

**FOUNDATION ACADEMY
PARENT/STUDENT-ATHLETE
HANDBOOK
2023-2024**



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Building a Foundation for Life

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Foundation Academy reserves the right to amend, discontinue or vary from these policies and procedures without prior notice.

Foundation Academy reserves the right to address any topic, either directly or indirectly discussed in this handbook, that is seen as a disruption to the learning environment or any school sponsored activity.

NOTICE OF NON-DISCRIMINATORY POLICY: Foundation Academy will admit students of any race, color, nationality, and ethnicity to all the rights, privileges, programs, and activities generally accorded to or made available to students at the school. We will not discriminate on the basis of race, color, national and ethnic origin, or religious background in the administration of our educational and admission policies nor in our scholarship, athletic, or other programs.

Note: Information in this handbook is supplemental to that found in the *Florida High School Athletic Association Handbook* (www.fhsaa.org/rules/handbook) and the *Foundation Academy Parent/Student Handbook* (found in RenWeb and Magnus).



WHO WE ARE

ABOUT FOUNDATION ACADEMY

Vision

Building a foundation for life.

Mission

Foundation Academy partners with families and the church to build a firm foundation for life through Christ-centered education.

Statement of Faith

Foundation Academy's Statement of Faith summarizes Biblical truth that has historically and doctrinally been regarded as essential to the Christian faith. We require that all our administrators and faculty be in full agreement with this statement.

SCHOOL PHILOSOPHY

The purpose of Christian Education at Foundation Academy is to help parents in training their children to be Christ-like. We recognize that the ultimate responsibility for Christian development lies with the parents; therefore, our school strives to be an extension of the Christian home in attempting to give our student-athletes a strong Christian foundation. A Biblical foundation is an integral part of their academic training. Students are taught to view the world through the perspective of God's Word. Foundation Academy is a school where children can attain the highest level of academic training available in an atmosphere of love and discipline.

PORTRAIT OF A GRADUATE

It is our greatest desire that graduates of Foundation Academy:

LOVE

First and foremost we want our graduates to be immersed in the love of God being taught through His example of how to love others. Luke 10:27 *He answered, "Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind"; and, "Love your neighbor as yourself."*

Spiritual Formation

Love for God

- Understand what it means to be an authentic follower of Jesus
- Have a loving personal relationship with Jesus

Love Others the Way God Does

- Genuinely love others through attitudes, service, and sacrifice
- Have a passion for the salvation of others

Authority of Scripture

Love for the Word of God

- Understand that the Bible is the authoritative Word of God
- Develop a Biblical Worldview allowing them to discern truth
- Have a working knowledge of scripture which enables them to defend and live out their personal faith

LEARN

We strive to provide our student-athletes with rigorous academia that not only promotes learning within our walls, but a hunger for learning that stays with our graduates for a lifetime. *Proverbs 1:5,7 let a wise person listen and increase learning, and let a discerning person obtain guidance—The fear of the Lord is the beginning of knowledge; fools despise wisdom and discipline.*

Academic Excellence

- Possess a love and desire for learning that will inspire them to become lifelong learners
- Develop and utilize higher level thinking skills such as critical thinking skills, problem solving skills, and independent thinking skills, that will transfer to all life experiences

Individual Purpose

- Appreciate their God-given design and utilize all that God has given them for His kingdom with courage and confidence
- Steadfastly persevere through difficult challenges by learning and growing through them
- Pursue godly decision making

LEAD

Through love and education, we pray our graduates will lead their generations and positively affect their communities with the love of God. *1 Timothy 4:12 Don't let anyone despise your youth, but set an example for the believers in speech, in conduct, in love, in faith, and in purity.*

Authentic Servanthood

- Demonstrate God's love to others by actively engaging in service to others
- Develop Christ-like leadership skills and lead by example

Commitment to Community

- Develop a desire to serve in a local church community
- Desire to seek out godly counsel
- Demonstrate godly character through compassion, kindness and empathy, while developing relationships and working alongside others

FOUNDATION ACADEMY ATHLETICS VALUES

Using the arena of athletics to help accomplish the mission of Foundation Academy to win student-athletes to Christ and make disciples for Christ are our core values. We are here to help train up our student-athletes in the way they should go - Proverbs 22:6. This means that we will coach from a biblical perspective and strive to be a true reflection of Jesus Christ to our athletes.

Promoting honesty, integrity, humility, loyalty, unity, and encouraging total character development of our athletes. These traits are foundational in building a TEAM. Our coaches are to promote and encourage the success of all other programs, emphasizing the need to share multi-sport athletes and to collaborate fruitfully with student-athletes, parents, and FA staff to balance our student-athletes' investment in athletics, academics and the arts.

Showing good sportsmanship, respecting others at all times and under every circumstance is expected. This includes behavior towards coaches, teammates, officials, opposing coaches, opposing student-athletes, and fans. We expect our coaches and athletes to demonstrate respect toward teachers and parents at all times. Defiance and disrespect are not tolerated in a disciplined program.

Creating a winning environment by displaying a positive attitude and providing daily encouragement to those under our leadership helps build strong relationships. Our student-athletes will respond better when they know we genuinely love and care for them.

Fostering a commitment to excellence is a key to success. Success in athletics is the result of coaches and student-athletes going the extra mile. Teams who pay the price in the off-season win championships. We must communicate great expectations, provide great instruction, emphasize great fundamentals, and demand great effort, in the context of strong relationships. Most importantly, according to God's word, if we want to be great, we must model great servanthood to our teams.

OUR VISION

To honor God and exalt Jesus Christ by discipling young people through athletics.

To foster each athletes' personal relationship with Jesus Christ

To produce disciplined, Christ honoring teams that strive for excellence at all levels

To be ambassadors for Christ and Foundation Academy at home and away.

To model humility in winning and grace in losing.

To graduate student-athletes committed to the Bible, prayer, and servant leadership.

OUR VOICE

Pursuing greatness God's way through unity, service and sacrifice — How good and pleasant it is when brothers live together in unity. Psalm 133:1

OUR VICTORY - "The Heart of a Lion"

- Be Christ centered – Hebrews 12:1-3
- Model servant leadership - Matthew 20:26-28
- Be salt & light to the community – Matthew 5:13-14
- Know Christ – Ephesians 4:13
- Experience growth through discipline – Hebrews 12:7-11
- Put on the armor of God – Ephesians 6:10-11
- Sharpen each other - Proverbs 27:17

DISCIPLESHIP PLANS

Each coach, in consultation with the AD, will make a plan of intentional discipleship and work that plan throughout the course of the season. After salvation, this should be our paramount focus of why we do what we do. Coaches are encouraged to employ athletes to lead prayer, read scripture and lead devotions. The discipleship plan will include the Plan of Salvation, as written below, and will be shared with each team throughout the season.

God's Plan of Salvation

- **Admit** - For all have sinned and come short of the glory of God. (Romans 3:23)
 - Pray: Lord, I admit that I am a sinner in need of a Savior.
- **Believe** - For God so loved the world, that He gave His only Son, that whosoever believes in Him, shall not perish but have everlasting life. (John 3:16)
 - Pray: Lord, I believe that Jesus died and shed His blood for my sins. I believe this with all my heart.
- **Call** - For whosoever shall call upon the name of the Lord shall be saved. (Romans 10:13)
 - Pray: Lord, I call upon You to save me from my sins. I confess and repent of my sins. I know that your Son Jesus paid my debt on the cross—a debt that I could never pay despite all my good works—and I thankfully accept your gift of eternal life in Heaven that his death makes possible.
- **Discipleship** - connect with your local church for further spiritual growth opportunities.

