

ATHLETIC MANUAL



Preparing the Next Generation for Success

HIGHLANDS CHRISTIAN ACADEMY
1965 – 2020



The purpose of this Athletic Handbook is to outline responsibilities, procedures, programs, and policies for the athletes and families of Highlands Christian Academy Athletics. This manual should be the first point of reference when questions arise.

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Highlands Christian Academy admits students of any race, color, and national or ethnic origin.



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HIGHLANDS HISTORY, BELIEFS, AND PHILOSOPHY

HISTORY

Highlands Christian Academy has a time-honored record of students who excel beyond our walls and a rich history of excellence in academics, fine arts, athletics, and spiritual training. In the early 1960s, the congregation of Pompano Baptist Temple (now Grace Baptist Church) desired to begin a Christian school. They envisioned a school with Christian teachers who loved Christ and placed Him as the center of all areas of academics and life. In 1965, Pompano Baptist School (now Highlands Christian Academy) was established. In September of that year, fifteen students and one teacher began the school's history of Christian education.

Since that humble start, approximately 1,600 students have graduated from Highlands. These alumni have gone on to live successful lives, influencing their communities, countries, and world.

With such a solid foundation, the commitment of Highlands is, as always, to educate and nurture each student God brings to the school this year and in the years to come. The administration, faculty, and staff look forward to seeing what each graduate will accomplish in the future.

STATEMENT OF FAITH

The Statement of Faith for Grace Church and Highlands Christian Academy is the “2000 Baptist Faith & Message” found at www.sbc.net/bfm2000/bfm2000.asp.

PURPOSE

We desire to provide an education that prepares young people for a life of continuous growth—spiritually, mentally, emotionally, and physically. Highlands provides an education that produces balanced and successful students who are able to exalt the Lord, equip fellow believers, and evangelize the world.

This education brings the home, the church, and the school together, forming a three-fold chord. We desire to set forth a curriculum that empowers the students to trust and obey Jesus Christ and to become intellectuals able to articulate what they know and believe.

This spiritual life includes a rigorous academic program producing young people as described in the book of Daniel: young people who excel in knowledge, wisdom, and training; young people who are able to infiltrate the world around them without compromise; and young people perfectly equipped to serve God where He has placed them in this world.



This purpose of education focuses on each student's future. A person with a one-year perspective plants a garden and enjoys it for a season. A person with a twenty-year vision plants an orchard and enjoys it for his life. A person with a generational vision plants young people in God's Word and gives them the tools to understand, communicate, and succeed in this world. That vision not only empowers this generation but also influences the generations to come.

MISSION

The mission of Highlands Christian Academy is to prepare the next generation for success with a distinctively Christ-centered, high-quality education. Highlands achieves this education by excelling in scholarship, by developing faith, and by empowering integrity.

VISION

The vision of Highlands Christian Academy is to prepare the next generation for success. Highlands will instill academic and spiritual vitality in its students, equipping them to become local, national, and global leaders.

Highlands will accomplish this vision by...

Inspiring Academic Achievement – 2 Timothy 2:15

Nurturing Students – Ephesians 6:4

Broadening Community Awareness – Luke 2:52

Keeping our Focus on Christ – Hebrews 12:2

PHILOSOPHY

The philosophy of Highlands Christian Academy begins with a biblical worldview (Colossians 2:8). Its objectives are Christ-centered, as opposed to man-centered. We believe in the existence of the Sovereign Almighty God, Who alone is the source of all truth and wisdom. God has revealed Himself through His Word, the Bible; through His Son, Jesus Christ; and through His creation. It is according to the Word of God that we must give an account of our stewardship.

We believe the Bible to be the inspired Word of God. It is without error and is the complete and final revelation of God concerning all matters of faith, truth, and practice. It is the only objective authority for discerning truth in our world. Therefore, in teaching inside and outside the classroom, the Bible is the essential foundation. By faith, we believe and follow Scripture.

We believe the Bible teaches that God created humankind in His image; therefore, people have dignity, worth, and value. We will not make a decision for enrollment based on race, color, nationality, or ethnic origin. We also believe that in order to achieve God's purpose and meaning in life, each person must live in dependence on and in subjection to his Creator. This relationship is available to all. We seek to guide each student to a restored relationship with Jesus. We desire to help the student see life from God's perspective and



not from man's viewpoint alone. The golden rule of Scripture is our guide for social directive. Jesus said, *So, whatever you wish others would do to you, do also to them...* (Matthew 7:12).

