

ATHLETICS HANDBOOK



2025-2026

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MISSION

By the time they complete their journey at Summit, we expect our athletes to embody the following:

A Summit Eagle, whether or not they pursue athletics beyond Summit, will have gained the tools of teamwork and self-discipline—equipping them to succeed in any path they choose, through God’s grace.

“But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.”

Isaiah 40:31

THE 4 PILLARS OF SCA ATHLETICS



MEET OUR TEAM



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Athletic Fees

<u>High School</u> \$250/first sport \$225ea./additional sport	<u>Intermediate</u> \$100/sport	<u>Elementary</u> \$100/sport
6-Man Football Volleyball Cross Country Basketball Track & Field Tennis Golf Cheer	6-Man (Tackle) Football Volleyball Cross Country Basketball Track & Field Tennis Golf Cheer Soccer	Flag Football Volleyball Cross Country Basketball Track & Field Cheer

**all offered sports are subject to change/removal depending on participation requirements*

2025 Upcoming Dates

Monday, July 28th - Friday, August 1st

Dead Week: *No high school athletes allowed on campus for anything athletics related*

Monday, August 4th

High School Fall Sports Practices Begin

Monday, August 11th

Elementary & Intermediate Fall Sports Practices Begin

Monday, August 11th 4:30-5:30pm (Back to School Night)

Pre-Season Athletics Come-and-Go (Gym, for all athletes & parents)

SCA Athletics Coaching Philosophy

Elementary

At the elementary level, our focus is on building fundamental skills and developing a love for the game through skill-based practices. Athletes will receive playing time as game flow and individual skill levels allow, with an emphasis on growth, confidence, and fun.

Intermediate

Intermediate athletics serve as a bridge between foundational skills and competitive focus. Skill development remains a priority, and athletes are introduced to higher expectations. Playing time is determined by game flow and the athlete's skill level. Drive toward a championship becomes a necessity for transition to High School play.

High School

Our high school program is built on advanced skill development and strong commitment to the game. Playing time is earned through practice performance, reflecting a competitive standard aimed at winning championships.

Communication Expectations

Athletes and parents should expect communication from their coach(es) on the following:

- Rules, policies, and expectations
- Schedules for all practices, games, and team events
- Goals and coaching philosophy (*Each coach will have their own expectations that fall within the guidelines of the athletic program.*)

Coaches should expect communication from the parents and athletes on the following:

- Questions or concerns communicated directly to the coach(es) (*Matthew 18 principle*)
- Notification of any scheduling conflicts well in advance
- Concerns about philosophy/expectations before commitment is made to the team

If a concern/conflict arises, the following steps should be taken by the student-athlete and parent in this order:

1. The student-athlete talks to the coach(es)
2. If not resolved, the parent should contact the coach(es) to set up a meeting at a mutually-consented date, time, and location.
3. If the conflict is still not resolved, the parent may call the Athletic Director to discuss the concerns/resolve the conflict.

Topics appropriate to discuss with coach(es):

- The treatment of your student-athlete, mentally and/or physically
- Discussions about how your student-athlete can improve
- Concerns about your student-athlete (i.e. behavior)

Topics NOT appropriate to discuss with coach(es):

- Playing time, strategy, or play-calling
- Other student-athletes (FERPA)

Eligibility

Academic Ineligibility

- Students who fail more than one course at the end of a term are ineligible for a minimum of two weeks.
- The period of ineligibility shall begin no later than one week after grades are announced and shall continue for 14 days.
- A student who continues to fail more than one course (not limited to the initial courses) shall be ineligible on a week-to-week basis until such time as the student is failing no more than one course.
- When progress reports are released, a student failing two or more classes will be ineligible until classes are brought back into compliance.
- A grade of 'Incomplete' shall be considered a failing grade for purposes of establishing student eligibility if not resolved within one week of the end of the grading period.

Student-Athlete Participation During Ineligibility

- The student-athlete will NOT be allowed to participate in any extracurricular competition.
- The student-athlete will NOT be allowed to travel with the team to games/competitions.
- The student-athlete is REQUIRED to participate in all practices while ineligible.
- The student-athlete WILL attend home games on the bench/sidelines not in uniform.

Regaining Academic Eligibility

- A student who is failing no more than one course after the 14 days shall be considered eligible to participate in extracurricular activities.

