



FCA SPORTS

PARENT'S PLAYBOOK FOR CLUBS



LETTER FROM THE PRESIDENT OF FCA

We are honored that you chose FCA Sports as the sports family for your child this season. Our coaches, club leadership and supporting staff take the responsibility of caring for all aspects of your athlete's journey with FCA very seriously. We believe in taking a 360 approach to your athlete's experience. This is a holistic effort that starts with their heart and fully develops their spiritual, physical, mental, emotional and interpersonal skills so they can be successful in sports and in life. This is accomplished through connecting the truths of the Bible to each of these areas over the course of the season.

My wife Angel and I are the parents of four athletes, and we know full well the emotions that come from the ups and downs, successes and failures—both individually and as a team—of competitive sports. There is no way it all goes according to our plans or desires every time. Our prayer is that the FCA Sports experience for you and your athlete is one marked by humility in success, hope in defeat and a hunger to love God and love others.

Shane Williamson

President & CEO

Fellowship of Christian Athletes

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FCA Intro & Environments

FCA INTRO & ENVIRONMENTS

VISION

To see the world transformed by Jesus Christ through the influence of coaches and athletes.

MISSION

To lead every coach and athlete into a growing relationship with Jesus Christ and His church.

VALUES

Our relationships will demonstrate steadfast commitment to Jesus Christ and His Word through Integrity, Serving, Teamwork and Excellence.

INTEGRITY (Proverbs 11:3)

We will demonstrate Christ-like wholeness, privately and publicly.

SERVING (John 13:1-17)

We will model Jesus' example of serving.

TEAMWORK (Philippians 2:1-4)

We will express our unity in Christ in all our relationships.

EXCELLENCE (Colossians 3:23-24)

We will honor and glorify God in all we do.

STRATEGY

We seek to make disciples through our strategy of engaging, equipping and empowering coaches and athletes to know and grow in Christ and lead others to do the same.

ENGAGE (1 Thessalonians 2:8)

We engage coaches and athletes through genuine relationships sharing our lives and the Gospel.

EQUIP (Ephesians 4:12)

We equip coaches and athletes to grow in Christ through God's Word.

EMPOWER (2 Timothy 2:2)

We empower coaches and athletes to engage and equip others to know and grow in Christ.



HISTORY OF FCA

FCA started in 1954 through the vision of a young basketball coach named Don McClanen. His idea of starting a fellowship of Christian athletes that would invest their time, talent, treasure, and testimony in the work of Christ by using the influence that God had given them became a reality. Since this time, the Fellowship of Christian Athletes has grown into a worldwide movement that is impacting millions through almost 21,000 huddles in 107 countries. Every coach, athlete and parent that joins us is part of making the vision to see the world transformed by Jesus Christ through the influence of coaches and athletes a reality.

FCA SPORT ENVIRONMENTS

In pursuing FCA's mission of "leading EVERY coach and athlete into a growing relationship with Jesus Christ and His church," FCA has identified eight sport environments. Across all sport environments, FCA executes its ministry strategy of engaging, equipping, and empowering coaches and athletes to become disciples who make disciples. Each sport environment represents groups of coaches and athletes with similar competition and culture:

Action

Action sports are known for their individuality and risk-taking and include BMX, kitesurfing, mountain biking, skateboarding, skiing, snowboarding, surfing, rock climbing, and wakeboarding. Organized competition occurs at all levels, although a greater number of athletes participate individually or within a community.

All Ability

"All Ability" refers to coaches and athletes who compete with physical and/or intellectual disabilities. "All Ability" means the inclusion of all categories within the disability community and it emphasizes the Biblical message that, in God, we are all able.

Campus

Campus sports are scholastic sports where coaches and athletes typically represent their schools as they compete. Campus sports take place around the world in public schools, private schools, charter schools, boarding schools, and college preparatory schools. The majority of the population passes through elementary school, middle school, high school, and college.

Club

Club sports are off-campus sports for coaches and athletes who aspire to reach expert levels and make significant financial, travel, and time investments. In a typical club experience, athletes invest in multiple practices per week and travel to compete with teams from other clubs. FCA Sports clubs, directed by FCA staff, create catalytic discipleship experiences for coaches and athletes.

League

League sports are off-campus, developmental sports for coaches and athletes offering moderate time, travel, and financial investments. Leagues are typically self-contained, and teams play one another within the same league. FCA Sports leagues, directed by FCA staff, create catalytic discipleship experiences for coaches and athletes. FCA Sports leagues often partner with local churches to mobilize empowered volunteers to serve as disciple-making coaches.