STRUCTURE OF THE ATHLETIC DEPARTMENT

Athletic Director

The Athletic Director (AD) serves under the direction of, and has a direct reporting relationship with the Foundation Academy President. The AD oversees the total operations of the athletic department and is assisted by the Assistant AD and other members of the athletic staff.

Assistant Athletic Director

The Assistant Athletic Director is an extension of the Athletic Director in matters pertaining to the department. It is his/her function to assist the AD in carrying out specific responsibilities of the department. When the Assistant AD asks a member of the coaching staff to do something that is related to their respective areas of responsibilities, the coach should consider this request as coming from the AD.

Athletic Administrative Assistant

The Administrative Assistant to the AD has many responsibilities some of which include processing athletic department purchase orders, assists in the awards night details, and verifies the eligibility of our student-athlete athletes and coaches. The athletic administrative assistant serves the athletic department in carrying out specific responsibilities assigned by the AD. They work to serve the athletic community in all areas pertaining to the department.

Lion Pride (Elementary Sports) Coordinator

The Elementary Sports Coordinator serves in coordinating all aspects of the Elementary Sports program. They provide a necessary feeder system for our MS and HS sport programs. The elementary sports coordinator works under the athletic director to create a cohesive flow between departments.

Athletic Trainer

The Athletic Trainer works and serves at the discretion of the Athletic Director and ensures proper supervision of our athletic teams to provide assistance during any injury or incident that may occur.

Varsity Head Coaches

Varsity head coaches will have a direct reporting relationship to the Athletic Director on all functions of their positions, including program administration, operations, facilities, etc. Varsity head coaches, under the direction of the above outlined structure, will be responsible for the coaches on their coaching staffs, at the varsity, junior varsity, middle school levels and intramurals. In an effort —to build successful programs, the Varsity coaches will work with the AD to help recruit, hire, train, and mentor the coaching staff of each sport. Each Varsity head coach is responsible to oversee his/her total program. This oversight will include staffing, budget management, media relations, equipment and uniform inventory control, etc...A solid unified relationship with the AD is essential for this position.

Assistant/JV/MS Coaches

All other coaches are to report directly to the varsity head coach of the program they are coaching. The main function of the coach is to support the mission and vision of the head coach and that of FA Athletics. The head coach will assign specific job responsibilities.

EXPECTATIONS/OUTCOMES

COACHES

As a professional educator, leader and role model for students, the coaches will do the following:

- Be a witness for Christ
- Disciple student-athletes in the pursuit of Christ
- Offer student-athletes an enjoyable experience by:
 - Recognizing their individual worth, raising their self-esteem, and acknowledging their contributions to the group.
 - Investing in their development both as a student and an athlete.
- Promote personal improvement in skill, physical condition, and knowledge of the sport by:
 - Scheduling organized team functions (weight workouts, conditioning workouts, skill-specific sessions, teaching the sport's rules and basic fundamentals), emphasizing a growth-mindset for athletes, and creating a safe environment for the student-athlete to learn and grow in.
 - Teaching individual technique, coaching sport-specific fundamentals, instilling a work ethic in each team member, and encouraging students to learn through mistakes.
- Develop the whole child through the vehicle of athletics by:
 - Applying lessons learned in team-dynamics / athletics to their daily life and future.
 - Educating on the negative effects of alcohol, tobacco, and other substances.
 - Teaching proper nutrition and hydration.
- Serve as a brand ambassador for Foundation Academy by:
 - Being modest in victory and gracious in defeat; showing sportsmanship and respect for officials, opposing players, coaches, and fans; building and maintaining ethical relationships with other coaches and administrators; teaching and abiding by the rules of the game.
- Field competitive teams through:
 - Competence of coaching fundamentals and implementation of in-game strategies, development of programs with investment in both middle-school & upper-school athletes, and developing/placing athletes in their position to best help the team.

PARENTS

We understand that parents play a vital role in the development of student athletes and the success of our program. Therefore, we expect parents to do the following:

- Offer student-athletes an enjoyable experience by:
 - Praising their son or daughter's accomplishments, progress, and ability to be a team-member.
 - Supporting the team's success, not just their own individual participant's.
 - Avoiding instruction before or after games, as it may conflict with the coach's plans and strategies.
- Promote personal improvement in skill, physical condition, and knowledge of the sport by:
 - Encouraging the importance of extra practice outside of organized team functions and practices.
 - Facilitating enjoyment and interest in the game.
 - Emphasizing participation/attendance in as many organized team functions as possible (weight workouts, conditioning workouts, skill-specific sessions)
 - Considering in-season and off-season team schedules when planning trips, vacations, etc.
- Develop the whole child through the vehicle of athletics by:
 - Helping them appreciate how being a selfless member of a team, and how their actions/choices greatly affect others, is quintessential to their life-long well-being.
- Serve as a brand ambassador for Foundation Academy by:
 - Showing respect for opposing players, coaches, and spectators.
 - Respecting all officials and their decisions.
 - Recognizing outstanding play by either team.
 - Displaying class, particularly at away games, and being gracious guests.

STUDENT-ATHLETES

We know that less than 5% of high school athletes go on to play team sports at the college level. Therefore, we understand that high school athletics provide a unique opportunity for the development of not only physical conditioning and athletic skill, but also character traits essential for success in life. To that end, we expect every athlete to strive for the following:

- Enjoy your experience by:
 - Committing fully to playing for the team's success and not individual accolades.
 - Developing relationships with teammates, coaches, and administrators that can be life-long.
 - Taking pride in representing Foundation Academy on the field or court.
 - Focusing on growth and not attaching fulfillment solely to results.

- Improve in skill, physical condition, and knowledge of the sport by:
 - Attending scheduled team functions (weight workouts, conditioning workouts, skill-specific sessions, practices, games).
 - Honing skills and practicing extra outside of scheduled team functions.
 - Learning strategies and techniques necessary to compete in competitions.
 - Listening, learning, and being coachable.
- Develop your whole self through athletics by:
 - Appreciating your own value as a selfless member of a team, and how actions/choices greatly affect others, is quintessential to your life-long well-being.
 - Building a foundation of proper nutrition, hydration, and sleep into daily habits.
 - Abstaining from alcohol, tobacco, and other substances that hinder health, decision making, and performance.
- Serve as a brand ambassador for Foundation Academy by:
 - Showing sportsmanship and respect for opposing players, coaches, and spectators.
 - Respecting all officials and their decisions.
 - Recognizing outstanding play by either team.
 - Displaying class, particularly at away games, and being gracious guests.
 - Dressing appropriately.

BOOSTERS

The FA Booster Club was formed to provide support to the athletic program. This group of parents raises money through membership, concessions and other fundraising. Boosters help to provide funds for the basics as well as the extras, which would typically not be provided by the current school budget. The Athletic Director, the President of the Boosters, and the Development department, so as not to conflict with other school-wide fundraising efforts, must approve all athletic fundraising projects in advance. Each athletic program benefits from the support of the Boosters.

Volunteers are needed for Booster activities, including managing parking at athletic events and working the Annual Legacy Golf Tournament. Since each student-athlete is supported directly by the Boosters, parents are expected to respond to volunteer requests.

