

UPDATED 7.21.2024



STUDENT-ATHLETE & FAMILY HANDBOOK





Norfolk Christian is committed to developing Christ-like character through the pursuit of "Competitive Greatness." Competitive Greatness is going "ALL IN" mentally, physically and spiritually to reach your God-given potential

WE STRIVE TO GLORIFY GOD IN ALL THAT WE DO AND BUILD AMBASSADORS FOR CHRIST THROUGH SPORTS.



Table of Contents

Philosophy **3**

- 3 Mission Statement
- 4 Vision Statement
- 4 Athletics History
- 5 Athletic Philosophies
- 6 Organizational Structure
- 7 Sportsmanship/Code of Conduct

Department Policies **8**

- 8 Attendance Policy
- 8 Discipline Policy - Attendance
- 9 Discipline Policy - Major Infractions
- 10 Eligibility Policies
- 12 Quitting Athletic Teams
- 13 Dress Code & Uniforms
- 14 Out-of-Season Athletics
- 14 Cancellation of Athletic Events
- 14 Transportation
- 15 Sports Medicine

Team Policies **16**

- 16 Coaching Qualifications and Requirements
- 17 Team Selection/Notification
- 17 Playing Time
- 18 Practice Policies

Sports Information **19**

- 19 Varsity Sports Awards Night
- 19 NCAA Information
- 20 Levels of Competition
- 20 Varsity Letter Criteria
- 21 Post Season Information
- 21 Sports Offered

Contact Information **22**

Stay Connected **22**



Athletic Department Philosophy

Introduction

At Norfolk Christian, we believe that participation in sport is an integral part of a student's educational experience and we strive to provide opportunities that student athletes wish to participate in. The purpose of this handbook is to provide an understanding and appreciation of the athletic program and to enhance communication among the Athletic Department, coaches, student-athletes and parents.

In order for a student-athlete to participate in a sport at Norfolk Christian, both the students and parents must complete and sign the Release of Liability Waiver, Weight Room Waiver, Concussion Protocol and Student-Athlete Expectation forms. These forms can be signed electronically or found on the resource page on NCS Connect.

Norfolk Christian is a member in good standing with both VISAA and the TCIS. Both organizations outline the eligibility requirements and guidelines for our student athletes. Under the guidance of these organizations, we offer Varsity and JV sports. Middle school sports are governed by Norfolk Christian.

Mission

Christian Athletics is committed to developing Christ-like character through the pursuit of "Competitive Greatness." Competitive Greatness is going "ALL IN" mentally, physically and spiritually to reach your God-given potential.

(1 Corinthians 9:24-26 NLT)

Legendary Coach John Wooden defined Competitive Greatness as a real love for the hard battle, knowing it offers the opportunity to be at your best when your best is required. Here at NCS, we call that going "ALL IN" for His glory.

Ambassadors are "ALL IN" for His glory because they are:

- Mentally Prepared: Ambassadors are ready when God opens the door
- Physically Disciplined: Ambassadors use God-given talents to the BEST of their ability
- Spiritually Focused: Ambassadors know how to play in the zone for His glory and His Purpose



Athletic Department Philosophy

Vision

The vision of Christian Athletics is to cultivate a competitive and Christ-centered sports environment where athletes are encouraged to excel both on and off the field. Through intentional coaching, mentorship, and character development, the program seeks to empower students to pursue excellence in their sport while integrating Christian values such as integrity, teamwork, and servant leadership. The department's aim is to foster a culture where winning is pursued with purpose, but Christ-like behavior remains at the heart of every victory and challenge.

History

In 1962, John Dunlap founded the NCS Athletic Department, starting with Varsity Boy's Basketball. Keith Phillips, who taught PE, was the first Boy's Basketball coach and NCS Athletic Director. The school needed a mascot and Mr. Dunlap wanted to ensure the mascot reflected the mission of NCS. Ambassadors was selected because it aligned with the ministry of NCS of Reconciliation for our students.

Once the mascot was solidified, the colors needed to be selected. Mr. Dunlap also wanted the colors to hold meaning and reflect the mission, so he select Purple, White and Gold.

