

Greater Cabarrus Athletic Association (GCAA) Stallions Athletic Handbook

Volleyball Edition

Last Revised

4/28/2015



Mission Statement

Formed in 2009, GCAA is an organization of Christian home schooling families established to support and encourage Christian character, ethics and leadership through participation in athletic activities. Our duties are to provide competitive sports to home schooled athletes and to encourage and assist in the growth of existing sports as well as new ones.

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Player/Parent Contract

To download official GCAA forms please go to: Website: www.gcaastallions.com

Correspondence to the GCAA office:

Email: info@gcaastallions.com

Mailing address: GCAA
PO Box 6418
Concord, NC 28027

Current Sports:

Boys:	Girls:
Baseball	Basketball
Basketball	Cheerleading
Soccer	Soccer
	Volleyball
	Softball

Rules:

(Unless GCAA states otherwise, all rules related to the particular sport will be under the NFHS Guidelines.) Each coach is encouraged to purchase a current rule book.

NFHS = National Federation of State High School Associations

<http://www.nfhs.org/>

Note: GCAA has the right to modify the handbook during the current athletic season should the need arise. Updates will be posted to the documents section of the website

Section I: Athletic Policies

GCAA is committed to helping our athletes learn and grow as followers of the Lord Jesus Christ. Learning to serve and sacrifice in humility and to develop good work habits will help them grow in character, wisdom, and discernment.

Athletic and physical activity is an integral part of a student's development. The GCAA encourages students to participate in some form of physical activity everyday. An athlete should discuss athletic participation with parents and coaches prior to embarking upon the rigorous schedule required for sporting events.

Parents of student athletes are expected to serve in all activities sponsored by the GCAA including volunteering in the concession stand, at the ticket gate, or wherever parent volunteers are needed.

To be eligible for practice or participation in interscholastic athletic contests, a student must have had a physical examination by a physician within the last year providing a medical professional's approval to participate in sports. A special form (GCAA physical form) is available. This form must be properly completed, signed, returned, and placed on file with GCAA prior to the student's participation in any sport.

Students, parents and other fans are expected to display a proper attitude of sportsmanship toward teammates, coaches, opponents, fans, and officials regardless of winning or losing the games.

Coaches

Parents are welcome to volunteer as coaches. All coaches must pass a background screening. All coaching positions must be approved by the individual sports boards and the athletic director.

Section II: Player Eligibility

Any student who wishes to participate in interscholastic home school athletics must meet the following criteria:

1. Be registered with the North Carolina Department of Non Public Education (NCDNPE) www.ncdnpe.org
 - A. Athletes must be actively home schooled in compliance with North Carolina home school law as administered by the NCDNPE. Out of state home schoolers must be part of a North Carolina support group or co-op and provide legal proof of compliance with the home school law in their state.
 - B. Must receive 50% of school instruction in your home school.
 - C. Must continue to be in compliance with all other applicable state home schooling laws.
2. Players must not have reached, as of September 1 of the current school year:
 - Their 19th birthday for varsity competition
 - Their 17th birthday for junior varsity competition
 - Their 14th birthday for middle school competition
3. Players must not have graduated from home school, private or public school.
4. Players must not have been recognized as a senior in a home school ceremony for sports or other reasons.
5. Players shall declare when entering their junior year. Players are limited to one junior and one senior year, unless they are awarded an extra year of eligibility by the NEHEAC due to extensive injury or significant family emergency. (This extension of eligibility shall still be controlled by the age rule, as well as all other eligibility rules.) This declaration will be by a form signed by the athlete's custodial parent(s). NCHEAC will provide the form. **
6. Players must be on an approved roster.
7. For tournament purposes must have attended at least 50% of the conference regular season games.
8. Dual eligibility must be approved by the sport specific board.

