



ATHLETIC HANDBOOK

2026-2027



LETTER FROM THE ATHLETIC DIRECTOR

Student-Athletes and Parents,

Cornerstone Christian Academy is committed to the well-rounded education of young men and women by providing a comprehensive athletic program for the school community in a Christ-centered, caring, and competitive environment.

We continue to focus on establishing our culture of doing good for God's glory and our coaches, student-athletes, parents, and CCA community continue to play a monumental role in establishing our sports culture. God's hand has been on CCA from the beginning as we have grown from 6 middle school sports to over 12 sports, ranging in level from middle school to JV to Varsity. CCA is a proud member of both the Virginia Christian Athletic Conference (VCAC) and Virginia Independent Schools Athletic Association (VISAA).

The Cornerstone Christian Academy Athletics Handbook identifies the philosophy, goals, policies, and procedures of our athletic program. This handbook is intended to clarify the expectations of the program so that coaches, student-athletes, and parents can work together to provide the best possible experience for everyone involved and continue to build a tradition of Christ-honoring athletic excellence at CCA.

While we do everything we can to communicate and operate with excellence, interscholastic athletic coordination and communication involves several groups beyond our school (other schools, referees, external field rentals, etc.). We will continue to communicate openly and candidly, but we ask that you join with us in showing grace, support, and unity when inevitable changes arise.

Please take the time to thoroughly read this document. All student-athletes and parents must sign and acknowledge that they have done so in Magnus Health. Signing the receipt and review of the Athletic Handbook is an annual requirement.

I am here to serve our students and parents, so please do not hesitate to contact me directly should you have any questions or concerns. Please join me in praying for the Lord's guidance and protection for our athletic program. Go Guardians!

Brett Botta
Athletic Director
Cornerstone Christian Academy
bbotta@ccaguardians.net
(540) 440-9112





TABLE OF CONTENTS

Mission Statement and Core Values	1
Philosophy of Athletics	2
Contact Information	4
School Contact Information	4
Athletics Contact Information	4
Emergencies — Injuries and Medical Response	4
Non-Emergency	4
General Athletics Information	5
School Colors and Mascot	5
Sports and Seasons	5
Conference Affiliations	5
Club Sports	5
Requirements for Participation	6
Eligibility	6
Forms	6
Academics	6
School Attendance	6
Athletics Policies and Guidelines	7
Student-Athlete Expectations	7
Team Levels	8
Sign-Ups	8
Structuring Teams and Tryouts	9
Commitment and Athletics Attendance	9
Quitting a Team	9
Multi-Sport Athletes	10
Dress Code — Athletic Activity	10
Uniforms and Equipment	10
Practices and Games	11
Playing Time	11
Recruitment	12
Inclement Weather and Emergency Management	13
Inclement Weather	13
Cold and Heat Policies	13
Lightning	13
Rain/Field Conditions	13
First-Aid, CPR, AED Training	13
Injuries	14
Other Information	15
Team Pictures	15
Meals	15
Team Managers	15
High School / Varsity Letter	15
Transportation	16
Practices and Home Games	16
Away Games	16
Bus/Van Behavior	16
Parent Information	17
Communication	17
Parent Behavior and Expectations	17
Volunteer and Service Opportunities	18
Commitment	18
Conflict Resolution	18

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MISSION STATEMENT AND CORE VALUES

CCA Mission Statement

Cornerstone Christian Academy joins with parents by educating in a culture of excellence, instilling a Biblical worldview, and discipling them in Christ to pursue their God-given purposes..

CCA Core Values (With Athletics Application)

A Biblical Worldview

“For the word of God is living and powerful, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discerner of the thoughts and intents of the heart.” Hebrews 4:12 (NKJV)

We seek to integrate a Biblical worldview on the field and court by using athletics to teach, develop, and display Christ-like qualities such as godliness, obedience, humility, servant leadership, perseverance, and self-control.

A Commitment to Parents

“Therefore you shall lay up these words of mine in your heart and in your soul. . . . You shall teach them to your children, speaking of them when you sit in your house, when you walk by the way, when you lie down, and when you rise up.” Deuteronomy 11:18-19 (NKJV)

As coaches and staff, we seek to come alongside parents in the spiritual and physical development of their children’s lives by mentoring, encouraging, and challenging students in practice and competition.

