



Athletic Handbook

2020-21

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 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 Coaches. Failure to follow these rules may lead to dismissal from the program.

GO FOCA Lions



Righteous and Bold

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

1st Faith – 2nd Family – 3rd FOCA – 4th Self



The Righteous are as Bold as a Lion.
Proverbs 28:1

GO FOCA Lions



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Communication Coaches Expect from Parents

- Concerns expressed directly to the coach.
- Notification of any schedule conflicts, illness or injury in advance.
- Avoid using 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 or interaction with others.
- Ways to help your child improve athletic skills.

Topics Left to The Coach's Discretion

- Decisions concerning playing time amongst teammates.
- Coaches play calling decisions or player position assignments.
- Team strategy
- Other student/athletes

The above topics will not be discussed with parents.

Parent-Coach Meeting Procedure

- Call the school and ask for the coach's extension.
- Request a meeting.
- Do not confront a coach before, during or after a practice or game. Meetings of this nature usually do not promote positive resolutions.

If The Issue Is Not Resolved, Follow This Protocol

- Call FOCA Athletic Director - Michael Neiman (cell) 432-250-1415
- Call FOCA Head of School - Tyler Press (office) 432-339-0770

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 to be eligible to play and 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 approval will be required to miss competitions.
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.

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 could be subject to removal from athletics for violation of this rule. Student athletes should refrain from posting 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.

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 suspensions from future athletic contest.
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.
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.**
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.**
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.

Violations of FOCA Athletic Standards are subject to a “written” Offence.

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



Penalties For Violations

FIRST OFFENSE of rules are subject to disciplinary action, suspension or expulsion from athletics. The head Coach and / or the athletic administration has the authority to extend the punishment beyond the minimum mandatory suspension. Action recommended might 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 may be recommended. All first offenders will be “written up,” with documentation kept on file.

SECOND OFFENSE of rules are subject to disciplinary action, suspension or expulsion from athletics. The head Coach has the authority to determine the extent of punishment beyond the minimum mandatory suspension. Action recommended might 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.

Minimum Mandatory Punishment

First Offense	One Game/Contest Suspension
Second Offense	Two Game/Contest Suspension
	One Week (5) Practice Suspension
Three Offense	Dismissal from FOCA Athletics

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’re out” status. This means a third violation between the grades of 6-8 would be the final offense. This would result in automatic dismissal from the athletic program for the remainder of his or her eligibility. A review committee will be formed that is made up of the athlete’s present Coach, campus Athletic Director and campus Principal 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
2. Willingness to follow athletic training rules
3. Behavior and actions since first offense

TAPPS Transfer Policy

Being developed for the 2021-22 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	
Summer 7 on 7 Football	

Being developed for the 2021-22 school year.

Athletic Event Transportation

FOCA Athlete transportation to and from scheduled events is the responsibility of their Parents. School Administrators, Coaches, Teachers and other staff members may not transport FOCA students without written permission from Parent or Guardian. 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.

Athletic Fee

FOCA requires each student athlete to pay a \$200 athletic fee to support 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 and covers all sporting events an athlete participates in.



Athletic Physical

All FOCA students who want to be involved in Athletics must get a physical before they participate in the official start of an athletic season. Physical forms will be provided by the FOCA Athletic Staff. Physicals that have been issued for programs/agencies outside of First Odessa Christian Academy will be accepted for the current year.

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****

NOTES:

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I, the undersigned, have read and fully understand the First Odessa Christian Academy Athletic Handbook and agree to comply with it.

Student Athlete's name PRINTED

Student Athlete's Signature

Date

Parent/Guardian Signature

Date

Athletic Coordinator's Signature

Date

THIS PAGE MUST BE SIGNED BY THE STUDENT AND PARENT/GUARDIAN,
AND RETURNED TO THE HEAD COACH BEFORE PARTICIPATION IS ALLOWED