According to Proverbs 1:7, knowledge begins with the fear of the Lord. We believe this statement of Jesus: *I am the way, the truth, and the life: no man cometh unto the Father, but by me* (John 14:6). Colossians 2:23 declares that Jesus is the source of all knowledge and wisdom. Scripture admonishes us to bring our thought life into subjection to Him. Therefore, as the source of true wisdom and as the sole mediator for man, Jesus Christ is the cornerstone for the philosophy and existence of Highlands Christian Academy. Through His death, burial, and resurrection, Jesus provided the only way for man to be reconciled to God. He alone is the mediator between God and man.

The principle given in Luke 6:40 confirms modeling as essential in successful teaching. We believe the teacher is the key to the process of Christ-like education. The teacher must be a role model whose life is being conformed to the image of Christ. Our teachers are dedicated to the call on their lives. In order for the teacher to encourage the students to advanced academics, to develop a good work ethic, to commit to a true concept of morality, and to be conformed to the image of Christ, these things must be the daily practice of the teacher. The teacher is key to education and scholastic excellence.

IMPLICATIONS OF THE PHILOSOPHY STATEMENT

Highlands bases policies and procedures on biblical principles and precepts.

Highlands and the parents must cooperate closely in every phase of the student's development, especially as it relates to the school program.

Highlands will provide opportunities and experience for competition, performance, teamwork, and leadership.

Highlands will promote a desire for excellence in the academic disciplines and skills required for higher education and future employment.

Highlands will attract, hire, nurture, and retain competent faculty and staff.

Highlands will follow sound financial practices.

Highlands will help the students develop their personalities based upon a proper understanding and acceptance of themselves as unique individuals created in the image of God

Highlands will offer quality extracurricular programs.

Highlands will maintain a safe environment and quality facilities, allowing for a



well-rounded education in each student's life.

Highlands will integrate faith and learning because God commands us to be not only hearers of the Word but also doers of the Word.

Highlands will teach a Christian worldview emanating from the Bible; The subjects and activities are based upon biblical truth, principles, and precepts.

Highlands will demonstrate, teach, and expect the application of ethics and moral standards based upon the Bible in every part of life.

Highlands will emphasize to the students that their bodies are temples of God's Holy Spirit, and they have the responsibility of treating their bodies with great care and respect.

Highlands will develop each child according to his or her specific abilities given by God, so this child feels vested to live a life characterized by love, trust, and obedience to Him.

Highlands will engage students regularly concerning Christ Jesus' offer of salvation and eternal life.

Highlands will seek to help each student develop a right relationship with God, which will result in respect and loving concern for family members, teachers, and all others in society.

AFFILIATION & ACCREDITATION

Highlands Christian Academy is a ministry of Grace Church; however, enrollment is not limited to members of Grace Church.

Highlands Christian Academy is associated and accredited by FACCS, SACS, and MSA for our preschool program through the twelfth grade. Our teachers are certified by FACCS or actively pursuing certification. Many of our faculty members also hold certification through Florida Department of Education and ACSI.

We are pleased to be recognized by the following associations:

Accreditation

- Southern Association of Colleges and Schools (SACS)
- Middle States Association of Colleges and Schools (MSA)
- Florida Association of Christian Colleges and Schools (FACCS)
- Council on Accreditation and School Improvement (CASI)



Affiliations & Memberships

- National Council for Private School Accreditation (NCPSA)
- International Association of Christian Colleges and Schools (IACCS)
- Florida High School Athletic Association (FHSAA)
- Florida Association of Academic Non-Public Schools (FAANS)
- National Honor Society (NHS)
- International Alliance for School Accreditation (The Alliance)
- International Thespian Society (ITS)
- Florida Music Educators' Association (FMEA)

OBJECTIVES

A Biblical Worldview – Deuteronomy 6:5

A biblical worldview begins with understanding God's Word. This worldview is demonstrated when the students glorify Christ in all they do; when they excel academically, socially, physically, and creatively because their affections are set on things above; and when their minds think as Jesus does. Colossians 3:1-17; Romans 12:1-2; Psalm 119:97-106; Colossians 23:7-8.

