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## **ACA Athletics Mission Statement**

The mission of ACA Athletics is to train our athletes to glorify God and achieve victory – in competition, in life, and for eternity.

## **ACA Athletics Vision Statement**

The vision of ACA Athletics is while striving to make our teams as competitive as possible, we help our student-athletes grow spiritually, while they acquire important skills and character traits that will prepare them to be productive Christian citizens through positive reinforcement, example, and intentional instruction.

## **ACA Athletics Vision Verse**

“And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through Him.” Colossians 3:17 (NIV)

## Eligibility Requirements

ACA is a member of the Alabama High School Athletic Association (AHSAA) and abides by its rules and regulations. AHSAA's eligibility rules are rather complicated and the school's athletic director should be contacted so that the particulars of individual cases may be discussed and explained in detail. You can review the eligibility rules [HERE](#).

All athletes (as well as cheerleaders) MUST have a copy of their birth certificates and physical exam forms on file in DragonFly in order to be eligible to participate in athletics.

The AHSAA requires that all students competing in a varsity sport complete the STAR Sportsmanship program on-line. This is a free video lesson on sportsmanship. Any student participating on a varsity team must complete (only once in their careers) the high school version of this program. This website may be logged on to at [www.starsportsmanship.com](http://www.starsportsmanship.com). Go to student check-in and enter your name. Our school code is STAR02058. Once the athlete has completed ALL chapters, a certificate of completion should be printed and turned in to the Athletic Director.

## Parent Roles and Expectations

Parents play a vital role in the development of their child academically and as a student-athlete. Our coaches want to partner with parents to aid in the development of each individual student-athlete and the team as a whole.

### Lines of Communication

We ask parents to aid in our process of developing our student-athletes into young men and women by encouraging them to be the primary line of communication with the coach. Coaches and the athletic department will provide necessary information regarding upcoming games, practices and travel arrangements.

In the event of a conflict, we ask that parents and coaches follow the 24 hour rule; Allow 24 hours to pass before meeting and dealing with the conflict. Allowing time for both sides to process the events leads to a more productive meeting and better communication.

In dealing with conflict, please follow Jesus' message in Matthew 18: *"If your brother or sister sins, go and point out their fault, just between the two of you. If they listen to you, you have won them over. But if they will not listen, take one or two others along, so that 'every matter may be established by the testimony of two or three witnesses.' If they still refuse to listen, tell it to the church; and if they refuse to listen even to the church, treat them as you would a pagan or a tax collector."*

- Keep the matter confidential. Sharing problems with large groups of people only causes division.
- Keep the circle small. Most problems are solved on the person to person level. If they are not solved at that level, bring in a third (ACA Administration) to aid in the problem solving.
- Be straightforward. Present matters lovingly, clearly, and accurately.
- Be forgiving.

## **Expectations for Parents at Events**

1. Respect and show positive support for other athletic teams, other coaches, and all extra-curricular groups on campus, such as cheer squads, band, color guard, and others.
2. Refrain from coaching in the stands. Coaching your son or daughter, or any other player, from the sidelines, by giving specific coaching instruction (not just encouragement) is unacceptable.
3. Refrain from booing, yelling critical comments, and the like, toward ANYONE AT THE EVENT, including officials and umpires, our coaches, their coaches, our players, their players, our fans, their fans, or anyone else, is unacceptable.
4. Refrain from accessing sidelines or benches without prior administration approval.
5. NEVER QUIT cheering and supporting, no matter what the score.
6. Be gracious towards each other and our opponent in victory and defeat.

## Student-Athlete Roles and Expectations

All student-athlete expectations are aligned with the ACA Upper School Handbook. We believe that participation in athletic competition can be an important part of a student's overall educational experience. We believe that as followers of Jesus Christ, we are to strive for excellence in all things, and our performance and effort in athletics should be no different. Therefore, we will be tenacious and driven in our preparation and competition. And in victory or defeat, we will exhibit the highest level of sportsmanship and integrity, that we may glorify God in all things.

