



---

# ATHLETIC FAMILY HANDBOOK

UPDATED 8.1.2021

---







Norfolk Christian is committed to developing Christ-like character through the pursuit of "Competitive Greatness." Competitive Greatness is going "ALL IN" mentally, physically and spiritually to reach your God-given potential

WE STRIVE TO GLORIFY GOD IN ALL THAT WE DO AND BUILD AMBASSADORS FOR CHRIST THROUGH SPORTS.



# *Table of Contents*

## *Philosophy 1*

---

- 3 Mission Statements
- 4 Athletics History
- 5 Middle School Philosophy
- 5 Organizational Structure
- 7 Sportsmanship/Code of Conduct

## *Department Policies 8*

---

- 8 Eligibility Policies
- 10 Attendance Policy
- 10 Discipline Policy
- 11 Quitting Athletic Teams
- 11 Dress Code
- 12 School Issued Uniforms
- 12 Out of Season Athletic Participation
- 12 Cancellation of Athletic Events
- 13 Transportation
- 13 Sports Medicine

## *Team Policies 15*

---

- 15 Coaching Qualifications and Requirements
- 15 Team Selection/Notification
- 16 Playing Time
- 16 Practice Policies

## *Sports Information 17*

---

- 17 Pre-Season Sports Orientation
- 17 Varsity Sports Awards Night
- 17 C-Pass Information
- 18 NCAA Information
- 18 Tryouts/Evaluations
- 19 Post Season Information
- 19 Sports Offered
- 28 Varsity Letter Criteria

## *Contact Information 29*

---

## *Stay Connected 29*

---



# *Athletic Department Philosophy*

## *Introduction*

At Norfolk Christian, we believe that participation in sport is an integral part of a student's educational experience and we strive to provide opportunities that student athletes wish to participate in. The purpose of this handbook is to provide an understanding and appreciation of the athletic program and to enhance communication among the Athletic Department, coaches, student-athletes and parents.

In order for a student-athlete to participate in a sport at Norfolk Christian, both the students and parents must complete and sign the Release of Liability Waiver, Weight Room Waiver, Concussion Protocol and Student-Athlete Expectation forms. These forms can be signed electronically or found on the resource page on NCS Connect.

Norfolk Christian is a member in good standing with both VISAA and the TCIS. Both organizations outline the eligibility requirements and guidelines for our student athletes. Under the guidance of these organizations, we offer Varsity and JV sports. Middle school sports are governed by Norfolk Christian.

## *Mission*

Christian Athletics is committed to developing Christ-like character through the pursuit of "Competitive Greatness." Competitive Greatness is going "ALL IN" mentally, physically and spiritually to reach your God-given potential.  
(1 Corinthians 9:24-26 NLT)

Legendary Coach John Wooden defined Competitive Greatness as a real love for the hard battle, knowing it offers the opportunity to be at your best when your best is required. Here at NCS, we call that going "ALL IN" for His glory.

Ambassadors are "ALL IN" for His glory because they are:

- Mentally Prepared: Ambassadors are ready when God opens the door
- Physically Disciplined: Ambassadors use God-given talents to the BEST of their ability
- Spiritually Focused: Ambassadors know how to play in the zone for His glory and His Purpose





# *Athletic Department Philosophy*

## *History*

In 1962, John Dunlap founded the NCS Athletic Department, starting with Varsity Boy's Basketball. Keith Phillips, who taught PE, was the first Boy's Basketball coach and NCS Athletic Director. The school needed a mascot and Mr. Dunlap wanted to ensure the mascot reflected the mission of NCS. Ambassadors was selected because it aligned with the ministry of NCS of Reconciliation for our students.

Once the mascot was solidified, the colors needed to be selected. Mr. Dunlap also wanted the colors to hold meaning and reflect the mission, so he select Purple, White and Gold.

**PURPLE** denotes our status as Ambassadors of the King of Kings. It was used in veils and carpets found in the tabernacle, as well as the garments worn by the High Priest. Its use in Scripture symbolically represents royalty, majesty and kingship. Jesus was robed in purple by the soldiers who mocked Him before his crucifixion.

**WHITE** is the color of purity, righteousness and holiness in the Bible and used to describe Jesus' cleansing of our sin and the color of heavenly garments. "Though your sins are like scarlet, they shall be white as snow." - Isaiah 1:18

**GOLD** in scripture symbolizes the very presence of God. It was used for the mercy seat of the Ark of the Covenant and describes the streets of the new heavens and earth. Pure gold represents our future inheritance of salvation in Jesus Christ that will be free from impurity and of eternal value.