Focus on Christ - John 14:6

- A. To teach our students the basic doctrines of the Bible. II Timothy 3:15-17
- B. To define for our students the will of God daily through Bible study, Bible memory, and meditation on the principles of God's Word. II Timothy 2:15
- C. To teach our students to love God with all their heart, soul, mind, and strength through a transforming, redemptive, personal relationship with Jesus Christ as Savior and Lord. Deuteronomy 6:5; Hebrews 12:1-2
- D. To help students know, comprehend, and apply the fundamental doctrines of the Christian faith and their practical implications for life. James 2:14-26; Ephesians 4:17-24
- E. To help our students formulate a distinctively Christian mind that is able to think and act according to biblical principles and to defend their worldview. Philippians 2:5; Colossians 3:10; Jude 3
- F. To facilitate a desire in students to conform their lives to be characterized as being in the image of Jesus Christ. II Timothy 2:15; II Timothy 3:16; Colossians 2:6-8; Proverbs 4:23
- G. To instill a desire in each student to live a life of excellence, to do all things



to the glory of God, and to do all things heartily as to the Lord and not unto men. I Peter 3:15; Colossians 3:23-25

- H. To help students organize and articulate with gentleness and reverence an account for the hope that lies within them. I Peter 3:15; Ephesians 4:15-16

Academic Achievement - Psalm 119:30

- A. To provide a rigorous educational program that will produce quality students who are knowledgeable, can apply what they know, create, analyze, and evaluate. Isaiah 11:2; Proverbs 18:15
- B. To excel intellectually, rationally, and efficiently in academics. Proverbs 8:9-12; Proverbs 18:15
- C. To promote excellence in literacy through high standards and to help students realize their full academic potential. Proverbs 3:13-26; Daniel 1:17-20
- D. To provide knowledge of the universe, man's place in it, and God's perspective of man and human history. Colossians 1:15-17; Proverbs 8
- E. To base our curriculum upon Scripture so that the entire academic disciplines are understood in light of God's truth. Psalms 25:4-5; Psalm 100:5
- F. To provide the knowledge and skills necessary for students to be able to master the subject matter and successfully communicate the subject matter to others. Proverbs 8:8-9; Proverbs 12:8,18-19
- G. To teach and encourage the use of good study habits. II Timothy 2:15; Proverbs 2:1-9
- H. To engender an appreciation for the fine arts through the development of students' understanding, skills, and personal expression for the glory of God. I Chronicles 28:20-21; Colossians 4:5-6
- I. To teach students how to do independent research and to reason logically, thus developing the ability of each student to think creatively and critically, using biblical criteria. I Corinthians 2:4-8; Romans 12:1-2
- J. To promote good citizenship through developing an understanding of and appreciation for our Christian and American history and government. Romans 13:1-7; Daniel 2:20-22
- K. To discuss current affairs and relate them to God's plan for man. Deuteronomy 4:1-10; Psalms 78:1-8



- L. To help students understand the physical laws present in the universe, their creative source, and the value of inquiry. Proverbs 25:2; Psalms 143:5

Community Awareness - Luke 2:52

- A. To help our students develop their personalities based on a proper understanding and acceptance of themselves as unique individuals created in the image of God. Psalms 139:13-17; Genesis 1:26-27
- B. To teach students to treat everyone with love and respect since all are created in God's image. Job 31:15-22; Acts 10:34-35
- C. To support students in becoming positive leaders and contributing members of society. Romans 13:8-14; I Thessalonians 4:9-12
- D. To promote individual responsibility for the effective use of time as a God-given commodity. Romans 13:11-14; Psalms 90:9-17
- E. To instill in students a willingness and ability to share Christ with others. Matthew 28:28-20; Mark 16:15-16
- F. To help students understand their role in the church and to fulfill that role. I Corinthians 12:4-14; Hebrews 10:21-25
- G. To value the importance of a godly, Christian home and the biblical role of each member of the family. Colossians 3:17-21; Ephesians 5:18 - 6:4
- H. To teach and model service leadership through providing opportunities to serve others and community. John 13:1-17; Exodus 18:21
- I. To gain an understanding of the dynamics of humility and confidence through interactions with others in safe academic and athletic environments. Philippians 2:1-5; II Timothy 2:5

Nurturing Students - Romans 12:1

- A. To promote Christ-like self-awareness and good hygiene. I Corinthians 6:19-20; I Samuel 16:7
- B. To exhibit an understanding of self-control in all areas of life. Proverbs 25:28; Hebrews 13:6
- C. To develop godly character and behavior. Luke 6:45; I Peter 1:13-16



- D. To promote healthy growth and development. Luke 2:52; III John 2
- E. To help students understand that their bodies are the temple of the Holy Spirit and that the students are responsible for keeping their vessels pure.
I Corinthians 3:16-24; II Timothy 2:19-26

CORE VALUES

In order to fulfill the mission and objectives of Highlands Christian Academy, we will give priority to seven core values. Each core value's operating principles guide the activities of Highlands.

