



Coastal Christian High School ATHLETIC HANDBOOK

2025-2026 Copy- Revised July 28, 2025

CCHS Mission Statement

“To provide excellence in academics, fine arts, and athletics while instilling biblical truth in the hearts and minds of its students.”

CCHS Vision Statement

“The vision of Coastal Christian High School is to glorify God by providing a high school that challenges students to achieve educational excellence grounded in biblical truth while inspiring them to walk with *strength and honor* as they seek to discover God’s plan for their lives.”

CCHS ATHLETIC DEPARTMENT CORE COVENANTS

Coastal Christian High School adheres to three core covenants that are the foundation for every CCHS administrator, coach, parent and student-athlete. These core covenants are principles that every member of the athletic program commits to visibly demonstrate as they represent the CCHS family.

ADMINISTRATION

TEAMMATE

- Support our student-athletes by getting to know them personally and supporting them as they compete
- Provide a safe and healthy environment for our student-athletes

TRUST

- Communicate clearly and consistently with coaches, athletes, and families
- Work to continually improve the student-athlete experience and give them a voice to be heard

TOUGHNESS

- Speak Truth in Love to coaches, athletes, and parents
- Hold coaches, athletes, and parents accountable to the Athletic Department Core Covenants

COACHES

TEAMMATE

- Seek to know God, be led by Him, and show His love in a practical way each day
- Be a model of humility by owning your mistakes

TRUST

- Be prepared for practices and games
- Be Coachable- always working to change, grow and improve your coaching

TOUGHNESS

- Speak the Truth in Love
- Go Next Play

PARENTS

TEAMMATE

- Influence your child for the good of the team
- Volunteer and serve the athletic program where needed

TRUST

- Release your child to the game by allowing their problems and success to be theirs
- Be the Parent..Let correction come from the Coach

TOUGHNESS

- Support our teams and display appropriate sportsmanship in every situation
- Recognize adversity as opportunities to produce growth

STUDENT-ATHLETES

TEAMMATE

- Demand from your teammates only what you are willing to demand first of yourself
- Leave it better than you found it

TRUST

- Give the glory away to your teammates
- Be on time

TOUGHNESS

- Win the Next Play
- Be tougher than the situation in front of you

Affiliations and Fees

Coastal Christian High School is a member of the Coastal Plain Independent Conference and is a 3A member of the North Carolina Independent Schools Athletic Association (NCISAA). Each student participating on a CCHS athletic team will be assessed a \$175.00 athletic fee per sport. This fee helps defer the cost of athletics in areas such as equipment, transportation, officials, uniforms, etc. and is non-refundable.

CCHS follows all NCISAA guidelines, which explicitly forbids the recruitment of students for athletics and distribution of financial aid to students in exchange for athletic participation.

Expectations of Student-Athletes

In order for students to participate in interscholastic athletic programs, there are certain rules and regulations that must be followed. It is the responsibility of every coach and student-athlete to know and understand these rules and regulations. While expectations may vary from coach to coach, CCHS has general expectations for all levels. Continued disregard for team policy and responsibility could mean suspension or dismissal from that team.

Students are expected to show respect for the rights and property of others always “leaving it better than we found it”, to exhibit courtesy and godly character, and to engage in behavior, which brings glory to God. Every CCHS student-athlete is expected to:

- *Exhibit the highest level of sportsmanship at all athletic events, home and away, accepting wins and losses with gratitude and humility

- *Display dedication and hard work to both their teammates and their sport

- *Exhibit personal accountability, self-discipline, and a desire to improve skills and knowledge of their sport

- *Display appropriate sportsmanship and avoid inappropriate conduct such as baiting opponents, ridiculing them, displaying tasteless signs, throwing objects, etc. These behaviors are entirely unacceptable.

Hazing Is Not Permitted

Hazing is: “Any activity expected of someone that humiliates, degrades, abuses, or endangers regardless of that person’s willingness to participate.” (Alfred University study, 2000)

Hazing includes:

- Tormenting, Taunting (e.g. hiding equipment; yelling, cursing)

- Physical Humiliation (e.g. requiring haircuts/tattoos, etc., forcing public embarrassment or personal service).

- Physical Endangerment (e.g. locking in locker, forcing illegal substance use, beating younger teammates, or forcing them to engage in physical activity not related to the sport).

Participating in Hazing:

- Is in violation of North Carolina State Law (section 14.35)

- Will jeopardize your athletic eligibility and continued enrollment at CCHS

Expectations of Parents and Spectators

The relationship between coach, player, and parent is important to providing a positive experience for the student-athlete. Parents, without a doubt, serve as the most influential models for young athletes. Parental conduct and the emphasis placed on athletics by the family have a major impact on a young person's athletic experience. Parents are also vital in helping the athletic program as volunteers in areas such as: concessions, team parents, hospitality, game day, and statisticians. We feel it is the obligation of all program administrators, coaches, parents, spectators, and players to create an environment that promotes a positive "Front Porch" of CCHS in our community. The parents' and spectators' role is one of support to the players and coaches.