# *Athletic Department Philosophy*

## *Middle School Philosophy*

At NCS, the goal for middle school sports is to teach the game and build a sustainable foundation for all sports programs. The following approach will be embodied by all of our middle school coaches:

1. Teaching the game
  - a. Fundamentals are high priority. To develop a strong knowledge base of the game, each student must first understand the basic components.
2. Making it fun!
  - a. Our goal is to foster a love for the game in each student and the best way to do that is to make their initial experience enjoyable.
3. Playing everyone as much as possible.
  - a. Playing everyone helps foster a sense of accomplishment, grow confidence and continue to build a love for the game
4. Amplifying the Spiritual Walk
  - a. Our coaches are not pastors, but they will be a spiritual light and strong role model for our middle school athletes

## *Organizational Structure & Matthew 18 Principle*

Although we are guided by God's grace and mercy, we are still of the flesh. Coaches and administrators will make errors or decisions that you may not agree with. When a situation arises, please see the appropriate procedure below to address said concerns.

All concerns should be handled using the Matthew 18 principle. In Matthew 18:15-20, Jesus outlines the appropriate way to address sin among one another. You must first go to the person who committed the "sin", in this case, the coach. Questions about team policies, an incident at practice or other team related issues should be addressed with the coach first. If the issue cannot be resolved through a conversation with yourself and the coach, please contact the Varsity Coach or the Athletic Director, whichever level is the next escalation. Move through the organizational chart as shown below.

"Jumping Rank" or moving up additional escalation levels on the organizational chart without first reaching out to the appropriate level is not biblical. Please be respectful of the various positions that are held in the Athletic Department and on the coaching staffs of each sport.



# *Athletic Department Philosophy*

## *Organizational Chart*





# *Athletic Department Philosophy*

## *Sportsmanship*

To keep in good standing with our Christian witness, we ask that student-athletes, coaches and spectators understand the importance of displaying good sportsmanship. By attending and representing NCS, you have agreed to the responsibility of being a good representative of Jesus Christ and we ask that you conduct yourself to the likeness of Him. We encourage enthusiastic support of all athletic endeavors, yet want to maintain the proper perspective. Degradation of opposing teams, officials or coaches will not be tolerated by NCS, as this does not exemplify good sportsmanship or the Christ-like character that we strive to model.

### The Coach Should:

- Encourage athletes to develop a relationship with God through prayer and Bible study
- Exemplify Christ-like behavior
- Demonstrate the highest moral ideals and demand the same standards of the players
- Teach the athletes that it is better to lose fairly than to win unfairly
- Maintain self-control and provide a worthy example of sportsmanship in both victory and defeat
- Demonstrate good relationships with officials
- Encourage athletes to be leaders both on the field/court and in the classroom/hallways

### The Spectators Should:

- Recognize that they represent NCS in all of their actions and words
- Model good sportsmanship
- Treat visiting teams and officials with the utmost respect
- Be modest in victory and gracious in defeat
- Respect the judgement of the officials, even when they do not agree with the decision

### The Athlete Should:

- Be courteous of visiting teams and officials
- Respect the judgement of the officials and respectfully accept their decisions
- Respect the facilities of the host school
- Encourage teammates and speak highly of them when talking to others
- Be modest in victory and gracious in defeat



# *Department Policies*

## *Eligibility Policies*

Norfolk Christian athletes must adhere to the eligibility policies that have been set forth by the school, VISAA and the TCIS. Violation of any of the below policies will result in a loss of the ability to participate in athletics here at NCS either briefly or permanently.

### *Norfolk Christian Academic Eligibility*

Students' grades will be monitored bi-weekly to expedite communication and collaboration between teachers and administration. Students who have multiple "Ds" or an "F" in any subject will be referred to the At-Risk Academic Committee. This committee will collaborate with teachers, coaches, students, and families to determine the best course of action for the student to improve academic achievement. If progress is not made in two weeks, the student may become ineligible. Ineligibility will be for a set time determined by the At-Risk Committee or until academic improvement is made and confirmed by the teacher. Students who are ineligible will NOT attend team practices, rehearsals, games or performances until grades have improved.

\*\* All new students entering the school for the first time will have a grace period of one quarter before becoming ineligible to participate in sports or fine arts due to academics, in order to adjust to our schedule and requirements.

Extracurricular leaders will be informed when their students are in danger of becoming ineligible. Students and families are expected to monitor grades through NCSCConnect on a regular basis.

Senior privileges are also suspended during the ineligibility period.

## *TCIS Eligibility Policies*

1. Students must attend a member school as a full-time student working to fulfill graduation requirements to participate in a sport.
2. Any student who does not reach the age of 19 on or before August 1 is eligible for TCIS competition.
3. Once a student athlete begins his/her last year of eligibility in a school, it marks their last year of eligibility in the TCIS.