Bible – The Bible is the inerrant Word of God that gives direction to every aspect of life. II Timothy 3:16

Highlands governs itself according to biblical principles...

- When developing all academic curriculum.
- When using financial resources.
- In all aspects of school life.

Therefore, Highlands will encourage committee members, administration, faculty, staff, students, and parents to be active in a Bible-believing church and to use the Bible to implement spiritual growth in their everyday lives. We are committed to Scripture as the sole means of faith and practice.

Christlikeness – Whoever claims to live in Christ should live as Jesus did. I John 2:6

This means that Highlands will...

- Provide many opportunities for students to enter into a relationship with Jesus Christ.
- Encourage students to apply the qualities of Christ in their daily lives.
- Train students to communicate their faith to others.
- Challenge parents to demonstrate character in their lives before their children and the community.

Therefore, Highlands will appoint committee members, employ administrators, faculty, and staff; and collaborate with parents whose actions and attitudes model Christ. We are committed to biblical principles. These principles are the guide for our behavior and discipline with the goal of conducting our lives and our business with Christlikeness.

Excellence in Education – Teach me your ways, O Lord, that I may walk in your truth. Psalm 86:11

This means Highlands will...

- Employ and develop teachers who model godly wisdom and virtues and who achieve excellence in their field of study.



- Challenge students to know the facts, apply them to studies, and excel in their academics.
- Provide an education that combines formal teaching methods as well as creative means of learning.

Therefore, Highlands will develop an educational program based on the principles of proven educational methods with the expectation that teachers will be creative educators. We are committed to providing a safe place and comfortable learning environment where students are actively engaged and challenged in their learning.

Leadership – Whoever desires to be a leader must first learn to serve.
Matthew 20:26-28

This means Highlands will...

- Involve students in activities that require them to serve.
- Teach students the value and joy of service before self.
- Train students to glorify God through service in their community, school, and church.

Therefore, Highlands will encourage students, staff, faculty, administrators, and committee members to follow Christ's example of leadership at school, at home, and in community. We are committed to be servants and to follow the servant leadership of Jesus Christ.

Stewardship – To whom much is given, much is required, and it is required of a steward to be found faithful. Luke 12:48; I Corinthians 4:12

This means Highlands will...

- Develop and operate a budget that reflects biblical stewardship.
- Maintain all facilities in a way that honors the Lord and meets the needs of its students.
- Collaborate with families and the community to assist in providing their students with quality resources for education.

Therefore, Highlands will consider every aspect of the educational program in the stewardship responsibilities given by God. We are committed to provide students with the best possible education to develop the whole child (spiritually, mentally, physically, and socially).

Church – Every day they continued together...praising God and having good will.
Acts 2:42-47

This means Highlands will...

- Operate under the authority of Grace Baptist Church.
- Seek to strengthen the local church.
- Honor the church through its policies, procedures, and practices.



Therefore, Highlands Christian Academy will recognize its existence as a ministry of Grace Baptist Church. We are committed to being a ministry of Grace Baptist Church, believing that the church has been and will continue to be the instrument of God to fulfill His purpose until He returns for it.

Christian Family – Teach them to your children and speak of them as you sit in your house, as you walk the roads. Deuteronomy 6:6-9; Ephesians 6:4

This means Highlands will...

- Provide a Christ-centered education that is accessible to like-minded parents.
- Offer programs to strengthen and encourage the family.
- Work with parents, providing resources to help parents build a Christ-honoring home.

Therefore, Highlands Christian Academy will develop policies and procedures that honor the family as a God-established institution. God gives the responsibility of rearing children to the family. We are committed to strengthen the home as the foundation of society.

Summary

We desire to provide an education that prepares young people for a life of continuous growth—spiritually, mentally, emotionally, and physically. Highlands provides an education that produces balanced and successful students.

This education brings the home, the church, and the school together forming a three-fold chord. We desire to set forth a curriculum that empowers the students to trust and obey Jesus Christ and to become intellectuals able to articulate what they know and believe.

This spiritual life includes a rigorous academic program producing young people as described in the book of Daniel: young people who excel in knowledge, wisdom, and training; young people who are able to infiltrate the world around them without compromise; and young people perfectly equipped to serve God where He has placed them in this world.