A Culture of Excellence

“And whatever you do, do it heartily, as to the Lord and not to men, knowing that from the Lord you will receive the reward of the inheritance; for you serve the Lord Christ.” Colossians 3:23-24 (NKJV)

We seek to glorify God in all athletic activities by pursuing excellence through hard work, discipline, teamwork, and a healthy competitive spirit.

A Unique Calling

“For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand that we should walk in them.” Ephesians 2:10 (NKJV)

In addition to a Biblical Worldview, Commitment to Parents, and Culture of Excellence, we seek to use athletics as an avenue to encourage students to explore their gifts and abilities, find their callings, and fulfill their God-ordained purposes.

PHILOSOPHY OF ATHLETICS

The CCA Athletic Department seeks to carry out the mission of the school through a Christ-honoring sports culture and The Guardian Way. The Guardian Way is to:

- Love God (Matthew 22:37)
- Love Others (Matthew 22:39)
- Show Respect (Romans 12:10)
- Stay on the Path (Deuteronomy 5:33)
- Do Right, Love Mercy, and Walk Humbly with God (Micah 6:8)

CCA athletics is built on the Bible, the pursuit of excellence, and the highest levels of individual and team performance. Athletes are expected to exercise their God-given talents to the best of their abilities in practices and competitions to bring God glory. The goal is for student-athletes to develop and display Christ-like qualities such as godliness, obedience, humility, servant leadership, perseverance, and self-control while on and off the field to develop leaders who will change the world for Christ.

Furthermore, CCA athletes are expected to protect The Guardian Way but applying our athletics-wide phrase: **GUARD** the Way.

GRACE
UNITY
ACCOUNTABILITY
RESPECT
DISCIPLINED

G — Grace - We show forgiveness and compassion even when mistakes happen. We foster a culture of grace by consistently extending it to ourselves, teammates, coaches, parents, and more.

“Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.” — Ephesians 4:32

U — Unity - Choosing “we” over “me”. Unity doesn’t mean we’ll always agree; it means we stay connected in love, prayer, and humility. On the court/field/track/course, we communicate, trust, and celebrate each other. Off of it, we build each other up and protect our team culture from gossip, division, or pride.

“with all lowliness and gentleness, with longsuffering, bearing with one another in love, endeavoring to keep the unity of the Spirit in the bond of peace.” — Ephesians 4:2-3

A — Accountability - Owning our actions, attitudes, and effort. Holding each other to the team standards. Integrity. No excuses.

“If anyone, then, knows the good they ought to do and doesn’t do it, it is sin for them.” - James 4:17

“As iron sharpens iron, so one person sharpens another.” — Proverbs 27:17

R — Respect - We show respect by listening, following directions, and treating others the way we want to be treated. We respect our coaches by honoring their leadership, our teammates by encouraging them, our opponents by competing with integrity, and officials by accepting their authority without complaint. Respect turns competition into ministry.

“Honor all people. Love the brotherhood. Fear God. Honor the King” -1 Peter 2:17

D — Disciplined - A disciplined athlete honors the Lord by giving consistent effort and focus in all things, knowing that excellence glorifies Him.

“...that you may approve of the things that are excellent, that you may be sincere and without offense till the day of Christ, being filled with the fruits of righteousness...” - Philippians 1: 10-11



CONTACT INFORMATION

School Contact Information

Address: 35321 Notre Dame Lane, Middleburg, VA 20117

Main Office Phone Number: (540) 440-9180

School Website: <https://ccaguardians.net>

Athletics Contact Information

Brett Botta, Director of Athletics

Office: (540) 440-9112

Email: bbotta@ccaguardians.net

Emergencies — Injuries and Medical Response

EMERGENCY - DIAL 911

CCA Security Contact: Office Chris Cotone (ccotone@ccaguardians.net)

Nearest Hospital: StoneSprings Hospital Center
24440 Stone Springs Blvd, Dulles, VA 20166 — (571) 349-4000

Nearest Urgent Care: Virginia Medical Center and Urgent Care
609 E Main St Ste Q, Purcellville, VA 20132 — (540) 338-0032

Non-Emergency

Middleburg Police Department: (540) 687-6633

Middleburg Fire Department: (540) 687-3001

Poison Control: (800) 222-1222

Loudoun County Animal Control: (703) 777-0406



GENERAL ATHLETICS INFORMATION

School Colors and Mascot

School Colors: Dark Blue (PMS: 7455 C), Gold (PMS: 7404 C), Light Blue (PMS: 635 C)
School Mascot: Guardians / Timothy the Lion

