

THE KING'S ACADEMY



ATHLETIC HANDBOOK 2023-2024

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OUR MISSION STATEMENT

THE KING'S ACADEMY is committed to developing God's best for each student-athlete spiritually, athletically, academically, morally, and socially through every program and activity. TKA Athletic Department strives to provide each student-athlete the opportunity to excel in the athletic arena. The pursuit of excellence requires devotion, leadership, commitment, persistence, and accountability from coaches and student-athletes.

OUR VISION

To train young leaders to pursue whole-hearted excellence for Christ through unique educational experiences in athletics.

ATHLETE CODE OF ETHICS

Athletics is an integral part of the school's total educational program. All school activities, curricular and extracurricular, in the classroom and on the playing surface, must be congruent with the school's stated goals and objectives established for the intellectual, physical, social and moral development of its students. It is within this context that the following Code of Ethics is presented.

As an athlete, I understand that it is my responsibility to:

1. Place academic achievement as the highest priority.
2. Show respect for teammates, opponents, officials and coaches.
3. Respect the integrity and judgment of game officials.
4. Exhibit fair play, sportsmanship and proper conduct on and off the playing field.
5. Maintain a high level of safety awareness.
6. Refrain from the use of profanity, vulgarity and other offensive language and gestures.
7. Adhere to the established rules and standards of the game to be played.
8. Respect all equipment and use it safely and appropriately.
9. Refrain from the use of alcohol, tobacco, illegal and non-prescriptive drugs, anabolic steroids or any substance to increase physical development or performance that is not approved by the United States Food and Drug Administration, Surgeon General of the United States or American Medical Association.
10. Know and follow all state, section and school athletic rules and regulations as they pertain to eligibility and sports participation.
11. Win with character, lose with dignity.

Furthermore, The King's Academy strives to maintain a healthy athletic program in which all students feel safe and welcome, and can be proud of the school and the athletic programs they represent. Therefore, it is understood that hazing of any kind is not allowed on this campus and in the athletic program. This includes mental, verbal and physical acts. It is the student and/or the parent's duty to report any acts of hazing to a coach, teacher, or administrator on campus.

As a condition of membership in the CSS, all schools shall adopt policies prohibiting the use and abuse of androgenic/anabolic steroids. All member schools shall have participating students and their parents, legal guardian/caregiver agree that the athlete will not use steroids without the written prescription of a fully licensed physician (as recognized by the AMA) to treat a medical condition (Article 524).

PARENT/GUARDIAN CODE OF ETHICS

Athletic competition of interscholastic age children should be fun and should also be a significant part of a sound educational program. Everyone involved in sports programs has a duty to assure that their programs impart important life skills and promote the development of good character. Essential elements of character building are embodied in the concept of sportsmanship and six core ethical values: trustworthiness, respect, responsibility, fairness, caring, and good citizenship (the “Six Pillars of Character”SM). The highest potential of sports is achieved when all involved consciously Teach, Enforce, Advocate and Model (T.E.A.M.) these values and are committed to the ideal of pursuing victory with honor. Parents/guardians of student-athletes can and should play an important role and their good-faith efforts to honor the words and spirit of this Code can dramatically improve the quality of a child’s sports experience.

TRUSTWORTHINESS

Trustworthiness — Be worthy of trust in all you do.

Integrity — Live up to high ideals of ethics and sportsmanship and encourage players to pursue victory with honor. Do what’s right even when it’s unpopular or personally costly.

Honesty — Live honorably. Don’t lie, cheat, steal or engage in any other dishonest conduct.

Reliability — Fulfill commitments. Do what you say you will do.

Loyalty — Be loyal to the school and team; Put the interests of the team above your child’s personal glory.

RESPECT

Respect — Treat all people with respect at all times and require the same of your student-athletes.

Class — Teach your child to live and play with class and be a good sport. He/she should be gracious in victory and accept defeat with dignity, compliment extraordinary performance, and show sincere respect in pre- and post-game rituals.

Disrespectful Conduct — Don’t engage in disrespectful conduct of any sort including profanity, obscene gestures, offensive remarks of a sexual nature, trash-talking, taunting, boastful celebrations, or other actions that demean individuals or the sport.

Respect for Officials — Treat game officials with respect. Don’t complain or argue about calls or decisions during or after an athletic event.

RESPONSIBILITY

Importance of Education — Support the concept of “being a student first.” Commit your child to earning a diploma and getting the best possible education. Be honest with your child about the likelihood of getting an athletic scholarship or playing on a professional level. Reinforce the notion that many universities will not recruit student-athletes who do not have a serious

commitment to their education. Be the lead contact for college and university coaches in the recruiting process.