Motorsports

Motorsports are, in their simplest form, sports with motors. They include aircraft, snowmobiles, snowbikes, and watercraft. Motorsports include 2-wheel sports such as cross country, Enduro-Cross, freestyle, motocross, and road racing. This sport environment also includes 4-wheel sports like ATVs, drag racing, Formula 1 racing, Grand Prix motorcycle racing, IndyCar, monster trucks, NASCAR, rally cars, side-by-sides, and sprint cars. Motorsports athletes generally live out their racing passion throughout their lifetimes. Organized competition is popular, but there are also families who participate in the sport as a hobby.

Outdoors

Outdoors refers to sports including marksmanship (archery, rifle, and shotgun), fishing, hunting, canoe/kayaking, and equestrian. In addition to ministering to the coaches and athletes who compete in outdoor sports, FCA creates outdoor sporting experiences for donors, staff, coaches, and athletes of all sports. Outdoors offers someone the opportunity to grow spiritually as they experience the beauty of God's creation.

Pro and Elite

Pro and elite sports are the apex of the sporting world. Most coaches and athletes are paid to play and many of them represent their countries in competition. Pro and elite coaches and athletes receive high-profile attention within mainstream culture. These competitors carry unique mindsets, lifestyles, and schedules compared to others who don't play at this level. For these athletes and coaches, sport is a business.



FCA Sports Culture

FCA Sports provides an exceptional sports experience where trained coaches and volunteers are committed to the wholistic growth and development of the athlete. In FCA Sports, coaches are committed to a Biblical framework of coaching that serves the physical, mental and spiritual development of athletes. This is a journey where faith and sports are integrated, where competition is about becoming all God has made us to be, and where the greatest win is the development of competent and confident disciples of Jesus Christ.

MORE THAN A CLUB

FCA is more than a local sports club. We are a part of the body of Christ and through our staff, partnerships with the local church, and relationships with schools, your athletes can be a part of something larger than they could have ever imagined.

Here are a few ways to foster this reality.

- **On Campus Huddles**

Through multi-sport and team huddle involvement on school campus, our club athletes can spread their influence to the place where they spend the majority of their week influencing their teammates, coaches and friends.

- **Local Power Camps**

Power Camps are sport specific camps designed for elementary aged athletes. Older club athletes have the chance to serve by helping to coach and lead a huddle at local power camps where they can introduce young athletes to the Gospel and FCA. Younger club athletes will have the chance to participate in local power camps and build lifelong relationships with other athletes who share their passion for sport. They will also interact with older athletes who have been where they are, as they've continued to grow in their relationship with Jesus Christ.

- **Regional Camps**

Club athletes have the opportunity to spend a week or more at regional camps staffed by local college, professional, and club coaches to improve on the field while growing in their relationship with Jesus Christ and His followers off the field through huddles and worship experiences.

- **International Partnerships**

Athletes can connect with our international ministry partners through "Go" trips that support the work that God is doing in other countries or "Reverse Go" trips where our international partners and coaches come here to share their knowledge/experience and stories of the work that God is doing abroad.

- **Local Partners**

FCA is a broad family. We can use the relationships that God has given us to open doors for our athletes to get service hours, internship opportunities, and more by placing them in environments alongside our board members and other supporters who can team up with us to help them grow in their relationship with Jesus.

CHRISTIAN COMMUNITY AND CONDUCT

FCA Sports is a Christian community that sets guidelines that help us to develop competent and confident disciples of Jesus Christ that live to honor God and love others well. Here are a few practical guidelines for all FCA Sports Clubs that help us live out the Christian beliefs.

- Club Ministry Leaders (Directors, Employees, Head Coaches, Spiritual Coordinators, and Huddle Leaders) are required to affirm and adhere to FCA's Christian Community Statement that outlines our Christian beliefs, Christian Conduct Standards, and the requirement to be ready and willing to lead distinctly Christian activities.
- Parents and Athletes who are participants in our Christian community (that is, they are not in a ministry leadership role) should respect and do nothing to undermine or subvert our beliefs, to support our mission and comply with applicable community standards during their participation in our community:
 - o FCA Sports parents commit to placing the athlete's interest first when traveling with the team avoiding the excessive use of alcohol.
 - o FCA Sports athletes commit to avoiding the use of alcohol and drugs while playing for an FCA team.
 - o FCA Sports athletes will not engage in, pursue, or solicit any sexual activity while on travel with FCA teams.
 - o FCA Sports parents and athletes will seek to honor the Lord by avoiding the use of expletives and demeaning language when on the sidelines, in uniform, and all other times when they are representing the FCA Club.
 - o FCA Sports parents and athletes will seek to honor the ministry of FCA, the club and its participants when making social media post.