Sports and Seasons

Middle School Sports

- Fall: Boys' Soccer, Cross Country (co-ed), & Girls' Volleyball
- Winter: Boys' Basketball, Girls' Cheerleading, & Girls' Basketball
- Spring: Boys' Flag Football (Intramural) & Girls' Soccer

High School Sports

- Fall: Boys' Soccer, Cross Country (co-ed), Girls' Volleyball, & Girls' Tennis (club)
- Winter: Boys' Basketball, Girls' Cheerleading, Girls' Basketball, & Indoor Track (co-ed)
- Spring: Boys' Baseball, Golf (co-ed), Boys' Flag Football, Girls' Soccer, Outdoor Track (co-ed), & Girls' Softball (tentative)

*The sports offered are subject to change due to student interest and/or scheduling issues.

Conference Affiliations

Virginia Christian Athletic Conference (VCAC)
<https://www.virginiachristianathleticconference.org>

Virginia Independent Schools Athletic Association (VISAA)
<http://vissa.org>

Club Sports

Club sports are added continually each year. There may be situations in which a club-sport model is used for one or two years to help develop the foundation for an official school sport the following year(s). This has proved to be an effective practice, and we will continue adding club sports when there is sufficient student interest, facility space, and support in leading the activity from a teacher, coach, other staff member, or volunteer. If you are interested in starting a club sport, please email Brett Botta (bbotta@ccguardians.net) to discuss feasibility.

REQUIREMENTS FOR PARTICIPATION

Eligibility

Beginning in grade 6, all full-time, in-person, CCA students are eligible to try out for middle and/or high school athletic teams if they have completed all necessary forms, agreed to this handbook's contents, and meet the academic and behavioral standards detailed below.

It is a privilege for students to represent their school through athletic participation and other extracurriculars. However, such participation is predicated on each student fulfilling his/her primary responsibilities in everyday school affairs. Students who fail to abide by basic school policies, respect attendance and punctuality guidelines, and maintain responsible classroom performance standards may lose their eligibility to participate in athletic and extracurricular activities. If such concerns arise, the upper school principal will consult with relevant staff to evaluate a student's eligibility for extracurricular/athletic participation.

CCA online and homeschool students are not eligible to participate in competitive CCA athletics.

Forms

An athletic physical and the associated CCA Athletic Physical and Participation Form is required by law prior to participation in tryouts and official team activities for all middle and high school students. The CCA Athletic Physical and Participation Form can be found in both Magnus Health and the Veracross Parent Portal. Pages 1 and 2 should be filled out and signed by you, the family of the participant. Page 3 must be filled out and signed by a licensed doctor of medicine, doctor of osteopathic medicine, nurse practitioner, or physician's assistant. Pages 4-6 should be kept on file with your medical provider's office and NOT submitted to CCA. All forms should be uploaded into Magnus Health.

A new Virginia law took effect on July 1, 2025, and the updated law states that an athletic physical is valid for 14 months from the date of the medical provider's signature (on page 3). Medical forms will be reviewed prior to tryouts each season, but it is the family's responsibility to ensure that physicals and the forms for these physicals are completed and submitted before their expiration to ensure continued sports eligibility.

Academics

Students must maintain a C average (or 2.0 GPA) to participate in athletics or other extracurricular activities. Students who fail to meet this requirement must sit out from practice/games until their grades meet the standard. Additionally, any student placed on academic probation as defined in the Parent-Student Handbook (one F or two D's at the end of any quarter) may be deemed ineligible, even if they maintain a C average. If the Athletic Director or Principal determines that a student is not maintaining reasonable grades or not completing assignments due to excessive absences, low effort, or any other reason, they have the authority to place the athlete on temporary probation or suspension from athletic participation.

School Attendance

Student-athletes must be in school no later than 12:00 pm on a normal school day and 8:30 am on a half-day to participate in practices or games that day.

Exceptions:

- Medical/dental appointments, funerals, etc. (cosmetic appointments not included).
- Early dismissal for approved school activities (field trips, athletic events, etc.).

ATHLETICS POLICIES AND GUIDELINES

Student-Athlete Expectations

Athletic participation is considered a privilege, not a right. Cornerstone Christian Academy student-athletes are public representatives of CCA and Jesus Christ. Student-athletes are expected to act appropriately. Behaviors that will not be tolerated include but are not limited to:

1. Fighting
2. Hazing, bullying, or intimidation
3. Profane, derogatory, and degrading comments
4. Obscene gestures
5. Alcohol, tobacco, or drug use or possession (including e-cigarettes/vaping)
6. Unsportsmanlike conduct
7. Defiance or disrespectful behavior
8. Taunting opponents or officials
9. Vandalism or destruction of property
10. Boasting to bring glory/attention to self instead of the Lord and the team
11. Acting in a way that undermines the coach and/or team (absence, attitude, gossip, etc.)

