, but addressed in private.

STANDARDS OF CONDUCT FOR COACHES

Athletics at Grace Academy are intended to give glory to God while helping students increase in wisdom and stature so they will be able to overcome challenges throughout their lives. The following standards of conduct are given to coaches as an aid in being faithful to athletic philosophy of Grace Academy.

- All coaches, paid and volunteer, will submit paperwork for a background check.
- All coaches, paid and volunteer, will go through the online Ministry Safe online training and pass the final quiz.
- All coaches, paid and volunteer, will sign the Grace Academy Statement of Faith, Position Statements, and Statement of Sincerely Held Beliefs.
- All coaches are subject to the social & supervision policies of the Grace Academy Employee Handbook and the Athletic Policies Handbook.
- In matters relating the athletic philosophy, always submit to the head coach first and the athletic director. If you ever unable to do so in good conscience, you are to then appeal the issue to the head of school.
- Be an example of those traits we wish to build in our students: lose with grace, win with humility, exhibit self-sacrifice, display self-discipline, follow personal commitment to excellence, and persevere in tough circumstances.

- When interacting with opposing coaches, parents, and officials, always return evil with good.
- Allow the head coach to respond and handle disputes with officials and others.

All out of season practices and open gyms must be approved and scheduled through the athletic director.

BEHAVIOR AT ATHLETIC EVENTS & REQUIREMENTS OF STUDENT ATHLETES AND PARENTS

Grace Academy students are all aware of the standards set forth by the school, but are oftentimes unaware of what we expect from them as spectators. Therefore, we have listed a few things to keep in mind when attending an athletic event:

1. Do not criticize. Fans sometimes feel that they are able to do it better, but this is not their job. Support the players and coaches; **build them up – do not tear them down.**
2. As difficult as it may be, comments to officials and opposing teams should always be positive.
3. Do not make derogatory comments to athletes on the opposing team or officials.
4. Realize that the word Christian means “Christ-like.” We, as Christians, are always Testimonies in words and actions, whether good or bad. Grace Academy desires to portray a Christ-like testimony.

Long after the score is forgotten, our behavior and reputation are remembered

Parents of athletes must sign the registration form when registering for an athletic team, which includes a liability waiver for your child, and an acceptance of the athletic policies as presented in this handbook.

CONCUSSION PROTOCOL, TRAINING, PROCEDURES, AND RETURN TO PLAY GUIDELINES

(taken directly from the CDC Heads Up website)

A concussion is a brain injury that is characterized by an onset of impairment of cognitive and/or physical functioning, and is caused by a blow to the head, face or neck, or a blow to the body that causes a sudden jarring of the head.

Common symptoms:

- headache or feeling of pressure in the head
- dizziness/feeling “in a fog”
- balance deficit
- unequal pupil size
- sensitivity to light and sound
- blurred vision
- nausea/vomiting
- overall slowed down feeling
- slurred speech

Do not ignore the symptoms of a concussion. Report any symptoms to your coach immediately.

Every coach or other person serving in a coaching or advisory role over student-athletes during physical activities, games, competitions, or practices shall receive training yearly in the signs and symptoms of sports-related concussions, strategies to reduce the risk of concussions, how to seek proper medical treatment for concussions, and the process by which a concussed student-athlete may safely return to practice or competition.

1. The head injury is reported to the coach and athletic director immediately.
2. The athlete will be evaluated and immediately referred to a physician.
3. The athlete must be evaluated by a physician, PA or nurse practitioner following recognition of concussion symptoms.
4. A doctor's note must be given to the athletic director, who will give a copy to the coach.
5. Once diagnosed as a concussion, the athlete will remain out of all activity until released by a physician to begin the graduated return to play.
6. The graduated return to play will begin only once released by a physician, PA or NP-C, and the student athlete is *completely symptom free*.
7. There will be a five-day graduated return to play process (one (1) stage per day) that must be completed prior to returning to activities, and the athlete must remain symptom free throughout.

It is important for an athlete's parent(s) and coach(es) to watch for concussion symptoms after each day's return to play progression activity. An athlete should only move to the next step if they do not have any new symptoms at the current step. If an athlete's symptoms come back or if he or she gets new symptoms, this is a sign that the athlete is pushing too hard. The athlete should stop these activities and the athlete's medical provider should be contacted. After more rest and no concussion symptoms, the athlete can start at the previous step.

