

# THE VERITAS ATHLETIC HANDBOOK



# 2018-2019

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Veritas Academy of Tucson  
2151 N. Palo Verde Blvd.  
Tucson, Arizona 85716

## PHILOSOPHY OF ATHLETICS AT VERITAS ACADEMY OF TUCSON

*Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought with a price. Therefore honor God with your body. 1 Corinthians 6:19-20*

The philosophy of athletics at Veritas Academy of Tucson is that significant opportunities for the proper development of a student's character and physical abilities are available in a Christ-centered athletic program.

The purpose of a man is to glorify God, and man's athletic endeavors are included in that purpose. Properly conducted athletic practices, programs, and events will glorify God by serving as a witness to the community as to the life-changing and life-enhancing power of the blood of Christ.

The Christian worldview of athletics encourages healthy competitiveness and the desire to win while adhering faithfully to Biblical principles and practices. The athletic program at Veritas Academy seeks to train students in the Christian worldview for athletics.

## PURPOSE OF ATHLETICS IN AN ACADEMIC SETTING

*...Jesus grew in wisdom and stature, and favor with God and men. Luke 2:52*

Athletic programs are an important part of all complete academic program. Following the Biblical model of Christ's upbringing, students at Veritas Academy are given opportunities for appropriate physical development as well as mental, emotional, and social development.

Physical health is an important component in overall development, and Veritas Academy seeks to develop the whole student in all aspects of development.

The athletic program is extracurricular only in the sense that student involvement is a voluntary privilege, and participation requires an investment of considerable time outside the traditional school day.

*He has showed you, O man, what is good; And what does the LORD require of you, But to do justly, And to love mercy, And to walk humbly with your God. Micah 6:8*

Veritas Academy of Tucson's Athletic Program exists as a ministry to:

- teach God's children athletic skills while building physical discipline;

- provide students with opportunities to compete in safe and challenging environments;
- exhort our student athletes to exhibit Christ-like attributes on and off the field of play;
- strengthen and encourage students in their relationships with Jesus Christ;
- and bring honor and glory to God in all things.

Student athletes will learn to adhere to Biblical principles in all situations and at all times while accepting the authorities God has placed over them. Veritas Academy purposes to develop young athletes who also learn to:

- Strive for excellence while participating properly as part of a team.
- Set and work toward both individual and team goals.
- Give their best effort in competition with other athletes.
- Maintain physical well-being while improving upon their personal best.
- Develop self-discipline and a positive self-image.
- Learn and follow the given rules of a sport.
- Help to encourage and strengthen the fruits of the Spirit (Galatians 5:22) cooperation, determination, perseverance, self-control, discipline of emotion, sportsmanship, humility, commitment, and maturity.

## GUIDELINES FOR COACHES

*Let us therefore make every effort to do what leads to peace and to mutual edification. Romans 14:19*

Coaches are stewards of the student athletes. Coaching is a ministry, with more far-reaching effects of athletes' lives than one game. Their position is one of authority and responsibility and should not be taken lightly. Coaches are to carry out their duties Biblically. Jesus Christ is to be the center of our attention, both on and off the athletic field.

Teams at Veritas Academy are to have a Christian worldview, doing everything as unto the Lord rather than for man (Colossians 3:23). Athletes are to be trained to consistently put into practice the Christ-like attitudes and actions that they are taught in the classroom. The training, both verbal and non-verbal, in the classroom and on the playing field, must always be in harmony.

Coaches are entrusted with the supervision and control of their team. Each coach is responsible for the conduct of the members of his/her team. All coaches must agree to abide by, not only school and athletic guidelines, but by the example of Jesus Christ. Each coach is required to sign a coach's contract for the given sport and season within which he/she is

involved. Any coach who fails to be a Christ-like example and spiritual leader for his athletes may be removed from a coaching position at Veritas Academy of Tucson by the administration.

Coaches at Veritas Academy have a great deal of freedom within out guidelines to organize, teach, and direct their given team. As long as the philosophy of Veritas is followed, the athletic department will honor each coach's right to direct a team or a player. Team rosters and practice times shall be determined in advance by the Athletic Director. All major decisions, such as rosters, practice times, schedule changes and other team handouts must be passed through and approved by the A.D. The A.D. shall use his or her individual best judgment for the overall benefit and welfare of all student athletes entrusted at Veritas. Parents and coaches are asked to respect such decisions in a Christ-like manner.

