



PALMETTO CHRISTIAN
ACADEMY

ATHLETIC HANDBOOK
2023-2024

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I. MISSION

Athletics at PCA exist to support the overall mission of the school by encouraging the development of the student-athlete's relationship with Christ in all aspects: spiritually, physically, socially, and mentally. We will train athletes to honor God with the talents and abilities that they have been blessed with. A Palmetto Christian Academy athlete exemplifies hard work, dedication, and sportsmanship to all officials, fans, players, and coaches.

In the same way, let your light shine before men that they may see your good works and praise your Father in heaven. (Matthew 5:16)

II. OBJECTIVE

The objective of the PCA Athletic Department is to be intentional in creating well-rounded young men and women through the life lessons and impersonal skills learned in athletic participation. We will pursue excellence in all that we do through integrity, servant leadership, character, teamwork, and personal development. We will strive to be good stewards of our time, talents, and resources. Winning competitions is the goal, but it will not be the sole measure of our success. We will seek to show grace in victory and defeat.

III. PHILOSOPHY

Be Intentional

The PCA Athletic Department uses Romans 12:4-8 to help students identify and improve their spiritual gifts of athleticism. PCA Athletic programs will develop teams in all sports offered that can compete successfully in the South Carolina Independent School Association (SCISA), and on occasion, the South Carolina High School League (SCHSL). Our programs will focus on the following action points to create a positive experience for each athlete to grow in a solid walk with Christ:

1. Pursuing Christ passionately, striving for excellence in everything
2. Developing student athletes academically
3. Teaching respect for authority and our opponents
4. Demonstrating sportsmanship in the actions of our players, coaches, and fans
5. Building teamwork with commitment, responsibility, and accountability
6. Dealing with adversity in competition
7. Instilling discipline, desire, and dedication to a cause larger than one's self
8. Promoting school spirit and unity through athletics

IV. SPORTS OFFERED

	SCISA SPORTS	GIRLS	BOYS	GRADES K5-5	GRADES 6-8	GRADES 9-12
Fall	Cheerleading	*		*	*	*
	Cross Country	*	*	5th	*	*
	Equestrian	*	*	5th	*	*
	Football		*	5th	*	*
	Golf	*		5th	*	*
	Volleyball	*		5th	*	*
Winter	Archery	*	*	4th	*	*
	Basketball	*	*	5th	*	*
Spring	Baseball		*		*	*
	Golf		*	5th	*	*
	Tennis	*	*	*	*	*
	Track and Field	*	*	5th	*	*
	Soccer	*	*		*	*

V. ATHLETIC FORMS

SCISA sports physicals and athletic forms must be submitted to the athletic department prior to participating in tryouts, practices, matches, games, or other activities. Athletic forms can be found on MyPCA or on the SCISA Athletics website. The athletic forms will be good for one year from the date performed. Athletes must also take a baseline concussion test to compare results in the chance that there is a head injury during the season. This baseline test will be performed at PCA prior to the start of the athletic school year.

V. ATHLETIC FEES

Student athlete parents will pay an athletic fee for each sport in which their child participates. These fees help with payment of officials, rental of facilities, general upkeep, and replacement of uniforms/equipment. Refunds will not be given to athletes who make a team and choose to quit. Athletic fees must be paid prior to the first game of the season. Any late additions to the team rosters must pay the fee. The fee scale is as follows:

Sport	Fee
Boys Golf	\$200
Varsity Football	\$150
MS Football	\$100
Cheer	\$100
Girls Golf	\$100
Girls Tennis	\$100
Volleyball	\$100
Varsity Basketball	\$100
Baseball	\$100
Boys Tennis	\$100

Sport	Fee
JV Basketball	\$75
Soccer	\$50
Cross Country	\$50
Mini-Cheer	\$50
Swimming	\$50
MS Basketball	\$50
Archery	\$50
Elementary Tennis	\$50
Equestrian	\$50
Track & Field	\$50

VII. ATHLETIC PARTICIPATION

Team formation, participation, and priorities

Students must be enrolled at PCA in order to participate in extracurricular activities. Homeschool students must be enrolled in 4 core courses at PCA to qualify for athletic participation. Core courses include Math, English, Science, History, Computer, Spanish, or Fine Arts. PCA athletics participate in the Trident Basketball Association (5-8), City of Charleston (k-12), and SCISA (5-12).