Student-athletes are expected to be leaders to their peers and opponents by being accountable to the following expectations:

1. Exhibit The Guardian Way and above all strive for Christlike character.
2. Be courteous and hospitable to visiting teams, visiting fans, and officials.
3. Treat the facilities of host schools with respect, leaving the bench area / locker room better than how they found it.
4. Play hard and work hard to the limit of their abilities, regardless of circumstances.
5. Retain composure and not engage in on-court/field trash talk, scuffles, etc.
6. Be humble in success and gracious in defeat.
7. Respect the integrity and judgment of officials, accepting their calls without question.
8. Set a high standard of personal cleanliness, appearance, and modesty.
9. Understand and observe the rules of the game and the standards of eligibility.
10. Follow other teams' rules and expectations as laid out by the coach and/or athletic director.

Failure to adhere to these guidelines will result in reduction of playing time, suspension from team, dismissal from team, and/or school discipline as outlined in the CCA Parent/Student Handbook.

Hazing, Bullying, or Peer Harassment

Hazing or peer harassment that recklessly or intentionally endangers the mental health, physical health, or safety of a student for the purpose of initiation, membership, or affiliation will not be tolerated. All athletes must be given the opportunity to compete without threat of abuse. Coaches have a responsibility to maintain a safe and positive environment for all athletes. Students are encouraged to notify coaches or other school personnel of instances of hazing or harassment. Anyone engaging in these behaviors is subject to dismissal from the team and/or school.

Unsportsmanlike Conduct or Contest Ejection

Unsportsmanlike conduct of any kind will be dealt with swiftly by CCA coaching staff to prevent any further acts. Profanity, disrespect, and threat of or actual physical violence directed toward teammates, opposing athletes, coaches, or officials may result in ejection from a contest, which will result in suspension from participation. Egregious acts could result in a permanent ban from athletic participation.

Conflict Resolution

Cornerstone Christian Academy will seek conflict-resolution using Matthew 18:15-17 (NKJV):

“Moreover if your brother sins against you, go and tell him his fault between you and him alone. If he hears you, you have gained your brother. But if he will not hear, take with you one or two more, that ‘by the mouth of two or three witnesses every word may be established.’ And if he refuses to hear them, tell it to the church. But if he refuses even to hear the church, let him be to you like a heathen and a tax collector.”

We are all brothers and sisters in Jesus Christ. When a conflict arises between two parties in the athletics community, the following steps should be followed:

Player-Coach Conflict

1. The player should spend one night in thought and prayer about the conflict.
2. The player should notify/approach the coach with the desire to speak privately about a concern. The coach should encourage the athlete to speak freely and help him/her express his/her concerns.
 - a. At the conclusion of the meeting, the coach should ask if the issue was resolved or if more conversation is needed. If more conversation is needed, a meeting with the parent, coach, and athlete will be scheduled.
3. The parent, coach, and athlete will meet.
4. If the conflict is not resolved, the parent, coach, athlete, and athletic director will meet.

Player-Player Conflict

1. The player should spend one night in thought and prayer about the conflict.
2. The player should approach his/her peer away from team activities and express concerns.
3. If a resolution is not found, the two players should meet with the coach.
4. If a resolution is not found, the players, coach, and parents should meet.

Team Levels

High School Varsity: Grades 8-12

- Due to VISAA regulations, there will be no exceptions for students below grade 8 to participate in varsity athletics.

High School Junior Varsity (JV): Grades 7-11

- Priority is given to high school students for JV roster spots. Middle school students may be asked to tryout or join when there is a need a case of exceptional ability and maturity.

Middle School: Grades 6-8

Sign-Ups

Prior to each season, a sign-up form will be sent to parents to sign up for the various sports in the season ahead. Once sign-ups are complete, we will determine if tryouts are necessary based on interest.

Tryout/start-of-season dates will be announced at the time of sign-ups for each season. Please note: Fall sports will always start around the same time, regardless of when the first day of school is that year. Please plan Summer travel accordingly.:

Fall Sports: Early to Mid-August for high school. Mid to Late-August for middle school..

Winter Sports: First or second week of November..

Spring Sports: Late-February to mid-March, depending on the sport and level.