Parents and spectators should not engage in "coaching" from the sidelines, criticizing players, coaches or game officials. Every parent and spectator is expected to:

- *Learn and respect the rules of the game being played
- *Show respect and courtesy to game officials, coaches, and players at all times
- *Respect the game officials and refrain from questioning their decisions or from addressing them in a loud, disrespectful, or abusive manner
- *Cheer for your team in a positive manner, refraining at all times from making negative or abusive remarks about your own team/players or the opposing team/players
- *Maintain control of your emotions and avoid actions, language, and/or gestures that may be interpreted as hostile and humiliating
- *Demonstrate appropriate gestures of sportsmanship at the conclusion of a game, win or lose
- *Teach and practice good sportsmanship and fair play by personally demonstrating commitment to these virtues

Parent Volunteer Commitment

It is expected of each family to volunteer twice in your child's athletic season with gate or concessions at home games. The Booster Club contributes a large portion of the operating budget for the athletic program and relies heavily on the help of parent volunteers. There is an online software called Sign Up Genius to help streamline the sign up process. The requirement of each family to volunteer plays a vital role in hosting home events at our school.

Team Parent Role

In some instances, the coach will select Team Parents. If you are interested in this position, please notify the coach after the team rosters have been determined. The Team Parent representative is primarily responsible for serving as the "liaison" between the parents of that team and the booster club volunteer coordinator. Primarily in the area of scheduling of gate and concessions for the home games. If a spot were to come open or a game were to be rescheduled, they would be responsible for having that need met. The coach may also request the Team Parent to help in other administrative items that would help the coach keep the team running smoothly.

Parent Coach Communication Guide

Athletic achievement requires sincere commitment from all student-athletes, parents, coaches, and athletic administrators. For everyone to be successful, effective communication must occur. As parents, when your child becomes involved in CCHS athletics, you have the right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's program.

Parent Information Meetings

All parents are strongly encouraged to attend the informational team meetings held at the beginning of each athletic season. Coaches will set the date and notify the Athletic Director as to the dates, times, and locations of these meetings. Coaches will share pertinent information from the CCHS Athletic Handbook, discuss practice and game schedules, as well as any additional needs for the upcoming season.

Communication from the Coaching Staff to the Parents

1. Program's Core Covenants
2. Individual and team expectations.
3. Location and times of all practices and contests.
4. Team requirements, special equipment, off-season conditioning or activities.

Communication from the Parents to the Coaching Staff

1. Concerns expressed directly to coaches.
2. Notification of practice conflicts well in advance and game conflicts at the start of tryouts.
3. Specific concerns with regard to coaching philosophy and/or expectations.
4. Support for the program and dedication, commitment, and responsibility that are essential ingredients for success and excellence.

As your child becomes involved in the programs offered by CCHS, he/she will experience some of the most rewarding moments of their lives. It is important to understand there also may be times when things do not go the way you or your child wants, and there may be a difference in opinion on coaching decisions made throughout the course of the season.

Appropriate Concerns to Discuss with Coaches

1. The treatment of your child mentally, emotionally, physically, and spiritually.
2. Ways to help your child improve and develop in a sport.
3. Concerns about your child's behavior.

It is sometimes very difficult to accept that your child is not playing as much as you may hope. Coaches are professionals. There are aspects to our programs that are the sole responsibility of the coach and should not be part of any discussion.

Issues Not Appropriate to Discuss with Coaches

1. Playing time.
2. Team strategy or play calling.
3. Other student-athletes.

Discussions with Coaches

1. Encourage your child to speak with the coach if they feel comfortable doing so.
2. Call to set up a meeting. Never approach the coach immediately after a game if upset.
3. Please do not attempt to confront a coach before, during, or following a practice or contest. These can be busy and emotional times for the parent, student-athlete, and coach, and this period does not promote objective analysis of the situation.

Conflict Resolution

Occasionally during the course of the year, misunderstandings or problems may arise. This is often the result of a lack of communication between those involved. Students and parents are encouraged to follow the biblical directives given by Jesus Christ (Matthew 18: 15-17 and Matthew 5:21-26). If a conflict arises between an athlete or a parent and a coach, the student or parent is encouraged to address this matter privately with the coach. It is expected that athletes, their parents and coaches will treat each other with mutual respect. Complaints or problems will be handled according to the following procedures:

1. All questions, problems, or complaints should first be taken directly to the appropriate coach (Matthew 18) before anyone else is involved.
2. If the situation is not resolved at this level through direct contact, it should then be referred to the Athletic Director.
3. If a conflict with the Athletic Director cannot be resolved according to Matthew 18:15-17, then the parent is encouraged to contact the CCHS Head of School to bring about resolution.

Classroom Conduct

A student athlete must show respect and courtesy towards faculty and fellow students in the classroom, and have a sincere desire to follow the rules, policies, and procedures set forth by the student handbook. In the event that classroom behavior becomes an issue, coaches have the right to determine that the athlete is ineligible for play in the next scheduled event. If a student is suspended from school, they will not be allowed to participate in any sport during the suspension.