Baseline: Back to School First

Athlete is back to their regular school activities, is no longer experiencing symptoms from the injury when doing normal activities, and has the green-light from their health care provider to begin the return to play process.

Step 1: Light aerobic activity

Begin with light aerobic exercise only to increase an athlete's heart rate. This means a stationary bike, walking, or light jogging. No weight lifting at this point. 10 minutes total activity

Step 2: Moderate activity

Continue with activities to increase an athlete's heart rate with body or head movement. This includes moderate jogging, brief running, moderate-intensity stationary biking, and moderate-intensity weightlifting (less time and/or less weight from their typical routine) 25 minutes total activity.

Step 3: Heavy, non-contact activity

Add heavy non-contact physical activity, such as sprinting/running, high-intensity stationary biking, regular weightlifting routine, non-contact sport-specific drills (in 3 planes of movement) 30-45 minutes total activity.

Step 4: Practice & full contact

Young athlete may return to practice and full contact (if appropriate for the sport) in controlled practice. 60 minutes total activity

Step 5: Competition

Young athlete may return to competition.

STUDENT ATHLETE CODE OF CONDUCT

1. Every athlete is expected to maintain a good Christian testimony. Any time an athlete is not maintaining a Christian testimony on or off the field or in the classroom, he/she may be suspended or dismissed from the team after a conference with the parents, student-athlete, athletic director, and if necessary, head of school.
2. Athletes are expected to be examples of good conduct to other students. In that regard, when an athlete receives a suspension from school, the student will be suspended from his/her team during that period. Further action will be at the discretion of the head of school.
3. The use of profanity will not be tolerated. The use of profanity on or off the field may result in suspension from the team or loss of game time.
4. Athletes are to be good representatives of Christ and Grace Academy on road trips. Failure to do so may result in suspension or dismissal from the team.
5. Grace Academy does not condone and will not tolerate "hazing" or "initiations" of athletes by other athletes. Any such actions will result in suspension and/or dismissal from the team.
6. Any athlete or coach that is ejected from a game will be suspended for the next game. If the athlete or coach receives a second ejection, he will be suspended for two games. A third ejection will result in dismissal from the team and forfeiture of athletic privileges for the remainder of the school year.
7. Making an athletic team at Grace Academy is a commitment to teammates, coaches, and the school. Student-athletes are expected to honor that commitment through the entire season.
8. Participation on the school team will take priority over playing for club/park and recreation teams. Personal choice by the athlete or family to give club/park and recreation team higher priority may reduce the athlete's game time with the school team.
9. Student-athletes must attend all practices and games, and be on time, unless excused by the head coach.

RULES OF ELIGIBILITY IN PRACTICE AND GAMES

Student athletes are expected to be in school on the days of practice and games. It will be at the discretion of the coach, athletic director and head of school whether an absence will keep someone from practicing or playing. For example, as a precautionary measure, a parent may keep a child home for potential illness reasons, or is within the 24 hours of a fever; however, if there is no illness or the 24-hour window has ended, then considerations may be made on rare occasions.

An athlete may have not have any D's or below at the end of the quarterly grading period or at the time of a progress report to be eligible to compete. (Low mid-term grades will not hinder eligibility.) If a student-athlete does have a D or lower at this time, he or she could be put on academic probation. During the probation period, a student-athlete is not allowed to compete in games/matches/meets until his/her grade is no longer a D and is showing progress. He/she is still required to practice with the team. Students on academic probation will have weekly grade checks on to determine the end of the probation period.

The academic dean, in discussion with the athletic director, is responsible for the determination of eligibility of students and communicating that to the athletic director and coaches. The length and impact of the probation period will be at the discretion of the academic dean and accessed weekly.

An athlete must abide by the following guidelines if placed on a probationary period:

- Before being reinstated to a team, an athlete on academic probation should be showing progress toward improving the grade above a D, or have already earned a higher grade. If the improvements have been made, and after a meeting with the athletic director and academic dean, the athlete may be allowed return to the team at that time.
- An athlete on probation will practice but not compete in games/matches/meets with the team. If an athlete attends games/ matches/meets while on probation, he/she is to sit on the team bench in school attire.
- These guidelines also apply to managers, statisticians, and scorekeepers.
- Any violation of the probation guidelines may result in suspension from the team.