ATHLETIC TEAMS

BOYS

Fall: Cross Country, Football, Golf, Swimming

Winter: Basketball, Soccer

Spring: Baseball, Lacrosse, Track /Field, Tennis, Weightlifting

GIRLS

Fall: Sideline Cheerleading, Cross Country, Golf, Swimming, Volleyball,

Winter: Basketball, Competitive Cheerleading, Soccer, Weightlifting

Spring: Sand Volleyball, Softball, Track /Field, Tennis

PARENT ROLE AND EXPECTATIONS

Parents play a vital role in a successful athletic program. This role is much larger and more important than most parents realize. The actions and attitudes of the parents can create a solid foundation on which the student-athletes and coaches can build. Unfortunately these actions and attitudes, when negative, can erode the work done by the teams. For this reason, Foundation Academy Athletics requests the following of each parent:

- Always be optimistic
- Be a positive role model through their actions to insure the best possible athletic experience for their own child (children)
- Be a “team” fan, not a “my kid” fan
- Show respect for the opposing student-athletes, teammates, coaches, spectators and officials
- Don’t instruct in game skills and techniques during a contest or practice, as any possible contradiction may create doubt in the mind of the student-athlete
- Don’t communicate with student-athletes during games or practices
- Recognize and show appreciation for outstanding play by either team
- Never address a coach immediately after a game regarding any disagreement or conflict. Schedule an appointment.
- Always meet with student-athlete and coach together when a conflict arises, before reaching a conclusion regarding any conflict
- Help your child (children) learn that success comes from improvement each day
- Recognize that practice is more important than games

NOTE: Parents will be expected to serve as concession stand volunteers, as funds from concessions benefit every athlete at FA. Every effort will be made to ensure that time in the concession stand does not inhibit the opportunity to watch your child compete.

Parent/Coach Relationship

Both parenting and coaching are difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to our children. As parents, when your child becomes involved in our programs, you have an obligation to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's program.

Communication Parents Should Expect From Their Child's Coach

- Philosophy of the coach and statement of commitment to Jesus Christ, the child, and his/her family.
- Expectations the coach has for the child, as well as other student-athletes on the squad
- Locations and times of all practices and contests
- Team requirements will be announced during the pre-season parent/student-athlete meeting (i.e. special equipment, off-season conditioning, tournaments etc.)
- Procedures if an athlete is injured during practice/contest
- Discipline that may result in the denial of an athlete's participation
- Email replies within one business day

Communication Coaches Should Expect From Parents

- Concerns expressed directly to the coach
- Parents' commitment not to be an agent of division, or gossip in the community
- Notification, well in advance, of any schedule conflicts
- Specific concerns in regard to a coach's philosophy and/or expectations (during a scheduled meeting)
- Medical or physical limitations of the child

As children become involved in the athletic programs, they will experience some of the most rewarding moments of their lives. It is important to understand that there also may be times when things do not go the way athletes or their parents wish. At this time, discussion with the coach is encouraged.

Appropriate Concerns for Parents to Discuss with Coaches (in a scheduled meeting)

- The treatment of their child: spiritually, relationally, emotionally, and athletically
- Ways to help their child improve
- Concerns about their child's behavior
- Their child's playing time. No other student-athlete playing time can be discussed.

Please note, Foundation Academy coaches are professionals. They make judgment decisions based on what they believe to be the best for all athletes involved.

Issues Not Appropriate to Discuss with Coaches

- Team strategy
- Play calling
- Other student-athletes (except in the case of reporting issues of inappropriate interpersonal behavior)

There are some situations that may require a conference between the coach and parent. These are to be encouraged. It is important that both parties involved have a clear understanding of the other's position. When these conferences are necessary, the following procedures should be followed to help promote a resolution to the issue of concern.

Setting A Meeting with a Coach

- Contact the coach to set up an appointment. Email is the preferred contact method, and a reply should be expected within one business day.
- If the coach cannot be reached, contact the Athletic Department to set up the meeting.
- ***Do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution.***
- If a conflict exists, before or after a meeting with the coach, please follow the Conflict Resolution Policy below.

CONFLICT RESOLUTION

To resolve issues with the athletic program, please follow the proper communication channels.

1. The student-athlete should discuss issue with the coach in charge
2. The student-athlete should discuss issue with the head coach
3. The student-athlete and the parent(s) should discuss the issue with the head coach and a member of the athletic administrative team.
4. The student-athlete and the parent(s) should discuss the issue with the Athletic Director.

Many issues are resolved at this point. If not:

5. The student-athlete and the parent(s) should discuss the issue with the Tilden Principal
6. The student-athlete and the parent(s) should request a meeting with the President or Vice-President of Foundation Academy.

Please note that this meeting may or may not be allowed, based on the circumstances of conflict.

It is appropriate for parents to discuss the following with coaches and administrators:

- The treatment of your child, mentally and physically
- Ways to help your child improve
- Concerns about your child's behavior and/or choices
- Concerns about inappropriate interpersonal behavior

ELIGIBILITY

STUDENT-ATHLETE ELIGIBILITY

Foundation Academy is a member of the FHSAA, (Florida High School Athletic Association), which is the governing body for Florida high school athletics. Questions pertaining to FHSAA rules and regulations can be asked of the Athletic Director or his/her assistant. Answers can be found in an updated FHSAA handbook, which remains in the A.D. 's office or at

www.fhsaa.org/rules/handbook.

- Academic Eligibility
 - *Student-athletes in Grades 9-12* - must have a cumulative 2.0 GPA based on a 4.0 scale to remain eligible.
 - *Student-athletes in Grades 6-8* - must have been regularly promoted from the previous grade, carrying a normal class load, and maintain a 2.0 GPA. CCA reserves the right to impose higher academic standards than the FHSAA requires. Individual coaches may not set academic eligibility requirements.
- Limits of Eligibility
 - Student-athletes have four consecutive years of eligibility, beginning when they first enter the 9th grade.
 - Four years after a student-athlete enters the 9th grade, that student-athlete shall become ineligible for athletics.
 - Middle School student-athletes may participate in interscholastic athletics one year as eighth graders, one year as seventh graders, and one year as sixth graders. These years do not count against their 4 years of eligibility.
 - A student-athlete that turns 19 before July 1 is not eligible per FHSAA Guidelines.
- Residence Requirements
 - A student-athlete shall be eligible in the school year in which he or she first enrolls each school year, or makes himself or herself a candidate for an athletic team by engaging in a practice prior to enrolling in any member school. The student-athlete shall be eligible in that school so long as he or she remains enrolled at that school and meets all other eligibility requirements. Other questions may be addressed in the FHSAA Handbook.
- Transfer student-athletes
 - Issues relating to student-athletes transferring into FA should be referred to the AD and the FHSAA policies on transfer student-athletes.
- Home-School Participants
 - FA will accept home-school student-athletes for athletic participation, however, It is the responsibility of the home-school participant to complete all necessary forms and comply with both school and FHSAA guidelines.
- Required Forms - The following forms must be turned in to the athletic office one day prior to beginning practice. All forms must be uploaded to Magnus for athletic clearance.
 - **EL2 FHSAA Physical Form**-All student-athletes are required to have an annual physical examination by a physician. This physical must be given on or after April 1 of the previous school year. Only the FHSAA form can be accepted.
 - **EL3 FHSAA Parent/student-athlete Consent Form**-Both the student-athlete and parent are required to sign this form in order for the student-athlete to participate in athletics.
 - **FA Church Waiver**-The parent is required to fill out this form and sign in front of a notary in order for the student-athlete to participate in athletics.
 - **FA Athlete Code of Conduct/Contract**- Both the student-athlete and parent are required to sign this form in order for the student-athlete to participate in athletics.
 - **FHSAA GA4 – New FA student-athlete 6th-12th**-Must be filled out and signed by student-athletes and parents in order for the student-athletes to participate in athletics.