This purpose of education focuses on each student's future. A person with a one-year perspective plants a garden and enjoys it for a season. A person with a twenty-year vision plants an orchard and enjoys it for his life. A person with a generational vision plants young people in God's Word and gives them the tools to understand, communicate, and succeed in this world. That vision not only empowers this generation but also influences the generations to come; it gives the students who matriculate from Highlands the best opportunity to exalt the Lord, equip fellow believers, and evangelize the world.



INTRODUCTION

INTRODUCTION TO ATHLETICS

The athletic program at Highlands Christian Academy is designed to help young men and women develop themselves spiritually, physically, emotionally, and socially, and to help them experience the enjoyment that comes from participating in sports. Our athletes are taught that their abilities have been entrusted to them by their Creator. These talents are to be developed to the glory of God as an expression of gratitude to Him.

The goal is to represent Highlands Christian Academy and its distinctive goals and purposes in a positive way, whether competing in an athletic event or watching the game as a spectator.

MEET THE STAFF

Paul Pridemore

Athletic Director

954-421-1747 x1301

Paul.Pridemore@highlandschristian.org

The Knights are pleased to welcome Coach Pridemore as the new Athletic Director this year. Coach Pridemore is a Highlands alumnus. He began attending the school as a 6th grader. In high school, he quickly became known at Highlands and around South Florida as a top athlete in both basketball and football and earned a full football scholarship to the University of Florida.

Over the years as a coach, Paul's teams have won 438 games, 13 district titles, 10 Regional Championships, and been to 6 state tournaments. Paul is married to Terri who also works at Highlands and Grace as our Human Resources liaison. They have three grown children and one grandchild.

Reg Cook

Assistant Athletic Director

954-421-1747 x1503

Reg.Cook@highlandschristian.org

Coach Cook began his 46th year at Highlands this fall. This will be his 9th year as the Assistant Athletic Director. Coach Cook graduated from Bryan College in 1974 where he received his B.A. in Psychology. Reg and his wife, Melanie, have 3 grown children: Nathan, Austin, and Tabitha. They also have 8 grandchildren.



Coach Cook taught a number of subjects for many years at Highlands. Some of these subjects included Boys Physical Education and Psychology. He was also the former Junior High Principal and Boys Varsity Basketball Coach.

Danielle Smith

Athletic Assistant

954-421-1747 x1302

Danielle.Smith@highlandschristian.org

Highlands is excited for Coach Smith to join the Knights as the Athletic Assistant. Coach Smith graduated from Highlands in 2008. She attended from kindergarten through graduation. She then went on to graduate from Liberty University with a B.S. in Sport Management. Along with serving as the Highlands Athletic Assistant, Danielle is also Director of Cheerleading and coaches Varsity Cheerleading.

STRUCTURE OF THE ATHLETIC DEPARTMENT

Athletic Director

The Athletic Director serves under the direction of and has a direct reporting relationship with the high school principal. The Athletic Director oversees the total operations of the Athletic Department and is assisted by the Assistant Athletic Director and the Athletic Assistant.

Assistant Athletic Director

The Assistant Athletic Director is an extension of the Athletic Director in matters pertaining to the Athletic Department. It is his function to assist the Athletic Director in carrying out specific responsibilities of the Athletic Department.

Athletic Assistant

The Athletic Assistant serves the Athletic Department in carrying out specific responsibilities assigned by the Athletic Director. She works to serve the athletic community in all areas pertaining to the Athletic Department.

Head Varsity Coaches

Varsity Head Coaches have a direct reporting relationship with the Athletic Director on all functions of their positions. Varsity Head Coaches, under the direction of the above outlined structure, will be responsible for the coaches on their staff, along with the junior varsity, junior high, and elementary levels.