Academics and Eligibility

Athletes are students first and foremost. Coaches will work with teachers in helping the student-athlete be successful in the classroom. If a student has scheduled tutoring, the student will not be penalized for missing practice time. Students will need to anticipate academic demands on their time and plan accordingly. Student athletes must be present and prepared for class regardless of game and practice schedules.

Athletic participation is a privilege at Coastal Christian High School. Athletes represent the school in the community and are expected to display godly character. Students participating in athletics must also maintain academic eligibility. If these requirements are not met, students will be suspended from all athletic competitions until they are deemed eligible by administration.

A student participating in athletic competitions must have no more than one D and no F in any one course during the current quarter. Academic eligibility will be checked at the midway point in each grading period and again at the end of the quarter. A student will be suspended from participation if deemed academically ineligible. A student will remain under suspension until the administration and Athletic Director re-check the grades at regular, weekly (5 school days) intervals. The student will be restored to participation status when they have met the eligibility requirements.

Absences

If a student is absent from school immediately prior to or following any school activity, that absence may be interpreted as unexcused. This applies specifically to any student who is absent in the morning following participation in any activity the previous night, or any student who is absent the afternoon (day) prior to an activity later that afternoon or evening. Students involved in athletics may not participate in that activity (practice, game, or event) if absent the day of the activity. Athletes who are tardy may still be eligible to participate, provided the student is in school for at least half of the school day.

Students who are absent from class due to an athletic event are still required to turn in all work due the day of the event. It is the student's responsibility to submit the work that is due prior to leaving for early dismissal. It is also the student's responsibility to make prior arrangements with teachers if they will miss any assessments (quiz or test) due to early dismissal.

Student athletes who miss the entire day due to an athletic school event will be expected to have completed any assignment due the day after the event in all classes as well as be prepared to take any assessment scheduled for the next day. It is the responsibility of the athlete to get all assignments they will miss before leaving the school.

Games / Practice Participation and Attendance

Student athletes are required to be at all practices and games. At the beginning of the season, coaches will communicate to team members the expectations for attendance. There will be no allowances for missed practice (other than academic, medical reasons, or family emergencies). Prior notice should be given to coaches if an absence is anticipated for any reason. CCHS athletics take precedence over any other outside groups such as, select, travel and AAU teams.

If a player is continually absent or habitually tardy to practices or games, it may affect his/her standing with the team. Consequences for unexcused absences will be determined by the team coach. This does not relate to after school tutoring.

Health/Physicals/Insurance

In order to participate in CCHS sports, students are further required to provide a Sports Physical Form, NCISAA Consent Form, and a Concussion Form each year. CCHS waives any liability for any student who is injured while participating in its organized sports program. Students with an illness or injury resulting in a medical exemption from a practice or game, must submit written release from a physician before participation may be resumed. The medical release may not be given by a family member. CCHS requires that participants carry medical insurance in order to take part in Coastal athletics.

Transportation

CCHS provides transportation for all teams to out of town games. Players must ride with the team to the games. A player may ride home from a game with their parents. An athlete may ride with another adult if written permission has been granted by the athlete's parents. Athletes are not allowed to ride home from games or practices with other students unless written permission has been granted by both the parents of the driver and the passenger athlete's parents. In the event that there is a need for parent drivers, the parent must submit a copy of their license and insurance for school approval.

Athletic Awards

At the end of the school year, the Athletic Department will hold an awards celebration to honor athletes and their teams. Coaches will recognize individual achievements on those teams. Three awards will be given out for each JV and Varsity team determined by the coach. These three awards will represent our Department Core Covenants- Teammate, Trust, and Toughness.

Dress Code

Appropriate apparel, as outlined in the student handbook, should be worn for all road trips, before and after games. Athletes will be asked to dress in team spirit wear or special attire as designated by their coaches on game days. Dress code must still be followed when determining dress/skirt lengths and modesty. Cheerleaders must wear leggings with their uniforms to school. Dress code policies apply unless teams travel to the games in uniform.

Sports Offered

Fall

Varsity Boys' Cross Country
Varsity Girls' Cross Country
Varsity Girls' Golf
JV Boys' Soccer
Varsity Boys' Soccer
Varsity Girls' Tennis
JV Volleyball
Varsity Volleyball

Winter

JV Boys' Basketball
Varsity Boys' Basketball
Varsity Girls' Basketball
JV Cheerleading
Varsity Cheerleading
Competition Cheerleading
Varsity Boys' Swimming
Varsity Girls' Swimming
Varsity Boys' Indoor Track & Field
Varsity Girls' Indoor Track & Field

Spring

Varsity Baseball
Varsity Boys' Golf
Varsity Girls' Soccer
Varsity Boys' Tennis
Varsity Boys' Outdoor Track & Field
Varsity Girls' Outdoor Track & Field