



# Athletic Handbook

2022-23

## Why This Handbook?

This handbook has been developed in order to establish a foundation for all athletes, coaches, teachers, administrators, parents and community members to build upon. It is imperative that all involved are of one philosophy and objective to avoid confusion and personal agendas.

The expectations for athletes and their coaches within the First Odessa Christian Academy (FOCA) Athletic Department are high due to the fact that athletic competition is highly visible within the community. FOCA Coaches, Athletes and Parents not only represent themselves/families, and their teams, they also carry the reputation of every student, teacher and administrator at our campus. It is with full consideration and recognition of that fact that this handbook has been developed.

Athletics is a voluntary program requiring obligation, accountability, and sacrifice. Those who choose to participate will be expected to follow rules and regulations established by TAPPS, First Baptists Church, First Odessa Christian Academy, FOCA Administration and the Athletic Staff. Failure to follow these rules may lead to dismissal from the program.



# First Odessa Christian Academy Athletic Department

## Our Goal

First Odessa Christian Academy Athletic Department will assist young athletes in the development of their **Soul, Mind and Body** in the pursuit of God's plan for their life.

## Our Purpose

**Spiritual** – Guide student athletes in the development of healthy strong bodies as temples for the Holy Spirit growing God's kingdom on earth.

**Intellectual** – Lead student athletes in understanding the importance of their academic growth as it pertains to future livelihood and success.

**Physical** – Provide student athletes an opportunity to develop their athleticism skills to continue participation in advancing levels of athletic competition.

## Our Focus

1<sup>st</sup> Faith – 2<sup>nd</sup> Family – 3<sup>rd</sup> FOCA – 4<sup>th</sup> Self

"I AM FOURTH"



GO FOCA Lions



Righteous and Bold

**The Righteous are as Bold as a Lion.**

**Proverbs 28:1**

### **Communication Coaches Expect from Parents**

- Concerns expressed directly to the coach and athletic director during a scheduled meeting, possibly student also.
- Notification of any schedule conflicts, illness, or injury in advance.
- To not use SOCIAL MEDIA negatively towards coaches, school administration, other students and/or athletic programs.

### **Appropriate Concerns to Discuss with Coaches**

- Coach's interaction with your child.
- Ways to help your child improve athletic skills.

### **Topics Left to The Coach's Discretion**

- Decisions concerning playing time of your child and/or other athletes.
- Coaches play calling decisions or player position assignments.
- Team strategy
- Other student/athletes

**The above topics will not be discussed with parents.**

### **Parent-Coach -Athletic Director Meeting Procedure**

- Call the school and ask for the coach's extension.
- Request a meeting with the coach and athletic director
- **Do not confront a coach** before, during or after a practice or game.



**If The Issue Is Not Resolved,  
Athletic Director – Jeff Ellsworth will set up a future  
meeting which may include  
Head of Schools – Tony Parris**

**THE FOCA ATHLETE**

There are many advantages of being a member of an athletic team. However, there are some realities each athlete needs to be aware of before accepting the challenge of becoming a student athlete for First Odessa Christian Academy, such as:

1. You must pass every class with a 70 or higher each week to participate in competition, the following Monday – Saturday, you are expected to excel in the classroom.
2. Training rules may cramp your social life. Sacrifices will be necessary.
3. You will be expected to follow the practice schedule for each sport, at times before or after school. Some practices and competitions will be scheduled on Saturdays and possibly holiday vacations. Coaches need 5 days advance notice if you are unable to attend a competition, you will continue to attend practices
4. You may practice and never get to start or have limited playing time.
5. Do not expect favors because you are an athlete, expect a challenge.
6. You will be expected to be well-behaved on and off the field/court/track.

What you do off the field/court may get you dismissed from participating in athletics.

**Social Media**

All Social Media including but not limited to; Facebook, My Space, Instagram, Twitter, Text, IM, email is public access and there is no expectation of privacy. You will be expected to represent FOCA in a positive manner. Derogatory comments by a student athlete, a parent of the athlete or other family member of the athlete, will not be tolerated. The student athlete may be subject to removal from athletics for violation of this rule. Student athletes shall not post inappropriate photos and or videos on any social media.

**Athletic Medical Attention**

If your son/daughter requires medical attention as a result of a school related athletic injury, you should contact your family physician or visit a local medical facility. **FOCA will not assume financial responsibility for any medical bills regarding an athletic injury.** FOCA Coaches will notify Parents of any injuries that occur in athletic practice or contests. All injuries will be



documented and this information will be available to Parents, Administration and Medical personnel/facility. If the word concussion or injury of concussion is self reported or a concussion is suspected by a practice accident, the student shall immediately stop practicing and the parents notified. The student may not participate until the Dr. guidelines are received for re-entry of. Activities. A signed Dr. consent of full clearance **MUST** be received before full activities presume. A medical release from the attending physician is required to resume participation, unless specific dates are given. Injured athletes should attend practice/games. There will be medical assistance on site at all FOCA home athletic events.