**rules as provided by NCHEAC—please visit www.nche.com/sports for the official handbook

Section III: Code of Conduct for Players

I understand and agree that:

1. My education is my first and foremost responsibility and that I must maintain a grade point average that meets the expectations of my school, my family, and me.
2. I will play any position assigned to me and will do my very best for my team at all times.
3. I will play the game hard and clean at all times, in a true sportsmanship-like manner with never any intent to harm any opposing player.
4. I will participate in a moment of prayer before practices and games with my coaches and teammates.
5. I will treat my coaches, teammates, parents, teachers, guardians, and any other individual I may come in contact with respect at all times on and off the playing field.
6. At all times, I will do whatever my coaches ask of me to the best of my ability.
7. I will refrain from the use of drugs, alcohol and tobacco on or off the field and understand that any violation of this agreement can and will result in a suspension from GCAA athletics.
8. I will make the COMMITMENT to my coach and teammates to be in attendance and to notify my coach if, for any reason, I am unable to attend any scheduled event as soon as possible.
9. I will not, in any way, damage or deface property, buildings or equipment.
10. I will abide by the decision of the referees/umpires and will not create an unsportsmanlike behavior or gestures.
11. I will act as a lady/gentleman at all times and refrain from any foul or questionable language.
12. I will follow the established dress code for home and away games.
13. I will inform my coach of any injuries that I sustain on or off the playing field.
14. I will assist with fundraisers for my team and GCAA.

Section IV: Code of Conduct for Parents

I understand and agree that:

1. I will be an example of good sportsmanship, citizenship and self discipline by demonstrating positive support for all players, coaches, and officials at all practices, games and any GCAA or NCHEAC event even when provoked, either personally or on the behalf of others.
2. I will model responsible, polite behavior towards coaches, officials, participants and spectators.
3. I will insist that my child play in a safe environment.
4. I will support coaches and officials working with my child, in order to encourage a positive and enjoyable experience for all.
5. I will demand a sports' environment that is free from: drugs, alcohol, tobacco and profanity. I will also refrain from their use at all GCAA and NCHEAC events.
6. I will remember the game is for the athletes and not the adults.
7. I will do my very best to make GCAA and NCHEAC sports fun for my child.
8. I will encourage my child to treat other players, coaches, spectators and officials with respect, regardless of race, sex, creed, color or ability.
9. I understand the importance of practices, games and tournaments and will make every effort to have my child at these events. If my child is unable to attend, I will make sure the coach is notified as soon as possible.
10. I will inform my child's coach should he/she sustain any potentially serious injuries associated, or not, with his or her participation with GCAA sports.
11. I will assist with fundraisers for my child's team and GCAA.
12. I understand that I am required to volunteer throughout the season. Areas in which volunteer time may be served are: concessions, admissions, clean-up, banquet plans, pep rallies, scorebook keeper, statistician, coaching, team mom/dad, GCAA Board, media relations, team photographer, etc.

Section V: Discipline

Forms of discipline may include fine, probation, suspension or dismissal.

- Fines will not exceed the cost to repair or replace property damaged by the individual.
- Probation may involve loss of privileges and exclusions from sports activities or the use of the facility.
- Suspension is a removal from the roster with an option to reapply after a specified period. This normally requires an individual to leave the facility immediately.
- Dismissal is the last resort and means of permanent removal from the program. A dismissed individual may not be present in any facilities or at any functions related to GCAA without the written permission of the Athletic Director.

Fines, probation and suspension may be levied by the Athletic Director. Dismissal may only be levied by the GCAA Board.

The GCAA Board reserves the right to make final decisions.

Specific offenses which may lead to disciplinary measures

This listing is not intended to be all inclusive, as GCAA reserves the right to make final determination of what conduct is considered unsatisfactory.

- Theft
- Profanity, vulgarity, obscenity
- The possession of literature, pictures, posters or recordings presenting an indecent or immoral activity or ungodly belief or philosophy
- Immoral conduct, immodesty or conduct implying immorality• Disorderly or destructive actions
- The on-site use of tobacco, alcohol or narcotic drugs, or the implied use of these
- Unauthorized possession of keys to facilities or the use of those keys
- Defiance of authority
- Any practices which are forbidden in Scripture
- Berating officials
- Unruly fans
- Violating the Codes of Conduct

Disciplinary Measures

First offense - the Athletic Director or a Board Member of the specific sport will address the individual with a warning and make a notation in the discipline logbook.