Athlete Safety

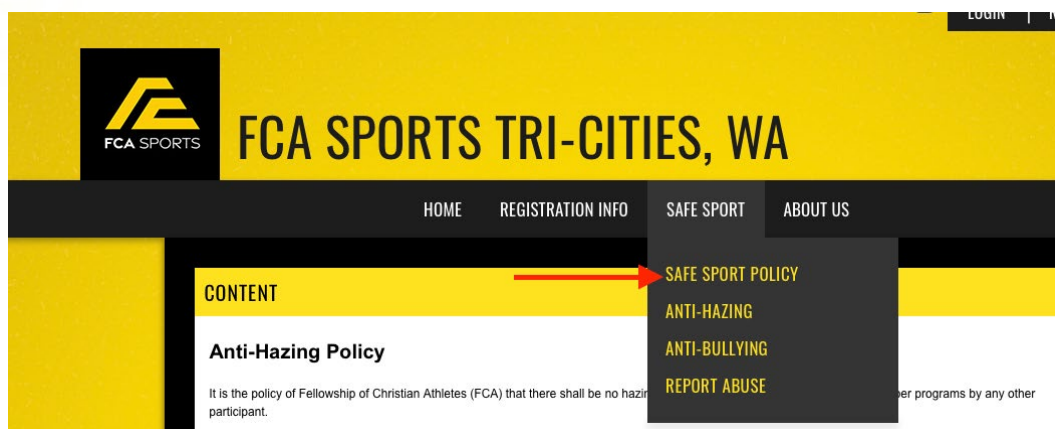
ATHLETE SAFETY

FCA AND THE SAFE SPORT ACT

Any organization involved in youth sports on an interstate or international basis is covered by the act and will be held to an increased “standard of care” to protect minor athletes from abuse. The act requires mandatory reporting, training, policies and procedures.

FCA requires all adults with access to athletes to have an approved background check and be safe sport certified through an online training course.

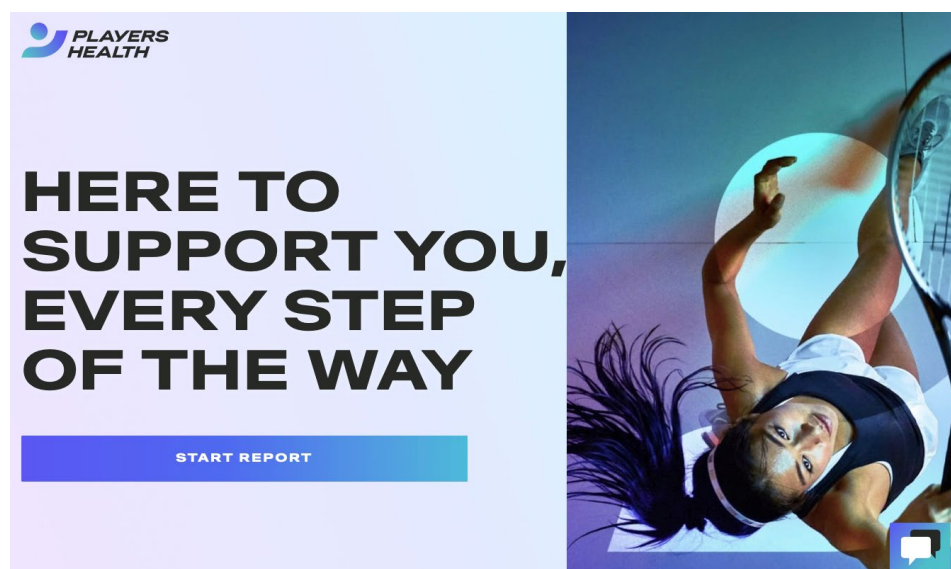
FCA’s Safe Sport Policies can be found in the appendix or on your FCA Sports website. You can use this website to report any potential situations involving abuse.



