




# MICAH

Athletics Handbook



2023-2024

# Maryville Independent Christian Academy of Hope

## Athletics and Sporting Events

All MICAH rules and guidelines are to be followed by all athletes on or off school grounds, when they are going to and from all games, and/or representing MICAH. Athletes may be dismissed from the team at the discretion of the coach or athletic director for actions deemed inappropriate in representing MICAH School. Suspension from school is automatic suspension from the team during that timeframe.

Athletes must maintain a Christ-like attitude and dress properly at every game. All students and parents/guardians attending games must do the same.

Unacceptable conduct such as the use of or buying/selling of drugs, tobacco products, and alcoholic beverages along with acts of immorality and the like shall result in the immediate suspension of a student from KCAA sponsored events.

This is a ZERO TOLERANCE policy! (KCAA rule article viii section 1)

All teams in our league are listed on the official website of the KCAA.

<http://www.kcaaonline.com/>

## Sports Offered

### Archery

Co-ed

4<sup>th</sup> - 12<sup>th</sup> grade

### Cross Country

Co-ed

K5-12<sup>th</sup> grade

### Baseball

Boys only

6<sup>th</sup> - 12<sup>th</sup> grade

### Softball

Girls only

5<sup>th</sup> -12<sup>th</sup> grade

### Basketball

Boys' and girls' team

5<sup>th</sup> - 12<sup>th</sup> grade

### Volleyball

Girls only

5<sup>th</sup> - 12<sup>th</sup> grade

### Cheer

Girls only

3<sup>rd</sup> - 12<sup>th</sup> grade

All students participating in MICAH athletics are **required** to pay a one-time, per school year, per child, athletic fee of \$200

1. K5-2<sup>nd</sup> - Cross Country ONLY
  1. This is the only sport these grade levels are able to participate in
  2. Fee is \$100
2. 3<sup>rd</sup> grade Boys and girls – Cross Country ONLY
  1. \$100
3. 3<sup>rd</sup> grade girls cheer AND Cross Country
  1. \$200

This fee is to help with various expenses within the athletic department such as equipment, travel, repairs, uniforms, and other items. Payment Arrangements can be made by speaking with the Athletic Director or Assistant Director. Deposit of \$50 required to begin the first sport.

All participating athletes must have on file current sports physicals, medical release forms, a copy of birth certificates, behavioral contract, as well as be up to date on previous sports fees and registered for the current school year. **Until ALL items listed are complete and on file with the Athletic Department the athlete will NOT be permitted to participate in any practices, camps, games, etc.** This is not a form of punishment; this is to protect your child and the school.

Athletes must be a full-time student:

- Transfer students/players
  - Member schools – a player who has transferred from one-member school to another member school must sit out six weeks (42 days) and is eligible on the 43<sup>rd</sup> day. A letter of good standing and statement of enrollment date must be sent to the president of the league upon transfer.
  - Non-member schools – a player who has transferred from a non-member school is eligible for a member school on the 15<sup>th</sup> day after he/she is enrolled in the member school. The member school is required to send a letter stating the date of enrollment and previous school enrolled in.

Age:

There shall be an age limit for both levels of play, Junior Varsity and Varsity.

- Junior Varsity
  - Athlete who is not older than the age of seventeen and will not be before November 1<sup>st</sup> of school year or is a freshman or sophomore.
- Varsity
  - Athlete shall not be eligible to participate in any KCAA league if they are older than the age of nineteen on or before November 1<sup>st</sup> of the school year.

### Physical Appearance:

- Every athlete is representing MICAH which represents Jesus Christ our Saviour. It is, therefore, required they be well groomed and follow the Student Handbook
- No jewelry at practice or games.
- Uniforms must be cared for and cleaned. If uniform is not clean, the athlete will not participate in that game. Athlete or parent must pay for ruined uniforms.
- Uniforms and games shoes are to be worn **ONLY** during practices and games. They are not to be worn outside, or to and from school.
- Athletes must sign out their uniforms. At the end of the season when uniforms are returned to coaches, they must be inspected and signed in by the Athletic Director or Assistant Athletic Director

### Practices:

- During boy's practices, girls must stay out of the gym; during girl's practices, boys must stay out of the gym.
- During archery practices no one is permitted to be in the gym with the archers.
- Practice times will be posted in each sport's BAND app. It is the players and parent/guardians' responsibility to make sure they know practice times.
- Athletes who miss the last practice before a game are not allowed in the starting lineup of that game.
- Athletes who miss three consecutive practices will not be able to play the first half of the next game.
- Athletes who miss four consecutive practices will be suspended for at least one game and the athletic director and coach will decide if player needs to be dismissed from the team. (Sickness or work is an excused absence if coach is notified.)
- If an athlete is not at school, they **cannot** participate in practice or games for that day.