Second offense – the individual will be asked by the Athletic Director or a Board Member to attend a meeting with the specific sport board and a notation will be put in the discipline logbook.

Third offense – the individual will be ejected from the game by the Athletic Director or a Board Member from the specific sport.

If an individual is ejected from a game they will have to appeal to the GCAA board to be allowed back into any GCAA activities/events.

An appeal will consist of a letter sent certified mail to GCAA stating the individuals name, why the person feels they should be allowed to participate as a coach, player, parent, fan, etc... in future GCAA events and list the steps they are taking to avoid further conflicts/reprimands.

A meeting will be held within 30 days of receipt of this letter with the GCAA board and a final determination from the board will be sent certified mail to the individual within 10 days of the above meeting.

**Read the NCHCA Rules of Behavior in the NCHCA handbook pages 10 & 11.

Section VI: Grievance Policy

The concerns of parents and students regarding participation in Stallions' athletics may be expressed. Voicing concerns needs to occur in an appropriate manner. Please adhere to the following guidelines:

PLAYERS

1. Grievances may never be raised during a game or practice, and may not be brought to the coach's attention until after a 24 hour cooling off period.
2. In the event a player has a grievance against his or her coach, the player should first address the grievance with his or her coach. (If the player is 12 years or younger, parents may represent the child.)
3. If the player is not satisfied with the coach's resolution, the parent may address the grievance with the coach by asking to meet with the coach.
4. If the concern is not resolved, the parent (s) of the aggrieved child may submit written documentation to the Athletic Director or a board member of the specific sport explaining their concerns.
5. If the Athletic Director or board member is unable to resolve the situation, the Athletic Director will take the grievance to the Grievance Committee of the GCAA Board, which shall consist of the Athletic Director and two members of the GCAA board. A conference with the parent(s) and athlete may be setup at this time.

PARENTS

1. Grievances may never be raised during a game or practice, and may not be brought to the coach's attention until after a 24 hour cooling off period.
2. In the event a parent has a grievance against a coach, the parent should first address the grievance with the coach.
3. If the concern is not resolved, the parent(s) may submit written documentation to the Athletic Director or a member of the specific sport explaining their concerns.
4. If the Athletic Director is unable to resolve the situation, the Athletic Director will take the grievance to the Grievance Committee of the GCAA Board, which shall consist of the Athletic Director and two members of the GCAA Board. A conference with the parent(s) may be set up at this time.

Section VII: Uniforms

Each Stallion's sport has its own uniform that is required for the team. Registration fee may or may not cover the entire cost of a uniform. Your coach will advise players if they will need to purchase part of the uniform (i.e. shorts, knee pads, helmet, etc).

Each player is responsible for the proper care of his/her uniform. The uniforms are to be worn at games and game-related activities only, not at practice, at home, etc. If a player damages or loses a uniform, that player must pay for a replacement. Uniforms should be washed and line dried (Do not machine dry). All issued uniforms are the property of GCAA and must be turned in at the conclusion of the season. It is the responsibility of each player to inform coaches or team managers of any necessary repairs that need to be made to a uniform. Players failing to return their uniforms will be levied a replacement fee. Only when the uniform is turned in or all fees have been paid will a player be eligible to participate in another GCAA sport.

Section VIII : Coach's Responsibilities

Coach's Responsibilities to Players

Coaches are expected to provide the greatest possible Christian leadership in their programs, projecting enthusiasm, sincerity, and knowledge of their sport. Coaches are required to implement the general training rules established by GCAA and may develop additional rules as deemed necessary. These rules, however, are not to conflict with GCAA policies, and must be shared with the Athletic Director or a board member of the specific sport prior to implementation.

Coaches must be fair and encouraging to each and every player on the team. Coaches should aim to develop each individual's skills as fully as possible, while recognizing the overall role of athletics as part of the entire Christian walk. Sports should be a learning experience.