PURPLE denotes our status as Ambassadors of the King of Kings. It was used in veils and carpets found in the tabernacle, as well as the garments worn by the High Priest. Its use in Scripture symbolically represents royalty, majesty and kingship. Jesus was robed in purple by the soldiers who mocked Him before his crucifixion.

WHITE is the color of purity, righteousness and holiness in the Bible and used to describe Jesus' cleansing of our sin and the color of heavenly garments. "Though your sins are like scarlet, they shall be white as snow." - Isaiah 1:18

GOLD in scripture symbolizes the very presence of God. It was used for the mercy seat of the Ark of the Covenant and describes the streets of the new heavens and earth. Pure gold represents our future inheritance of salvation in Jesus Christ that will be free from impurity and of eternal value.



Athletic Department Philosophy

Athletic Philosophy

Norfolk Christian is committed to the values of a well-rounded Christian education and is therefore, devoted to the exploration and development of physical talents. An individual should involve physical growth and development along with intellectual and spiritual development. It is for this reason that Norfolk Christian Athletics offers a program of interscholastic athletics designed to:

- Glorify God with the physical talents and abilities He has blessed us with.
- Strive to provide a high-quality athletic program for our student athletes.
- Provide a vehicle for personal growth and development of school spirit.
- Promoting a sense of community and cohesion throughout Norfolk Christian.
- Support the overall mission of Norfolk Christian to raise Ambassadors for Christ.

At Norfolk Christian Schools, athletic excellence shall include the following personal benefits:

- Learning fundamentals in all athletic areas.
- Instill concepts of hard work, discipline, courtesy, teamwork, and perseverance.
- Educate on developing skills, assess competencies, and evaluate personal strengths.
- Develop the ability to handle success and cope with failure.

Middle School Philosophy

At NCS, the goal for middle school sports is to teach the game and build a sustainable foundation for all sports programs. The following approach will be embodied by all of our middle school coaches:

1. Teaching the game and making it fun
 - Fundamentals are high priority. To develop a strong knowledge base of the game, each student must first understand the basic components.
 - Our goal is to foster a love for the game in each student and the best way to do that is to make their initial experience enjoyable.
2. Developing competitive greatness
 - Participating on a sports team is a privilege, so roster limits have been put in place to develop a sense of competition.
 - Cuts can be made at the middle school level.
3. Playing Time
 - Coaches will strive to play all members of the team.
 - Playing time is not guaranteed and is not equitable. Playing time is earned at practice and is up to the coach's discretion.
4. Amplifying the Spiritual Walk
 - Our coaches are not pastors, but they will be a spiritual light and strong role model for our middle school athletes.



Athletic Department Philosophy

Organizational Chart



The organizational chart of our athletic department outlines a structured hierarchy aimed at ensuring efficient management and support for our sports programs. At the top of the chart is the Athletic Director, overseeing all operations and strategic decisions. Reporting to them are Assistant Athletic Directors who manage specific areas such as facilities, logistics, and compliance. Coaches for each sport form the core of the department, responsible for training, strategy development, and athlete development. The procedures within this framework involve regular communication channels, clear reporting structures, and adherence to athletic guidelines and regulations set by state association, local conference and Norfolk Christian. This organized approach ensures that our athletes receive comprehensive support, and our programs operate smoothly throughout the academic year.

Although we are guided by God's grace and mercy, we are still of the flesh. Administrators, officials, parents and student athletes will make errors or decisions that you may not agree with. When a situation arises, please see the appropriate procedure below to address said concerns. All concerns should be handled using the Matthew 18 principle. In Matthew 18:15-20, Jesus outlines the appropriate way to address sin among one another. You must first go to the person who committed the "sin". If the issue cannot be resolved through a conversation with yourself and the offender, please contact the next escalation level. Please be respectful of the various positions that are held in the Athletic Department and on the coaching staff of each sport.