ELIGIBILITY RULES FOR HOME-SCHOOLED ATHLETES

Foundation Academy recognizes the value and potential of home-schooled athletes and welcomes their participation in the school's athletics program. This policy outlines the application process, interview requirements, expectations, additional criteria, administrative procedures, and exceptions for home-schooled athletes seeking to join Foundation Academy's athletic teams.

Home-schooled athletes must commit to being valuable members of the Foundation Academy community. This includes adhering to the school's code of conduct, attending team meetings and events, maintaining good academic standing, actively participating in Christian-based activities, and upholding the values and principles of Foundation Academy.

Eligibility

Home-schooled athletes who meet the following criteria are eligible to apply for participation in Foundation Academy athletics:

- Comply with the academic requirements set by the homeschooling authorities in the relevant jurisdiction.

- Maintain good academic standing, monitored by the athletic department approximately every four weeks. Failure to provide grade reports will result in suspension from all athletic activities until records are received and reviewed by the athletic department.
- Exhibit a commitment to adhere to the values and principles of Foundation Academy.

Application

Interested home-schooled athletes must submit a completed application to the Athletic Director at least two weeks prior to tryouts.

The application should include:

- Personal information (name, address, contact details, etc.).
- Documentation verifying home-school status.
- Academic transcripts for proof of homeschooling.
- Relevant athletic achievements or experience.
- A statement detailing their relationship with the Lord and their commitment to Christian values.
- A letter of recommendation from an outside source, such as a pastor or community leader, attesting to the applicant's character and commitment.

As part of the application process, the applicant will meet with an Athletic Administrator and/or Tilden Principal. The purpose of the interview is to assess the applicant's athletic aspirations, commitment to Christian values, alignment with the school's mission, and suitability for participation in Foundation Academy athletics.

Additionally, Foundation Academy requires an approval process with Tilden Student Services for all home-schooled athletes. This process may or may not involve an interview or additional documentation, as determined by Tilden Student Services. The purpose is to ensure compliance with applicable homeschooling regulations and standards.

Upon completion of the interview process and approval from Tilden Student Services, the Athletic Director will notify the applicant regarding their acceptance or denial of participation in Foundation Academy athletics. The decision will be based on the applicant's overall suitability, alignment with Christian values, potential contribution to the school's athletic program, and fulfillment of administrative requirements.

Acceptance and Participation

Home-schooled athletes participating in Foundation Academy athletics will be required to pay a participation fee. However, to incentivize greater involvement in the school community, if at least half of the student's academic classes are taken at Foundation Academy Virtual Learning (FAVL), the participation fee will be waived and the limits on roster will not apply.

All FA student athletes will be assigned to a roster (e.g. Varsity, Junior Varsity, or Middle School). Those rosters will remain constant throughout the season, with exceptions approved by the Athletic Office only for illness or injury.

Home-school participation is limited to the number of players listed below. This number is per team, not per sport. Exceptions to the participation policy may be considered in cases where a team is unable to fully field a roster. Such exceptions will require approval from the Athletic Director, who will evaluate the circumstances on a case-by-case basis. There will be no restrictions on the number of home-schooled athletes allowed to participate in a contest.

Sport	Homeschool Student Athletes Per Team:	Sport	Homeschool Student Athletes Per Team:
Baseball	2	Soccer	3
Basketball	2	Softball	2
Beach Volleyball	2	Swimming	Unlimited
Competitive Cheerleading	2	Tennis	1
Cross Country	Unlimited	Track and Field	Unlimited
Football	4	Volleyball	2
Golf	1	Weightlifting	Unlimited
Lacrosse	3		

In addition to the Homeschool application and the EL7 upon acceptance into the program the following paperwork is due.

EL2 (FHSAA Physical Form)

EL3 (FHSAA Consent & Release from Liability Certificate)

FA Church Waiver

FA Parent/Athlete Contract/Code of Conduct

FA Athletic forms as well as the Homeschool paperwork can be found at the following link:

<https://www.foundationacademy.net/athletics/athletic-forms/>

COMPETITIVE LEVELS

Athletics exist at different levels at Foundation Academy. These include Elementary teams, Middle School teams, Junior Varsity teams and Varsity teams. FA is a member of the Florida High School Athletic Association and, at the varsity level, competes for district, regional and state championships.

As a student-athlete moves through the Middle School and the Upper School, the requirements for making the team become more stringent with each new level. Each year, a student-athlete must try out and meet a standard of competitive skill level in order to be selected for the team. A student-athlete is not guaranteed a place on the team because he/she was on the team the year before, or because his friends are all on the team, or because it is his/her senior year.

Lion Pride/Elementary Athletics

The Elementary Sports program is offered for grades K5-5th grade and parents must sign up and register during the sign up days at the beginning of each season. This program serves as an introduction and feeder program into the FA athletic programs in which student-athletes will learn the basic fundamentals of each sport and will gain valuable participation experience. FA coaches and athletes will serve as coaches in teaching the basic skills and discipling these young student-athlete-athletes.

The Lion Pride program is designated for skill development primarily. Practice sessions are the primary focus, and competitions are not offered for every sport. Any competitions are intramural only, and all student-athletes will receive approximately equal playing opportunity.

Middle School

The Middle School level is designed for players in the 6th through 8th grades. The purpose of the Middle School program is to develop players for the Varsity level. Emphasis at this level is given to skill development for all players, regardless of ability. All players will play in each contest, if possible, but playing time is not necessarily distributed in an equitable manner.

Junior Varsity/Freshmen

The Junior Varsity level is designed for players in the 9th through 11th grades, though middle school grades may be included in some cases. The purpose of the Junior Varsity program is to develop players for the Varsity level. Emphasis at this level is given to skill development for all players, regardless of ability. Not all players will play in each contest, but every effort will be made to include all players when possible.

The Freshmen level is designed to include as many 9th graders as possible if the Junior Varsity roster is filled. The Freshman program may not include anyone above the 9th grade, but may be supplemented by student-athletes in the middle school grades if needed to fill the team and if this inclusion does not negatively impact the Middle School team(s).

Varsity

FA desires to be as competitive as possible at the varsity level, so only the athletes with the highest skill level and the strongest work ethic are selected for varsity teams. The stated purpose of Varsity athletic teams at FA is to win. Playing time at the Varsity level is given first to those players with the most athletic skill, the most determined and positive attitude, the most consistent and demonstrable commitment to the sport, and the best teammates. Playing time is also governed by the nature of the particular sport.

NOTE: Once a roster for each level is set, student-athletes may not be moved to another roster during the season or postseason. Exceptions to this are granted only with approval from the athletic department, and only in the case of illness, injury, or other extenuating circumstance. A student athlete may also be brought up to the higher level if their season has ended and if they are not replacing another student-athlete in their roster spot.

TRY-OUTS/CUTS

Every effort is made to ensure that all student-athletes who try out have an opportunity to make a team at some level. Unfortunately, available space, time, and the nature of a particular sport will require that the roster size is limited. If this is the case, some student-athletes will be cut from the team.

At the conclusion of the try-out process, the coach might have to make final cuts that may be hard for a student-athlete to accept. This is one of the hardest tasks that a coach has to do, and it must be done in fairness and in kindness. If an interpersonal conflict is perceived, enlist the counsel of an athletic administrator before it creates an issue, especially with roster placement.