Coach's Relationship to Parents

Coaches need to provide positive, yet honest, feedback to parents, and keep them informed of any changes in practice and game schedules. In the event of game or practice cancellations, it is the coach's responsibility to contact households regarding the situation.

Coaches **MUST** inform parents and the Athletic Director of ANY instances of injury or fatigue that are observed during practices or games.

Section IX: Facilities, Fields and Parking Lots

Treatment of facilities will be in accordance with the existing facility rules and GCAA guidelines. Children may not be left unattended in any GCAA sponsored facility at any times. Athletes must be picked up promptly after all games and practices.

Be good stewards of the facilities, fields and parking lots by leaving them in better condition than you found them. (i.e. put chairs back where they belong, put all trash in garbage cans, etc.) Every person needs to take personal responsibility for keeping the facilities clean.

Section X: Travel

Each person participating in GCAA sports either as a coach, player or support person of any kind is responsible for their own transportation to and from practices, games, tournaments, and other events. Carpooling is encouraged.

Section XI: Fees

GCAA annual player membership fee is \$5.00 which covers administrative costs of the organization. This fee covers all sports under GCAA which currently includes baseball, basketball, cheerleading, soccer, softball and volleyball.

Registration fees are sport specific and are due at the time of registration. Players may not participate in a sport for which they have not paid their registration fees.

GCAA reserves the right to hold a 'no pay, no play' policy.

Fees are not refundable without the approval of the GCAA board.

Sport-related expenses are not reimbursable without prior written permission from the sport specific treasurer.

Section XII: Schedules

Our athletic sports schedules are as follows:

- Fall: August through October
- Winter: October through February
- Spring: February through April

Practice Rules

Players are expected to be at every practice. Mandatory practices are practice sessions held during pre-season and season. If there is something that would prevent you from being able to attend practice, the player must let the coach know as soon as possible. This is NOT the parent's responsibility and parents should encourage their child to contact their coach.

Player Time

GCAA participates in interscholastic athletics at the middle and high school levels. Playing time is NOT guaranteed and is determined solely by the coach. Ultimately, the participants determine playing time by their ability level, work ethic, attitude and their required regular attendance at practice and games. Attending practice does NOT guarantee playing time. Practice times are set by the head coach of each team. Please direct practice schedule questions to the head coach.

Please be sure to refer to the website regularly for any changes made to the game schedule. It is subject to change at a moments notice due to unforeseen circumstances.

Section XIII: Insurance

Sports injuries are common and we take every measure to insure your child's safety, but with any sport, accidents may happen. GCAA provides every player that has paid their registration fees, supplemental insurance. Every player that has paid the team registration fee is covered under GCAA's supplemental insurance. This insurance covers players during practice, games and tournaments. This insurance is a supplemental to individual private or public health insurance.

NCHEAC

GCAA participates in the North Carolina Home Educators Athletic Conference. For more information, please visit: www.nche.com for the NCHEA guidelines.

Specific Volleyball Rules and Regulations:

GAME INFORMATION

Individual game information will be made available as soon as possible and posted on the GCAASTallions.com website. Some changes will occur from time to time due to scheduling conflicts or location issues. Parents will be informed as soon as possible.

GENERAL FACILITY RULES

- * Water and sports drinks only on courts
- * No athletes or parents should be in any area of any facility not being used for volleyball (such as classrooms/hallways/commons areas of any facility.)
- * Volleyballs are to be used in court area only.
- * Do not bring valuables to the gym. We are not responsible for lost or stolen items.
- * Demonstrate respect for yourself, other patrons, staff, and property while enjoying the facility.
- * Parents should not be on the courts during practices. They must remain in the lobby area or in the bleachers unless working during the games.
- * Park only in designated areas at the facility.
- * Additional rules may be added during the course of the season by facility managers, coaches, or board for the safety of everyone involved.

DRESS CODE

At all times the players are required to dress appropriately. For games, they are required to wear their Stallions jersey and shorts that will be assigned to them at the start of the season. It is each girl's responsibility to care for these items. **Uniforms CANNOT be dried in a dryer.** After washing, just hang them to air dry. If you find loose strings, DO NOT pull them out; carefully cut them instead. This will ensure we keep costs down by not having to replace uniforms every year.