All PCA athletic programs strive to teach the same life lessons and provide a meaningful experience for all of our players. All PCA programs seek similar goals, and all are important. However, the goals receive different prioritization based on the competitive level of the team within the overall program. Whatever the level of play, commitment to the team is expected. Game and practice attendance should not be based on a matter of convenience.

In some cases, a middle school athlete may be able to physically compete at a varsity level. In these situations, PCA will follow SCISA guidelines for which grades are allowed to play varsity in that particular sport. Coaches will be careful to consider the age and development of these athletes within the framework of varsity expectations.

Cuts

Cuts may be necessary for some PCA athletic programs. Coaches determine the appropriate number of roster positions that will lead to all around success for their program and team. A list of standards and expectations may be made available before tryouts if coaches are asked in advance.

Athletic Participation for 1st-5th Grades

The main goal for athletes at the lower school level is to develop a love for the sport while learning the rules and basic fundamentals of the game. It is important for the athlete to find joy in athletic competition. The PCA Athletic Department recommends that parents enroll lower school athletes in recreational leagues to help further their athletic capabilities.

Athletic Participation for 6th-8th Grades

The focus is still on technical skill development with the goal to learn the game. At the middle school level, playing time is not guaranteed. However, coaches will make an attempt to get every player in every game. The development of good habits and sound fundamentals at the middle school level will be of benefit to the JV and Varsity level in the future. In certain programs that a middle school team is offered, there may be a maximum amount of athletes accepted onto the roster. This could potentially lead to some athletes being cut from the team.

Athletic Participation at the Junior Varsity Level

Participation at the Junior Varsity level is offered to grades 6-10 for athletes, depending on the sport. The JV teams are designed to get athletes ready for the varsity level. The athletic department emphasizes development over winning at the JV level. The JV programs are essential to the varsity programs future success. All athletes are highly encouraged to attend summer camps designed to improve individual skill during the off season. Playing time is not guaranteed at this level, nor is a roster spot guaranteed. Coaches will determine what is necessary in order to make a JV roster.

Athletic Participation at the Varsity Level

Participation at the Varsity level is offered to grades 6-12, depending on the sport and the skill level necessary. Membership on a varsity team generally requires several years of experience in the sport. At the varsity level, PCA programs and athletes should expect to compete at the highest level. Playing time is not guaranteed, nor is it guaranteed that an athlete has a spot on the roster. Players are required to try out on a yearly basis. Varsity programs typically have periods of conditioning and strength training all throughout the year in addition to the specific season.

Fall JV/Varsity programs such as: football, volleyball, swim, girl's tennis, cross country, and cheerleading begin before school starts. Practice schedules will be supplied as soon as possible for planning purposes. Students and parents need to adjust calendars accordingly. The first official practice date is normally the last Thursday in July. Athletes planning to participate at the JV or Varsity levels for fall sports should plan vacation time that will end prior to the first day of practice.

Playing Time

Playing time at the JV and Varsity level is not guaranteed just because an athlete has made the final roster. Playing time is also not dictated by the age or grade of an athlete. Playing time is earned by effort, attitude, attendance, and skill demonstrated during practices and games. Coaches will be clear of attendance policies prior to the start of the season.

To reiterate, Palmetto Christian Academy does not adhere to an "equal playing time" policy at any level. Coaches will be considerate to all athletes and try to ensure that everyone has a meaningful role on the team. No athlete is guaranteed entry into every game. Coaches will attempt to play athletes at skill-appropriate times.

Coach Selection

The main priority of the PCA Athletic Department is to hire coaches that exemplify Christ-like behavior, integrity, and overall knowledge of the sport. The PCA Athletic Department will obtain coaches from PCA Faculty and Staff whenever possible, but also can look to fill vacancies with qualified parents or outside individuals. Prospective coaches will be screened thoroughly by the Athletic Director, as well as a committee made up of parents, board members, or anyone else that the Athletic Director sees fit. Potential new hires must have a background check as well as have the approval from the PCA Headmaster.

The PCA Athletic Department will seek for volunteers for elementary tennis, trident basketball, and middle school volleyball. The head coach from the previous season will have the choice to be head coach again before the athletic department seeks new volunteers. Ultimately, as the athletic department grows, there will likely be an increase in the selection of coaches at all levels who are also employed by PCA.