# Department Policies

## TCIS Eligibility Policies

4. If a student transfers from one conference school to another conference school after having represented the first conference school, he/she is ineligible to compete in any sport for that season. This consequence of a transfer of this nature shall not be subject to the waiver procedure in the Transfer Policy set forth below. (recommended by steering committee to make sure it doesn't contradict transfer rule).
5. Eligibility for JV sports ends at the conclusion of the sophomore year.
6. A student/athlete may not participate in separate JV and Varsity events in the same sport on the same day.
7. Exceptions to eligibility rules for "hardship cases" must be presented to the Athletic Directors for approval by a  $\frac{2}{3}$  vote prior to submission to the TCIS Heads for final approval. NOTE: Hardship is typically defined as something outside of the student's control. The intent of the rule is to follow a course of action that is best for the student.
8. Coaches having questions concerning an opposing player's eligibility just prior to a contest should make concerns known to the opposing coach before the contest begins. Questions concerning eligibility at other times should be referred to the Athletic Directors of the schools involved for resolution.

## VISAA Eligibility Policies

1. The student must be a regular bona fide student in good standing of the school that he or she represents and must enroll and be in attendance at least 30 days prior to the commencement of the VISAA championship. "Regular bona fide student" means a full time student is enrolled in five (5) classes. These students will be eligible for JV and Varsity. (Middle school athletes are not held to this requirement.)
2. The student shall not have reached the age of 19 on or before August 1 of the school year in which he or she wishes to compete.
3. Students in grades 8-12 are eligible for VISAA events.
4. A student wishing to repeat a grade (or reclassify) must do so for non-athletic reasons and in compliance with all conference requirements, as applicable.
5. Any student or school team ruled ineligible by a conference is considered ineligible for VISAA events.
6. Attending academic classes while classified as a senior at any school marks the student's last year of eligibility for VISAA events.
7. In order for a student to participate in more than one school sport in a season, the student must be a regular member of both teams participating in at least two scheduled contests for both teams.





# *Department Policies*

## *Attendance Policies*

In order to be eligible for practice or a game on a specific day, students must be present at school for at least half of the blocks that they are scheduled for that day, including study hall. For example, if a student has 3-4 blocks that day, they must be present for 2. If they only have 2 blocks that day, they must be present for 1. If the student only has 1 class that day, they must be present for the entire class.

## *Discipline Policies*

Each member of the Norfolk Christian Schools community is responsible for pursuing righteousness in daily living. Adults and students need accountability from other people to make wise choices and to learn from sinful ones. Our school has a 24/7 behavior policy that embraces the moral as well as the academic education of the person. Therefore, students are accountable for their behavior inside and outside the school as both are equally important. All sanctioned Norfolk Christian events, whether on school property or not, maintain the same behavioral and moral standards that are required in school.

The head coach is expected to maintain appropriate discipline for their student athletes. Each coach should have a policy outlined on how they plan to handle minor discipline issues, such as not starting or not participating in a game. If a discipline problem persists, the coach is to contact the Athletic Director to set up a meeting with the parents to discuss a solution. If a change in behavior cannot be made, suspension or dismissal from the team may occur.

\*If a student-athlete is dismissed from a team for inappropriate actions and behavior, or quits during the season, that student will not be allowed to participate in any other sport during the remainder of the school year. Being dismissed for academic or family reasons are the only exception and will be handled on a case by case basis.

Excessive behavior infractions during school may result in ineligibility. This decision will be made between the Athletic Director, the Administrator, and the Coach/Leader, with the parent's input.

Student-athletes receiving Out of School Suspension (OSS) are not eligible to participate in practices or games while serving OSS. Once the OSS has been served, the athlete may return to practice but will not be eligible to participate in their first game back. These students are also not permitted to travel or sit on the bench at games, even if they travel to the game on their own.



# Department Policies

Student-athletes receiving In School Suspension (ISS) will not be able to practice or participate in games on the day of their ISS. The student-athlete is however, required to attend practice but is not allowed to dress, nor participate. These students are also not permitted to travel or sit on the bench at games, even if they travel to the game on their own.

## Quitting Athletic Teams

- Student-athletes are held to a high standard in regards to their commitment to their team, coaches and the school.
- Should a student-athlete choose to quit an athletic team, they will be unable to tryout for another team during that season.
- Quitting an athletic team will also result in being unable to compete in the next season.
- For example, quitting in the fall will prohibit play in the winter, quitting in the winter will prohibit play in the spring
- Should a student-athlete quit a spring sport, they will be unable to participate in fall sports the next school year
- Some circumstances may arise that are beyond the student's control and will be taken into account . The Athletic Director has the final approval in all decisions.

## Dress Code

Athletic uniforms may not be worn to school except on game days as a team. Uniforms must still meet dress code requirements, meaning tank tops, swim suits and spandex are not allowed. Please see below for other guidelines.