PLAYER'S HEALTH

Player’s Health provides a digital tool for background checks and training for FCA coaches and volunteers to comply with the Safe Sport Act and protect the safety of athletes.

Parents, coaches, and athletes can use the online tool to report any potential abuse situations within the league or club. This tool can also be accessed through the FCA Sports website.





TRANSPORTATION

FCA does not manage or coordinate transportation.

Parents Transporting Players:

- If a parent transports a player in their vehicle it is “insured” under the owner’s coverage.
- Parents and volunteers must rely on their own coverage or the coverage of the vehicle owner.
- Volunteers cannot lease a vehicle in FCA’s name.



Coaches Training

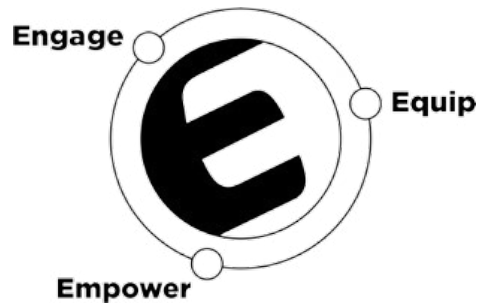
COACHES TRAINING

FCA Sports's Coaches are committed to seeing the wholistic growth and development of the athlete. FCA provides two required trainings for coaches: E3 and 360 Coach.

E3 TRAINING

E3 DISCIPLESHIP - E3.FCA.org

E3 Discipleship training is FCA's strategy or game plan for making disciples who make disciples.



360 COACH

360Coach.FCA.org

360 Coach is a biblical approach to coaching the heart, mind and body that embodies the notion of becoming whole and complete in Christ as to impact other coaches and athletes to become whole and complete as well.





The Athlete's Journey

THE ATHLETE'S JOURNEY

“There is only one way we can lose in FCA Sports: Failing to make competent and confident disciples who make disciples of the athletes that God graciously entrust to our stewardship. This is the singular motivation of FCA Sports.”

- Shane Williamson, FCA President and CEO

The Athletes Journey in FCA Sports outlines how to utilize the E3 strategy, Ministry Programs, and FCA resources intentionally and effectively to win at what matters most.

E3 STRATEGY

FCA has a big vision to see the world transformed by Jesus Christ and a clear and compelling mission to lead every coach and athlete into a growing relationship with Jesus Christ and His church. FCA's approach to pursue that mission is through our E3 strategy to help Coaches and Athletes become disciples of Jesus Christ who make disciples. Engage, Equip, and Empower is our discipleship process. The E3 principles are Biblical principles that guide coaches and athletes in their journey of being disciples who make disciples.

The FCA Sports Athlete will have coaches who have been trained in E3. The FCA Sports Athlete will participate in Huddles designed to help them grow as a disciple of Jesus Christ.

HUDDLE RESOURCES

The FOUR - The Gospel explained in four simple truths.

THE CORE

A disciple is someone who is in a growing relationship with Jesus Christ and His church. The CORE gives you eight essentials on how to do just that. The CORE will help you be engaged in God's Word, equipped on the basics of the faith, and empowered to help others grow in Jesus Christ. When you strengthen your CORE everything else benefits.

MINISTRY THEME

Every year FCA has an annual ministry theme that unites coaches and athletes in their discipleship journey using the Bible, extracting four key spiritual principles designed to help us grow as a disciple.

DISCOVERY BIBLE STUDY (DBS)

Discovery Bible Study is a discipleship study which enables people to read the Bible and discover what it has to say to them. Simple, memorable questions allow participants to understand the character of God, encourage them to obey what they are learning and help them to share it with others.

CULTURAL ISSUES

Choose a great resource like FCA's *Hope and Healing* (Racial Reconciliation) or *Bold and Beautiful* (for Female Athletes).

FCA is committed to living out our core values of integrity, serving, teamwork and excellence on the field through providing age appropriate training that helps every athlete reach their full potential.



Parent Partnership

PARENT PARTNERSHIP

In FCA Sports Parents are not customers they are partners. FCA Sports Programs desire to minister TO and THROUGH Parents. If you hang around sports for very long, you will discover that coaches often talk about parents in a negative way and parents often fear the power of the coach. The relationships either appear strong because the team is winning and the coach is giving increased playing time and praise to a parent's child or they are tense because the team is losing and/or the player of a particular set of parents is not getting the perceived fair share of time and attention.