Structuring Teams and Tryouts

Interscholastic competitive athletic participation is an invaluable discipleship tool. Our desire is to retain as many student-athletes as is reasonable considering the limits of facility space, finances for uniforms and equipment, roster limits, and feasibility within the given sport.

If the number of students signed up for a specific sport exceeds the roster limit for that sport, tryouts will be necessary, at both the middle and high school levels. Coaches will give every student trying out for a team an opportunity to demonstrate his/her ability and skill level. The only criteria for evaluating student-athletes for team selection includes:

1. Competitive skill, ability, and potential to help the team
2. Attitude and character
3. Effort and work ethic
4. Commitment

A minimum of two tryout days are required. At the conclusion of this process, the coach might have to make final cuts. Cutting an athlete is the least enjoyable task for any coach. These decisions are not taken lightly and will be prayerfully considered by each coach.

Commitment and Athletics Attendance

By joining a CCA team, parents and student-athletes are making a commitment to be fully part of that team for the length of the season. Partial commitment due to other club or travel team schedules is not allowed. Student-athletes are expected to attend all practices and games unless they have a school-approved absence. Those who sustain an injury are still a member of the team and should attend all team activities unless they are undergoing treatment. Every effort should be made to eliminate potential causes for missing team activities, including:

- Medical or dental appointments
- Family vacations
- School disciplinary action

Excessive absences could result in removal from the team or other sanctions.

Quitting a Team

CCA student-athletes are expected to demonstrate perseverance and commitment, making quitting a team an unacceptable outcome. **Any athlete who quits his or her team in-season without an excused reason will not be eligible to participate on any team in the subsequent two athletic seasons** (i.e. quitting a fall sport will result in ineligibility for a winter and spring sport, quitting a winter sport will result in ineligibility for a spring and fall sport, etc.). Failing to

uphold one's commitment by quitting not only harms the athlete but also has negative effects on the team and the overall athletic program. CCA endorses competitive athletics and has try-outs for most athletic teams. When a student quits a team, they have stolen a roster spot from someone who was cut from the team. Before the athlete's next eligible season, a conference involving the athlete, coach, and athletic director will be conducted to ensure that the student comprehends his/her responsibility in fulfilling his/her commitment to the team.

Multi-Sport Athletes

Multi-sport participation is a tremendous platform for raising a well-rounded child.

- **Physically** — Different muscle groups are emphasized with different sports. Specializing in one sport can produce wear-and-tear injuries. Multi-sport participation helps prevent injury and promotes consistent muscle development.
- **Socially & Spiritually** — Athletes often find themselves at different performance levels in different sports. They learn humility by playing sports in which they are less advanced, and how to lead well from sports in which they are high achievers. Additionally, different coaching styles and team cultures can develop a student's spiritual and relational growth.

Students are encouraged to pursue all their interests and abilities; however, middle school students must limit participation to only one CCA sport per season (i.e., an individual could not play volleyball and run cross country in the fall). High school students may appeal to play multiple sports in a season (i.e. baseball and track in the spring). The only requests that will be considered are those for a team sport (i.e. baseball) and an individual sport (i.e. track), and they will be reviewed on a case-by-case basis.

It is up to the family's discretion as to whether a student can participate in non-CCA teams (club, rec, travel, etc.) while meeting the expectations of the student's CCA team.

Dress Code — Athletic Activity

- Student-athletes are expected to always dress modestly during practice. If practice attire does not meet these standards, the student-athlete will be asked to change into the official Land's End CCA PE uniform.
- Athletes are not permitted to wear jewelry (including piercings) during practices or games.
 - Medical devices may be worn as needed, if they are safely secured to the body.
- The CCA policy on facial hair and hairstyles will be followed; however, the coach may impose additional requirements.
- Shirts must be worn as designed and cover the entire back and torso.
- Compression items, spandex, leggings, etc. must be covered by appropriate shorts and/or tops.
- Undergarments should not be visible and are not acceptable as outer garments at CCA.

Uniforms and Equipment

Uniform Information and Policies

- Uniforms will be ordered and owned by CCA.
 - Student-athletes and their families are responsible for caring for their uniforms throughout the season. Families will be charged for damaged (outside of normal wear and tear) or lost uniforms.
- Uniforms will be issued to team members prior to the first scrimmage or game of the season and will be collected at the end of the season.