### Females:

- Shorts must be fingertip length.
- Leggings may be worn, but only with shorts on over them.
- A shirt must be worn at all times, sports bras only are not allowed.
- It is our preference as a department that our student athletes wear NCS apparel or at least NCS colors, black, grey or white.
- Please refrain from wearing apparel from other schools to practice or games

### Males:

- Shorts must be fingertip length.
- A shirt must be worn at all times.
- It is our preference as a department that our student athletes wear NCS apparel or at least NCS colors, black, grey or white.
- Please refrain from wearing apparel from other schools to practice or games.



# *Department Policies*

## *School Issued Uniforms and Equipment*

Uniforms must be returned to the Athletic Department, in satisfactory condition, within one week after the final athletic contest for that particular season. When possible, coaches will collect the uniforms at the end of season and return them to the Athletic Department. Student-athletes' parents will be responsible for uniforms and equipment not returned within a week of the season ending. All charges for school issued items lost or not returned will be invoiced to the parent's at a rate of \$100 per missing item. Student-athletes' report cards and transcripts will also be held until all items are returned or payment is received.

## *Out of Season Athletic Participation*

Norfolk Christian offers a wide range of athletic opportunities for student-athletes. We do not provide or encourage specialization or year-round training for a particular sport. Norfolk Christian does not sponsor nor support teams in their out-of-season practices and competitions. Should your student-athlete chose to participate in sports with outside organizations, Norfolk Christian uniforms, namesake, mascot and equipment will not be allowed to be used.

Out of season conditioning will be offered after school, however we encourage all of our student-athletes to partake in the various sports that are offered each season. The benefits of participating on a team versus participating in a conditioning program include but are not limited to, learning a new sport, cross training different muscle groups and gross motor skills and learning to work with a new group of people.

## *Cancellation of Athletic Events*

- Cancellation decisions for inclement weather or other events will attempt to be made before 2:30 PM. However, there are times that last minute cancellations occur.
- Notifications will be sent to parents and student-athletes via email. An announcement will also be made prior to the end of the school day.
- Student-athletes should always come prepared to practice, with tennis shoes and their regular equipment. The athletic department operates on a rotation of which teams will practice indoors when outdoor practices have been cancelled. The weight room and spin room may also be used.
- Coaches may opt to hold a classroom session in lieu of practice.
- All changes to time and location will be included in the communication sent in regards to cancellations.





# *Department Policies*

## *Transportation*

Norfolk Christian strives to provide transportation to as many away games and off campus practices as possible. However, due to the size of our Athletic program and the number of venues traveled to, at times we do ask for assistance from the parents, coaches and student-athlete drivers.

For away games, a two way bus will be provided to all games that are hosted on the Peninsula, in Suffolk or in Richmond. Games hosted locally in Norfolk, Virginia Beach and Chesapeake will only be a one way bus and parents will be responsible for picking their student-athlete up at the venue. For games where a two way bus is offered, parents may pick their student-athlete up at the venue, however they must let the coach know prior to leaving.

Coaches will remain on site until all student-athletes have been picked up or are on the bus heading back to Norfolk Christian.

## *Sports Medicine*

The health, safety and well being of our athletes is of the utmost concern at Norfolk Christian and for that reason we provide full time Athletic Training coverage for home games and practices. Our Athletic Trainers are Board Certified and licensed by the Virginia Board of Medicine and remain up to date on the latest best practices in the field.

Should your student-athlete become injured during a Norfolk Christian athletic event, please be sure to touch base with the Athletic Trainer first prior to seeking further medical attention. Many injuries and ailments can be treated on campus with our Athletic Trainers, free of charge, instead of going through a doctor's office and insurance. Should your student-athlete need further medical treatment, the Athletic Trainer will advise you of the next best steps to have your child treated and cared for appropriately.

As an additional layer of protection for our student-athletes, the state of Virginia requires a pre-participation physical to be completed prior to the beginning of athletic competition. This physical must be on file with the Athletic Department prior to the student-athlete participating in sports here at NCS. All sports physical are valid from May 1st of the current year through June 30th of the following year. For example, if your student-athlete receives a physical on April 30th, it will expire on June 30th of the same year. If they wait until May 1st, it will expire June 30th of the following year, thus covering your student-athlete for the entire school year. Physical forms are available in the front office and on the "Resources" tab on NCSCConnect.



# Department Policies

All student-athletes are also required to have a concussion baseline test on file. The baseline test is given by our Athletic Trainers on staff in house and the baseline form is kept on file here at NCS. These baseline tests are used in the event of a sustained concussion to better understand the severity of the concussion symptoms. These baseline tests can also be used if the student-athlete needs to seek a physician's care.