FCA Sports works to uphold the Biblical principle of loving and honoring parents and helping our athletes to do the same. Parents have been called by God to be a primary discipler in the life of their child and FCA Sports is committed to investing in parents as they fulfill their calling. To facilitate a strong partnership between FCA Sports and Parents, it is helpful to: understand roles and expectations, have good communication, have a plan for resolving conflict, engage in volunteer opportunities, and utilize resources for spiritual growth.

ROLES AND EXPECTATIONS OVERVIEW

DIRECTORS

- Establish and Protect the FCA Sports Culture
- They are available and seen.
- Their primary focus is on discipling and training coaches and volunteers to serve well.
- They serve coaches, athletes, families, officials, and opponents.

COACH

- Conducts themselves in a manner worthy of the Gospel of Christ- Phil 1:27
 - They work hard to catch players doing things right more than they catch them doing things wrong.
 - They avoid using language that is not God honoring to include curse words, put-downs, and negative talk about officials, parents, players, and opponents.
- Serves as a 360 Coach, being intentional about the development of the athletes heart, mind, and body.
- Shows respect by arriving on time, preparing well, and ending when they say they will end.
- Prays with and for their players on a regular basis.
- Demands discipline and offers grace. i.e. The coach should always care about why the player is running behind and not just the fact that they are late.

ATHLETES

- **Stay Informed and Keep Coaches Informed**
We will use Stack Team App to communicate as a team. Please check it regularly, keep your contact information up to date and update your availability for all team events.
- **Stay Positive**
Avoid any negative joking or tearing down of teammates and opponents. We will compete together by building one another up.
- Keeps a focus on development for themselves and others. "I can't do that, **yet.**"
- **Be Early & Transition Fast**
We want to make the most of our time together so it is your responsibility to arrive early, be ready, and transition quickly between activities as a way of showing respect to your teammates and coaches.

PARENT PARTNERSHIP

- **Live out our values** of integrity, serving, teamwork, and excellence.
- **Actively look for ways to serve others.**
- **Be an active participant** in huddles and **remain open** to exploring a growing relationship with Jesus Christ and His Church.

PARENTS

- **Stay Informed and Keep Coaches Informed**
We will use Stack Team App to communicate as a team. Please check it regularly, keep your contact information up to date and update your players availability for all team events. If you have any logistics questions, our team manager is the best source of information.
- **Be Early**
We will work hard to help players lead throughout practice. All players being ready to go on time makes this process easier and helps us teach the club values to every athlete.
- **Cheer but not Coach**
Please do not coach from the sideline during games. There are multiple reasons for this but the number one is that your athlete will enjoy the game more when they know that you are enjoying watching them play. Coaching from the parent's sideline creates a feeling of disapproval even if the goal is simply to help.
- **Recognize and applaud behavior that demonstrates our values** of integrity, serving, teamwork and excellence.
- **Serve as a role model** speaking with respect and acting courteously toward coaches, refs, parents, opponents, and spectators.
- **Stay positive in word and action controlling our emotions** even when mistakes are made by players, refs, coaches, and others. Don't complain.
- **Actively look for ways to serve** others through generosity and encouragement.
- **Be open to exploring a relationship with God through the resources and huddles provided.**

COMMUNICATION

Primary Tool for communication of FCA Sports Clubs is STACK TEAM APP.

<https://apps.apple.com/us/app/stack-team/id1418730257>

https://play.google.com/store/apps/details?id=com.teamapp.teamapp&hl=en_US&gl=US

ELECTRONIC COMMUNICATIONS POLICY

The following excerpt from the Safe Sport Policy outlines guidelines for Electronic Communication:

Open and Transparent

All one-on-one electronic communications between an Adult Participant and a Minor Athlete must be Open and Transparent except:

- When a Dual Relationship exists; or
- When the Close-in-Age Exception applies; or
- If a Minor Athlete needs a Personal Care Assistant, and:
 - (1) the Minor Athlete's parent/guardian has provided written consent to the Organization for the Adult Participant Personal Care Assistant to work with the Minor Athlete; and (2) the Adult Participant Personal Care Assistant has complied with the Education & Training Policy; and (3) the Adult Participant Personal Care Assistant has complied with the FCA's screening policy.

PARENT PARTNERSHIP

Open and Transparent means that the Adult Participant copies or includes the Minor Athlete's parent/guardian, another adult family member of the Minor Athlete, or another Adult Participant. If a Minor Athlete communicates with the Adult Participant first, the Adult Participant must follow this policy if the Adult Participant responds.