### **FOCA Athletic Standards**

1. No fighting, profanity, or trash talk. Remember, people don't see you; they see the school's name across your chest. Ejections will result in half or more suspension from future athletic contests
2. School attendance is required on game day and the day after a game, unless approved by the coach and principal.
3. Truancy is unacceptable. Go to class!
4. All student athletes will be expected to be well groomed at all times.
5. No jewelry during practice or games. **(safety concerns)**
6. Go to practice. There are very few acceptable excuses to miss a practice.
7. Any athlete who quits a sport will not be allowed in another sport until the sport he or she quit has finished or has received the consent from all coaches involved. Also note that any athlete who quits or is dismissed from a sport forfeits that sport's athletic award.
8. If a student becomes academically ineligible for two consecutive grading periods, they may be dismissed from athletics. The student can be reinstated when academics stability is demonstrated.
9. NO HAZING/BULLYING. This includes any activity intentionally taken in which any student(s) humiliates, degrades, or physically or mentally abuses any other student. **THIS INCLUDES SOCIAL MEDIA.** The police or legal authorities will be contacted on such matters as necessary.
10. Being in the environment of alcohol, tobacco, or any illegal substance or activity is prohibited. If you are at a party, in a car, etc. where drugs and alcohol are present, **LEAVE! Do not be found guilty by association.**
11. Engaging in indecent exposure of private body parts or sexual conduct in locker rooms, playing fields/courts, or while on athletic trips will not be tolerated. Including



inappropriate use of cell phones and SOCIAL MEDIA. The police or legal authorities will be contacted on such matters when necessary.

12. If a student/athlete is ejected from an athletic contest for unsportsmanlike behavior, the following is mandatory prior to being allowed to play:

> student conference with the coach.

> suspension from the next game/meet/event or

(- 1<sup>st</sup> half, 1<sup>st</sup> set, 1<sup>st</sup> half of game innings, ½ of event)

**Violations of FOCA Athletic Standards are subject to a “written” offense/athletic probation and/or reporting to legal authorities when necessary.**

\*\*\*\*\*Applies 365 Days A Year\*

## **Penalties For Violations**

FIRST OFFENSE of rules are subject to disciplinary action which may include:

Up/downs, slide n strides, court lines, court towels, athletic probation, suspension, or expulsion from athletics may occur. The head Coach and /or the athletic administration has the authority to extend the punishment beyond the minimum mandatory suspension. Action recommended by athletics may be in addition to any action taken as a result of policies that apply to all students. The Coach and /or Athletic Director will contact parents. Counseling may be recommended. All first offenders will be “written up,” with documentation kept on file.

SECOND OFFENSE of rules are subject to disciplinary action which may include:

Up/downs, slide n strides, court lines, court towels, athletic probation-2, suspension, or expulsion from athletics may occur. The head Coach and/or the athletic administration has the authority to determine the extent of punishment beyond the minimum mandatory suspension. Action recommended by athletics may be in addition to any action taken as a result of policies that apply to all students. The Coach and Athletic Administration will consult Parents. Counseling will be required. All second offenders will be “written up” with documentation kept on file.

THIRD OFFENSE – Possible Dismissal from FOCA Athletics

### **Minimum Mandatory Punishment**

<b>First Offense</b>	<b>½ contest, or one Game/Contest Suspension</b>
----------------------	--



<b>Second Offense</b>	<b>One or Two Contest Suspensions</b>
	<b>MUST ATTEND PRACTICES</b>
<b>Three Offense</b>	<b>Possible Dismissal from FOCA Athletics</b>

## **Dismissal Procedure**

If a student-athlete has been allowed to return after a second offense, this student will return on a “third offense and “you are out” status. This means a third violation between the grades of 6-8 /9-12 would be the final offense for these groupings. This would result in automatic dismissal from the athletic program for the remainder of his or her eligibility for this grouping. A review committee will be formed that is made up of the athlete’s present Coach, Athletic Director, and Head of Schools prior to issuing the third offense. The FOCA Director of Athletics will chair the committee that will include, but not be limited to the following criteria:

1. Student-athlete personal file, including grades
2. Willingness to follow athletic training rules
3. Behavior and actions since first offense

## **TAPPS Transfer Policy**

Being developed for the 2023-24 school year.

## **FOCA Lettering Criteria**

Girls Volleyball	
Boys Cross Country	
Girls Cross Country	
Boys Basketball	
Girls Basketball	
Boys Tennis	
Girls Tennis	
Boys Track	
Girls Track	
Boys Baseball	
Girls Golf	



Boys Golf	
Summer 7 On 7 Football	

Being developed for the 2022-23 school year.