PARTICIPATION OF HOMESCHOOL STUDENTS

For the 2025-26 school year, Grace Academy welcomes homeschool families to participate in our athletic programs; however, homeschool participants may be the first cut on a team in which there are cuts and enough GA students. The ratio of homeschool to Grace Academy student-athletes represented on a Grace Academy athletic team will not be less than 5:1. If additional homeschool participants are needed to field/build a team for a team sport, the athletic director and head of school has discretion to allow additional homeschoolers to participate, even if the homeschool representation will be more than 20%. Homeschool athletes will not be allowed to participate for a homeschool team and a Grace Academy athletic team during the same season.

SELECTION OF PARTICIPATION ON TEAMS

1. Each coach has the responsibility to select his/her team.
2. Each coach will have try-outs to select team members.
3. Final approval will come from the athletic director and/or the head of school.
4. To provide proper training and appropriate playing time for each team member, there will be a limit to the number of athletes allowed on each team.

TRANSPORTATION

1. Parents or legal guardians must provide transportation of their student athlete to all games or practices.
2. Coaches, administrators, or other Grace Academy staff and faculty are not permitted to transport athletes (other than their own children) to games or practices.
3. An athlete may ride to or home from an off-campus game with a friend's parent(s) if the athlete's parents have provided the school or coach with written or verbal communication from the parent(s) or legal guardian prior to the game.
4. All exceptions to the above can be amended by the athletic director/administration.

UNIFORMS

Uniforms will be issued by the school and are expected to be returned in the same condition they were issued, less normal wear from the season. Should a uniform be lost, destroyed, or otherwise unfit, it will be the responsibility of the student-athlete to pay for its replacement.

ATHLETE DRESS CODE

1. All athletes must meet the school dress code for modest dress at practice.
2. Shorts must be mid-thigh length. (If shorts do not meet this standard, compression shorts must to be worn underneath them to reach mid-thigh length. Compression shorts must also be worn with very loose-fitting shorts so as not to reveal undergarments during athletic participation.)
3. Spandex/compression shorts may ONLY be worn under another pair of shorts, not on their own.
4. Sleeveless shirts must have at least 2-inch shoulder straps, cannot have wide holes at the arm pits that hang down, and cannot reveal undergarments.
5. Athletic uniforms will be approved by the administration and will be modest in style.
6. Students are expected to travel to games in either their school uniform or sport's uniform as the coach and athletic director decide.
7. These guidelines apply to all players, managers, statisticians, and scorekeepers associated with each team.

Miscellaneous

The athletic director and administration will decide questions & issues not discussed here.

By signing below, I acknowledge that I have read, understood and agree with the Athletic Handbook, Grace Academy Position Statements, Sincerely-Held Beliefs on Sexuality and Gender, and the Statement of Faith. I agree to abide by and affirm this commitment to Grace Academy Athletics in my actions, speech, and behavior while remaining a Grace Academy community member.