Athletic Department Philosophy

Sportsmanship

To keep in good standing with our Christian witness, we ask that student-athletes, coaches and spectators understand the importance of displaying good sportsmanship. By attending and representing NCS, you have agreed to the responsibility of being a good representative of Jesus Christ and we ask that you conduct yourself to the likeness of Him. We encourage enthusiastic support of all athletic endeavors, yet want to maintain the proper perspective. Degradation of opposing teams, officials or coaches will not be tolerated by NCS, as this does not exemplify good sportsmanship or the Christ-like character that we strive to model.

Code of Conduct

The Coach Should:

- Encourage athletes to develop a relationship with God through prayer and Bible study
- Exemplify Christ-like behavior
- Demonstrate the highest moral ideals and demand the same standards of the players
- Teach the athletes that it is better to lose fairly than to win unfairly
- Maintain self-control and provide a worthy example of sportsmanship in both victory and defeat
- Demonstrate good relationships with officials
- Encourage athletes to be leaders both on the field/court and in the classroom/hallways

The Spectators Should:

- Recognize that they represent NCS in all of their actions and words
- Model good sportsmanship
- Treat visiting teams and officials with the utmost respect
- Be modest in victory and gracious in defeat
- Respect the judgement of the officials

The Athlete Should:

- Be courteous of visiting teams and officials
- Respect the judgement of the officials and respectfully accept their decisions
- Respect the facilities of the host school
- Encourage teammates and speak highly of them when talking to others
- Be modest in victory and gracious in defeat



Department Policies

Attendance Policies

In order to be eligible for practice or a game on a specific day, students must be present at school for at least half of the blocks that they are scheduled for that day, including study hall. For example, if a student has 3-4 blocks that day, they must be present for 2. If they only have 2 blocks that day, they must be present for 1. If the student only has 1 class that day, they must be present for the entire class.

Discipline Policies

Each member of the Norfolk Christian Schools community is responsible for pursuing righteousness in daily living. Adults and students need accountability from other people to make wise choices and to learn from sinful ones. Our school has a 24/7 behavior policy that embraces the moral as well as the academic education of the person. Therefore, students are accountable for their behavior inside and outside the school as both are equally important. All sanctioned Norfolk Christian events, whether on school property or not, maintain the same behavioral and moral standards that are required in school.

The head coach is expected to maintain appropriate discipline for their respective team. Athletes are expected to follow all school rules as well as any rules established by the coaching staff or Athletic Department. Coaches should handle discipline as outlined by the FCA 360 Coaching philosophy and keeping consequences equal to the actions

* If a student-athlete is dismissed from a team for inappropriate actions and behavior or quits during the season, that student will not be allowed to participate in any other sport during the remainder of the school year. A student-athlete may appeal being withheld from the following season if they feel there were extenuating circumstances that led to their dismissal/departure from the team. All appeals will be reviewed by the Athletic Department and approved or denied.

Out of school suspensions (OSS)

Student-athletes receiving OSS are not eligible to participate in practices or games while serving out of school suspension. Once the OSS has been served the athlete may return to practice but will not be eligible to participate in the first game back. Playing time may also be affected based on the number of practices/games they missed while out.



Department Policies

In school suspensions (ISS)

The student-athlete will be ineligible to participate in any practices or games on the day(s) of the ISS. If the ISS spans multiple days, the student-athlete will be ineligible for the entire duration of the suspension.

Depending on the severity and nature of the infraction, further consequences may be imposed.

These may include:

- Additional suspension from practices or games beyond the ISS period.
- Community service or other restorative actions as deemed appropriate by the coach and athletic director.

Coaches may have additional team-specific rules and expectations regarding ISS. These should be communicated clearly to all team members at the beginning of the season.

Coaches are encouraged to work with the athletic director to ensure that any additional measures are fair and consistent. Once the ISS period is over and any additional disciplinary measures are completed, the student-athlete may return to regular team activities.

Missed practices

Student-athletes who do not participate in or miss practice the day before a game will not be allowed to participate in that game. Reasons for missing practice include OSS, ISS, injury, and illness. Any other reasons may be presented and discussed by the athletic department on a case-by-case basis.

Discipline Policies - Major Infractions

Norfolk Christian places a strong emphasis on sportsmanship, recognizing it as the cornerstone of our Christian witness and a positive athletic experience. We believe that demonstrating respect, integrity, and fair play both on and off the field is essential for personal growth and team success. By prioritizing sportsmanship, we aim to create an environment where all student-athletes can develop their skills, build character, and enjoy the spirit of competition in a supportive and respectful atmosphere.