CURRENT SPORTS OFFERED AT HIGHLANDS

Fall

Elementary Soccer	4 th -5 th Grade	Boys & Girls
Elementary Volleyball	4 th -5 th Grade	Girls
JH Volleyball	6 th -8 th Grade	Girls
JV Volleyball	6 th -11 th Grade	Girls
Varsity Volleyball	6 th -12 th Grade	Girls



Cross Country	6 th -12 th Grade	Boys & Girls
Varsity Flag Football	9 th -12 th Grade	Boys
JH Flag Football	6 th -8 th Grade	Boys

Winter

Elementary Basketball	4 th -5 th Grade	Girls
Elementary Basketball	4 th -5 th Grade	Boys
Elementary Track	4 th -5 th Grade	Boys & Girls
JH Basketball	6 th -8 th Grade	Girls
JH Basketball	6 th -8 th Grade	Boys
JV Basketball	6 th -11 th Grade	Boys
Varsity Basketball	6 th -12 th Grade	Girls
Varsity Basketball	6 th -12 th Grade	Boys
JV Cheerleading	6 th -11 th Grade	Girls
Varsity Cheerleading	6 th -12 th Grade	Girls
JH Soccer	6 th -8 th Grade	Boys
Varsity Soccer	6 th -12 th Grade	Girls
Varsity Soccer	6 th -12 th Grade	Boys

Spring

Varsity Softball	6 th -12 th Grade	Girls
JH Baseball	6 th -8 th Grade	Boys
Varsity Baseball	6 th -12 th Grade	Boys
JH Track & Field	6 th -8 th Grade	Boys & Girls
Varsity Track & Field	6 th -12 th Grade	Boys & Girls



EXPECTATIONS

PARENT/TEAM MEETING

Coaches will have a parent/team meeting at the beginning of the season. Parents will receive game and practice schedules, coaches' contact information, and team rules and expectations. Parent shirts may be available for purchase. Parents should make every effort to attend each game.

POLICY ON COMMUNICATION

All correspondence between parents, athletes, and coaches should be kept professional. Preferred communication forms will be established by each coach. Issues should not be brought up directly prior to or after a game. Twenty-four hours is the preferred amount of time to wait prior to addressing concerns. There is grace for emergencies, but the 24-hour rule should be adhered to as best as possible.

UNIFORMS & TEAM SHIRTS

Players who lose uniforms or fail to turn in their uniform will be required to pay \$100 to replace that uniform or \$50 for the bottom only. It is the responsibility of the players to wash and maintain their athletic uniform throughout the season. Game Day Jerseys should not be worn to school. Family members, girlfriends, boyfriends, or any other friends or acquaintances should not wear uniforms. Several athletic teams may purchase team t-shirts, sweatshirts, polos, etc. Tuesdays are the designated day to wear team t-shirts during school hours.

SCHEDULING & PRACTICES

Schedules

Practice and game schedules are posted in the gym on the bulletin board. Parents will receive schedules at the beginning of the season at the parent/team meeting. The Highlands website, www.highlandsknights.org, will also post game schedules, results, and locations for games that are played at a location other than the schools' campuses.

Practices

Practice schedules are posted on the bulletin board in the gym. Athletes that are absent from school in the morning must sign in by 12:00 PM to be allowed to practice or play in games on that day. Students that come to school and sign out due to sickness will not be allowed to practice or play in games on that day. A student will not be kept from playing or practicing due to missing school for doctor's appointment, dentist appointment, funerals, etc.

Athletes that miss practice for unexcused reasons can be disciplined by the coach, held out of games, lose a starting position, or be dismissed from the team. All Highlands



athletic practices or games on Wednesdays should conclude by 5:15 PM because of Wednesday night church activities and services. (This does not include tournaments set up by the FHSAA.)

TRYOUTS & PLAYING TIME

Exact dates and times will be announced for each try-out. In some cases, there are more students desiring to participate than can be accommodated. Coaches make selections for the team on the basis of ability and attitude. Because playing time depends on many different variables, we cannot guarantee that every athlete will play in every game.

Playing time depends on the following factors:

- The God-given ability of the athlete
- Time spent practicing prior to the season
- Attitude of the athlete in practice and in games
- The strength or weakness of the opponent
- The athlete's work ethic in practice
- The number of practices attended or missed
- Injuries to oneself or to a teammate
- The number of players on the team eligible to play in a given game

Coaches may discuss with their players what improvements could be made. Playing time should not be discussed with the coach or athletic director.

POLICY ON QUITTING

Athletes in the junior high or high school who are selected to participate on a team may not decide to leave the team after the start of the third game or contest. Students who decide to stop participating may be required to sit out of the next two athletic seasons as well as the sport they quit. This applies to the current year and may be extended into the following year. Seniors who decide to stop participating in the winter or spring season will forfeit any individual awards applicable to the athletic awards presented by the school. Awards outside the school or team awards will still be granted. Please let the coach know personally should you ever find it necessary to quit an athletic team.