### Games:

- Athletes who participate in games and miss the next scheduled school day without an excused absence will not be allowed to play in the next game. As stated in the Student Handbook, *students arriving after or leaving before 9:00AM will be counted absent.*
- The second offence warrants discipline action and/or dismissal from the team.
- Athletes who are absent on game days are not allowed to play in that day's home or away game or attend the game.
- Any athlete who receives a technical foul during a game must sit out the first quarter of the following game.

- If a player is ejected from a game for any reason, the Athletic Director is *required* by KCAA rules to report it to the KCAA, that player must sit out for two consecutive games. If the games are home games, the player may attend in street clothes and sit on the bench, if the game is away, they are not allowed to attend.

#### Transportation:

- Athletes must clear transportation with his/her coach
- Parents are required to communicate with coaches if athletes are riding with a student or person other than their coach or parent after an away game.
- Girls and boys are not allowed to sit together on the bus or ride together in a vehicle separate from school transportation (unless family). **NO EXCEPTIONS**
- Players must turn in cell phones to the coach before the bus leaves for a game and will be given back to the player upon returning from the game.
- Students cannot stay after school for practice/games unless it is directly after school, or their parent/guardian arranged for the student to stay with a coach, parent, or teacher. If arrangements are made to stay at the school, the student must always stay with that person. There are no exceptions to this rule and is in place to ensure the safety of our teachers, coaches, students, and athletes.
- Not all games will be played at the school address that is listed on the KCAA website. Coaches will post in BAND the address for each game.

#### Grades:

- Teachers will provide athlete average grade reporting to the principal, athletic director, and assistant athletic director on a weekly or bi-weekly basis.
- The principal, athletic director and assistant athletic director will notify coaching staff of said grade reports
- The school requires a player to maintain a GPA of 2.0 or a “C” (74%) average to participate.
- Athlete will become ineligible for games until the next report becomes available:
  - There is a below “C” average or an “F” on progress or report cards
  - There is a below “C” average or an “F” on weekly/bi-weekly grade reports
- All athletes declared ineligible because of grades:
  - Must attend and participate in practice
  - Dress out for home games and sit on the bench.
  - They are not allowed to attend away games.

Grading Scale:

100-99 = A+	83-81 = C+
98-96 = A	80-78 = C
95-93 = A-	77-74 = C-
92-90 = B+	73-70 = D
89-87 = B	69-66 = D-
86-84 = B-	65 -below = F

Awards:

MICAH athletics values our faithful participants with awards at the end of the school year. These awards are given to show our appreciation for their outstanding work. However, they can only be given as funds allow and to those who have participated faithfully in all areas of our guidelines. Awards will be given based on nominations for the coach of each sport. ALL trophies are given out at coach's discretion.

**WE NEED YOU!**

Parents/Guardians are encouraged to volunteer to work the concession stand, door admission table, line judge for volleyball, help with books and/or clocks during the season. We understand everyone wants to watch your child play, but to have a game to watch, we must have volunteers. All help is always appreciated!

Let us remember, the Bible says in I Corinthians 10:31, "Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God."

If a problem or concern arises, please pray about it and if necessary, contact your child's coach.

We are so excited you are here, and we look forward to another blessed year.

As always, be in prayer for the coaches, athletes, and parents/guardians.

Micah Riggleman, Athletic Director  
(502)472-0818

Paula Riggleman, Assistant Athletic Director/Treasurer  
(502)418-8215

**Train up a child in the way he should go: and when he is old, he will not depart from it.**

**Proverbs 22:6**

*Handbook is subject to change, for any reason, at any time by the Administration.*