- Uniforms should only be worn for games/competitions. They are not to be worn for practice outside of school events. Exceptions may be made to wear a team uniform to school on certain occasions throughout the school year.
- As previously stated, wearing a CCA athletic uniform is a privilege, not a right:
 - o **Teams wear uniforms to show unity.** Athletes are required to wear uniforms issued to them and should not make alterations or add accessories to stand out.
 - o Teams are not allowed to independently purchase additional or different items to be worn as part of the team uniform unless approved by the athletic director.

Equipment and Sport Specific Items

- Cleats/shoes, socks, undergarments, knee pads (volleyball), shin guards (soccer), clubs (golf), bats (baseball), and other equipment or attire will be the responsibility of the student-athlete and his/her family.
- All basic equipment will be owned and provided by CCA (including balls, goals, rims, nets, benches, etc.). This equipment should be treated with respect and care.

Practices and Games

Weekly commitment by competition level (on average):

High School: Four to six days per week

Middle School: Three days per week (typically Monday, Tuesday, and Thursday, with exceptions)

Practice Information

- Practice attendance is required as stated in the Commitment and Attendance section.
- Practice times vary by sport, level (middle or high school), and season.
 - o Our goal is to have as many practices as possible immediately after school, but with multiple teams and shared facilities, that is not always feasible.
 - o After-school study hall will be available for students staying after school to wait for practice and/or games to start.
 - o Some sports in some seasons will have early morning practices before school.
- Outdoor practices will rarely be cancelled due to rain or other weather. Coaches will be prepared with an indoor plan if needed due to heavy rain, lightning in the area, etc.
- Parents are not permitted to watch practices unless specifically approved.

Game/Competition Information

- Games are an opportunity to display the hard work put in during practice and training, and to do it in a way that glorifies God.
- Competitions/games will be played either at home (CCA campus), away (at another school's campus or designated facility), or at a park/neutral site.
 - o Early dismissals will occur for occasional away competitions. Parents and associated teachers will be notified in advance of any early dismissals.
- Referees for home competitions will be hired through local official-assigning agencies.
- Every effort will be made to communicate decisions regarding game postponement or cancellation by noon on game day.

Playing Time

Middle School - The middle school program is designed to develop students' character and skills to prepare them to compete at the high school level. We strive to give every teammate the opportunity to play in most games, with the goal that each team member play about a quarter of the total season. However, we want our teams to be competitive throughout the course of the competition so there may be times when a student does

not have playing time.

High School - The high school program pursues team success and excellence through dedication from both athletes and coaches. Coaches aim to build and shape the best team possible and will distribute playing time in games to the athletes that give the team the best chance to win. All players should work to improve their individual skills in practice and use that time to show commitment, positive attitude, effort, and how they can contribute to team success.

In addition to skill, ability, and team contribution, playing time may be impacted by attitude, effort, practice attendance, commitment, buy-in to team goals, respect for the coach, and more (see Student-Athlete Expectations, pages 7-8).

Recruitment

Coaches, teachers, administrators, and other school employees or persons affiliated with CCA **will not** initiate contact with student-athletes to encourage them to attend CCA primarily for athletic purposes.

INCLEMENT WEATHER AND EMERGENCY MANAGEMENT

Inclement Weather

Middle School — If school closes or dismisses early due to inclement weather, all practices and/or games will be cancelled for the day.

High School — If school closes or dismisses early due to inclement weather, all practices and/or games will be cancelled for the day unless road conditions are deemed safe and the administration and/or athletic director gives clearance.

In some instances, games may be cancelled due to weather (field conditions, commute challenges, etc.) or other unforeseen circumstances on days where school is in session.

Cold and Heat Policies*

- 104 degrees and up: No outside activities.
- 96-103 degrees: No equipment (helmet, pads, etc.) used during outside activities. Hydration breaks every 15 minutes. Move inside if possible. Postponement considered.
- 90-95 degrees: Careful monitoring of athletes and hydration breaks every 20 minutes.
- 85-89 degrees: Adequate water supply at all practices and games, with hydration breaks every 30 minutes.
- 36-84 degrees: Normal activities.
- 26-35 degrees: Ears and heads must be covered. Pants and long sleeves required. Activities will proceed as normal.
- 11-25 degrees: Outdoor activities will be limited to one hour. Head and ears must be covered. Two layers of clothing required. Cancellation/postponement strongly considered.
- 10 degrees or below: No outside activities

*Heat index, feels like, and wind-chill readings will be used in evaluating hot/cold conditions

Lightning

- Lightning will be monitored through a lightning-notification system and radar during all outside practices and competitions. If lightning moves within 10 miles of the school, all outdoor activities pause, and a lightning evacuation plan will go into effect.
- Teams and officials will go indoors to the locker rooms and/or gym. Parents and spectators must return to their vehicles in case of an evacuation.