As a reminder, please seek the attention of the Athletic Trainer first. Once a student-athlete visits a physician, physician assistant or nurse practitioner, the Athletic Trainer is no longer in the chain of care. The student-athlete will need to see the same level of provider prior to being cleared.

## Athletic Training Room Policies:

- Timeliness is key, as our Athletic Trainers must prepare an average of 8 teams simultaneously to begin practices or travel to practices on time. Student-athletes who arrive to the athletic training room late will have to wait for treatment or taping until all others who arrived on time have been taken care of.
- Should a student-athlete miss rehabilitation or not get taped prior to practice when it is required per the Athletic Trainer, they will be unable to participate in that day's practice or game.
- Respect and compliance are vital to a smoothly operating Athletic Training room. It ensures our Athletic Trainers are treated appropriately by our students, that our students feel respected, cared for and develop trust in our Athletic Trainer. It also helps ensure that our Athletic Trainer can provide the highest level of care to each athlete and not have to focus on behavior management of our student-athletes.



Kelly Johnson  
Head Athletic Trainer  
kjohnson@norfolkchristian.org  
757-423-5770 ext. 406



# *Team Policies*

## *Coaching Qualifications and Requirements*

The Athletic Department strives to provide student-athletes a safe and enjoyable environment in which to participate in their chosen sport(s). To achieve that goal, the department hires qualified coaches who not only teach the sport, but help grow and nurture Godly young men and women to be Ambassadors in the world when they leave Norfolk Christian.

Coaches and administrative personnel are obligated to act in a prudent manner in order to prevent foreseeable accidents and injuries. Their response to unexpected circumstances should follow the guidelines that have been set forth by the Athletic Department. To ensure that our coaches are adequately equipped to handle various situations, we expect the following criteria to be met:

- A relationship with the Lord and regular church attendance
- Up to date CPR/AED certification
- Completion and implementation of the FCA 3D Coaching program (See more below)
- Completion of Armatus training in the areas of various types of child abuse, keeping the school and athletes safe, proper coaching practices and blood borne pathogens.

### *3D Coaching Philosophy*

-Create strategies to combat “entitlement”  
 -Understand how to build confidence  
 -Discover the formula for team cohesion  
 -Establish a plan to cultivate character

-Learn how to motivate athletes from within  
 -Develop strategies to harness emotions  
 -Realize how to effectively set goals  
 -Faith-based content/resource provided by FCA

### *Team Selection and Notification*

The final makeup of each individual team is at the discretion of the head coach and their coaching staff. See below for the process at each level.

- Middle School Sports - We have a no cut policy at the middle school level. Our goal as a department is to foster the love of sport and teamwork in all of our student-athletes and we do not feel that cutting student-athletes at this level assists in this goal.
- JV/Varsity Sports - In the event that there are more student-athletes present at tryouts than there are available spots on the team, the coaching staff will make cuts. Coaches will meet with the student-athletes that were not selected on an individual basis to discuss the reasons they were not chosen for the team, to outline how they can improve to possibly make the team next season, to answer any questions and discuss opportunities to stay with the team as a manager or statistician.



# *Team Policies*

Once the roster has been finalized, the head coach should send an email out to all of the parents. This email should introduce themselves as the coach, the expectations and goals for the season and either set up a parent meeting or outline their policies and procedures for the team.

## *Playing Time*

The amount of playing time that each student-athlete receives is up to the discretion of the coach based on work ethic, attitude at practice, the following of team policy, academic/behavioral considerations (passed on from administration) and finally skill level and ability. Below are general guidelines that coaches each level use to determine playing time.

- Middle School - Developing a strong knowledge foundation, a love of the sport and great teamwork is the main goal of our middle school sports program. To achieve that goal, we strive to have every student-athlete participate in every contest. Coaches are expected to play all eligible players in each game, however they are not all guaranteed equal playing time.
- JV - With the step up in opponent competition, the level of competition for playing time also increases. Coaches are encouraged to play all eligible players when possible, however are not required to. Once again, playing not will not be equitable.
- Varsity - At the varsity level, playing time is based on coaching decisions made using performance at practice, interactions with teammates, work ethic and overall attitude. Coaches are encouraged to play as many student-athletes as the game warrants, however playing time is not guaranteed, nor equitable.

## *Practice Policies*

Norfolk Christian athletics should be the first priority of student-athletes during the given season. All student-athletes are expected to be present and on time to all practices during the season and stay through the duration of the practice. Exceptions to arrive late, leave early or miss practice can be arranged with the coach on a case by case basis. Student-athletes are not permitted to consistently miss or leave early from practice to attend an outside athletic activity.

School activities that take place during scheduled practice times will take precedence over practice. The student-athlete is responsible for communicating their late arrival, early departure or absence to their coach or activity director (should they opt to attend practice).