Role Modeling — Remember, participation in sports is a privilege, not a right. Parents/guardians too should represent the school, coach and teammates with honor, on and off the court/field. Consistently exhibit good character and conduct yourself as a positive role model.

Self-Control — Exercise self-control. Don't fight or show excessive displays of anger or frustration.

Healthy Lifestyle — Promote to your child the avoidance of all illegal or unhealthy substances including alcohol, tobacco, drugs and some over-the-counter nutritional supplements, as well as of unhealthy techniques to gain, lose or maintain weight.

Integrity of the Game — Protect the integrity of the game. Don't gamble or associate with gamblers.

Sexual Conduct — Sexual or romantic contact of any sort between students and adults involved with interscholastic athletics is improper and strictly forbidden. Report misconduct to the proper authorities.

FAIRNESS

Fairness and Openness — Live up to high standards of fair play. Be open-minded, always willing to listen and learn.

CARING

Caring Environment — Consistently demonstrate concern for student-athletes as individuals and encourage them to look out for one another and think and act as a team.

CITIZENSHIP

Spirit of the Rules — Honor the spirit and the letter of rules. Teach your children to avoid temptations to gain competitive advantage through improper gamesmanship techniques that violate the highest traditions of sportsmanship.

SPECTATOR BEHAVIOR

Proper behavior is expected at all home and away athletic contests. Spectators should always display an attitude of good sportsmanship toward opposing players, coaches, fans and referees. Sportsmanship means treating one's opponents with fairness, courtesy and respect. Students whose behavior is inappropriate will be referred for disciplinary action. In accordance with CIF/CCS and league sportsmanship policies, the following behavior is considered unacceptable at all high school athletic contests:

- Insulting your opponents' school or mascot or players
- Making unsportsmanlike, derogatory or obscene cheers, gestures, or signs.
- Insulting officials verbally or through gestures.
- Proceeding onto the playing court or field before, during or after the contest.
- Acting disrespectful during the national anthem or during opposing team introductions.
- Visiting an opposing team's campus before or after a contest with the intent to perform a prank or commit vandalism.

SPORTSMANSHIP-CIF/CCS

As a member of the Central Coast Section, TKA adheres to and supports the CCS Sportsmanship Guidelines and 16 Pillars of *Pursuing Victory with Honor* (listed below). To fulfill CCS Sportsmanship contract requirements, each coach is required to present "*Pursuing Victory with Honor*" and the CIF/CCS Sportsmanship Policy to their team each season.

"Pursuing Victory with Honor"

1. The essential elements of character building and ethics in CIF sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring and good citizenship. The highest potential of sports is achieved when competition reflects these "six pillars of character."
2. It is the duty of School Boards, superintendents, school administrators, parents and school sports leadership -including coaches, athletic administrators, program directors and game officials - to promote sportsmanship and foster good character by teaching, enforcing, advocating and modeling these "six pillars of character."
3. To promote sportsmanship and foster the development of good character, school sports programs must be conducted in a manner that enhances the academic, emotional, social, physical and ethical development of student-athletes and teaches them positive life skills that will help them become personally successful and socially responsible.
4. Participation in school sports programs is a privilege, not a right. To earn that privilege, student-athletes must abide by the rules and they must conduct themselves, on and off the field, as positive role models who exemplify good character.
5. School Boards, superintendents, school administrators, parents and school sports leadership shall establish standards for participation by adopting and enforcing codes of conduct for coaches, athletes, parents and spectators.
6. All participants in high school sports must consistently demonstrate and demand scrupulous integrity and observe and enforce the spirit as well as the letter of the rules.
7. The importance of character, ethics and sportsmanship should be emphasized in all communications directed to student-athletes and their parents.
8. School Boards, superintendents, school administrators, parents and school sports leadership must ensure that the first priority of their student-athletes is a serious commitment to getting an education and developing the academic skills and character to succeed.
9. School Boards, superintendents, principals, school administrators and everyone involved at any level of governance in the CIF must maintain ultimate responsibility for the quality and integrity of CIF programs. Such individuals must assure that education and character development responsibilities are not compromised to achieve sports performance goals

and that the academic, social, emotional, physical and ethical well-being of student-athletes is always placed above desires and pressures to win.