Sportsmanship violations carry more weight at Norfolk Christian and will be addressed immediately. Student-athletes, coaches and fans will all be held to the same standards. Major infractions are not limited to sportsmanship violations.



Department Policies

Eligibility Policies

Norfolk Christian athletes must adhere to the eligibility policies that have been set forth by the school, VISAA and the TCIS. Violation of any of the below policies will result in a loss of the ability to participate in athletics here at NCS either briefly or permanently.

Norfolk Christian Requirements

- Must be a student in good standing, both academically and behaviorally
- Must have a complete profile on Student Central, including a physical dated after May 1 of the current school year.
- Must be registered for 5 classes through Norfolk Christian.
- Must attend half of the assigned classes for that day
- Must maintain Academic Eligibility per the guidelines of Norfolk Christian.

Norfolk Christian Academic Eligibility

Any student-athlete with a GPA lower than 2.0 at the end of one semester will be ineligible for the entirety of the following semester. If the student-athlete is ineligible after the Fall semester, they will be ineligible for the spring semester. If they are ineligible after the Spring semester, they will be ineligible for the following Fall semester.

There will be three checks during the semester, at each mid-period and at the quarter. Student-athletes will be notified if they are in danger of being ineligible.

Each student-athlete may appeal the ineligibility period one time during their career and Norfolk Christian. Please see the Upper School for instructions for the appeal process.

Extracurricular leaders will be informed when their students are in danger of becoming ineligible. Students and families are expected to monitor grades through NCSCConnect on a regular basis.

Senior privileges are also suspended during the ineligibility period.

TCIS Eligibility Policies

1. Students must attend a member school as a full-time student working to fulfill graduation requirements to participate in a sport.
2. Any student who does not reach the age of 19 on or before August 1 is eligible for TCIS competition.
3. Once a student athlete begins his/her last year of eligibility in a school, it marks their last year of eligibility in the TCIS.



Department Policies

TCIS Eligibility Policies

4. If a student transfers from one conference school to another conference school after having represented the first conference school, he/she is ineligible to compete in any sport for that season. This consequence of a transfer of this nature shall not be subject to the waiver procedure in the Transfer Policy set forth below. (recommended by steering committee to make sure it doesn't contradict transfer rule).
5. Eligibility for JV sports ends at the conclusion of the sophomore year.
6. A student/athlete may not participate in separate JV and Varsity events in the same sport on the same day.
7. Exceptions to eligibility rules for "hardship cases" must be presented to the Athletic Directors for approval by a $\frac{2}{3}$ vote prior to submission to the TCIS Heads for final approval. NOTE: Hardship is typically defined as something outside of the student's control. The intent of the rule is to follow a course of action that is best for the student.
8. Coaches having questions concerning an opposing player's eligibility just prior to a contest should make concerns known to the opposing coach before the contest begins. Questions concerning eligibility at other times should be referred to the Athletic Directors of the schools involved for resolution.

VISAA Eligibility Policies

1. The student must be a regular bona fide student in good standing of the school that he or she represents and must enroll and be in attendance at least 30 days prior to the commencement of the VISAA championship. "Regular bona fide student" means a full time student is enrolled in five (5) classes. These students will be eligible for JV and Varsity. (Middle school athletes are not held to this requirement.)
2. The student shall not have reached the age of 19 on or before August 1 of the school year in which he or she wishes to compete.
3. Students in grades 8-12 are eligible for VISAA events.
4. A student wishing to repeat a grade (or reclassify) must do so for non-athletic reasons and in compliance with all conference requirements, as applicable.
5. Any student or school team ruled ineligible by a conference is considered ineligible for VISAA events.
6. Attending academic classes while classified as a senior at any school marks the student's last year of eligibility for VISAA events.
7. In order for a student to participate in more than one school sport in a season, the student must be a regular member of both teams participating in at least two scheduled contests for both teams.