Only platforms that allow for Open and Transparent communication may be used to communicate with Minor Athletes.

Team Communication

When an Adult Participant communicates electronically to the entire team or any number of Minor Athletes on the team, the Adult Participant must copy or include another Adult Participant or the Minor Athletes' parents/guardians.

Content

All electronic communication originating from an Adult Participant(s) to a Minor Athlete(s) must be professional in nature unless an aforementioned exception exists.

Requests to Discontinue

Parents/guardians may request in writing that the Organization or an Adult Participant subject to this policy not contact their Minor Athlete through any form of electronic communication. The Organization and the Adult Participant must abide by any request to discontinue, absent emergency circumstances.

COMMUNICATION GUIDELINES

- Monthly emails with club updates and ministry opportunities and celebrations.
- Clear communication about tryouts, payments, uniforms, and other pertinent details.
- Timely communication if a staff coaching change will be made for an existing team.

Communication from the Coach

- Weekly email with focus areas to include physical, mental, and spiritual focus of the week for the team.
- Availability to parents after a game to answer questions that a parent or player may have.
- Provide ongoing feedback for the athlete so they know what they need to do to improve.

Communication From the Parents

- Player availability updates using the system that the club/team has chosen.
- Open communication about where else their athlete is training and other sports involvement so that the coach can provide the appropriate workload throughout the season and plan accordingly to manage the team well.
- Questions, Questions, Questions- At FCA, we encourage parents to ask questions so that we can partner with them well as they disciple their children and give us the privilege of being a part of that process.

PARENT PARTNERSHIP

CONFLICT RESOLUTION - HONORING EACH OTHER THROUGH MATTHEW 18:15-19

During a season conflict and disagreements will occur. That is ok and normal. How we handle the conflict together is very important in honoring one another.

1. If someone inside our club/team environment wrongs you, go talk to them in private. This gives all parties a chance to resolve the problem quickly without disrupting the team or the work that Christ is doing in and through the team.
2. If this does not solve the problem, we suggest including the team manager and/or character coach in the conversation and praying that an outside set of ears will help to bring common resolution.
3. If a solution to the disagreement is still unattainable, all parties should reach out to the club director to set up a meeting. If a resolution for all parties cannot be reached at this meeting, a time of separation or moving on should be discussed. The command to treat the guilty party as an outsider should always be seen as a command to love that person, prayerfully asking God to restore a trusting relationship where change and restoration is possible.

PARENT OPPORTUNITIES

FCA Sports Clubs offer several ways for Parents to Volunteer such as serving as a Spiritual Coordinator, Snack Coordinator, or Parent Huddle Leader. Check with your Club Director for specific opportunities.

PARENT RESOURCES

Parent Huddles are a great way for parents to grow as disciples of Christ and support each other journey of being a parent of an athlete.

FCA has created Ministry Content to support you as a parent. Some of the topics covered are:

- Lesson 1: **The Ride Home:** What to Say Right After the Game.
- Lesson 2: **Influence or Idol:** What Should My Perspective Be About Sports?
- Lesson 3: **Coach, Are You Crazy?** Boundaries for Interacting with the Coach.
- Lesson 4: **Did You Say Surgery?** How to deal with painful injuries and broken dreams.
- Lesson 5: **The Golden Rule in Sports:** Encouraging Sportsmanship, Respect and Honor.
- Lesson 6: **On Earth as it is in Heaven:** Prioritizing prayer for your kids.
- Lesson 7: **What motivates them?** Identifying your child's psychological tendencies.
- Lesson 8: **Where Were You?** Why attending practices and games matters.
- Lesson 9: **Lessons Learned from the Bench:** What to say when they don't play.
- Lesson 10: **How Do I Sound?** Why analyze if you are tearing down or building up.
- Lesson 11: **Who Makes the Call?** Deciding when and what your child should play.
- Lesson 12: **Thy Will, Not My Will:** How to raise Kingdom-minded kids.

These resources can be accessed here:

- You Version Plan: <https://www.bible.com/en-GB/reading-plans/33564>
 - From your cell phone, download the You Version Bible app.
 - Open app and choose "Discover" to search for "FCA Parent"
 - Open "A Biblical Approach to Parenting Your Athlete"
- FCA Resources: <https://fcaresources.com/ministry-tool/ministering-parents>