10. All employees of member schools must be directly involved and committed to the academic success of student-athletes and the character-building goals of the school.
11. Everyone involved in competition including parents, spectators, associated student body leaders, and all auxiliary groups have a duty to honor the traditions of the sport and to treat other participants with respect. Coaches have a special responsibility to model respectful behavior and the duty to demand that their student-athletes refrain from disrespectful conduct including verbal abuse of opponents and officials, profane or belligerent trash-talking, taunting and inappropriate celebrations.
12. School Boards, superintendents, and school administrators of CIF member schools must ensure that coaches, whether paid or voluntary, are competent to coach. Training or experience may determine minimal competence. These competencies include basic knowledge of: 1) the character building aspects of sports, including techniques and methods of teaching and reinforcing the core values comprising sportsmanship and good character, 2) the physical capabilities and limitations of the age group coached as well as the first aid, 3) coaching principles and the rules and strategies of the sport.
13. Because of the powerful potential of sports as a vehicle for positive personal growth, a broad spectrum of school sports experiences should be made available to all of our diverse communities.
14. To safeguard the health of athletes and the integrity of the sport, school sports programs must actively prohibit the use of alcohol, tobacco, drugs and performance enhancing substances, as well as demand compliance with all laws and regulations, including those related to gambling and the use of drugs.
15. Schools that offer athletic programs must safeguard the integrity of their programs. Commercial relationships should be continually monitored to ensure against inappropriate exploitation of the school's name or reputation. There should be no undue influence of commercial interests. In addition, sports programs must be prudent, avoiding undue dependence on particular companies or sponsors.
16. The profession of coaching is a profession of teaching. In addition to teaching the mental and physical dimensions of their sport, coaches, through words and example, must also strive to build the character of their athletes by teaching them to be trustworthy, respectful, responsible, fair, caring and good citizens.

For additional CIF/CCS information go to www.cifccs.org

TKA ATHLETIC OFFICE CONTACT INFORMATION

Executive Athletic Director	Joe Maemone	408-481-9900 x4354
HS Athletic Director	Kevin Johnson	408-481-9900 x4202
JH Athletic Director	Hanna Sandquist	408-481-9900 x4356
Athletic Trainer	Ben Sira	408-481-9900 x4346
Facilities Manager	Eric Benitez	408-481-9900 x4304

ATHLETE CLEARANCE

Before an athlete is eligible to try-out or practice with a team, they must have a current Physical Form and a baseline ImPACT test on file in the Athletic Office. A transfer student must have all required CCS paperwork completed and on file in the Athletic Office. A student-athlete must be academically eligible to participate in games.

Athletic Clearance Process

1. Complete the online [Athletic Clearance Form](#).
2. Have our [Physical Form](#) completed and signed by a Physician. Valid for only one academic school year.
3. Complete an ImPACT baseline test (for High School only). Dates and times will be posted by the Athletic Training Department.
4. Pay the sports fee. Parents/guardians will be billed through FACTS Management.

Athletic Fee Policy

It is mandatory for all students to sign up online during the allotted time period for the sports in which they would like to participate in. Failure to do so will result in a \$75 fee charged through your FACTS account.

1. Athletic Fees:
 - Junior High Student - \$275
 - High School Student - \$400
 - High School Football - \$475 (Plus Team Dinner Fee \$350)

2. The athletic fee is utilized to subsidize the following athletic costs:

Coaches	Uniforms	Officials
Equipment	Facilities	Awards
Transportation	Repair of Equipment	Tournament Fees
CIF/CCS Dues	League Dues	Coaches Training

3. Fee Policy:

- An athlete is officially on a team when he or she is listed on the published roster.
- An athlete who does not make a team will not be charged the athletic fee.
- An athlete who chooses to withdraw from a team will be charged the full amount of the athletic fee.
- An athlete who chooses to withdraw from a team for any reason must meet with the Athletic Director.
- An athlete who is on a team and is injured during the season will be charged at the discrepancy of the Athletic Director.

ATHLETE ELIGIBILITY AND RESPONSIBILITIES

Eligibility

To be eligible to compete in high school athletics in California, students must comply with State, Section, and TKA eligibility requirements.

1. The athletic fee base for high school is \$400 per sport and junior high is \$275 per sport each school year. Additional fees will be added for high school football participants.
2. Annual Physical Examination and Medical Release Form : A **valid physical** must be on file in the TKA Athletic Office. An annual physical **must** be completed prior to the first official day of practice or try-outs. All Student-Athletes' physical forms are valid for 1 year from the date of examination. Physicals expire after one year and must be renewed prior to athletic participation. Every High School Student-Athlete must complete a baseline ImPACT concussion test every two years. This test must be administered at TKA under the supervision of an administrator.
3. Academic Eligibility: A student-athlete must be passing 20 semester units and maintain a 2.0 GPA with no more than one "F" to participate in TKA sports. In addition, in order to compete in an athletic contest on a school day, The King's Academy requires a student to attend at least 50% of his/her scheduled classes. Any exceptions must be approved by the Athletic Director.