Coaches of "B" level teams are required to play each member of the team each game and should make every effort to do so. This is not required for "A" level teams. Veritas recognizes that some players' skill and efforts will be more developed for competition, while other players may need more time to develop. Team records are important, and learning to win is a life lesson for athletes, but the creation of a strong foundation program to train younger athletes for competition at higher levels is equally important.

Coaches at Veritas Academy must be sensitive to their opponents. They are to treat all teams and coaches with respect, and they are to demand their team to do so as well.

Like players, all coaches are expected to dress appropriately. Additionally, coaches are expected to refrain from conducting outside or personal business in any way during practices and/or games. The usage of cell phones and other similar devices should be closely monitored. Finally, coaches are not to be left alone with a student or child for any reason. Every attempt must be made to avoid such interactions.

## GUIDELINES FOR PARENTS AND SPECTATORS

*For you know that we dealt with each of you as a father deals with his own children encouraging, comforting, and urging you to live lives worthy of God, who calls you into His kingdom and glory. 1 Thessalonians 2:11*

Parents and spectators are to be supportive of all players on both competing teams. Parents and spectators are expected to support the coaches for their team, as the authority over their children.

Parents are asked to make wise appeals in terms of any discrepancies they may have with coaches about sports philosophies or playing time, etc. The A.D. and administration request that a twenty-four (24) hour time period be allowed to pass before making any such appeals, to allow

for better clarity and wisdom. Major concerns involving Veritas coaches, opponents and/or their coaches, various league officials, referees, etc. should be directed to the A.D. on behalf of the administration and the school.

Proper perspective on the importance of athletics is to be maintained at all times. Veritas Academy of Tucson parents and spectators are expected to exhibit Christ-like attitudes at practices and games. They are expected to represent the school well at all times. Anyone who does not exhibit proper attitude and behavior at a Veritas Academy athletic event may be asked to leave the premises.

## GUIDELINES FOR STUDENT ATHLETES

### Academics/School Attendance

*Everyone must submit himself to the governing authorities, for there is no authority except that which God has established. The authorities that exist have been established by God. Romans 13:1*

*Similarly, if anyone competes as an athlete, he does not receive the victor's crown unless he competes according to the rules. 2 Timothy 2:5*

*Don't let anyone look down on you because you are young, but set an example for the believers in speech, in life, in love, in faith, and in purity. 1 Timothy 4:12*

All Veritas students are eligible to participate in after school/extracurricular athletics, provided the school has enough participants to warrant an age-appropriate or grade level team. In some cases (e.g. soccer) we will likely field co-education teams in order to ensure participation for all students.

If a student earns below 75% or an incomplete in any subject, he/she must practice but may be ineligible to play in games and may be considered on probation.

Each student will be allowed one probationary period for each sport participated in. The second probation will result in removal from the team. If an athlete continues to fail throughout the year, it will be the administration's decision as to whether the student will be permitted to participate in future athletic activities.

An athlete must be in attendance throughout the entire school day in order to participate in a practice or a game. Individuals with extenuating circumstances may be excused by the Athletic Director and/or the Headmaster. It is the responsibility of the student to notify his/her coach if and when a situation arises.

## **Games**

Attendance at all games is mandatory. This is crucial in learning how to be part of a team. Athletes work toward both individual and team goals. Absences from games, without prior warning given to the coach or athletic department, may result in a one game suspension for that student. All rules concerning athletic participation are subject to the A.D. and the Headmaster's discretion.

## **Practices**

Attendance at practice is compulsory and athletes are expected to adhere to the coach's stipulations. Prior warning should be given to the coach or athletic department for absences from practice. Practice times vary depending upon the season and schedules so players are asked to fully commit once the season has started. Athletes must understand that Veritas Academy's coaches are volunteers and sacrifice much to serve in our athletic program. We expect our athletes to honor their commitment.

Practice times at Veritas Academy depend upon the sport, the overall number of players and teams involved, available practice facilities and the various coaches' schedules. Veritas Academy is a multi-use facility, and teams usually practice immediately after school. A player must inform a coach regarding being absent prior to practice time. If an athlete (without proper notification) misses practice(s) before a game, he/she may not play in the game.

Siblings are NOT allowed to stay unattended during practices.

## **Student Athletes' Conduct**

Student athlete's lives are under constant watch. Their lives should be consistent testimonies. In addition to what they say, they should be aware of their actions (1 Timothy 5:14). The student that chooses to participate in the athletic program is in a position to be observed by many public and private school students, media, parents, guests, peers, teachers, and the public at large. It is an excellent opportunity to demonstrate one's desire to be Christ-like in sportsmanship and performance.