VIII. TEAM EXPECTATIONS

Student Athlete Expectations

- Athletes should model behaviors and values consistent with PCA.
- Athletes are required to remain eligible by league and school standards regarding citizenship and academics (no grades under 70 on report cards).
- Athletes should place the goals of the team above individual goals.
- Athletes should be committed to the team by following team rules and expectations.
 - This includes arranging individual schedules to make practices and games a priority.
- Athletes should give their best effort in practices and in games.
- Athletes should demonstrate good sportsmanship at all times, on and off the field. Athletes should cheer for PCA, but not against the opposing team.
- PCA Athletes are considered ambassadors for the school.
- Athletes should be their own advocate regarding concerns with their role on the team, playing time, or similar concerns.
- Athletes should be accountable for their own academic success by preparing for time missed in class due to athletic participation. If an athlete arrives after 9:00 AM or leaves before 2:00 PM without an approved excuse, he or she will not be eligible to play or practice that day
- Athletes should treat all facilities and equipment respectfully whether at PCA or another venue.

VIII. TEAM EXPECTATIONS

Parent/Fan Expectations

- One parent per player is required to volunteer in the concession stand during at least 2 games per sport and season that the athlete participates in. Parents can choose not to volunteer and instead pay \$100 to the Athletic Department. In order to allow parents to watch their athlete play, it is recommended that JV parents volunteer during Varsity games and vice versa.
- Parents should discuss disagreements with coaches in private, observing the 24 hour rule. Parents should go to the coach first before approaching the Athletic Director with issues.
- Parents and fans should model behavior and values consistent with PCA.
- Parents should recognize that the athletic experience must be owned by the athlete and supported by family.
- Parents should encourage their athletes to advocate for themselves in discussions with coaches.
- Parents should encourage athletes to keep a Christ-like perspective in victory and defeat.
- Parents and fans should remain positive in their cheering-- being respectful of decisions made by coaches and officials. Parents should remain in control at all times and should never become the focal point of an official.
- Parents should be quick to listen and slow to speak (James 1:19) in conversations with student-athletes and coaches.
- Parents should view the game/event with team goals in mind.
- Parents should attempt to relieve competitive pressure; not increase it.

VIII. TEAM EXPECTATIONS

Coach Expectations

- Coaches must model behavior and values consistent with PCA.
- Coaches must teach and mentor student-athletes on and off the field/court.
- Coaches should communicate effectively with students, parents, and all school constituents. Conversations should remain clear, tactful, respectful, and fair.
- Coaches should be respectful and honor the mission of the school and the athletic department.
- Coaches should balance individual development with team competitiveness.
- Coaches should pursue excellence and external opportunities to become more knowledgeable about their individual sport.
- Coaches should treat opposing teams with dignity and respect.

IX. ACADEMIC STANDARDS

The primary purpose of athletics at Palmetto Christian Academy is to glorify God. Athletic skills and game related strategies are fundamental to a successful program, but do not take precedence over the primary purpose. PCA athletes are students first, so they must prioritize academics over sport.

Athletic Regulation and Dress

The Athletic Department has specific expectations of how athletes conduct themselves on the way to games, during games, and returning from games. Athletes are expected to conduct themselves with dignity and Christ honoring actions.

1. Athletes must wear a practice uniform that is designated by the coach.
2. Athletes must wear a t-shirt, tank top, or other prescribed practice jersey at all times during practice.
3. All athletes can wear spandex, but must wear an outer layer of athletic shorts when practicing or competing in a gym. Spandex on its own is not acceptable. Exception: volleyball players may wear spandex in the gym, but must wear shorts overtop when entering or exiting the gym.
4. If an athlete quits a sport after the first game, he/she may not participate in another sport that is going on during the same season without authorization from the AD.
5. East Cooper Baptist Church maintains a Commercial General Liability policy. PCA is also required to purchase catastrophic medical insurance that covers all SCISA students in all school related activities. However, athletes cannot participate in athletics unless he or she is covered by personal medical or employer group insurance. Athletes are also required to have a yearly physical as well as take a concussion baseline test every year.

IX. ACADEMIC STANDARDS

Athletic Regulation and Dress cont.