4. High School Transfer Students: If a student has not attended TKA for the previous 12 months, he/she must meet the requirements of the CIF/CCS before they are eligible to participate (incoming 9th graders are excluded). CCS forms must be completed, approved, and on file in the Athletic Office before an athlete can participate in competition.
5. Students enrolled in TKA's Private Satellite Program and part-time students may participate in athletics as long as they are enrolled in at least two classes on campus.

Appearance

Athletes are a representative of THE KING'S ACADEMY. Their behavior and appearance reflects upon their team and school. Student-athletes assume the obligation to appear in public appropriately dressed and to engage in behavior that reflects the standards and morals of THE KING'S ACADEMY. The **TKA Code of Conduct and Dress Code** applies to student-athletes at all times. (Refer to the Student Handbook if needed.)

Behavior

Any student on behavioral probation will be evaluated on a case by case basis by the Athletic Director.

Uniforms

Uniforms and equipment issued to student-athletes must be returned in coordination with their coach at the conclusion of their season. All uniforms must be returned in good condition as instructed by the coach or Athletic Department. Players that do not turn in their uniforms will not be allowed to participate in the next sport season until their account has been cleared. Athletes in all sports who do not return their equipment/uniforms will be charged a minimum of \$100.00. Athletes must contact the athletic office to find out the actual replacement costs. Athletes are responsible for the uniform that is checked out to them. If an athlete is dismissed or quits a team, their uniform/equipment is due immediately.

*Good condition is defined as **clean** and **usable** for the next sports season. Uniforms should not have any tears, rips, holes, or discoloration from improper washing (wash all uniforms in cold water, dry on cool setting or hang to dry, **please do not dry on medium to hot setting**).

Commitment

Sports registration dates for the 2023-2024 school year can be found on the TKA website.

As a member of a TKA team, you will make a commitment to that team for the entire sport season. Failure to complete a sport season will result in:

- a. Being ineligible for the athletic awards; and
- b. A minimum of one-half season suspension for the next season of sport the student wishes to play. Additional penalties are possible and will be determined within the discretion of the Athletic Director.
- c. Full payment of athletic fees will be charged after first contest (i.e. scrimmages, games)

A high school student-athlete cannot participate in Club and TKA teams at the same time. TKA is governed by the rules and guidelines set up by the CIF/CCS. A junior high student-athlete can participate in a Club sport and on a TKA team as long as it is communicated to the coach at tryouts and there is a mutual agreement between them.

Two Sport, Same Season Athlete:

If an athlete wants to participate on your team as well as another team at the same time, the decision is left up to the Athletic Director and the coach. Coaches must agree and set guidelines for said athlete.

Missing Practice: Student-athletes should always consult their coach if they miss a practice. Advance notice should be given to coaches if a practice or game will be missed. All coaches should have their policies set and inform athletes and parents of these guidelines.

Athlete Dress Code Guidelines

In an effort to maintain modesty, all student-athletes are required to wear appropriate clothing during practices, games, and in the weight room. All school-issued practice and game uniforms will be permitted. All school-issued practice and game uniforms will be permitted.

ATHLETE INFORMATION

Captain Requirements

Jesus says in the Gospel of John (13:17) that He did not come to be served, but to serve others. Many times as Christian leaders, we lose sight of what the Lord has called us to be. At times, we view ourselves as if we should be on a pedestal; everyone underneath us should serve and respect us because we are leaders. Not true! As believers in Christ Jesus, God has called us to higher standards than man has set. We pursue excellence in whatever we do! An athlete who seeks to follow Christ's example of servanthood should continually strive for fruits (qualities) such as these...

Qualities of a Servant Leader

They serve God – Galatians 1:10

Others oriented – Philippians 2:3-4

Willing to serve everyone – Matthew 10:42

Serve with an uncomplaining spirit – Luke 17:7-10

Hard working – Colossians 3:22-23

Observant & alert – Philippians 2:3-4

Faithful – Luke 16:10

As a captain he/she will be dedicated to learning and demonstrating these characteristics of godly leadership. A Christian leader...