Behavioral Ineligibility

- Any student-athlete who receives a suspension from school for any reason will be ineligible for participation in extracurricular activities until the suspension has been served. Upon return to school, additional athletic consequences may be applied per coach(es) discretion.

Attendance

Practice/Games

Failure to attend practices or games will result in loss of playing time or other sport-specific consequences. Excessive unexcused absences will result in removal from the team.

Excused Absences

- Personal illness/accident - Either the parent(s) or the student-athlete **MUST** call or email the coach(es) at home or at school before the scheduled activity to notify of the absence. Failure to do so will result in an unexcused absence.
- Medical/dental appointments - When possible, appointments should be scheduled so that they will not conflict with athletic activities.
- Funeral or death in the family
- Special school-related activities - MUST be approved by the coach(es) in advance.
- Weddings in the immediate family
- Church activities - MUST be approved by the coach(es) in advance.
- Special, unavoidable circumstances that are approved by the coach(es).

Unexcused Absences

- Missed practices/games that are unapproved.
- Absences not communicated in advance (*an allowance may be made when circumstances do not allow for advance notice*)
- Jobs (*If a student-athlete assumes the responsibility of a job, it must be scheduled so that it will not conflict with practices and games.*)
- Social gatherings
- Lessons of any kind (*i.e. music, dance, etc.*)

Schedules

- Practice and game schedules will be published prior to the start of every season. While changes will occur from time to time, the SCA Athletics Department will try to avoid changes as much as possible and make every effort to communicate to parents of any changes in a timely manner.

Equipment & Uniforms

Student-athletes are responsible for the maintenance, upkeep, and protection of all equipment and uniforms issued to them. Student-athletes have one week from the end of their season to turn in all issued equipment/uniforms. Failure to do so will result in

disciplinary action and can result in grades being held until everything is turned in. If any equipment/uniforms are lost or damaged beyond reasonable wear and tear, monetary restitution (if applicable) will apply so that those items may be replaced.

Laundry Care

- Student-athletes/parents are responsible for having their uniforms laundered
- All uniforms should be washed on machine wash cold/warm with mild detergent (no bleach) with lettered/numbered uniform pieces turned inside out
- Please hang-dry all uniforms. Do not use a dryer to dry uniforms, as it causes the lettering and numbers to deteriorate.

Transportation

When SCA provides transportation to athletic contests, all athletes are expected to travel with the team both to and from the event. When school transportation is not available, parents will be responsible for arranging transportation for their student-athlete to the site of the event. SCA vans or bus will be used for out of town games unless there are safety concerns. Parent(s) may be allowed to transport their athlete to/from an athletic event with prior notification & approval by the coach. If necessary, the athletic department may secure a charter bus at the expense of SCA (or booster club if applicable). High School teams will always have priority when considering transportation to away games.

Athletic Injuries

Any injuries must be reported to the coach(es) immediately, so that an official SCA Athletics Incident Report may be filled out for proper record-keeping. Injured athletes are expected to attend all practices/games unless approved ahead of time by the coach(es). Injuries requiring medical attention need medical clearance for further participation.

Concussions

When a student-athlete suffers a concussion, he/she must complete the Concussion Management Protocol Return to Play process:

- Be evaluated by a physician to determine if a concussion has occurred
- Supply SCA Athletic Director with physician's note
- Parent/guardian complete the Concussion Management Protocol Return to Play Form
- Student-athlete to complete the Progressive Physical Activity Program administered by the coach(es):

1. Light Aerobic Exercise - 5-10 minutes on an exercise bike or light jog; no weight-lifting, resistance training or any other exercises
2. Moderate aerobic exercise - 15-20 minutes of running at moderate intensity in the gym or on the field without equipment
3. Non-contact training drills in full uniform. May begin weight-lifting, resistance training and other exercises.
4. Full-contact practice or training
5. Full game play

Lettering

General Requirements

- Student-athlete must be on the Varsity roster of the athletic team throughout the entire season
- If a student-athlete is added to the Varsity roster during the season, it will be up to the coach to determine if the athletic contribution was significant enough to earn a letter.
- Student-athlete must attend all games and practices, except when cleared by coach(es) ahead of time.
- Student-athlete must begin and complete an entire season, including post-season tournaments and playoffs.
- Any student-athlete who does not finish a season by his/her own choice or by his/her parents' choice is ineligible to letter.
- If a student-athlete loses eligibility during the season, it will be up to the Athletic Director to determine whether or not the athletic contributions justify earning a letter.
- If a student-athlete is injured for some or most of the season, it will be up to the Athletic Director to determine whether or not the athletic contributions justify earning a letter.