6. LATE-INS: Late-ins will not be granted unless there are extenuating circumstances. The circumstance must be approved by the Upper School Principal or the Athletic Director.
7. If an athlete wishes to participate in two sports during the same season, he/she must obtain authorization from the Athletic Director.
8. Athletes are not permitted in the gym or weight room at any time unless coach or PCA staff member is present.
9. Administration reserves the right to remove an athlete from any PCA athletic team for behavioral issues.

Academic Eligibility

Athletic eligibility is determined at the end of each 9 weeks. Student-athletes must maintain an average of 70 in every subject at the end of each 9 weeks in order to keep athletic eligibility. Eligibility is determined the day that report cards are released. The Athletic Department will do grade checks following the 3rd and 6th week of a new quarter. If the Athletic Department sees a student falling below a 70, the athlete's coach will be informed as well as the student. If a student is deemed ineligible after a quarter, then he/she has until the mid-term of the next quarter to regain eligibility with a grade of 70 or higher. Eligibility is not restored until mid-term reports or report cards are released.

In addition to this, student-athletes must also be good citizens in the classroom, or else they can lose eligibility. If any conduct issues occur, the Upper School Principal and the Athletic Director will meet to discuss the specific athlete's eligibility. Ineligible athletes will not be allowed to play or travel with the team, but must continue practicing and attending home games.

IX. ACADEMIC STANDARDS

Athletic Awards

Palmetto Christian Academy student-athletes have the opportunity to earn a Varsity letter after making a varsity roster. Merely making the Varsity team does not qualify an athlete for a Varsity letter. The following qualifications must be met in order to receive a Varsity letter.

1. Coaches will determine if an athlete has been a contributing member to the team from the beginning of the season until the end of the season. Athletes that attend practice on a regular basis, attend games when scheduled, and meet minimum participation requirements will be considered contributing members to the team.
2. An athlete may still earn a Varsity letter even in the chance that a season-ending injury occurs. If the athlete continues to be a part of the team by attending practices, meetings, and games, then he/she will still be eligible for a Varsity letter.
3. Athletes who become academically ineligible during the season and fail to regain eligibility will not earn a letter.

X. CONFLICT RESOLUTION

24 Hour Rule

Parents should not confront a coach or the Athletic Department within the first 24 hours after a disagreement arises. This rule allows for parents and athletes to have a period of reflection and prayer, so that emotions are settled and a fact-oriented discussion can take place. Parents should not confront the coach or Athletic Director within 2 hours before or after a contest or practice. After the 24-hour period has passed, as well as 2 hours before or after a game, parents can request a private meeting with the coach. Do not bring up issues in front of other parents or athletes.

When meeting with a coach, parents should never use the name of another child in a degrading manner.

Matthew 18 Principle

If your brother sins against you, go and show him his fault, just between the two of you. If he listens to you, you have won your brother over. But if he will not listen, take one or two others along, so that every matter may be established by the testimony of two or three witnesses. (Matthew 18:15-16)

The Palmetto Christian Academy Athletic Department strongly believes in this principle. If an athlete or a parent has a concern with the coach, then please go through the necessary steps to address the coach first. Every effort should be made to work out the concern with the coach.

In the event that a satisfactory resolution is not reached, the parent or athlete may ask for a conference with the Athletic Director and the coach. The goal should always be to guard against divisive speech and gossip by solving problems with the fewest people possible. The Athletic Director will not accept a meeting unless the parent reaches out to the coach first.

XI. SAFETY

PCA strives to provide students a safe and enjoyable environment in which to participate. All coaches, faculty, and administrative personnel have a responsibility to reduce and/or eliminate all potential safety hazards. It is vital to understand that participation in athletics involves inherent risks. Parents and athletes must understand that conditioning, nutrition, proper techniques, safety procedures, and properly fitted equipment are important aspects of a practice and training program. All athletes are expected to follow the directions and safety standards of their coach, SCISA, and the National Federation of High Schools (NFHS).