Department Policies

Coaches

- 1st Infraction - Meeting with the Athletic Department and a documented warning
- 2nd Infraction - 1 practice and 1 game suspension, must complete [NFHS Sportsmanship Course](#), meeting with Athletic Department
- 3rd Infraction - Dismissal from coaching position

Student - Athletes

- 1st Infraction - Meeting with the Athletic Department and a documented warning
- 2nd Infraction - 1 practice and 1 game suspension, must complete [NFHS Sportsmanship Course](#), meeting with Athletic Department, coaches and parents
- 3rd Infraction - Dismissal from the team

Parents/Spectators

- 1st Infraction - Meeting with the Athletic Department and a documented warning
- 2nd Infraction - 1 game suspension, must complete [NFHS Parent Seat Video](#), meeting with Athletic Department
- 3rd Infraction - Dismissal from events for remainder of the season

Quitting Athletic Teams

Student-athletes are held to a high standard in regard to their commitment to their team, coaches and the school. Should a student-athlete choose to quit an athletic team, they will be unable to tryout for another team during that season. Quitting an athletic team will also result in being unable to compete in the next season. For example, quitting in the fall will prohibit play in the winter, quitting in the winter will prohibit play in the spring. Should a student-athlete quit a spring sport, they will be unable to participate in fall sports the next school year. Some circumstances may arise that are beyond the student's control and will be taken into account. The Athletic Director has the final approval in all decisions.



Department Policies

Dress Code

Athletic uniforms may not be worn to school except on game days as a team. Uniforms must still meet dress code requirements, meaning tank tops, swim suits and spandex are not allowed. Please see below for other guidelines.

Females:

- Shorts must be fingertip length.
- Leggings may be worn, but only with shorts on over them.
- A shirt must be worn at all times, sports bras only are not allowed.
- It is our preference as a department that our student athletes wear NCS apparel or at least NCS colors, black, grey or white.
- Please refrain from wearing apparel from other schools to practice or games

Males:

- Shorts must be fingertip length.
- A shirt must be worn at all times.
- It is our preference as a department that our student athletes wear NCS apparel or at least NCS colors, black, grey or white.
- Please refrain from wearing apparel from other schools to practice or games.

School Issued Uniforms and Equipment

All uniforms will be handed out on designated days with the assistance of the PTF. Assigned dates and times will be communicated at the beginning of each season.

Uniforms will be collected on designated days by the PTF as well. All uniforms need to be returned clean and in a bag with the student-athlete's name on it. Student-athletes will be invoiced \$100 per missing item and a hold will be placed on their account for all missing items not received within one week of the designated collection. Holds will be removed when the uniforms are returned, or the invoices are paid in full.



Department Policies

Out of Season Athletic Participation

Norfolk Christian offers a wide range of athletic opportunities for student-athletes. We do not provide or encourage specialization or year-round training for a particular sport. Norfolk Christian does not sponsor, nor support teams in their out-of-season practices and competitions.

Out of season conditioning will be offered before or after school, however we encourage all of our student-athletes to partake in the various sports that are offered each season. The benefits of participating on a team versus participating in a conditioning program include but are not limited to, learning a new sport, cross training different muscle groups and gross motor skills and learning to work with a new group of people.

Cancellation of Athletic Events

- Cancellation decisions for inclement weather or other events will attempt to be made before 1:30 PM. However, there are times that last minute cancellations occur.
- There are times that the city will cancel events on city fields that are outside of our control.
- Notifications will be sent to parents and student-athletes via Bound and social media.
- An announcement will also be made prior to the end of the school day. All schedule changes will also be reflected on the Athletic Website.
- Student-athletes should always come prepared to practice, with tennis shoes and their regular equipment. The athletic department operates on a rotation of which teams will practice indoors when outdoor practices have been cancelled. The weight room and spin room may also be used.
- Coaches may opt to hold a classroom session in lieu of practice.
- All changes to time and location will be included in the communication sent out.

Transportation

Norfolk Christian strives to provide transportation to as many away games and off campus practices as possible. However, due to the size of our Athletic program and the number of venues traveled to, at times we do ask for assistance from the parents, coaches and student-athlete drivers.