### **Athletic Event Transportation**

FOCA athlete transportation to and from scheduled events out of Odessa/Midland is the responsibility of the Parents. All athletes will be transported by FOCA bus to Odessa/Midland events, unless mechanical issues occur. Parents may take their athlete home from events. School Administrators, Coaches, Teachers and other staff members may not transport FOCA students in personal cars without written permission from Parent or Guardian. **Contact Coach Ellsworth for approved transportation forms 3 days in advance of event.** In case of an emergency where an Athlete’s safety or health is a concern, verbal parent consent will be sought prior to FOCA staff providing transportation. **If verbal consent cannot be made, the coach may transport the athlete to a medical facility.**

### **Athletic Fee**

FOCA requires each student athlete to pay a \$100 per sport, or \$225 package-3 or more sports fee. The athletic fee supports the Athletic Program. This fee will cover the costs of equipment, uniforms, officials, medical assistance, and entry fees. This fee is a one-time yearly expense (package) and covers all sporting events an athlete participates in, or by individual sport. The athletic department suggests that athletes be introduced/participate in as many sports as possibly until they figure out what they are best at, usually until high school. GOLF/TENNIS TBD-Private lessons \$\$. **Students will not be allowed to participate in “Athletic Practice” or “Athletic Conditioning” until the Fee is paid (August 1st, 2022).**

### **Athletic Physical**

All FOCA students who want to be involved in Athletics must get a physical and return the doctor signed form before they participate in the official start of an athletic season. Physical forms will be provided by the FOCA Athletic Staff. Only one physical is needed per year. Physicals that have been issued for programs/agencies outside of First Odessa Christian Academy during this year will be accepted for the current year. **Students will not be allowed to participate in after school “Athletic Practice” or “Athletic Conditioning” until Physical Form is completed (August 1, 2022).**

### **FOCA Athletic “Practice” Policies and Procedures**

**Practice:** Daily workout not to exceed more than 2 hours per school day. Athletic practice may be included in pre or post school day times. Non-mandatory practices may be scheduled on Saturdays and during Holidays.



NO ATHLETIC RELATED EVENTS WILL BE HELD AFTER 4:00 PM ON WEDNESDAYS.

NO ATHLETIC RELATED EVENTS WILL BE SCHEDULED ON SUNDAYS.

## **Cold Weather Practice**

### **Wind Chill Factor 40 Degrees Guidelines**

60 minutes outside exposure

Students must have ability to cover all extremities while outside

### **Wind Chill Factor 35 Degree Guidelines**

30 minutes outside exposure

Students must have ability to cover all extremities while outside

### **Wind Chill Factor 30 Degree Guidelines**

NO OUTSIDE PRACTICE

### **Wind Chill Factor 40 degree or Lower with precipitation guidelines**

NO OUTSIDE PRACTICE

## **Hot Weather Practice**

### **95 Degree Temperature Guidelines**

Practice not to exceed 60 minute exposure

Students must have access to water

### **100 Degree Temperature Guidelines**

Practice not to exceed 30 minute exposure

Students must have access to water

### **Over 100 Degree Temperature Guidelines**

NO OUTSIDE PRACTICE

**Attire:** An approved “FOCA Athletics” practice uniform (shirt and shorts) will be included in the Athletic Fee. Extra practice uniforms may be purchased from the Sports Booster Club (\$). All Athletes will be expected to wear the athletic uniform during all FOCA practices. \*\*

**\*\*Exceptions are made for weather conditions\*\***

## **NON-DISCRIMINATION NOTICE**

First Odessa Christian Academy makes no distinction concerning an individual’s race, color, or ethnic background because we acknowledge that there can be no preferential treatment with God (Romans 2:11). We are bound to extend our ministry to all we can reach if we are to carry out our Lord’s Great Commission (Matthew 28:18). First Odessa Christian Academy neither supports nor endorses the World or National Council of Churches, or any world, national, regional, or local organizations which give Christian recognition to non-believers or advocate a multi-faith union.



First Odessa Christian Academy does not discriminate on the basis of race, color, or ethnic background in the enrollment of students.

**NOTES:**

I/We, the undersigned, have read and fully understand the first Odessa Christian Academy Athletic handbook and agree to comply with it.

\_\_\_\_\_  
Student Athlete's Printed Name

\_\_\_\_\_  
Birth

\_\_\_\_\_  
Birthday

\_\_\_\_\_  
Age as of 9/1/22

\_\_\_\_\_  
PARENT CELL number/s.

\_\_\_\_\_  
Other Ph Numbers

(1) Student Athlete Signature \_\_\_\_\_ Date \_\_\_\_\_

(2) Parent/Guardian Printed Name \_\_\_\_\_ Cell/Phone \_\_\_\_\_

(1) Parent/Guardian Printed Name \_\_\_\_\_ Cell/Phone \_\_\_\_\_

(2) Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

Athletic Director Signature \_\_\_\_\_ Date \_\_\_\_\_

THIS PAGE MUST BE SIGNED BY THE STUDENT, PARENT /GUARDIAN, and ATHLETIC DIRECTOR. THE SIGNED FORMED WILL BE RETURNED TO THE HEAD COACH BEFORE PARTICIPATION IS ALLOWED