Coaches may chose to alter playing time based on absences or missed time at practice. Prior to making changes to playing time, the coach will discuss their decision, along with documentation of the reason, with the student-athlete.

Should a student-athlete miss school due to injury/illness or have been assigned to ISS or OSS, they will not be permitted to participate in practice that day.



# *Sports Information*

## *Pre-Season Sports Orientation Information*

At the beginning of each season, the Athletic Department will send out an email containing all pertinent information for the upcoming season. We have moved to this format so parents will have access to the information all year long. As stated in the previous section, the coach will also reach out to the parents with team specific information.

## *Varsity Sports Awards Night*

At the end of each school year in May, once all conference and state tournaments are completed, the Athletic Department will host a Varsity Sports Awards Night. During this event, student-athletes will be honored for their participation in each season, as well as highlighted for all individual and team accomplishments achieved during the season.

## *C-Pass Information*

At Norfolk Christian, parents of student-athletes are instrumental in the success of each student-athlete, the teams they participate on and the Athletic Department as a whole. The successful cooperation and support of families and the Athletic Department ensures a premier athletic experience for our student-athletes. One way to provide support is to become a C-Pass member. Benefits of becoming a C-Pass member:

- Entrance into all *Regular Season Home* athletic events
- Half off Spring Musical Tickets & a free Fine Arts seat cushion
- Invitation to special Athletic & Fine Arts Events and Activities
- Students of parents who are C-Pass members are eligible for the College Scholarship Program which includes \$1,000 scholarship to one male athlete, one female athlete and one Fine Arts student
- Supporting the extra curricular programs for Norfolk Christian

Volunteer hours are not required as C-Pass members, however there are many needs in both Athletics and Fine Arts that could be filled with the help of parent volunteers. If you are interested in volunteering with our extracurricular programs, please contact Lindsay Ingraham or Erin Parker.





# *Sports Information*

## *NCAA Information*

The Athletic Department partners with our families to provide a smooth transition from high school to collegiate athletics for those student-athletes that are aspiring to further their athletic career. In conjunction with Student Services, the Athletic Department will assist student-athletes with appropriate class selection, building film highlights and maintaining approved contact with college coaches.

Student-athletes must register online in the NCAA Eligibility Center to begin the collegiate athletic recruiting process. While in high school, student-athletes must complete all of the NCAA required core courses, maintain a 2.2-2.3 minimum GPA and they cannot fail a core course. Information outlining these requirements can be found at <http://www.ncaa.org/student-athletes/future>.

The advantages of competing in college sports are both immediate and lifelong. Participating in college sports provides opportunities to learn, compete and succeed. Student-athletes receive top-notch academic support, quality medical care and regular access to outstanding coaching, facilities and equipment. Student-athletes as a group graduate at higher rates than their peers in the general student body and feel better prepared for life after college.

College-bound student-athletes preparing to enroll in a Division I or Division II school need to register with the NCAA Eligibility Center to ensure they have met amateurism standards and are academically prepared for college coursework.\*

*\*Future. (n.d.). Retrieved September 24, 2020, from <http://www.ncaa.org/student-athletes/future>*

## *Tryout/Evaluation Information*

Tryouts/evaluations will be held during the first week of practice in each sport. Any student who meets Norfolk Christian, VISAA and TCIS eligibility requirements may try out. A valid sports physical must be on file with the Athletic Department. Specific dates for each season can be located on Norfolk Christian's main website under "Athletics". These dates change each year and are dependent on Conference and State championship dates.

Student-athletes that are selected for teams will be notified by the coach. The coach will communicate with parents as soon as tryouts are complete to disseminate pertinent information for the season.



# *Sports Information*

## *Levels of Competition*

Norfolk Christian offers up to three levels of competition in most sports. Sports that do not have high enough participation to sustain three levels will only offer the levels that are the most sustainable for that particular year.

- Middle School
  - Teams consist of students in grades 6th-8th.
  - Students in 5th grade may tryout for middle school teams with the approval of the Athletic Director and Lower School Director.
- Junior Varsity
  - Teams will consist of students in grades 7th-10th. .
  - Per VISAA and TCIS guidelines, students below the 7th grade are ineligible for Junior Varsity competition.
- Varsity
  - Teams will consist of grades 8th-12th
  - Per VISAA and TCIS guidelines, students below the 8th grade are ineligible for Varsity competition.

## *Post Season Information for Varsity Sports*

As a member of both the Tidewater Conference of Independent Sports (TCIS) and the Virginia Independent Schools Athletic Association, our student athletes have the opportunity to participate in both conference and state post season play.

- TCIS Championship weeks occur the week after the last week of regular season play.
  - VISAA Championship weeks occur a week to two weeks after TCIS Championship play.
- Sports such as Football and Lacrosse span across two weeks of play.