TARDINESS

Any athlete late for practice or games without an excused reason, or due to detention, should expect to encounter some form of discipline from the coach. Any time a student attends an Highlands help class, he or she will be excused from any practice time missed. Make-up tests are also excused but should be made up with practice schedules in mind. Players should bring a signed note to the coach with teacher's signature and time dismissed.



TRANSPORTATION

All athletes are to ride to and from games on the transportation provided by Highlands. *Exception: Any student may leave a game with his or her parents provided that the parents talk to the coach personally.*

Students that would like to request permission to drive to a game, ride with their parents, ride with someone else to a game, or return from a game with someone other than their parents, should talk to their coach or the Athletic Director. Students should not make plans and then ask permission at the last minute.

PARKING & PICK UP

Athletes who drive must adhere to the driving policies of Highlands. This includes homeschool athletes. Parents and students must park in an area that will be safe from foul balls or home runs during baseball games and practices. Highlands is not responsible for damaged vehicles. Parents must up pick their students on time after practice and games.

INJURIES

Athletes are asked to report all injuries to their coaches immediately. Accident reports will be filled out and filed in the coaches office.

LIGHTNING & ALARM SYSTEMS

Jessie Watlington Memorial Foundation selected Highlands to receive a weather bug lightning system. This alarm system covers the entire campus and provides protection for all outside activities. The system detects lightning within a 10-mile radius of the campus. The alarm will go off along with a strobe light to alert all personnel to seek shelter. This alarm will sound for 15 seconds and the strobe light will continue for 15 minutes. No one will be allowed to continue outside activities during those 15 minutes. If there is another lightning strike within 10 miles, the alarm will not go off again, but the strobe light will remain active. Once the strobe light has stopped, teams are then "cleared" to continue with outdoor activities.

SPECTATORS

Highlands strives to maintain a high level of respect for opponents and their ability to perform in an athletic contest, as well as for the officials and their ability to call a fair contest. Thus, Highlands does not condone derogatory comments/chants or actions which intend to harass or humiliate the opponents or officials. Highlands fans are expected to exemplify Christian character and good sportsmanship through their presence in the stands.



PLAYER OF THE WEEK

Chick-fil-A has partnered with Highlands and supports Knights Athletics. Head coaches will recognize players throughout the season as the “Player of the Week.” Certificates will be presented in chapel.

AWARDS

After the season ends, coaches will plan an end-of-the-year awards party. Coaches will recognize each player, recap highlights from the season, and recognize several trophy winners. All athletes are expected to attend.

PERSONAL ITEMS & VALUABLES

Student athletes are strongly encouraged to lock up personal items in their locker. Highlands is not responsible for lost or stolen items.



ELIGIBILITY

STUDENT ELIGIBILITY & GRADES

Highlands Christian Academy is a member of the FHSAA.

Academic Eligibility

- Students in grades 9-12 must have a cumulative 2.0 unweighted GPA on a 4.0 scale to remain eligible.
- Students in grades 6-8 must have been regularly promoted from the previous grade, carrying a normal class load, and maintaining a 2.0 GPA.

Limits of Eligibility

- Students have four consecutive years of eligibility, beginning when they first enter the 9th grade.
- Four years after a student enters the 9th grade, that student shall become ineligible.
- Junior high students may participate in interscholastic athletics one year as 8th grader, one year as 7th grader, and one year as 6th grader.
- A student who reaches the age of 19 prior to September 1st shall become permanently ineligible.

Transfer and Eligibility

If a student transfers from another school to Highlands Christian Academy and has participated in a sport during the same school year, that student must be authorized for Good Cause in order to be eligible in that sport. This applies to homeschool students as well.

Good Cause Policy: Student must go before the Secondary Principal, explain the reason for transferring, and be approved to participate immediately.

HOMESCHOOL STUDENTS

Qualified homeschool athletes may participate in the athletic program at the discretion of the administration. All homeschool applicants must fill out the Highlands homeschool student information card. Homeschool athletes must comply with the rules and standards of Highlands. They must also comply with the FHSAA rules regarding homeschool programs. The Athletic Office has the following forms available. They are also available for downloading at www.fhsaa.org or on Highlands athletics website.