- In all sports where it is anticipated that a student-athlete may be cut, it is mandatory that the tryout period last at least two days.
- The Coach will communicate with the AD with a brief rationale for each cut, before it is announced.
- If a student-athlete has a legitimate excuse (in the judgment of the Varsity head coach and the AD) for missing the tryout period, a subsequent one-day try-out may be granted to assess that student-athlete's abilities in consideration for the team.
- Varsity head coaches make the final decision in the try-out process for all levels of the sport.
- Cheerleading for MS and HS is during fall and winter seasons and tryouts are in April of each year.

When cuts are necessary, the following criteria will be followed:

- FA desires to be as competitive as possible at the varsity level, so only the athletes with the highest skill level and the strongest work ethic are selected for varsity teams.
- Coaches will give every student-athlete trying out for a team every opportunity to demonstrate his/her ability and skill level.
- Student-athlete-athletes will be evaluated year round, as well as during tryouts, but only within the confines of the FA athletic program.
- Skill drills, dependability, effort, and team leadership are also part of a coach's evaluation. In addition, there are other attributes that coaches look for:
 - Muscular strength
 - Muscular endurance
 - Flexibility
 - Cardiovascular fitness
 - Sports specific skills
 - Agility (ability to move and change directions)
- Coaches will inform parents and student-athlete-athletes early when they feel the student-athlete's chances are slim, based upon returning athletes and space on the team. This will enable the athlete to seek a sport or a team that will give him/her a better chance for success.
- Coaches will communicate decisions to cut to the athletic department, who will inform teachers and academic administration. This is to ensure that student athletes are able to have a supporting environment around them.
- Participation (or non-participation) in a non-school team or another sport at FA will NOT be criteria in determining roster placement.

Before a student-athlete may try-out or practice all required forms/fees must be turned into the athletic office.

MULTI-SPORT ATHLETES (AND OTHER SCHOOL ACTIVITIES)

- Foundation Academy believes that participation in multiple sports at the middle and high school level provides the best experience and development opportunity for the young athlete. Participation in other activities, such as fine arts, is also encouraged, with the Fine Arts Director in communication with the athletic administration.
- It is our desire at FA to maximize the participation of our student-athletes so that they may grow in their gifts. Therefore, these sensitive situations require individual attention from overseers (Athletic Director and Fine Arts Director).
- Coaches at FA will encourage athletes to participate in multiple sports throughout the year. The AD will not permit coaches to suggest to student-athletes that they specialize in one sport to the exclusion of others. High school and middle school is a time when trying different sports should be encouraged.
- Consideration will be given for scheduling try-outs and end of season (and postseason) participation for another sport. **The athletic department is to be contacted by coaches and parents to manage this scheduling.**
- Student-athletes may participate in two sports simultaneously if both coaches agree and all conflicts pertaining to participation have been resolved. **All conflicts are to be resolved by the athletic administration, not the coaches.** One sport must be declared as the primary sport. In cases where student-athletes wish to play multiple sports it is the responsibility of the athlete to declare, in writing to the AD, which will be considered the primary sport. Both coaches must sign the letter, as well.

- In the event an irresolvable conflict arises in performance dates relative to scheduled participation in both Performing Arts and Athletics, please adhere to the following:
 - Anticipate potential conflicts and resolve before they present themselves (i.e.: before auditions and try-outs occur). Communicate these conflicts to the coach or coordinator and to athletic administration.
 - Administrators are to ensure full communication occurs among all impacted parties (e.g.: student-athlete, parent, coach, teacher, and administration). This communication will include any potential consequences for each activity, should a practice, performance, or competition be missed.
 - Ultimate determination on conflict resolution is to be made by the parent in consultation with son/daughter and in consideration of the counsel we provide with the understanding of the consequences involved.

QUITTING

- If an athlete decides to quit a team, the coach will arrange a meeting with the student-athlete and his/her parents to discuss the matter. Athletic administration will be included in this meeting.
- An athlete who quits a team is not allowed to practice, play, or participate with any other FA team until the original team's regular and postseason play is completed. **In addition, consideration to take part on another team in the same academic year must be approved by the athletic administration.**

STUDENT MANAGERS

Student managers are valuable assets to our athletic teams, and participation is encouraged.

- Athletes may not serve as a team manager during the same season that they are a student-athlete on another team due to the condition that student managers are required to attend all practices of the team they are managing.
- Students desiring to serve as managers for teams should contact the coach of that team.
- With coach approval, student manager applicants will meet with the Athletic Department for final approval.
- Student managers are required to meet and follow all rules and regulations pertaining to interscholastic athletics.

Student managers may earn letters by meeting the same criteria as team members.

GUIDING PRINCIPLES FOR NON-SCHOOL TEAMS

Athletic Department's Role

- It is the desire of the FA Athletic Department to avoid conflicts of interest and to encourage each family to decide what is best for them.
- The athletic department will maintain an arms-length relationship with non-school teams.
- Use of school owned athletic uniforms, equipment, and the FA names and logos are for school teams only.
- The athletic department is obligated to ensure that FA coaches follow Foundation Academy policies at all times, as they are representing our school to the athletes, parents, and community.

Coach's Role

- During the school team's season, a FA coach may not create or organize a non-school team for the sport in which they coach. Any exception must have AD approval and all FHSAA guidelines must be strictly followed.
- FA coaches may be permitted to accept coaching responsibilities for non-school teams if such teams are created and organized by parents and/or others (e.g. Church, AAU or FHSAA recognized groups, etc.). The Athletic Director must approve such coaching engagements in advance.
- During the school team season, coaches will under no circumstances require, encourage, or otherwise recruit their school team student-athletes to participate on non-school teams. Additionally, coaches may not use a student-athletes participation, or lack thereof, on a non-school team as a means of measuring the student-athletes commitment to the school team.

Parental Role

- The parents (not the school) shall drive the creation and organization of non-school teams, including the selection of a coach. It is solely the parents' responsibility to decide whether or not their child participates on any non-school team.

CONDUCT

TEAM RULES/SCHOOL RULES

- Coaches will be responsible for establishing team rules. No team rule will contradict this handbook.
- These pre-approved rules must be communicated to the team at the beginning of the season.
- These rules would include, but not limited to practice attendance, lateness to practice or games, or care of uniforms/equipment.

The Parent/Student School handbook applies to all student-athletes and all sports. No team rule or policy in this handbook will contradict the FA Parent/Student School handbook.

CONDUCT

Student-Athlete Conduct/Expectations

As members of athletic teams, student-athletes are high-profile representatives of FA. student-athletes are expected to act in an appropriate manner. The following behaviors are inappropriate and will not be tolerated by the athletic department or school administration:

- Fighting
- Profanity
- Use of/being under the influence of alcohol, tobacco, or drugs
- Unsportsmanlike conduct
- Rude or disrespectful behavior on and off the field/court
- Taunting opponents or officials
- Destruction of property
- Obscene gestures
- Derogatory or degrading comments

Student-Athletes are encouraged and expected to:

- Play the game for fun
- Be gracious when you win and graceful when you lose
- Respect and abide by the rules of the game
- Put the team ahead of yourself in every situation
- Accept decisions made by those in authority
- Demonstrate respect to your opponents, coaches and teammates
- Be accountable for your own actions
- Develop a teachable spirit that allows you to take correction as a compliment
- Accept and embrace the discipline involved in athletics because it benefits the team (and ultimately you!)
- Develop the feeling of pride based upon the shared joy of the team
- Do NOT have pride that emanates from arrogance or sense of entitlement
- Be an athlete of character
- Win for Christ

SPECTATOR CONDUCT

To enhance a safe environment for all spectators and athletes, spectators are not permitted on the sidelines or on the courts before, during, or after an athletic contest. Everyone associated with an athletic event plays an important role in seeing that standards of sportsmanship are upheld. The coaches, administrative liaisons, on-site manager, AD, as well as the athletic department staff are responsible to see that spectators are kept off the sidelines and courts. Anyone who observes inappropriate behavior from our fans should inform the on-site manager and/or AD of such behavior.