1. To demonstrate respect for authority, discipline, responsibility, leadership, sacrifice, work ethic, courage, perseverance, accountability, sportsmanship, teamwork, and loyalty, among others.
2. To be loyal Be to all teams representing ACA and ENCOURAGE THEM in every way possible.
3. To be communicators. It is primarily the responsibility of the student-athlete to communicate with coaches.
4. To strive to be eligible for NCAA competition. This requires a minimum of a 2.3 GPA in their core classes. You can view the full eligibility requirements [HERE](#).
5. Not only to follow ACA's Honor Code but to be leaders in this area. ACA's Honor code is as follows, "As members of the ACA community, we commit ourselves to act honestly, responsibly, and above all, with honor and integrity in all areas of academic and campus life."
6. To be active participants in class. As a reminder, in order to participate in extracurricular activities (athletics, band, chorus, etc.) on a school day, students **MUST** be in attendance for at least 4 full periods that day.
7. To be on time. Tardies to class should never happen.

## **Attendance Policy**

In accordance with the upper school handbook, in order to participate in extracurricular activities (athletics, band, chorus, etc.) on a school day, students **MUST** be in attendance for at least 4 full periods that day. There is no **DELAYED ENTRY** at ACA.

There are three types of absences at ACA:

- School Sponsored Event - These do not count against exemptions and the work is allowed to be made up. All of these are approved by the upper school principal before the event.
- Excused Absence - Work is allowed to be made up, however, these do count against exemptions.
- Unexcused Absence - Work is not allowed to be made up and these count against exemptions.

## **Practice Attendance**

Practices are required. All student-athletes will be at practice unless communicated ahead of time and approved by the coach and Athletic Director. Any unapproved missed practices will result in a one (1) game suspension. Subsequent unapproved missed practices will result in additional consequences at the discretion of the Athletic Director.

## **Game Attendance**

Game attendance is required. This includes those who are ineligible (either academically or through AHSAA transfer rules) or injured. If a game is required to be missed, communication must be made ahead of time and approved by the coach and Athletic Director. Any unapproved missed games will result in a two (2) game suspension. Subsequent unapproved missed games will result in additional consequences at the discretion of the Athletic Director.

## **Multi-sport Athletes**

Athletes who play multiple sports will be required to complete their current sport before they can transition to their next sport. In circumstances approved by both coaches and the Athletic Director, a student-athlete may use the athletic period to get practice for their next sport a maximum of 2 days a week. This will be approved on a case by case basis and requires that the student-athlete is not on academic probation. Additionally, if a student-athlete is playing in 2 sports in the same season, the student-athlete will be required to declare a primary sport.

## **Quitting**

If a student-athlete decides to quit a sport for any reason, they can not transition to the next season's sport until the completion of the current sport's season. Additionally, any fees assigned to the student-athlete for participating in the sport will be forfeited.

## **Summer Workouts**

During the Summer months, ACA Athletics will host skill sessions, AHSAA allowed practices, and Strength and Conditioning sessions for all student athletes. While summer workouts are not mandatory they are highly recommended to help each and every student-athlete develop skills, strength and improve community. In order to participate in summer activities, the student-athlete must be enrolled at ACA for the coming fall semester. Each coach will communicate directly with student-athletes and parents as it relates to schedule. Even though workouts are not mandatory, communication with coaches about missing workouts, skill work, or other events during the summer is mandatory.

## AHSAA CONDUCT RULE / EJECTION PENALTIES

Penalties for coaches and players ejected from one or more contests are as follows:

- **First Ejection:** A \$300 fine (An athlete's fine can be reduced to \$100 if the athlete being ejected takes the online NFHS Captain's Course and payment is made within 10 days of the date of the ejection.) NFHS Captains Course can only be taken one time per sport in a student's athletic career. If the ejection is due to NFHS contest rules and does not result in unsportsmanlike conduct, only the ejection will be assessed. The ejection is not a fineable offense if the ejection was based on NFHS playing rules related to contact that was not flagrant. An ejection for unsportsmanlike behavior will result in a fine.
- **Second Ejection:** A one-game suspension and a \$500 fine
- **Third Ejection:** Minimum penalty of a suspension for the remainder of the season plus a \$750 fine.