The following is a check list for homeschool athletes:

- EL2 Form – Pre-Participation Physical Evaluation
- EL3 Form – Consent and Release from Liability Certificate



- EL7 Form – Registration Form for Home Education Student. Please fill out pages 1 and 2. This needs to be notarized.
- EL7V Form – Verification of Student Registration with Public School District Home Education Office. This is to be completed by the Home Education Office Staff.
- EL9 Form – Home Education Student Academic Progress Report. This is needed for 6th- 8th grade students or 6th-12th grade students after they've already played one semester at Highlands.
- GA4 Form – Affidavit of Compliance with FHSAA Policy on Athletic Recruiting. This only needs to be filled out once per student.
- Provide transcripts or grades.
- Need a copy of birth certificate.

FHSAA FORMS

In accordance with the bylaws of the FHSAA, each student must have a current physical examination, which is good for one calendar year. No student may try out for a sport or participate in any way until he or she has had a physical exam. Players and parents must also fill out a Consent and Release Certificate. The Athletic Office has these forms available, or you may visit www.fhsaa.org or Highlands athletic website to download the forms:

- EL2 Form – Pre-Participation Physical Evaluation
- EL3 Form – Consent and Release from Liability Certificate
- GA4 Form – Affidavit of Compliance with FHSAA Policy on Athletic Recruiting (needed for each student's first year at Highlands)

NCAA CLEARINGHOUSE

Prospective student-athletes for a Division I or II college or university have certain responsibilities to complete before they may participate. Information concerning who needs to register with the Clearinghouse and what documents need to be submitted can be found in The Guide for College Bound Student Athletes on the NCAA website, www.ncaa.org (click on "Eligibility Center" located at the bottom of the homepage). It is the student's responsibility to begin this process and request items from the school as needed.



FEES

ATHLETIC FEES

Each student who participates in the athletic program at Highlands is required to pay an athletic fee. These fees vary depending on the number of sports played. The due dates will be September 15th for Fall sports, December 15th for Winter sports, and February 15th for Spring sports. Athletic Fees are as follows:

Highlands Athletes

Elementary

- First Sport – \$100
- Second Sport – \$50
- Third Sport – \$25

Secondary:

- First Sport – \$150
- Second Sport – \$50
- Third Sport – \$25

Homeschool Athletes

- Elementary – \$200
- Secondary – \$300

INDIVIDUAL TEAM DUES

There may be additional fees per team. These fees include but are not limited to personal equipment, travel costs, etc. This will be communicated by each coach to the parents if there are any extra fees per sport. Fundraising options may be available.

ADMISSION PRICES

Entrance to regular season home games at Highlands are \$4 for adults and \$3 for students. Highlands staff and students enter free. Season passes can be purchased. Admission prices for District and Regional games are set by the FHSAA.

BOOSTER PACKAGES & SEASON TICKETS

Booster Packages

Royal Booster:

- \$1,000 Donation
- Family Passes to All Highlands Home Games
- 2 Highlands Polo Shirts

White Booster

- \$500 Donation
- Family Passes to All Highlands Home Games
- 2 Highlands Polo Shirts



Gold Booster:

\$250 Donation
Family Passes to All Highlands Home Games
HCA Polo Shirt

Knights Pride Booster:

\$150 Donation
Family Passes to All Highlands Home Games

Season Passes	Single	Family
Volleyball	\$25	\$50
Soccer	\$25	\$50
Basketball	\$25	\$50
Softball	\$25	\$50
Baseball	\$25	\$50
All Sports	\$50	\$100

Season passes are good for all regular season home games but do not include District, Regional, or State Series games. Checks can be made payable to Highlands Christian Academy. Order forms can be picked up in the Athletic Office. Donations are also greatly appreciated.

ADVERTISING

Advertisement signs can be placed indoors (gymnasium) or outdoors (football/soccer field or baseball/softball field). The indoor signs are 2 x 3 and cost \$300. The outdoor signs can be a 4 x 4 that costs \$500, or 4 x 6 sign that costs \$800. Those interested in purchasing a sign and advertising their business should contact the Athletic Office for more details.



PLAN OF SALVATION

It is a requirement for all of our head coaches to have a personal relationship with Jesus Christ. Our coaches will share that plan of salvation with their players. It's as simple as A,B,C!

A - Admit you are a sinner.

B - Believe that Jesus died and rose again.

C - Confess your sins and call on the name of the Lord.



PLEASE NOTE

Highlands Christian Academy reserves the right to make, amend, or prescribe rules and policies for dress, appearance, behavior, or any other unforeseen problems that may arise at any time during the school year. This Athletic Manual, as well as updated information provided through written communication, emails, the website, and the yearly Student Guidelines will provide the standards and policies to be followed with an attitude of full cooperation from both HCA students and parents.