If the player wants to wear spandex, they can do so under their uniform shorts only and not as a standalone short. Spandex alone is NOT permitted once on the property of any team event (home or away). Please arrive at events properly dressed and remain that way during the entire event.

Practice dress should consist of modest shorts. If the player wants to wear spandex, they can do so under their shorts, but not as a standalone short. The top should consist of a modest t-shirt or tank that fully covers their upper body including their stomach, even when bending over and stretching. Sports Bras alone are not permitted. Sometimes a shirt might seem appropriate until you bend forward or lie on the ground. Volleyball is a very demanding sport and requires the girls to be sliding on the floor, bending over, and moving around very fast. It hinders the practice if they are constantly trying to re-adjust their clothing.

If a player comes to a practice, game, or tournament not dressed appropriately, they will be asked to either change or leave the event. It is our hope that everyone will strive to dress in a fashion that will honor themselves and God.

Jewelry should not be worn to practice/games. This includes earrings. Officials will not allow anyone to play with any type of jewelry on their body. So, make sure to remove it before coming to the gym.

All girls should pull their hair back in some fashion so that it is not hanging in their face when they are moving around.

PROPER CONDUCT

* Conduct unbecoming an Athlete will not be tolerated at any GCAA function. This covers a wide variety of circumstances; for example, not being a team player, getting into fights with fellow team members, the use of foul language, or rude gestures toward teammates, other athletes, parents, coaches, officials, or opponents. Coaching should be left up to the coaches, not the players. Unless instructed to do so by the coaches, all players should refrain from giving advice/instruction to their teammates. A player's job is to lift up and support each other only.

* Only the Team Captain (under the direction of the Head Coach) or the Head Coach may question an official.

EXPECTATIONS OF PARENTS:

Yes, we do expect something from our parents. There are many ways parents can be a part of the team and contribute to the team's success.

1. Drop off and pick your child up on time from practice and games. Allow your child ample time to change into their court shoes/volleyball garb before practice begins. Make every attempt to have your child at the practice site **AT LEAST 15 MINUTES PRIOR TO THE START OF PRACTICE TIME**. Your child is required to be warmed up and ready to start practice at the start of practice time, and if you get her there 5 minutes before practice, she will not be ready.
2. Do not instruct your child during practices or games. The coach needs their undivided attention to get the most out of practice/games.
3. Assist with communication to the coach in the event your child will not be in attendance at practice; as soon as possible and no later than 24 hours in advance of practice.
4. Refrain from yelling negatively at the team, coaches, referees, line judges, and the other team's players and coaches. Abide by the 24 hour rule, and above all, encourage your child and her teammates.
5. Volunteer! GCAA is completely run by volunteers. Nobody gets paid to provide this experience for your child. There is plenty to do, and it takes a team effort to get everything done... Help plan fundraisers and special events; Run Concessions; Scoring; Clean up after games; etc. etc. etc.

IMPORTANT: There will be a schedule passed around at the beginning of the season for each parent to work in different areas. It is your responsibility to check the schedule to see where you are working at each game. If you can't fulfill your duty it is your responsibility to find a replacement. All of the duties will be split evenly between the families of players. Keep in mind; if you have 2 children participating you will be assigned the number of jobs for two players, not one. So, if we have 30 players and 300 jobs to fill for the season, you will be responsible for 10 jobs if you have one player; 20 if you have 2 players.

Thank you for your support of the GCAA Stallions Volleyball Team. Again, welcome to the Stallions.

- GO STALLIONS! -

TEAM MEMBER AND PARENT/GUADIAN CONTRACT

I have read and understand all the team policies and expectations for being a member of the GCAA Stallions Volleyball Program.

I am willing to abide by the regulations and procedures outlined within the GCAA Volleyball Handbook.

Athlete's Signature

Date

Parent or Guardian's Signature

Date

Please sign and return this form with your registration forms.