Coaches, faculty, and administrative personnel are obligated to act in a prudent manner in order to prevent foreseeable accidents and injuries. While all athletic activities have risk factors, adhering to the following guidelines may minimize injuries:

1. Athletes must wear all equipment issued by their coach. Athletes must advise the coach immediately of any poorly fitted or defective equipment.
2. Advise coach(es) of any sudden illness or prolonged symptoms of illness
3. Advise coach(es) and athletic trainer of any current or past injuries
4. Perform a proper warm-up prior to strenuous activity
5. Advise coach(es) of any physical hazards in or around the participation area
6. Comply with all rules specific to the sport or event of participation
7. Be alert to risks associated with exposure to bodily fluids such as blood, and be familiar with preventative procedures established to protect against communicable diseases transmitted through bodily fluids
8. Immediately wash hands and other skin surfaces if in contact with blood or bodily fluids
9. Under no circumstances may student-athletes participate in any physical activity during practices or games without supervision of a coach
10. Athletes are not allowed to ride with other athletes to practices or games without prior written permission given to the Athletic Department by both athlete's parents

XI. SAFETY

11. Athletes participating in baseball, basketball, cheer, football, soccer, equestrian and volleyball are all required to complete IMPACT concussion testing prior to the first day of practice. The Athletic Department will provide numerous opportunities to test prior to the start date.

12. If an athlete is thought to have a concussion, he/she must be removed from the game or practice immediately. If it is determined that the athlete does have a concussion, then written permission from a medical professional must be submitted to the Athletic Director before he/she can begin "return to play" protocol. An athlete that sustains a concussion must also be cleared by the PCA athletic trainer. The trainer may take the opinion of other medical professionals into account, but the trainer will have the final word on the matter.

XII. FUNDRAISING

The PCA Athletic Booster Club is an integral part of the success of our Athletic Program. All parents are expected to volunteer at team events and are highly encouraged to support the Booster Club through membership. Specific teams that desire to raise money must submit a fundraising request form to the Director of Development at least 2 weeks prior to the start of the event. No fundraisers can be held unless previously approved.

XIII. TRANSPORTATION

PCA will provide busses for transportation to away games whenever possible, giving priority to Varsity sports. Busses will not always be available during seasons when multiple sports are going on. In this cases, parents will be asked to provide carpool transportation to the games. Any parents who transport students must submit his/her driver's license number for a DMV check, and be approved prior to transporting students.

Bus Policy

Any athlete riding the PCA bus to an athletic event must ride the bus back to the school, UNLESS a transportation release form is submitted on the athlete's behalf. The transportation release form must be submitted to the coach before the bus leaves PCA.

Parents are allowed and encouraged to help drive the busses. In the event that a coach cannot drive the bus, parents who have done the bus orientation as well as a DMV background check can help drive.

XIV. ATHLETIC DIRECTORY

Athletic Director - Dale Hoover/881-9967

Assitant Athletic Director - Raygon Hendrix/881-9967

<u>SPORT</u>	<u>HEAD COACH</u>	<u>EMAIL</u>
Archery	TBA	
Baseball	Curtis Ramsey	curtisramsey428@gmail.com
Basketball (JV B)	Taso Chakeris	taso@chakerislawfirm.com
Basketball (JV G)	Tommy Hendrix	Tommy.hendrix@yahoo.com
Basketball (B)	Daniel Jansen	djansen@palmettochristianacademy.org
Basketball (G)	Raygon Hendrix	rhendrix@palmettochristianacademy.org
Mini Cheer	Kimberly Truluck	kimberlytruluck@gmail.com
Cheer (JV)	Rachel Tisdale	rtisdale@palmettochristianacademy.org
Cheer	Megan Stuckey	simplystuckey@gmail.com
Cross Country	Dale Hoover	dhoover@palmettochristianacademy.org
Equestrian	TBA	
Football (MS)	Trey Campbell	treyca@hotmail.com
Football	Will Owens	wowens@palmettochristianacademy.org
Golf (B)	TBA	
Golf (G)	Tom Crick	tom.crick@carolinaoneplus.com
Soccer (B)	Arturo Suarez	aahcvsuarez@yahoo.com
Soccer (JV G)	TBA	
Soccer (G)	Alex Fritts	pcaeaglessoccer@gmail.com
Swim	Alex Sirles	alexandria_sirles@charleston.k12.sc.us
Tennis (B)	TBA	
Tennis (G)	Pam Craft	pamelabcraft@gmail.com
Track	Dale Hoover	dhoover@palmettochristianacademy.org
Volleyball (JV)	Tracy Carper	tracycarper@gmail.com
Volleyball	Shelly Kaiser	skaiser@palmettochristianacademy.org