Only administrative personnel, or those designated by FA, may be on the sidelines. All spectators should observe the guidelines below.

- Resist shouting out instructions. This is the coaches' job. When both coach and parents yell, kids get confused. —Urgent advice yelled from the sideline almost never improves performance.
- Show appreciation for the play of the other team. Congratulate the opposition during and after the game and their parents as well. Fans/student-athletes/parents are to cheer for their teams and not against the opponents.
- Avoid verbalizing game officials. Referee mistakes are often honest mistakes. Hostility toward a game official teaches a lack of respect for authority.

- Help student-athletes cope with any emotional outbursts.
- After the game, give student-athletes space and time and leave them alone except for encouragement.
- Spectator sportsmanship and behavior reflect upon the reputation of FA.
- A spectator/parent/fan should:
 - Demonstrate good sportsmanship.
 - Respect, cooperate, and respond enthusiastically to cheerleaders.
 - Respect the property of the school and the authority of school officials.
 - Never heckle, jeer, or distract members of opposing teams.
 - Refrain from second-guessing.
 - View the game with team goals in mind.
 - Look upon opponents as friends involved in the same experience
 - Accept the judgment of the officials and coaches; remain in control
 - Demonstrate winning and losing with dignity

UNSPORTSMANLIKE OR INAPPROPRIATE CONDUCT

- Everyone involved with athletic contests should be committed to the demonstration of good sportsmanship and Christian behavior. It is vital that our coaches, fans, and participants remember that Christian character should be represented at the cost of any positive results in a competition. The reflection of the Christian testimony outweighs the outcome of any contest.
- Student-athletes will be expected to shake hands and pray with opposing student-athletes after the game, unless in the judgment of the coach, it would be counter productive. It is a *coach's responsibility* to control student-athletes before, during, and after games. Foundation Academy expects its participants and fans to be involved in cheering for their teams, not against their opponents. Fans can be enthusiastic but should refrain from derogatory remarks against the opposing team or the game officials.
- Any act of unsportsmanlike or inappropriate conduct will be dealt with swiftly. If the act occurs during an athletic contest, the student-athlete will be removed from the contest by the head coach.
- A student-athlete who strikes, curses, or threatens an official or coach during a game, or at any other time, because of resentment over occurrences or decisions, or who fails to maintain a standard of conduct satisfactory to the FHSAA and/or the coaches and administration, will be ineligible for a period of up to six weeks and must pay the fine, if assessed, by the FHSAA to the school. Additional behavioral consequences may also be given by Foundation Academy and the athletic department.
- A student-athlete who is ejected from a contest for a flagrant foul or unsportsmanlike conduct may be ineligible to participate in any contest for one week. If no contests are scheduled during that week, the student-athlete will miss the next football game, or the next two contests in any other sport, and must pay the fine, if assessed, by the FHSAA. Additional behavioral consequences may also be given by Foundation Academy and the athletic department.
- All student-athletes who act in an unsportsmanlike manner, resulting in a letter/penalty, will be required to meet with the AD before resuming athletic participation and may face school disciplinary action.

HAZING/BULLYING/PEER HARASSMENT POLICY

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

Negative behavior exhibited by students will be addressed in a fair and balanced manner. Once the athletic department is made aware of any such behavior, the situation will be evaluated as to the seriousness of the behavior by using the guidelines below:

Immature Behavior

1. No intent to be unkind
2. Annoying activity that causes discomfort
3. Foolish actions that may cause harm to others and/or their property

Immature Behavior: Such behavior will primarily be addressed by the coach. Consequences can include suspension from practices and/or games.

Unkind Behavior

1. Intent is to be unkind
2. Behavior is not frequent
3. Behavior intensity level is low
4. Behavior may reflect impulsivity and is infrequent
5. Behavior duration is short

Unkind Behavior: Such behavior may be addressed by the coach or the athletic department.. Consequences will include suspension from practices and/or games. Parents will be contacted by phone or through a parent conference with coaches and/or athletic administration.

Harmful Behavior

1. Intent is to be harmful (ie punching or shoving)
2. Behavior is not frequent
3. Behavior intensity level is low
4. Behavior may reflect impulsivity and is infrequent
5. Behavior duration is short

Harmful Behavior: Such behavior will be addressed by the athletic and/or school administration. Consequences for this type of behavior will include suspension from practices and game, and could end in dismissal of the student-athlete. Parents will be required to attend a meeting with athletic administration.

Bullying Behavior

Bullying is an act of repeated aggressive behavior (including ridicule) in order to intentionally hurt another person, physically or emotionally. Bullying is characterized by an individual behaving in a certain way to gain power or control over another person.

1. Intent is to be harmful (physically or emotionally)
2. Behavior is frequent
3. Behavior intensity level is moderate to severe
4. Behavior duration is long
5. Negative behavior is mostly one sided

Bullying: Such behavior will not be tolerated. Actions that constitute this behavior will be determined and addressed by athletic and/or school administration. Consequences for this type of behavior will include suspension from practices and game, and could end in dismissal of the student-athlete. Parents will be required to attend a meeting with athletic administration.

DISMISSAL FROM ATHLETIC DEPARTMENT

Disciplinary action may include dismissal from a team, sport, or the school program. Dismissal is only considered as a last resort except in the case of especially egregious behavioral choices.

Behaviors that could lead to dismissal include:

- Lying, cheating, stealing or aiding another to do so
- Use of intoxicating substance, such as alcohol, illegal drugs, misuse of prescription drugs, ect
- Any involvement in criminal behavior, including connections to but not use of illicit drugs
- Use of tobacco or vape products
- Hazing, bullying, or other unkind behavior
- Fighting, physical or verbal abuse
- Repetitive negative behaviors that have already been addressed and consequences previously served
- Failure to comply with consequences for a previous negative behavior

No coach will not summarily dismiss a student-athlete for any violation. In the event of the behaviors above, the coach will suspend the student-athlete indefinitely pending investigation of the behavior. Decisions regarding the potential dismissal of a student athlete are only with the approval of the athletic administrative team. Any appeals of a dismissal decision must be made following the conflict resolution policy.

CONFLICT RESOLUTION

To resolve issues with the athletic program, please follow the proper communication channels.

1. The student-athlete should discuss issue with the coach in charge
2. The student-athlete should discuss issue with the head coach

3. The student-athlete and the parent(s) should discuss the issue with the head coach and a member of the athletic administrative team.
4. The student-athlete and the parent(s) should discuss the issue with the Athletic Director.

Many issues are resolved at this point. If not:

5. The student-athlete and the parent(s) should discuss the issue with the Tilden Principal
6. The student-athlete and the parent(s) should request a meeting with the President or Vice-President of Foundation Academy.

Please note that this meeting may or may not be allowed, based on the circumstances of conflict.

It is appropriate for parents to discuss the following with coaches and administrators:

- The treatment of your child, mentally and physically
- Ways to help your child improve
- Concerns about your child's behavior and/or choices
- Concerns about inappropriate interpersonal behavior

POLICIES AND PROCEDURES

ATHLETIC COLLEGE SIGNINGS

The director of collegiate recruiting will make the Initial request for an athletic signing to the Athletic Department. The date and time will be confirmed, the location reserved, and press release information will be provided to the FA staff and local media. The event will be publicized, using the school newsletter and social media. The signing will be conducted in coordination with the student-athlete/parent(s) to ensure their wishes are taken into consideration.