Note: If any of the ejections or suspensions occur during the last contest of the season, a monetary fine will be placed on the school.

Note: All fines are due within 30 days.

- **Leaving The Bench Ejection:** If players come off the bench onto the court or field and are ejected under National Federation rules, they will also be suspended for 20 percent of the team's total number of regular season contests.

Note: In sports where tournament games count toward the maximum number of games allowed (basketball, baseball, football, etc.), each game played counts toward the 20%. In sports where the maximum number of games allowed does not include tournaments (softball, volleyball, soccer, wrestling, etc.), a tournament would count as one contest except in championship play where the suspension would be in effect contest by contest.

## **Online Sportsmanship Requirement**

Students in high school (7-12) must complete a NFHS Sportsmanship online interactive course one time during their high school careers. A certificate of completion must be kept on file at the school's principal's office (Dragonfly MAX) along with other eligibility items. Cheerleaders must also complete the course one time during their high school years.

## **CONDUCT RULE AGREEMENT**

By signing the student/parent Acknowledgement of the ACA Athletics Handbook I agree that I have received and read a copy of the Alabama High School Athletic Association Conduct rules stated above. I understand that should my child be ejected from an athletic contest, while representing Alabama Christian Academy, that this rule is in effect and that my child will be fined by the AHSAA. The sum for the first ejection is \$300 and \$500 for the second ejection. I also understand that it is the policy of Alabama Christian Academy that any athlete ejected twice, in a season, due to unsportsmanlike behavior (fineable ejections) will be suspended from participation for the remainder of the season. I also understand that should my child incur this penalty, I will be responsible for paying said sum within 30 days. I understand that this amount will be added to my account at Alabama Christian Academy and payment is expected in full. My signature below indicates my willingness to accept and abide by this rule.

## Coaches Expectations

All coaching expectations are clearly outlined with each specific coach and may differ based on the sport and level that they are responsible for. Each of our coaches' top priorities are to focus on teaching our student-athletes how to win and not just on winning.

### Team Goals:

- We expect each of our coaches to prioritize the direction of their program in the following order and believe that if we focus on goal number one, the rest will take care of themselves.
- Honor the Lord in all that we do.
- Work hard to improve ourselves and our team.
- Have fun! Athletic endeavors are a gift from the Lord.
- Work towards winning a State Championship.
- We expect for our coaches:
  - To be Christian leaders and role models for all of our student athletes.
  - To hold student-athletes accountable academically, athletically, and socially.
  - To teach our athletes how to succeed.
  - To teach and demonstrate how to be gracious competitors.
  - To teach and demonstrate how to embrace challenges.
  - To teach and demonstrate winning with humility.
  - To teach and demonstrate handling defeat with dignity.
  - To advocate for their sport
  - To provide weekly communication with parents and students that include practice schedules, game schedules, and travel plans for each week.
  - To instill a spirit of competition and drive in each of our student-athletes.
  - To develop a culture of teamwork.

## Playing Time

ACA Athletic's philosophy is to focus on development on the lower levels and focus on winning at the Varsity level. In accordance with that, the following guidelines are provided to each of our coaches.

**Middle School:** Equal playing time is never guaranteed, however, each coach should strive to get every player on court experience every game. This mindset helps to develop confidence in each and every player on the team as they continue to increase their skill level.

**Junior Varsity:** Playing time is never guaranteed, however, we encourage coaches to find situations where they can give student-athletes who do not get as many opportunities into the game. At this level, we are focusing on training the next Varsity. The focus in playing time shifts to developing as we begin to put more of a load on the better players in order to develop a winning mentality.

**Varsity:** Being a part of a Varsity team is a privilege. Our Varsity coach is focused on winning games and putting the players on the court that give them the best chance to win.

## Attendance at ACA Events

**Ticketing:** All ticketing is through GoFan. At most events we will accept Credit/Debit cards at the gate. For a full list of upcoming events, you can [Click Here](#) to visit ACA's GoFan page. All-Sport passes can be purchased through the booster club. These passes are good for all regular season home events hosted at ACA.