## *Sports Offered*

\*Please note that due to COVID-19, some sport seasons may be delayed, altered or cancelled.

Norfolk Christian strives to offer a robust sports program that allows opportunities for student-athletes of all skill and experience level. Please see the chart on the next few pages for a detailed description of each sport offered, the season that sport occurs in, approximate dates for the season, practice locations and any other information particular to that sport.

If your student-athlete is interested in a particular sport and you have questions outside of what is outlined below, please contact Athletic Director Tim Bender.



# *Sports Information*

## *Fall Season Sports*

### Sport Information

#### Varsity Football

All students in grades 8th-12th may tryout for the Varsity Football team. Practices are held at the Upper School Campus on Moore Family Field, as well as Suburban Elementary on occasion. Home games are played on Moore Family Field. The season generally runs from the last full week of July through the second weekend in November.

#### Middle School Football

All students in grades 5th-8th may tryout for the Middle School Football team. Practices are held at the Upper School Campus on Moore Family Field, as well as Suburban Elementary on occasion. Home games are played on Moore Family Field. The season generally runs from the last full week of August through the last week in October.

#### Varsity Boys Soccer

All boys in grades 8th-12th may tryout for the Varsity Boys Soccer team. Practices are held at the Upper School Campus on Moore Family Field, as well as Suburban Elementary on occasion. Home games are played on Moore Family Field. The season generally runs from the last full week of July through the last week in October/first week of November.



# *Sports Information*

## *Fall Season Sports*

### Sport Information

#### Middle School Boys Soccer

All boys in grades 5th-8th may tryout for the Middle School Boys Soccer team. Practices are held at Suburban Elementary, approximately a block down Thole St. from the Upper School Campus. Home games are played at Suburban Elementary. The season runs from the last week of August through the last week of October.

#### JV/Varsity Girls Volleyball

All girls in grades 7th-10th may tryout for the JV and 8th-12th grades for the Varsity Girls Volleyball team. Practices are held at the Upper School Campus in both gyms. Home games are mostly in Smith Gym. The season generally runs from the last week in July through the first week in November.

#### Middle School Girls Volleyball

All girls in grades 5th-8th may tryout for the Middle School Girls Volleyball team. Practices are held at the Upper School Campus in Smith or Ambassador Gym. Home games can be in either Smith or Ambassador Gym. The season generally runs from the last full week of August through the last week in October.



# *Sports Information*

## *Fall Season Sports*

### Sport Information

#### Varsity Boys Volleyball

All boys in grades 8th-12th may tryout for the Varsity Boys Volleyball team. Practices are held at the Upper School Campus in Smith or Ambassador Gym. Home games are played in Smith Gym. The season generally runs from the last full week of July through the last week in October.

#### Cross Country

All students in grades 6th-12th may tryout for the Cross Country program. Students in 6th and 7th grade are not eligible to run in Varsity meets, but will have opportunities throughout the season to participate in meets. Practices are held at the Upper School. The season generally runs from the last full week of July through the first week of November.

#### Varsity Girls Tennis

All girls in grades 8th-12th may tryout for the Varsity Girls Tennis team. Practices are held at Old Dominion University. Home games will also be played at ODU. The season generally runs from the last full week of July through the second week of November.

#### Cheerleading

Cheerleading takes place in both fall and winter. Tryout information is sent out in May. Girls in grades 6th-12th are eligible to tryout for Cheerleading. Practices are held at the Upper School.





# *Sports Information*

## *Winter Season Sports*

### Sport Information

#### Varsity Boys Basketball

All boys in grades 8th-12th may tryout for the Varsity Boys Basketball team. Practices are held at the Upper School Campus in the Smith and Ambassador Gyms. Home games will be held in Smith Gym. The season generally runs from the first full week in November through the first full week of March.

#### Middle School Boys Basketball

Middle school boys basketball is broken into teams based on grade level. All boys in grades 6th-8th may tryout for Middle School Basketball. Practices are held at the Upper School Campus in the Smith and Ambassador Gyms. Home games will be played in both gyms as well. All middle school basketball teams compete in a Saturday morning league based on grade. The season generally runs from the second week in November through the third week in February.

#### Varsity Girls Basketball

All girls in grades 8th-12th may tryout for the Varsity Girls Basketball team. Practices are held at the Upper School Campus in the Smith and Ambassador Gyms. Home games will be held in Smith Gym. The season generally runs from the first full week in November through the first full week of March.



# *Sports Information*

## *Winter Season Sports*

### Sport Information

#### Middle School Girls Basketball

All girls in grades 6th-8th may tryout for Middle School Basketball. Practices are held at the Upper School Campus in the Smith and Ambassador Gyms. Home games will be played in both gyms as well. Middle school girls basketball competes in a Saturday morning league held at Norfolk Collegiate. The season generally runs from the second week in November through the third week in February.