ATTENDANCE

- Student-athletes must be in attendance for the majority (at least four hours) of the school day in order to practice or participate in a contest. Exceptions for illness or family emergency must be requested from and confirmed by the Athletic Department.
- Athletes who miss school for a school-sponsored athletic contest will have an excused absence that day.
- Student-athletes are expected to be at all practices and games. Absences must be communicated in advance to the head coach of the team, unless caused by illness or family emergency. Absences due to emergencies must be communicated to either the athletic department or the head coach prior to return to athletic activities.

ATHLETIC AWARDS AND RECOGNITION

Athletic Awards are to be given based on Christian character, athletic ability, and academic achievement. The main goal of athletic awards is to recognize Christian values and behavior and not just focus on individual athletic ability. However, FA does desire to recognize the special gifts and talents that God has given to student-athletes.

Senior Recognition

Senior athletes will be recognized prior to a late season home game. This will be an opportunity for the team and coaches to express gratitude for the investment that the senior student-athlete and his/her parents have made to the team. Coaches will plan this event in consultation with the athletic office and solicit parental support.

Letterman Jackets

student-athlete-athletes may earn a varsity letter by participating on a Varsity team for an entire season and be in good standing with the coach for that season. FA establishes dates for student-athletes to order jackets. The school does not purchase jackets; however, if the student-athlete-athlete earns a varsity letter, he/she may purchase a letter jacket. Please check with the athletic department for more information concerning ordering letter jackets.

Varsity Letters/MS Recognition

In order for a Varsity student-athlete to letter, he/she must meet the following criteria:

1. A student-athlete may not miss more than 3 unexcused practices.
2. A student-athlete must attend all contests. (Exceptions: illness or death in the family)
3. A student-athlete must be a member of the team the entire season.
4. Injured student-athletes may still earn a varsity letter if they attend all practices and contests in a supportive role for their peers.
5. One Varsity letter will be awarded to an athlete per sport. Pins will signify the sport(s) and years of participation.

Middle School and Junior Varsity student-athletes will receive a certificate of participation. The athletic department will provide letters, pins, and certificates.

Varsity Team Awards

Each coach will select awards for the following and the athletic department will provide the award.

- **Leadership Award** – This award recognizes the student-athlete who rises above circumstances and remains positive, is less self-focused and more team-focused, and is encouraging and impacts others for Christ.
- **Most Outstanding Athlete** – This award, while based heavily on statistical performance, will also reflect the student-athlete's positive traits, such as hard work, leadership, and commitment to his/her teammates.
- **Most Improved Athlete** – This award recognizes the student-athlete who has shown the most improvement in technical skills in the sport, and will also reflect the student-athlete's positive traits, such as hard work, leadership, and commitment to his/her teammates.

- **Scholar Athlete** – This award recognizes the academic achievement of the student-athlete who has the highest GPA at the end of the season. (Freshmen do not qualify)
- **Heart of a Lion - This award** goes to the student-athlete that demonstrates a work ethic that sets him/her apart.

Junior Varsity/Freshman/Middle School Team Awards

Each JV and freshman coach will select awards for the following:

- Certificate of Participation, Lion Award, Most Outstanding Athlete
- Other Awards determined by the coach i.e.: most improved, coaches' award etc...

End of Season Celebrations/Team Parties

- **Varsity Award Banquet** will take place near the end of the school year. All Varsity teams will meet together to celebrate each sport and to present the 5 major awards for each sport.
 - Varsity head coaches may choose, at their discretion, to schedule an end of season gathering.
- **JV/Freshmen/MS end of season gatherings** (team outings or parties) are scheduled by the head coach at the end of the season. The head coach will present the Certificate of Participation, Lion Award, and the Most Outstanding Athlete.
 - Coaches may, at their discretion, present awards for the other 3 categories offered at the varsity level.

Gatherings will not be any type of official banquet style gathering, but rather a get together at someone's house, casual eating establishment etc. All locations, dates and times must have AD approval.

CPR/FIRST AID TRAINING

All head coaches are required to be certified in the areas of CPR and First Aid. Foundation Academy will provide on-campus training in both areas. CPR certification is valid for two years; the First Aid certification is valid for two years. All head coaches are required to complete a course in the areas of Concussion, Sudden Cardiac Arrest & Bloodborne Pathogens.

DRESS CODE

In addition to the Parent/Student School Handbook, the FA athletic department has the following dress code requirements.

- Team T-shirts can only be worn during school hours with the permission of the administration. Head coaches of each team are responsible for communication on allowable days,
- Student-athletes must travel to and from games in team uniforms, team warm-ups, team shirts, shirts and ties, or attire conforming to the school dress code, as designated by the coach.
- Student-athletes are to look neat and clean at all times when representing FA. Pants worn at the natural waistline.
- Athletes are not permitted to wear jewelry, including body piercing, during practices or games.
- The FA policy on facial hair and hairstyles will be followed.
- Undergarments may not be visible and are not acceptable as outer garments in any athletic facility.

DRUG TESTING

The FA Athletic Department will follow the same drug testing policy and testing procedures as the school. This does include homeschool athletes. Please see the Parent/Student School Handbook on Drug Testing.

EARLY DISMISSAL

Student-athletes are responsible for all work missed due to early dismissals for athletic contests. When a student-athlete-athlete knows he/she will miss a class for competition, it is strongly recommended that class and homework be obtained in advance. Early dismissal times are determined by the AD in collaboration with the coach. These times are then emailed to staff and coaches. Head coaches of each team should keep parents and student-athletes informed of early dismissal times.

EQUIPMENT AND UNIFORMS

- Athletic uniforms are the property of FA and must be returned at the end of the season.
- School colors are Navy/White and Light Blue.
- Student-athletes must pay for any lost or damaged equipment or uniforms.
- All uniforms must be collected, inventoried and stored for future use.

GENDER EQUITY STATEMENT

The policy and practice of Foundation Academy is to be in compliance with Title IX and the FHSAA in our athletic programs so that gender equity is achieved at all levels.

HOUSING/HOTELS AT TOURNAMENTS

- The Athletic Department will reserve rooms deemed necessary for hotels during district, regional, and state competitions. Hotel expenses for regular season tournaments or meets are the responsibility of the athletes.
- For safety and team reasons, all rooms will be booked for no less than four athletes. Parents may not purchase individual rooms for their athletes.
- Parents may be asked to stay in separate lodging.
- Parents are responsible for making their own lodging reservations. The Athletic Department will not make provision for parents.

MUSIC

All music played at any FA athletic event (game, practice, ect) must be Christ-honoring and approved by the AD in advance. Failure to comply with these standards will result in the loss of privileges of playing music at any athletic events for that sport.

NCAA CLEARINGHOUSE

If you are a prospective student-athlete at a Division I or II college or university, you have certain responsibilities to complete before you may participate. Information concerning who needs to register with the Clearinghouse and what documents need to be submitted can be found in The Guide for College Bound student-athlete Athletes on the NCAA website; www.ncaa.org/library/generalcbsa. It is the student-athletes' responsibility to begin this process and request items from the school as needed. The Director of College Recruitment is available to assist and is actively working to communicate with potential collegiate student-athletes.