Our teams, coaches, and supporters are considered an important part of the overall culture at ACA. All are expected to work in unity under the leadership and direction of the Athletic Director and Administration. ACA students and parents should be aware of the standards set forth by the school, but often times people forget, or are unaware of what is expected from everyone attending an ACA athletic event. Therefore, we have listed a few items, intentionally redundant, to keep in mind what are expected from all those supporting ACA, including parents, siblings, relatives, fellow students, and friends:

1. Be loyal to teams representing ACA and ENCOURAGE THEM in every way possible.
2. Keep all comments POSITIVE towards our athletes, opponent's athletes, our coaches, opponent's coaches, our fans, opponent's fans, and all officials and umpires.
3. Our head coaches have not only the right but the responsibility of holding the officials and umpires accountable (in a Christ-like manner), and trying to ensure that all athletes participate in a fair and safe event. All spectators should keep comments towards the officials and umpires, if any, POSITIVE!
4. Booing, yelling critical comments, and the like, toward ANYONE AT THE EVENT, including officials and umpires, our coaches, their coaches, our players, their players, our fans, their fans, or anyone else, is unacceptable.
5. Respect opponents and acknowledge exhibitions of skill or courage on their part.

6. Coaching your son or daughter, or any other player, from the sidelines, by giving specific coaching instruction (not just encouragement) is unacceptable. (“Come on girls! Block out!” is acceptable, whereas “Come on Julie, drive in and shoot!” is not.)
7. Yelling instructions or criticism to our coaches is unacceptable.
8. DO NOT QUIT cheering and supporting, no matter what the score.
9. Be gracious towards each other and our opponent in victory and defeat.
10. REMEMBER THAT LONG AFTER THE SCORE IS FORGOTTEN, OUR BEHAVIOR AND REPUTATION ARE REMEMBERED.

## **Athletics Academic Program**

The ACA Athletic Department is dedicated to high academic standards, and providing equitable athletic opportunities for boys and girls. The below plan is a guiding program to help ensure that all of our student-athletes receive a quality education.

**Academic Action Plan:** If, after the 4th week of the grading period or end of the 9-weeks grading period a student-athlete has fallen below a 70 in any of the five core classes (Math, Science, History, English, Bible), they will fall under the Academic Action Plan. Under the academic action plan, the student-athlete will be required to attend 0 period (7:15 - 7:45) three mornings a week (Tuesday, Thursday, Friday) until all grades have returned to 70 or above.

After the initial grade check, grades will be checked every week. If at any time, a student-athletes grade in a core class falls below a 70, they will be required to attend zero period the following week.

Student-athletes, parents, and coaches will be notified via email if their student will be in 0 period.

**Academic Ineligibility:** Any student-athlete who fails two or more core courses in a 9 weeks grading period will be placed on academic probation and become ineligible for competition.

A student may regain eligibility after the fourth week of the nine weeks or at the end of any 9 week grading period by passing all courses. Returning to eligibility is at the discretion of the Athletic Director.

**Next Level Action Plan:** Any Junior or Senior on track to participate in college athletics will be a part of the Next Level Action Plan.

The NCAA requires a Core GPA of 2.3 to be eligible for competition.

Student-athletes will meet with the College Guidance Counselor each semester to understand their standing and what they need to focus on that semester.

Any next-level student-athlete whose Core GPA is below a 2.3 will be required to be on a specific academic plan agreed upon in a meeting with the Principal, College Counselor, Athletic Director, Parent and Student Athlete.

## Preparing for College

ACA Athletics strives to have every student-athlete prepared to compete at the college level. The NCAA and NAIA have strict rules about eligibility. It is vital that parents and student-athletes understand these rules early in their ACA Upper School career.

The National Collegiate Athletic Association (NCAA) and the National Association of Intercollegiate Athletics (NAIA) have established websites for athletes who are interested in eventually playing their sports at the college level.

To Register with the NCAA Clearing House, visit: [www.ncaa.org/student-athletes/future](http://www.ncaa.org/student-athletes/future)

To Register with the NAIA Eligibility Center, visit: [www.play.myniaa.org](http://www.play.myniaa.org)

## Next Level Recommendations

**7th-8th Graders:** Familiarize yourselves with the eligibility requirements of both the NCAA and NAIA.

**9th Graders:** Ask your counselor for a list of your high school's NCAA core courses to make sure you take the right classes.