For away games, a two-way bus will be provided to all games that are hosted on the Peninsula, in Suffolk or in Richmond. Games hosted locally in Norfolk, Virginia Beach and Chesapeake will only be a one-way bus and parents will be responsible for picking their student-athlete up at the venue. For games where a two-way bus is offered, parents may pick their student-athlete up at the venue, however, they must sign their student-athlete out with the coach know prior to leaving.

Coaches will remain on site until all student-athletes have been picked up or are on the bus heading back to Norfolk Christian.



Department Policies

Sports Medicine

The health, safety and well-being of our athletes is of the utmost concern at Norfolk Christian and for that reason we provide full time Athletic Training coverage for home games and practices. Our Athletic Trainers are Board Certified and licensed by the Virginia Board of Medicine and remain up to date on the latest best practices in the field.

Should your student-athlete become injured during a Norfolk Christian athletic event, please be sure to touch base with the Athletic Trainer first prior to seeking further medical attention. Many injuries and ailments can be treated on campus with our Athletic Trainers, free of charge, instead of going through a doctor's office and insurance. Should your student-athlete need further medical treatment, the Athletic Trainer will advise you of the next best steps to have your child treated and cared for appropriately.

As an additional layer of protection for our student-athletes, the state of Virginia requires a pre-participation physical to be completed prior to the beginning of athletic competition. This physical must be on file with the Athletic Department prior to the student-athlete participating in sports here at NCS. All sports physicals are valid from May 1st of the current year through June 30th of the following year. For example, if your student-athlete receives a physical on April 30th, it will expire on June 30th of the same year. If they wait until May 1st, it will expire June 30th of the following year, thus covering your student-athlete for the entire school year. Physical forms are available in the front office and on the "Resources" tab on NCSCConnect.

All student-athletes are also required to have a concussion baseline test on file. The baseline test is given by our Athletic Trainers on staff in house and the baseline form is kept on file here at NCS. These baseline tests are used in the event of a sustained concussion to better understand the severity of the concussion symptoms. These baseline tests can also be used if the student-athlete needs to seek a physician's care.

As a reminder, please seek the attention of the Athletic Trainer first. Once a student-athlete visits a physician, physician assistant or nurse practitioner, the Athletic Trainer is no longer in the chain of care. The student-athlete will need to see the same level of provider prior to being cleared.



Department Policies

Athletic Training Room Policies:

- Timeliness is key, as our Athletic Trainers must prepare an average of 8 teams simultaneously to begin practices or travel to practices on time. Student-athletes who arrive to the athletic training room late will have to wait for treatment or taping until all others who arrived on time have been taken care of.
- Should a student-athlete miss rehabilitation or not get taped prior to practice when it is required per the Athletic Trainer, they will be unable to participate in that day's practice or game.
- Respect and compliance are vital to a smoothly operating Athletic Training room. It ensures our Athletic Trainers are treated appropriately by our students, that our students feel respected, cared for and develop trust in our Athletic Trainer. It also helps ensure that our Athletic Trainer can provide the highest level of care to each athlete and not have to focus on behavior management of our student-athletes.

Team Policies

Coaching Qualifications and Requirements

The Athletic Department strives to provide student-athletes a safe and enjoyable environment in which to participate in their chosen sport(s). To achieve that goal, the department hires qualified coaches who not only teach the sport but help grow and nurture Godly young men and women to be Ambassadors in the world when they leave Norfolk Christian.

Coaches and administrative personnel are obligated to act in a prudent manner in order to prevent foreseeable accidents and injuries. Their response to unexpected circumstances should follow the guidelines that have been set forth by the Athletic Department. To ensure that our coaches are adequately equipped to handle various situations, we expect the following criteria to be met:

1. A relationship with the Lord and regular church attendance
2. All coaches must be CPR certified.
3. All coaches must complete the NFHS Level 1 Coaching and Sport Specific certifications.
4. All coaches must complete the FCA 360 Coaching training.
5. All Middle School coaches must complete NFHS Level 1 MS.
6. Completion of Armatius training in the areas of various types of child abuse, keeping the school and athletes safe, proper coaching practices and blood borne pathogens.