Rain/Field Conditions

- When there is rain but no lightning, practice and/or games will continue unless deemed unsafe or unplayable by CCA facilities staff, athletic department, administration, and/or game officials.

First-Aid, CPR, AED Training

- All CCA head coaches are required to be trained in First Aid, CPR, and AED. The athletics budget will cover all expenses for training and renewal courses.

Injuries

- All student-athletes assume the risk that injuries may occur during athletic participation.
- Coaches and other school staff will address injuries as their training and certification allows.
- Any injury beyond the scope of the coaches' or other on-site school staff's training will result in an immediate phone call to the parent/guardian and/or to 911.

OTHER INFORMATION

Team Pictures

- CCA will host photo day at the beginning of each season (fall, winter, and spring). Official team pictures will be taken and produced by Victor O’Neill Studios. Individual photos, video content, and more will be produced by the Cornerstone Chapel Comms team and will take place on the same day as team photos..

Meals

- Meals will not be provided before or after practice or competitions unless otherwise specified by the coach or athletic director for a special occasion.
- Parents, at the discretion and approval of the coach, may provide meals before or after games. It is the responsibility of the team parent or parents to coordinate with coach the time, location, and any other specifics (including any team allergies to be aware of)
- If there is a home or away game that conflicts with a mealtime, it is the responsibility of the student-athlete to pack a meal or snacks.
- At the high school level, a team may occasionally stop for food on the way to or from away competitions. These instances will be communicated to families in advance.

Team Managers

- CCA welcomes student involvement in student-manager roles. Student-managers are an integral part of a team and assist the coach and team with practices, games, setup, hosting for the visiting team, and more. If a student has an interest in working with a specific sport as a manager, please reach out to the athletic director and/or head coach.

High School / Varsity Letters

- Varsity letters will be earned when students complete an entire season as committed members of a varsity team. Those who miss games or practices for unapproved reasons may not earn a letter. Some coaches may implement additional requirements to earn letters for a given sport. Letters will be awarded at the end of each school year at the All-Sport Athletic Awards Ceremony.

The first time a student earns a letter, he/she will be issued a 6” chenille letter “C” with the pin specific to the sport he/she earned this letter in. For every season thereafter in that sport, they will be awarded a bar pin, signifying multiple years in that given sport.

Important Note: Until CCA offers varsity in all sports, all high school students (grade 9 and above) who participate in a high school team (JV or Varsity) will earn a letter. Once varsity is available in any given sport, letters will ONLY be earned for varsity participation, not JV.

TRANSPORTATION

Practices and Home Games

- Parents will be responsible for arranging timely pick-ups for their student-athlete from all after-school practices and home games on the CCA campus.
- When there is sufficient interest, we will offer a late bus for an additional cost. The late bus will depart CCA around 6:00 pm and return to Cornerstone Chapel. More information regarding cost and registration will be sent out before each season.

Away Games

Transportation to away games will be coordinated by the CCA Athletic Department via one of two methods:

- CCA or Cornerstone Chapel owned vans and/or minibuses. Drivers will be coaches, others CCA staff, and/or approved volunteers.
- Virginia Rides school buses. Drivers will be hired by Virginia Rides.
 - All drivers will be required to go through a thorough background and driving history check.
- There may be occasional exceptions when parents are asked to drive their student to an away competition or meet (weekends, occasional Fridays games, vehicle conflicts, etc.). These instances will be communicated in advance.
- Return transportation will vary based on game, location, and transportation method. Coaches will communicate throughout the season whether there will be return transportation to school, return transportation to church, or no return transportation and all pickups or carpools should be coordinated from the away venue. CCA will very rarely provide return transportation when contracting with Virginia Rides to an away game. .

Bus/Van Behavior

- During transport, students must wear seat belts if available and remain seated. Luggage and equipment must be free of the doors and not blocking the aisles.
- While food and drinks are permitted on buses, only drinks with caps/tops are allowed and students must check with the coach/driver to ensure there are no food allergies on the bus before opening a food item.
- Coaches are to ensure that the team thoroughly cleans the vehicle upon return to the school. All team members should be involved in this clean-up process. This includes sweeping out the bus or van. No team member is to be dismissed until the coach has inspected the vehicle and declared it clean.
- Music that is played should be consistent with our Christian values and must be free from profanity, violence, or suggestive lyrics.