PARKING AND STUDENT-ATHLETE PICK-UP

- Parents are asked to assist the coaches by arranging for their student-athletes to be picked up at the designated time and places after practice.
- Student-athletes/Parents may park only in designated areas.
- Cars are not allowed to park in the loading or unloading area unless to drop off heavy equipment or shipments.
- Park in an area that will be safe from foul balls etc.. FA is not responsible for damaged vehicles during athletic contests.

PHYSICIAN'S NOTE

- Any student-athlete receiving physician's care for an injury or illness which results in loss of time from school or athletic competition must provide a note from a physician clearing him/her to return without restriction to athletic competition.
- Any student-athlete who suffers a loss of consciousness during a practice or contest may not resume athletic participation until receiving written clearance from a physician. An injury report must be filed in the athletic office within 2 days of any incident.

PRACTICE CLOTHING

- Coaches will determine required practice wear
- All dress code guidelines found in the Parent/Student School Handbook will be followed.
- Student-athletes are not permitted to wear revealing clothing, clothing with references to alcohol, tobacco, drugs, or profanity, or clothing that has offensive symbols.

PRACTICE TIMES

- Practice is mandatory for a successful experience.
- Times of athletic practices will be set by the coach. Practice will be scheduled between 3:15 pm and 9:00 pm when school is scheduled.
- Teams will normally practice Monday through Friday. Some coaches will practice on Saturdays.

- Wednesday practices will end by 5:00 pm, without exception, so that our student-athletes may attend church. Non-varsity teams may practice on Wednesdays; however, High School teams will have priority due to space. Due to space constraints, non-varsity teams may not practice on Wednesdays.
- No athletic events (including practices) are allowed on Sunday. **NO Sunday meetings of student-athletes or practices are permitted.** No practices or open gyms/fields are permitted.
- Only Varsity athletes are permitted to practice/condition before school starts in the morning.
- Varsity coaches shall advise and give direction to lower level squads in such areas as fundamentals, drills, patterns, offenses, defenses, conditioning, and coaching techniques.
- Practices, games, competitions, and tournaments during school vacation times must have prior approval from the AD. Coaches are to remember that vacations are for family time and are to be respectful of such. Requests for practice and/or games during vacation days must be submitted for approval in writing and must receive written approval from the AD prior to the mandatory parent meeting. All vacation practices and tournaments must be announced at this pre-season parent meeting.
- When school is out because of hurricanes, or other natural disasters, all practices will be canceled or postponed. In playoff situations, FHSAA will set the make-up or postponed-game itinerary.
- Parents have a responsibility to pick up student-athletes in a timely manner. Student-athletes should **not** be on campus after school unless their practices are immediately after school. Students should be supervised at all times by a coach. **No student is allowed to be at school unsupervised at any time for any reason, nor are school security guards to be used for student supervision.**
- Each coach should keep daily attendance records for all practices and games.

SPECTATORS

To enhance a safe environment for all spectators and athletes, spectators are not permitted on the sidelines or on the courts before, during, or after an athletic contest. The administrative liaison and the AD, as well as the athletic department staff are responsible to see that spectators are kept off the sidelines and courts. Only administrative personnel, or those designated by FA, may be on the sidelines.

TEAM PICTURES

- The athletic office will schedule team and student-athlete photographs at the beginning of the respective sport seasons (fall, winter, and spring) to be used for the sports program, yearbook, school newspaper, and media.
- The dates will follow the try-out process, once the team has been chosen and uniforms have been issued.
- The athletic office will inform coaches, athletes, and parents on the process to purchase photo packages.

TRANSPORTATION

Generally speaking, coaches are *not* permitted to transport athletes at any time. Parents are responsible to provide transportation to all games or practices and **pay for the travel expenses involved, including meals.** *All requests for a bus/van for transportation scheduling must take place through the athletic office and the director of transportation, however, the expenses are incurred by the program/parent (with the exception of state tournaments) and should be included in the athletic fee at the beginning of the season. The transportation portion of the team fee will then be transferred to the athletic budget to pay for the expense.* Parents should direct transportation questions to the coach at the beginning of the season. **student-athletes may not transport student-athletes to any sports activity.** Do not allow your student-athlete to find his own way to the games. Special circumstances should be discussed with the Athletic Director. Parents and student-athletes should discuss proper safety procedures for their student-athlete driving to and from athletic events.

- Transportation of student-athletes in student-athlete vehicles is not permitted.
- Only team personnel and student-athletes are allowed to use FA transportation.
- Only G or PG rated movies may be watched on athletic trips. Coaches should be very judicious in the selection of a movie, to ensure it is commensurate with our school's mission.
- Music that is played must be approved by the athletic department
- Parents should arrange for pick-up of their children in a timely fashion after games and practices.
- Coaches may not leave athletes unsupervised, whether on FA campus or an away site, until all student-athletes have been picked up and should not be alone at any time with an athlete.

UNIFORMS

Within two weeks after the final game, all uniforms must be collected, inventoried and turned into the athletic office. Turn in a copy of the inventory with the complete set of uniforms. The parent is responsible for the dollar replacement cost of any lost or damaged school issued equipment uniforms.

SEVERE WEATHER POLICY

A lightning detector is mounted on the FA gym and the concession stand on the east side of the campus. It is serviced at regular intervals. One long horn blast from this device signals threatening weather conditions. All fields will be cleared and shelter provided for teams and officials. Teams, coaches, officials, and fans will be directed to either the gym, field house, weight room, or personal vehicles, depending on the sport in session. Announcements will be made by PA, Athletic Director, and/or coaches.

USE OF ATHLETIC FACILITIES

- FA athletics is considered the primary user of the gym and fields. All requests for use of the gym and athletic fields are to be submitted to the Director of Operations for approval.
- The in-season sport has priority for the use of athletic facilities.
- All events and facilities usage must be submitted for approval and entered in the Events Calendar. Please clear all use of the athletic facilities with the AD.
- Coaches do not have authorization to schedule, rent, loan, or otherwise provide FA facilities to others or allow former athletes or anyone else to use our facility for profit without the consent of the AD and Director of Operations.
- FA athletic facilities are primarily intended for use in FA athletic contests and practices. Any facility rental/usage must gain approval by the athletic director.
- ***Student-athletes are not permitted to use any facility without direct supervision from a school employee and/or authorized personnel.***
- Facilities are NOT available for personal camps, city camps, city leagues, summer leagues, non-FA summer camps, etc. without permission from the Director of Operations. If approved, a Certificate of Insurance naming FA as additionally insured as well as a rental contract must be provided. FA coaches may wish to arrange their private lessons/camps through the Director of Operations.
- All facilities must be left clean, organized, and secured upon departure. Coaches should lock the gym, if they are the last team scheduled that evening.
- Music at all FA facilities and in the weight room must be Christ-honoring and AD approved.
- Animals are not allowed on Foundation Academy property for any reason.

WEIGHT ROOM USE

- The weight room is for use by Foundation Academy and First Baptist Church (Winter Garden and Horizon West) programs only. No outside groups may use this area or the equipment stored inside.
- The weight room is a common-use facility. Each team will have equal access to this facility, with priority given to in-season sports.
- Coaches will schedule the weight room through the athletic department.
- No student-athlete is permitted to use the weight room without direct supervision from an FA coach or authorized personnel.
- Student-athletes must have proper workout attire, consisting of a clean, dry T-shirt, athletic shorts, socks, and athletic shoes (no cleats).
- No food or drinks are permitted at any time.
- Student-athletes are responsible for re-racking and cleaning the weight room after each use.
- Violations of weight room rules or policies may result in a loss of privileges.
- Music played in the weight room must be consistent with FA policies and guidelines.