Team Policies

Team Selection and Notification

The final makeup of each individual team is at the discretion of the head coach and their coaching staff. See below for the process at each level.

- Middle School Sports - While the goal at the middle school level is development, learning and growth, we do encourage our coaches to make cuts when necessary. There are roster limits in place for all sports, at all levels to ensure there is an opportunity for competitive growth, as well as playing time for those on the roster.
- Varsity/JV Sports
 - Tryouts and cuts
 - There will be at least two days of practice before cutting potential players. This will give all players an opportunity to demonstrate his or her ability.
 - If there are cuts to be made on the team, coaches will give proper notice to the players at the beginning of tryouts. Coaches will notify student-athletes of roster selections by sending emails out to everyone who attended tryouts. Lists will not be posted, hard copy or digital, to announce cuts.

Once the roster has been finalized, the head coach should send an email out to all of the parents. This email should introduce themselves as the coach and notify the parents of the mandatory Google Meet parent meeting date and time.

Playing Time

Determining how much playing time each player earns is at the discretion of the Head Coach. However, there are some general goals we strive for.

At the Middle School level, development, learning, instruction and active participation are our primary concern. Every effort should be made to provide meaningful playing time for all athletes. Playing time is not guaranteed, but coaches are encouraged to play as many student-athletes as they see fit based on effort, attitude, skill, needs of the team and practice performance and attendance.

At the junior Varsity level, and especially the Varsity level, concepts of competition and role-playing within a team setting enter in more and may result in some athletes not playing in some contests. We do, however, strive to use all athletes whenever given situations call for it.



Team Policies

All athletes are expected to be present and on time at ALL scheduled practices, team meetings and events during the season of a particular sport. They are expected to attend practices and stay for the duration until dismissed by the coach, unless other arrangements have been made in advance. Athletes are not to leave practice on a regular basis to attend an outside activity. It is the sole discretion of the Head Coach to determine whether an absence is excused or unexcused. Absences from practices, team meetings or games will directly affect playing time.

* Norfolk Christian athletics are to be first priority during the season. The opportunity to participate is a privilege and not a right.

Practice Policies

Norfolk Christian athletics should be the first athletic priority of student-athletes during the given season. All student-athletes are expected to be present and on time to all practices during the season and stay through the duration of the practice. Exceptions to arrive late, leave early or miss practice can be arranged with the coach on a case-by-case basis. Student-athletes are not permitted to consistently miss or leave early from practice to attend an outside athletic activity. Missed practice time will have a direct impact on playing time.

School activities that take place during scheduled practice times will take precedence over practice. The student-athlete is responsible for communicating their late arrival, early departure or absence to their coach (should they opt to attend practice).

Coaches may choose to alter playing time based on absences or missed time at practice. Prior to making changes to playing time, the coach will discuss their decision, along with documentation of the reason, with the student-athlete.

Should a student-athlete miss school due to injury/illness or have been assigned to ISS or OSS, they will not be permitted to participate in practice or a game that day.



Sports Information

Varsity Sports Awards Night

At the end of each school year in May, once all conference and state tournaments are completed, the Athletic Department will host a Varsity Sports Awards Night. During this event, Varsity student-athletes will be honored for their participation in each season, as well as highlighted for all individual and team accomplishments achieved during the season. The date for this event will be on the Norfolk Christian Master Calendar at the beginning of the school year so families can plan accordingly.

NCAA Information

The Athletic Department partners with our families to provide a smooth transition from high school to collegiate athletics for those student-athletes that are aspiring to further their athletic career. Student Services will assist student-athletes with appropriate class selection, building film highlights and maintaining approved contact with college coaches.

Student-athletes must register online in the NCAA Eligibility Center to begin the collegiate athletic recruiting process. While in high school, student-athletes must complete all of the NCAA required core courses, maintain a 2.2-2.3 minimum GPA and they cannot fail a core course. Information outlining these requirements can be found at <http://www.ncaa.org/student-athletes/future>.