PARENT INFORMATION

Communication

CCA Athletics will use TeamSnap to communicate scheduling information to team members and parents. Within TeamSnap, there are email and chat functions, live schedule updates, season photo albums, and more. All parents of student-athletes must have a TeamSnap account and monitor the team page through the app or website. Invites to TeamSnap will be sent at the start of each season once rosters are finalized.

Coaches are expected to regularly and clearly communicate with the team regarding schedules, upcoming events, expectations, etc. At the middle school level, coaches will communicate with student-athletes during practices and send parents the information via TeamSnap and/or email. As student-athletes become high schoolers, communication will shift to being sent to the student-athletes to teach accountability, time management, and communication skills. Therefore, high school team members are required to have a TeamSnap account. Parents should be on the TeamSnap page as well.

If you feel like you or your student athlete are not receiving the information you need, please let the coach know. If the situation does not improve, contact the athletic director.

Parent Behavior and Expectations

CCA values the role that parents play in supporting their student-athletes and our teams. However, CCA considers parents/guardians who attend games/competitions to be school representatives. CCA asks that parents abide by the following expectations:

- Parents are expected to conduct themselves honorably as unto the Lord when in attendance at an athletic event. This includes, but is not limited to:
 - o Appropriate speech when conversing with parents, referees, and players from opposing teams.
 - o Refraining from criticizing coaches, players, and officials.
 - o Not engaging in an argument or “back and forth” with an opposing player, coach, parent, or fan.
 - o Cheering for the team as a whole and not just their child.
- Parents should empower their children to take ownership of their status as a member of the team, encouraging them to handle their own communication with coaches, be familiar with their practice and game schedules, and report promptly to all events.
- Parents should honor the coaches’ authority and allow them to coach their teams. This includes honoring their ability to make judgments and decisions regarding the participation of the children in matters such as team membership, assigned position, playing time, training, and practice techniques.
 - o During contests, parents should refrain from giving explicit instructions to athletes and the team.
 - o Additionally, parents should not approach their son/daughter after the game until the coach has addressed the team and dismissed them.
- CCA maintains a 24-hour policy as it relates to parents addressing coaches with issues or concerns. See Conflict Resolution below for more information.
- CCA maintains a closed-door practice policy for all teams. This helps ensure that our coaches are given time to instruct and teach the athletes without the presence of parents to distract or add pressure to the athletes.

Failure to abide by these expectations could result in disciplinary actions under the following process:

- A verbal warning issued by a coach, athletic director, principal, or school administrator.
- A written warning issued by an athletic director, principal, or school administrator.
- An immediate ejection from the school sporting event as issued by the athletic director, principal, school administrator, security staff member, or game official.
- Prohibition from attending athletic events.

Cornerstone Christian Academy reserves the right to remove a student from a team because of egregious or consistently inappropriate parent/guardian behavior at an athletic event.

Volunteer and Service Opportunities

Each CCA athletic team will rely heavily on parent volunteers. Volunteers elevate the excellence of our athletic program and events. Coaches have been tasked with finding volunteers to help run each of their team’s contests. Opportunities to serve include:

- Team parent
- Concessions
- Public address
- Official scorebook keeper
- Scoreboard operator
- Away game van driver
- Volunteer assistant coach (as needed)

Commitment

When an individual joins a CCA athletics team, it is a commitment not only from the student on the team, but the parents and entire family. By allowing your son or daughter to join a team, parents/guardians acknowledge that they too are committing to all that comes with athletics participation (including but not limited to injuries, increased time commitment, transportation, schedule changes due to weather or other factors, parent volunteering, etc.).

Conflict Resolution

CCA will utilize the Matthew 18 principle for all conflict resolution. See Conflict Resolution under the Student-Athlete Expectations section of the handbook for more information on how we expect our student-athletes to handle conflicts with their coaches and/or teammates.

24-Hour Rule: Games/matches can stir emotions. Therefore, we ask that parents take 24 hours after a game to request a meeting with a coach to discuss concerns. After that, the following process should be followed:

1. The parent should contact the coach and request a time to meet privately, providing a brief description of the subject.
2. The parent and coach should meet and seek resolution.
3. If the meeting does not resolve the conflict, the parent should submit a conflict-resolution-request email to the athletic director.
4. The athletics office will arrange a meeting between all parties to seek resolution.



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