1. Has accepted Jesus Christ as their Lord and Savior
2. Recognizes the value in other people and continually invests in others
3. Shares information with those in the organization/program/team
4. Understands that as a captain, they are expected to LEAD BY EXAMPLE on and off the playing surface!
5. Is skillful and competent
6. Is not afraid for others to succeed (even greater than their own success)
7. Serves others expecting nothing in return
8. Continues to learn and grow
9. Remains accessible, approachable, and accountable to others
10. Is visionary-thinks for the organization/program/team beyond today
11. Recognizes that their impact will extend beyond their current team, even to future captains, players and coaches (2 Timothy 2:2)

Transportation

Transportation to and from away games or tournaments is the responsibility of the head coach. If pre-approved by the coach and parents, a student-athlete may drive him or herself along with another student to a local contest. Written approval from parents of both students must be obtained.

Release Time

Class release times for away/home contests are set by the Athletic Office. The Athletic Office will send out daily early release notifications through FACTS to TKA teachers/staff with rosters for classroom planning purposes.

High School Varsity Sports Awards Night

TKA will have one awards night for all High School student athletes on May 16th, 2022. All of the varsity sports for the year will be recognized.

SPORTS MEDICINE

The athletic training room is only for athletes who need medical attention. The rules established by the athletic trainer must be followed.

Injuries & Illnesses

If a student-athlete becomes ill or sustains an injury during regular practice time, they may be directed to the athletic training room for further evaluation. Following a visit to the athletic training room, athletes may only be readmitted to full playing status by the athletic trainer or Physician (M.D., D.O.). Occasionally, an athlete may be referred to a physician by the athletic trainer or choose to see a physician of their parent's choice. Any athlete who sees an outside physician MUST present the Athletic Trainer with WRITTEN INSTRUCTIONS from the physician they visited prior to returning to participate in any TKA sport.

Risk of Injury

By its very nature, competitive athletics can put students in situations in which SERIOUS, CATASTROPHIC, and perhaps FATAL accidents could occur. Students and parents/guardians must assess the risks involved in such participation and make their choice to participate in spite of those risks. No amount of instruction, precaution or supervision will totally eliminate all risk of injury. Just as driving an automobile involves choice of risk; participation in athletics is inherently dangerous. The obligation of parents and students in making this choice to participate cannot be overstated.

By granting permission to your son/daughter to participate in athletic competition, a parent or guardian acknowledges that playing or practicing in any sport can be a dangerous activity involving MANY RISKS OF INJURY. Both the athlete and parent must understand that the dangers and risks of playing or practicing to play include but are not limited to, death, complete or partial paralysis, brain damage, serious injury to virtually all internal organs, bones, joints, ligaments, muscles, tendons and other aspects of the skeletal system and potential impairment to other aspects of the body, general health and well-being.

Because of the dangers of participating in athletics, we (parent/guardian and player) recognize the importance of following coaches' instructions regarding playing techniques, training, equipment and other team rules, etc. both in competition and practice and agree to obey such instructions.

If any of the foregoing is not completely understood and you have questions, please contact the school administrator for further information.

Health Insurance Portability and Accountability Act (HIPAA)

Due to the HIPAA Act of 2003, it is important that we have your permission to share the medical care and emergency contact information of your son or daughter with the involved school officials, such as the athlete's coach, certified athletic trainer, school nurse, administrators, and/or health office and the team physician. We require for these individuals to access your child's medical and emergency records on file and to share this information with involved school officials as deemed necessary.

Weight Room

Coaches **MUST** coordinate weight room time with strength and conditioning staff. There are no exceptions! Teams are responsible for straightening up the facility, and coaches should make sure that it is locked securely before leaving.

Weight Room Objectives

1. To properly utilize a weight and fitness training facility in the best interest of all students and staff members.
2. To provide proficient coaching techniques in weight training.
3. To provide alternative fitness programs for achieving specific results.
4. To ensure that the proper safety measures are being employed during all training sessions.
5. To ensure responsibility for the proper care of equipment.
6. To allow for weight training consultation for all athletic squads and physical education instructors.
7. To make opportunities available for students and staff members to enjoy the benefits derived from a sound weight and fitness training program on a year-round basis.
8. To attempt to reduce sport-related injuries through well-developed conditioning programs.
9. To present a program for self improvement that is open to all students, regardless of athletic affiliation.
10. To encourage students and staff members the importance of regular exercise and the integral part it plays in an overall healthy lifestyle.

Weight Room Guidelines

- Shirt and appropriate footwear are required at all times.
- Students are not permitted in the weight room alone.
- All students must be under the supervision of the instructor assigned to the weight room.
- Replace all weights on racks immediately following use.
- Know your limits! Work with the instructor in determining your limits.
- Contact Strength and Conditioning Coach for weight room hours.