College-bound student-athletes preparing to enroll in a Division I or Division II school need to register with the NCAA Eligibility Center to ensure they have met amateurism standards and are academically prepared for college coursework.*

**Future. (n.d.). Retrieved September 24, 2020, from <http://www.ncaa.org/student-athletes/future>*



Sports Information

Levels of Competition

Norfolk Christian offers up to three levels of competition in most sports. Sports that do not have high enough participation to sustain three levels will only offer the levels that are the most sustainable for that particular year.

- Middle School
 - Teams consist of students in grades 5th-8th.
 - Students in 4th grade may tryout for middle school teams with a recommendation from their PE Teacher and the approval from the Lower School Director.
- Junior Varsity
 - Teams will consist of students in grades 7th-10th. .
 - Per VISAA and TCIS guidelines, students below the 7th grade are ineligible for Junior Varsity competition.
- Varsity
 - Teams will consist of grades 8th-12th
 - Per VISAA and TCIS guidelines, students below the 8th grade are ineligible for Varsity competition.

Varsity Letter Criteria

Varsity letters are awarded to members of Varsity teams for their efforts and contributions to the team and the Athletic Department. Each athlete will receive a "C" after their first season on a Varsity team and a star for every season thereafter, regardless of sport. Who receives a varsity letter is at the coaches discretion, using the below criteria:

1. Attends 85% of practices and games for said team.
 - a. This will eliminate younger student-athletes who have been pulled up for post season play only from receiving a varsity letter.
2. Is a participating member during said events.
 - a. This does not mean that the athlete has to receive playing time during games, however if they are participating during warm ups, cheering on the team, managers, etc, they are considered a participating member of the team.
3. Made significant contributions to the team as a whole.
 - a. This could be, but is not limited to, stats, support, chaplain duties, etc.
We do not hand out letters based on merit or stats alone.
4. Has maintained academic eligibility during 90% of your season.
5. Has maintained a Christ-like attitude and behavior on and off the field during your season.



Sports Information

Post Season Information for Varsity Sports

As a member of both the Tidewater Conference of Independent Sports (TCIS) and the Virginia Independent Schools Athletic Association, our student athletes have the opportunity to participate in both conference and state post season play.

- TCIS Championship weeks occur the week after the last week of regular season play.
- VISAA Championship weeks occur a week to two weeks after TCIS Championship play.

Sports such as Football and Lacrosse span across two weeks of play.

Sports Offered

Norfolk Christian strives to offer a robust sports program that allows opportunities for student-athletes of all skill and experience level. Detailed information can be found on the athletic website for each sport and team offered.



Contact Information



Lindsay Ingraham - Athletic Director
 lindsay_ingraham@norfolkchristian.org
 757-423-5770 ext. 400

Matthew McDonald - Assistant Athletic Director of Operations
 Head Varsity Baseball Coach
 matthew_mcdonald@norfolkchristian.org
 757-423-5770 ext. 401

Lindsay Shaffer - Assistant Athletic Director of Facilities
 Head Varsity Boys and Girls Soccer Coach
 lindsay_shaffer@norfolkchristian.org
 757-423-5770 ext. 405

Stay Connected

You can stay up to date on the latest information pertaining to Ambassador Athletics through a variety of communication platforms. Please see below:

gobound.com/va/schools/norfolkchristian

Our forward-facing athletics website will be the best source for all Athletic Department information. All team schedules, rosters, directions and announcements can be found here. Medical forms and waivers will be signed on August through your NCSConnect account prior to the start of each sports season. Until all forms are signed and uploaded, student athletes will not be able to participate in NCS Athletics.

[Twitter.com/athletics_ncs](https://twitter.com/athletics_ncs)

Twitter users may follow @Athletics_NCS and receive the most up-to-date information, announcements, live scores and updates. This website will send all tweets to a user's phone as text messages for those who sign up for text alerts.

[Instagram.com/ncsambassadors](https://www.instagram.com/ncsambassadors)

Instagram users may follow @NCSAmbassadors and view athletic moments captured throughout the year and to celebrate athletes and coaches.

[Facebook.com/ncsambassadors](https://www.facebook.com/ncsambassadors)

For those who are not twitter users, but instead have Facebook accounts, this is an easier way to get all of the updates as a direct push from the twitter feed.