Signature _____

Date _____



GRACE ACADEMY POSITION STATEMENTS

1. **Reverence of God's Name:** We believe reverence should be shown in all areas of instruction, proper respect, and consideration of God's character to ensure that God's name, character, and truth are honored and respected. References to the name or attributes of God must be consistent with biblical principles and should not be silly or trite.
2. **Gender and Sexuality:** We believe that God wonderfully and immutably creates each person as male or female. These two distinct, complementary genders together reflect the image and nature of God (Gen. 1:26-27). Rejection of one's biological sex is a rejection of the image of God within that person.
3. **Marriage:** We believe the term "marriage" has only one meaning: the uniting of one man and one woman in a single, exclusive union, as delineated in Scripture (Gen. 2:18-25). We believe that marriage between one man and one woman, for life, uniquely reflects Christ's relationship with His rescue mission (Eph. 5:21-33). We believe that God intends sexual intimacy to occur only between a man and a woman who are married to each other (1 Cor. 6:18; 7:2-5; Heb. 13:4). We believe that God has commanded that no intimate sexual activity be engaged in outside of a marriage between a man and a woman. We believe that any form of sexual immorality (including adultery, harassment, cohabitation, fornication, homosexual behavior, bisexual conduct, bestiality, incest, child abuse, or use of pornography) is sinful and offensive to God (Matt. 15:18-20; 1 Cor. 6:9-10).
4. **Self-Identification, Homosexual, Bisexual, Transgender, and Other:** We believe homosexual, bisexual, transgender, adultery, fornication, LGBTQ+, and other action, speech, and behavior outside of God's design to be sin; therefore, declaring acceptance of, condoning the practice of, or stating support for such is not acceptable from Grace Academy students and staff.
5. **Sanctity of Human Life:** We believe that all human life is sacred and created by God in His image. Human life is of inestimable worth in all its dimensions, including pre-born babies, the aged, the physically or mentally challenged, and every other stage or condition from conception through natural death. We are therefore called to defend, protect, and value all human life. (Ps. 139.)
6. **Essential Truth:** We believe the foundational truths found in the Grace Academy Statement of Faith and the principles outlined in the Grace Academy Position Statements form the essential tenets of our school. These statements are sincerely-held positions of our School. Within these tenets, we seek to promote "unity in essentials," beyond these tenets, "liberty in non-essentials," and "in all things charity" (Christian love toward others).

By signing below, I acknowledge that I have read, understood, and agree with these Position Statements. I agree to abide by and affirm these beliefs in my actions, speech, and behavior while remaining a Grace Academy community member.

Signature _____ Date _____



Sincerely-Held Religious Beliefs on Sexuality and Gender

Grace Academy holds the sincere religious belief that God wonderfully and immutably creates each person as either male or female, and that these two distinct, complementary sexes together reflect the image and nature of God (Gen. 1:26-27). Rejection of one's sex at conception is a rejection of the image of God within that person (Ps. 139:13).

Grace Academy recognizes there may be instances where members of the School community experience disparity between their sex and their feelings about their sex. This disparity can motivate them to make declarative affirmations or behave in ways contrary to God's Word and His plan for their lives. Grace Academy encourages members of the School community who are struggling with their sexual identity to seek help from their pastor and other trained professionals who might best assist them in clarifying and defining their sexual identity in accordance with God's Word. The School administrators will also meet with the individual and/or parents/guardians to discuss adherence to this policy.

Grace Academy will at all times interact with members of the School community according to their biological sex. A member of the School community who wishes to express a gender other than his or her sex is understood to be rejecting the truth and the image of God within that person (Ps. 139:13). Biblical Christianity requires the body of Christ to compassionately dwell in the truth and assist those we love in doing the same (Eph. 4:15).

A member of the School community who openly and unrepentantly rejects their sex or declares themselves to be of a LGBTQ+ persuasion, either in or out of school, is rejecting the image of God within that person—behavior that dishonors the Holy Trinity and the Word of God. Such actions, speech, or behavior constitutes a person's failure to adhere to their commitment to abide by the behavioral standards established by Grace Academy, which is cause for terminating their privilege of membership in the School community.

To preserve the function and integrity of Grace Academy and to provide a biblical role model to members of the School community and the community-at-large, it is imperative that all members of the School community agree to and abide by this policy.

By signing below, I acknowledge that I have read, understood, and agree with these Sincerely-Held Religious Beliefs on Sexuality and Gender. I agree to abide by and affirm these beliefs in my actions, speech, and behavior while remaining a Grace Academy community member.

Signature _____

Date _____



School Motto

Adoramus te Christe ~ Christ, we do all adore Thee.

Mission Statement

Grace Academy partners with families of the High Country to provide a distinctively classical Christian education with a Biblical worldview in order to equip students for a lifetime of learning, service, and leadership to the glory of God.

Statement of Faith

We believe the Scriptures of the Old and New Testament are the inspired, infallible and inerrant Word of God, the final authority for doctrine, reproof, correction and instruction in right living (2 Timothy 3:16-17; 2 Peter 1:20-21).

We believe in one God, existing eternally in three persons: Father, Son and Holy Spirit, each being a distinct person and with a distinct function, but all of one essence and all possessing the same nature, perfections and attributes (John 4:24; Romans 8:14-15; Deuteronomy 6:4-5; Genesis 1:31).