Sports Development

High School Athletic Period

The SCA Sports Development period is designed as a speed, agility, strength, conditioning and skill-building program for the entire school year. All students who take the Sports Development class **MUST** play at least one Varsity sport during the school year.

During the class each day, students will either:

- Practice/workout with their team while in-season, led by that sports'

coach(es)

- Practice/workout with those students who are off-season, with the focus being speed, agility, strength, conditioning and skill development.

This course is two semesters long, and students will remain in the class throughout the school year. Any exceptions must be agreed upon by the Athletic Director and coach(es).

SCA Athletics Booster Club

All parents are encouraged to volunteer their time and resources by joining and supporting the SCA Athletics Booster Club. The booster club provides financial and organizational support for all SCA sports and is open to anyone interested in contributing to the success of SCA Athletics. Funds are raised through ticket sales, concessions, spirit wear and various fundraisers. The booster club elects its own officers and operates under the supervision of the SCA Athletic Director.



More information on the SCA Athletics Booster Club may be found at
www.scaboosterclub.com

Parent Volunteers

It is REQUIRED that all parents of student-athletes assist with ticket sales and/or concessions during the season their children participate in SCA Athletics. At times, parent volunteers may be needed to assist coaches during practices and before or after games. At no time are parents allowed on the court, field, sidelines, etc. during a contest, unless directed or arranged by the coach or athletic director. Each team will have a point person or team parent that helps facilitate volunteer requirements.

Student Athlete Code of Conduct



- I will not use profanity, questionable slang or “trash talk.”
- I will address coaches, officials and all other authority figures with respect. (i.e. “yes sir/ma’am”)
- I will not criticize or argue with coaches, officials or umpires.
- I will control my emotions/temper at all times.
- I will work to develop relationships and good rapport with my teammates, coaches and fellow students.
- I will treat all players and teammates the way I would like to be treated.
- I will maintain a good reputation and represent SCA Athletics in an honorable manner at all times.
- I will know and understand all requirements and expectations.
- I will maintain a high standard of appearance in accordance with both the school and athletics dress codes.
- I will know, understand and model the Four Pillars of SCA Athletics.
- I will demonstrate Christ-like character both on and off the field/arena of play.

Parent/Guardian Code of Conduct



- I will be positive and encouraging to my student-athlete and others
- I will not use profanity, questionable slang or “trash talk”
- I will not criticize or argue with coaches, officials or umpires
- I will insist that my student-athlete(s) address coaches, officials and all other authority figures with respect
- I will never be involved in negative cheering (*i.e. booing*)
- I will never speak negatively around students or other parents about SCA, students/parents, or my child’s teammates
- I will always resolve differences with coaches away from students and other parents (*i.e. set up meeting 24 hours after*)
- I will work to develop relationships and good rapport with other parents
- I will help my student-athlete(s) to develop unity within his/her team(s), and within the Kingdom
- I will help teach my student-athlete(s) to abide by the rules in letter and spirit
- I will maintain class and character at all times
- I will dress appropriately at all times
- I will demonstrate modesty and humility in victory and graciousness in defeat
- I will remain in the stands/bleachers
- I will be involved (*i.e. all parents required to assist w/ticketing or concessions while in season*)

2025-2026 SCA ATHLETICS HANDBOOK ACKNOWLEDGEMENT

For SCA Student Athletes

I have read the SCA Athletic Handbook, including the SCA Student-Athlete Code of Conduct, and understand that I may not participate without a signed copy of this document on file with the office of the Athletic Director. I understand that failure to uphold the expectations outlined will endanger my athletic eligibility and may include, but are not limited to, extra conditioning, suspensions or removal from the team.

Student-Athlete Signature: _____

Student-Athlete Printed Name: _____

Date: _____

For SCA Parents(s)/Guardians(s)

I have read the SCA Athletic Handbook, including the SCA Parent/Guardian Athletic Code of Conduct. I will support the SCA Athletic program and personnel at all times. I understand that misconduct may result in expulsion from an event and possibly future events as well.

Parent/Guardian Signature: _____

Parent/Guardian Printed Name: _____

Date: _____

Parent/Guardian Signature: _____

Parent/Guardian Printed Name: _____

Date: _____