**10th Graders:** Register with the NCAA Eligibility Center at [eligibilitycenter.org](http://eligibilitycenter.org). Register with the NAIA Eligibility Center at [play.mynaia.org](http://play.mynaia.org).

**11th Graders:** Check with your counselor to make sure you will graduate on time with the required number of NCAA core courses. Take the ACT or SAT and submit your scores to the NCAA and NAIA using code 9999 and 9876. At the end of the year, ask your counselor to upload your official transcript to the NCAA Eligibility Center.

**12th Graders:** Finish your last NCAA core courses. Take the ACT or SAT again and submit your scores to the NCAA and NAIA using code 9999 and 9876. Complete all academic and amateurism questions in your NCAA Eligibility Center account. After you graduate, ask your counselor to submit your final official transcript with proof of graduation to the NCAA and NAIA Eligibility Center.

## Strength and Conditioning

ACA Athletics is committed to partnering with parents and our student-athletes to help them develop physically so they can be at peak performance in their sport. There is a focus on training both in-season and during the off-season. Those strategies help our student-athletes to make gains and to maintain during different times of the year.

**In-Season:** In-Season workouts differ by sport. Teams in season usually lift 2-3 times a week. When they are not lifting they are either working on Speed and Agility or practicing. Lifting in season, we want our kids to maintain the strength they've gained from the off season program. In order to do that, we keep the same workout routine but cut the reps or set amounts down.

**Off Season:** Off-Season Workouts focus on Sport Specific Lifts as well as Speed and Agility. During an athlete's off-season, they will workout 3-4 times a week. The days they are not lifting our student athletes participate in Agility and mobility focused exercises to help them to be better at their sport. In our off season program we work in 6 week sessions. After the 6th week, we will test out to see the improvements our athletes have made.

## Additional Resources

In addition to a full-time strength and conditioning coach, ACA athletics has the following resources to aid in better preparing our student-athletes for peak performance.

**Teambuilder:** Teambuilder is an app designed to help organize, instruct, and track each athlete during their training process. It allows our coaches to track our athletes progress over time. Workouts are built into the program by sport. Each station in our weight room has an iPad with Teambuilder already installed so each student can log-in and work through their personalized workout. This program is also used by many Division 1 Athletic teams.

**Nutrition:** Nutrition is vital for the development and growth of a student-athletes body. To help with this, we have Core Power Protein shakes (chocolate, strawberry and vanilla), Gatorade protein bars, and Powerades for hydration and refueling. All of this is available before, during, and after an athletes workout period as well as practices for an additional cost.

## Athletic Training

Alabama Christian Academy has a direct partnership with Proimpact Physical Therapy & Sports Performance. We value this relationship and are pleased to offer our athletes with the best care possible. Proimpact will provide ACA with a certified athletic trainer who is assigned to our school that will cover all home events and practices on campus along with some away games.

In the unfortunate event of an athletic injury, the Proimpact staff will help triage all sports related injuries. This “triage” process starts with immediate communication with the athlete’s parents. This communication is to expedite medical care not to influence or dictate the choice of medical providers. It is the parent’s decision to whom the athlete will see for medical care. We do encourage our parents to use Proimpact for physical therapy and all rehab needs.

Our certified athletic trainer is Brandon Lundin.

Contact Information: [blundin@alabamachristian.org](mailto:blundin@alabamachristian.org)

**AHSAA Catastrophic Insurance:** As a member school of the AHSAA, Alabama Christian Academy provides Catastrophic Insurance for our students. This insurance plan covers above your families insurance once a \$10,000 deductible has been met. You can view a full policy coverage summary at the AHSAA website, or by clicking here.

# Eagle FITT

“For God’s temple is holy, and you are that temple.” - 1 Corinthians 3:17

The goal of the EagleFITT program at ACA is designed to help develop each student spiritually, mentally and physically. The Weight Room has been fully equipped with 11 power racks. There is also a newly outfitted Cardio Room with commercial treadmills and bicycles.