We believe in the deity of our Lord Jesus Christ, fully man and fully God, only begotten Son of the Father. He was conceived by the Holy Spirit, born of the Virgin Mary and lived a sinless life. He suffered under Pontius Pilate, was crucified, buried and rose physically from the dead. He ascended to the right hand of the Father and will come again in power and glory (Isaiah 7:14; Matthew 1:8-25; Colossians 1:15; John 1:14; Philippians 2:6-9).

We believe that mankind was created by a direct act of God in His image, not from a previously existing life, that all men sinned in Adam (the historical father of the entire human race) and thus incurred both physical and spiritual death; and that all men have inherited a sinful nature (Genesis 1:1-3; Ephesians 2:1; Romans 1 and 5; Romans 3:23).

We believe that salvation of the lost and sinful man, regeneration by the Holy Spirit, is absolutely essential and that this salvation is received through faith in Jesus Christ as Savior and Lord not as a result of good works (Ephesians 2:8-9; 2 Corinthians 5:17; Titus 3:5). We believe that God offers redemption and restoration to all who confess and forsake their sin, seeking His mercy and forgiveness through Jesus Christ (Acts 3:19-21; Romans 10:9-10; 1 Corinthians 6:9-11). We believe that every person must be afforded compassion, love, kindness, respect and dignity (Mark 12:28-31; Luke 6:31). Hateful and harassing behavior or attitudes directed toward any individual are to be repudiated and are not in accord with Scripture.

We believe that the Holy Spirit carries out this work in our lives, empowering us to grow in the loving union with our Heavenly Father and to walk in obedience to do His will. We believe that the Holy Spirit is a personal being who convicts the world of sin and who regenerates, indwells, empowers, guides, and bestows spiritual gifts on believers and who seals them eternally for God (John 6:37; John 16; Romans 8; Ephesians 1:13-14; 4:30).

We believe in the resurrection of both the saved and the lost; they that are saved unto the resurrection of life and they that are lost unto the resurrection of damnation (Revelation 20, 21; 1 Corinthians 15).

We believe in the spiritual unity of believers in our Lord Jesus Christ (Philippians 2).

We believe that it is the responsibility and privilege of every Christian to proclaim the good news of Jesus Christ and to seek to make growing disciples (Matthew 28:18-20; Acts 1:8).

We believe that all human life is sacred and created by God in His image. Human life is of inestimable worth in all its dimensions, including prenatal babies, the aged, the physically or mentally challenged, and every other stage or condition from conception through natural death. We are therefore called to defend, protect, and value all human life (Psalm 139).

We believe that God wonderfully and immutably creates each person as male or female. These two distinct, complementary genders together reflect the image and nature of God (Genesis 1:26-27). Rejection of one's biological sex is a rejection of the image of God within that person.

We believe that the term "marriage" has only one meaning: the uniting of one man and one woman in a single, exclusive union, as delineated in Scripture (Genesis 2:18-25).

We believe that God intends sexual intimacy to occur only between a man and a woman who are married to each other (1 Corinthians 6:18; 7:2-5; Hebrews 13:4).

We believe that God has commanded that no intimate sexual activity be engaged in outside of a marriage between a man and a woman. We believe that any form of sexual immorality is sinful and offensive to God (Matthew 15:18-20; 1 Corinthians 6:9-10).

We believe that in order to preserve the function and integrity of Grace Academy as a Christian ministry providing a Biblical role model, it is imperative that all Grace Academy students, their families, staff, faculty and volunteers agree to and abide by this statement of faith (Matthew 5:16; Philippians 2:14-16; 1 Thessalonians 5:22).

Note: Our Statement of Faith is not exhaustive of all of our beliefs. The Bible, as the inspired and infallible Word of God, speaks with absolute authority regarding the proper conduct of humanity and is the unchanging foundation for all belief and behavior. The Grace Academy Board of Directors holds final interpretive authority on biblical meaning and application with regard to faith, doctrine, policy, practice, and discipline.

By signing below, I acknowledge that I have read, understood, and agree with this Statement of Faith. I agree to abide by and affirm these beliefs in my actions, speech, and behavior while remaining a Grace Academy community member.

Signature _____

Date _____