The student athlete will exhibit a Christian lifestyle and represent the school in a Christian manner at all times. Failure to commit to this lifestyle may result removal from the Veritas athletic program.

Improper or questionable language is not permitted at any time. Improper language includes boasting, "trash talk", under-the-breath comments, obscenities, vulgarities, and any other language causing animosity among team players or disrespect toward coaches, other players, or officials. Bad attitudes and gossiping are also unacceptable. Additionally, "horse play" will not be tolerated. Concentration and mental discipline should always be on the contest.

Athletes are required to be neat, clean, well-groomed, and in proper uniform attire for practices and games. They must be ready to show effort, cooperation, respect, and support for their team members. They should always strive to be in the best physical condition possible (i.e. getting plenty of sleep, avoiding empty calories and junk food, etc.).

The coach and the administration, in accordance with the specified rules of the school, will deal with conduct unbecoming an athlete. Any violation may result in suspension for a game. A repeated violation may result in removal from the team.

## FACILITIES AND EQUIPMENT

The Lord has blessed Veritas Academy of Tucson with wonderful facilities. Student athletes are expected to be good stewards of the school's possessions, using the facilities wisely and with care.

Bathrooms are to be kept clean. Athletes are expected to maintain a clean environment. This includes placing trash in garbage cans, flushing toilets and the like. Athletes are expected to help out with returning equipment to its original place after practices or games.

Student athletes may not be in any area unsupervised.

Misuse of the facilities and/or equipment will not be tolerated. All damage must be reported immediately to the coach, Athletic Director or school administration. The student(s) who caused the damage will repay in full any loss or damage to school or church property due to neglect, carelessness, or deliberate damage by the student.

Athletes are expected to remember that Veritas Academy is a guest of Book of Life Community Church, and that buildings, fields, etc. are shared facilities.

## HEALTH AND SAFETY

### **Physical Examinations**

A physical is NOT required, and it is ultimately the decision of each Veritas family whether to seek such an evaluation. Each student athlete participating in athletics at Veritas Academy is encouraged to obtain a routine physical and an accompanying physician's release for the specific sport they are participating in. A completed Emergency Medical Form MUST be on file before the athlete participates in competition.

## **Injuries**

In the event an athlete becomes sick or injured during a school game or within game or practice hours, prayer and first aid will be rendered immediately. The parent will be notified of any serious injury and will be given the ultimate decision regarding the next step. If the athlete needs further attention and the parent is not available or in the case of a serious injury, the coach will see that EMS is called or that the athlete is taken to a clinic or hospital. All serious injuries must be reported on the school's Incident Report Form the following day and given to the Athletic Director.

## **STUDENT PICK-UP/TRANSPORTATION**

Athletes are to be picked up promptly at the end of practices and/or games. Veritas Academy is NOT responsible to arrange transportation to or from practices or games. All students and parents are expected to travel to and from all practices and games in vehicles provided or arranged by the parent.

Every effort will be made by the Athletic Department to supply parents with accurate details regarding all games, which will be available on or before game days.

## **UNIFORMS AND PERSONAL EXPENSES**

Athletes are to follow proper dress code when representing Veritas Academy. Uniforms are provided by the school and are expected to be worn to all games. Athletes are responsible for keeping their uniforms clean, presentable, and in good condition.

In conjunction with this, athletes are NOT to wear their school clothes during practices. For practices, athletes are required to dress in full practice uniforms (proper shorts and t-shirt or VAT practice jersey, if applicable) at all scheduled practices (no "skins" even for boys). This includes all after-school, weekend, and holiday practices. The practice uniform should be neat and clean.

Student athletes are expected to furnish their own shoes, socks, mouth guards, pads, braces, supports, and other needed items for the sport they in which they are participating. The criteria for shoes and other equipment needed will be provided as outlined by the coaches and/or the Athletic Department. Any athletic fees will be made known to parents at the time of (or before) signups.

.....sign and return this sheet to the school office.....

## STUDENT AND PARENT RESPONSIBILITY AGREEMENT

I, and my parents, acknowledge that we have read, understand, and agree to abide by these rules and expectations along with established consequences, as a condition for our participation (as an athlete or spectator) in the Veritas Academy of Tucson athletic program.

Student signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent signature: \_\_\_\_\_ Date: \_\_\_\_\_