## EagleFITT

1. Every student, every semester
2. In school fitness classes or before and after school opportunities
3. Personalized programs to help each student start their fitness journey right where you are

## ACA Athletics

1. Purposefully designed programs to help athletes maximize their performance in each sport
2. TeamBuildr program to structure and track your fitness and training throughout your career at ACA

## Next Level

1. Individual instruction and training programs for those who desire to pursue athletics at the next level

## Team Travel

Alabama Christian Academy Athletic teams will follow these guidelines when traveling to all athletic contests and off campus practices.

**In Town Contests** are defined as ones that are versus a team within a 17 mile radius of ACA. Transportation for in town contests will be by private transportation in personal cars; some of which may be driven by athletes and or parents. Students will be allowed to drive to in town contests, but **ONLY** if their parents have filled out the permission form in Dragonfly. Students may ride with other team members under two conditions: a) the student that is driving must have permission from their parents to drive other athletes and b) students that are riding with other team members must have permission from their parents to do so. As a reminder, this form must be completed in Dragonfly.

The High School campuses within a 17 mile radius are:

Brew Tech	Lee	Prattville Christian
BTW Magnet	Montgomery Academy	Stanhope Elmore
Carver	Montgomery Catholic	St. James
Jeff Davis	Park Crossing	Trinity
LAMP	Pike Road	Wetumpka
Lanier	Prattville	

**Out of Town Contests:** When traveling to any out of town contest, it is preferable that the teams use transportation by school bus, van or chartered bus. If not available parent carpools may be used. UNDER NO CIRCUMSTANCES ARE STUDENTS ALLOWED TO DRIVE TO AN OUT OF TOWN CONTEST.

**Off Campus Practices:** Students will be allowed to drive to off campus practices, but ONLY if their parents have filled out the permission form that is available in Dragonfly. Students may ride with other team members under two conditions: a) the student that is driving must have permission from their parents to drive other athletes and b) students that are riding with other team members must have permission from their parents to do so.

## Independent Sports

Independent Sports are sports in which the school does not sponsor a team, however, an individual wishing to compete on behalf of their school is still able to do so. Independent sports at ACA include bowlin, and swimming.

The AHSAA allows for student-athletes in these sports to participate in practice/compete in group instruction outside of the school while still being eligible to participate for the school in AHSAA competitions.

If you are interested in participating in swimming or bowling please contact Aaron Greenwood at [agreenwood@alabamachristian.org](mailto:agreenwood@alabamachristian.org).

## **Eagle Athletics Club**

The Eagle Athletics Club exists to support and provide additional financial resources to create a first-class athletic experience for ACA students, families, and the community.

To become an EAC member, please contact Aaron Greenwood at [agreenwood@alabamachristian.org](mailto:agreenwood@alabamachristian.org)

**Matching Gifts:** Does your company match charitable giving? In many cases you can double the impact of your gift by applying for a matching gift through your company. For help with matching gifts, please contact Aaron Greenwood at [agreenwood@alabamachristian.org](mailto:agreenwood@alabamachristian.org).

## **ACA Golf Tournament**

The Annual ACA Golf Tournament is scheduled for October 24th at Arrowhead Country Club. For more information on how to be a part of this great event, contact Steve Borland at, [golf@alabamachristian.org](mailto:golf@alabamachristian.org)

## **Corporate Sponsorships**

Are you a part of a corporation that would be interested in supporting ACA? It is easy to get involved as a sponsor at ACA. Contact Aaron Greenwood at [agreenwood@alabamachristian.org](mailto:agreenwood@alabamachristian.org).

## Student/Parent Acknowledgement

I acknowledge by signing below that I have read and agree to follow and abide by the policies and guidelines set forth by the ACA Athletics Handbook. Additionally, as a participant at an AHSAA member school, I agree to follow the rules set forth by the AHSAA, its members and the Central Board of Control.

Parent/Guardian Name \_\_\_\_\_

(Print)

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

Student-Athlete Name \_\_\_\_\_

(Print)

Student-Athlete Signature \_\_\_\_\_ Date \_\_\_\_\_