#### Varsity Swim

All students in grades 8th-12th may tryout for Varsity Swim. Practices are held at Huntington Pool. Meets are typically once a week and vary in location based on the host. The season generally runs from the first week of November through the second full week of February.

#### Indoor Track

All students in grades 8th-12th may tryout for Varsity Indoor Track. Practices are held at the Upper School. Meets are typically once a week and are held at either Boo Williams Sportsplex in Hampton or the Virginia Beach Sports Center. The season generally runs from the first week of November through the second full week of February.

#### Wrestling

All students in grades 6th-12th may tryout for Wrestling. There is a middle school and a varsity team. Practices are held at the Upper School. The season generally runs from the first week of November through the second full week of February.



# *Sports Information*

## *Spring Season Sports*

### Sport Information

#### Varsity Baseball

All boys in grades 8th-12th may tryout for Varsity Baseball. Practices are held at the Lakewood Park. Home games will also be played at Lakewood Park. The season generally runs from the last week in February through the third week in May.

#### Middle School Baseball

All boys in grades 6th-8th may tryout for Middle School Baseball. Practices are held at the Lakewood Park. Home games will also be played at Lakewood Park. The season generally runs from the last week in February through the first week in May.

#### Varsity Softball

All girls in grades 8th-12th may tryout for Varsity Softball. Practices are held at the Crossroads Elementary. Home games will be played at either Crossroads Elementary or Lakewood Park. The season generally runs from the last week in February through the third week in May.



# *Sports Information*

## *Spring Season Sports*

### Sport Information

#### Middle School Softball

All girls in grades 6th-8th may tryout for Middle School Softball. Practices are held at the Lakewood Park. Home games will be played at either Crossroads Elementary or Lakewood Park. The season generally runs from the last week in February through the first week in May.

#### Varsity Girls Soccer

All girls in grades 8th-12th may tryout for Varsity Girls Soccer. Practices are held at the Upper School on Moore Family Field or at Suburban Elementary. Home games will be played on Moore Family Field. The season generally runs from the last week in February through the third week in May.

#### Middle School Girls Soccer

All girls in grades 6-8th may tryout for Middle School Girls Soccer. Practices are held at the Upper School on Moore Family Field or at Suburban Elementary. Home games will be played on Moore Family Field or Suburban Elementary. The season generally runs from the last week in February through the first week in May.



# *Sports Information*

## *Spring Season Sports*

### Sport Information

#### Varsity Boys Tennis

All boys in grades 8th-12th may tryout for Varsity Boys Tennis. Practices are held at Old Dominion University. Home matches will also be hosted at ODU. The season generally runs from the last week in February through the third week in May.

#### Varsity Track & Field

All students in grades 8th-12th may tryout for Varsity Track and Field. Practices are held at the Upper School. Meets are typically once a week and locations vary based on the host. The season generally runs from the last week of February through the third week of May.

#### Boys Lacrosse

All boys in grades 6th-12th may tryout for Boys Lacrosse. Practices are held at the Upper School on Moore Family Field. Home games are also played on Moore Family Field. The season generally runs from the last week of February through the third week of May.





## Contact Information



Tim Bender - Athletic Director  
Head Varsity Football Coach  
tbender@norfolkchristian.org  
757-423-5770 ext. 400



Lindsay Ingraham - Assistant Athletic Director  
Head Varsity Girls Soccer Coach  
lingraham@norfolkchristian.org  
757-423-5770 ext. 401

## Stay Connected

You can stay up to date on the latest information pertaining to Ambassador Athletics through a variety of communication platforms. Please see below:

[www.norfolkchristian.bigteams.com](http://www.norfolkchristian.bigteams.com)

Our forward facing athletics website will be the best source for all Athletic Department information. All team schedules, rosters, directions and announcements can be found here. Medical forms and waivers will also be uploaded here prior to the start of each sports season. Until both student and parent accounts are created and all forms are signed and uploaded, student athletes will not be able to participate in NCS Athletics.

[Twitter.com/athletics\\_ncs](https://twitter.com/athletics_ncs)

Twitter users may follow @Athletics\_NCS and receive the most up-to-date information, announcements, live scores and updates. This website will send all tweets to a user's phone as text messages for those who sign up for text alerts.

[Instagram.com/ncsambassadors](https://www.instagram.com/ncsambassadors)

Instagram users may follow @NCSAmbassadors and view athletic moments captured throughout the year and to celebrate athletes and coaches.

[Facebook.com/ncsambassadors](https://www.facebook.com/ncsambassadors)

For those who are not twitter users, but instead have Facebook accounts, this is an easier way to get all of the updates as a direct push from the twitter feed. Please "like" our page!

