



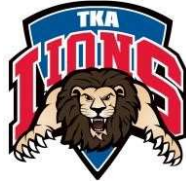
TKA ATHLETIC DEPARTMENT HANDBOOK

2023 - 24
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THE KING'S ACADEMY
8401 Belvedere Rd.
West Palm Beach, FL



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TKA Athletics Mission and Vision

MISSION

The King's Academy Athletic Department mission is to provide an excellent athletic experience with eternal impact. Jesus Christ challenged His followers to produce 'good' (excellent or praiseworthy) works that could be used to direct the praise of others to the glory of God (Matthew 5:16, NIV). Paul motivated Timothy to train himself physically but to train himself even more diligently in relationship with the Lord (I Timothy 4:8, NIV). We believe these Scriptural truths provide a firm foundation for our athletic department mission.

CORE VALUES

Coaches that are 'making mission' with our student-athletes will produce teams that are identified by the traits of the S.T.E.E.P. acronym

Selfless: training our student-athletes to sacrifice for each other and the good of the group

Teamwork: teams that through trust and execution produce a product that is deemed greater than the sum of its parts

Enthusiasm: student-athletes and coaches that compete with joy

Effort: student-athletes and coaches that are unusually diligent all the time

Preparation: student-athletes and coaches that go to unusual lengths to be ready to compete at the highest possible level

TKA Athletic Philosophy

We believe that athletics are a valuable, vital, and integral part of the education process. Principles and lessons taught in the school, church and at home can be put into action on the playing field or court. Athletics are a microcosm of life and should be used to teach our athletes how to deal with winning and losing, adversity, pressure, conflict, and the daily effort required to pursue excellence.

Middle School Philosophy

The middle school athletic program should keep development of future high school athletes as a priority. Special consideration should be given to teaching fundamental skills, encouraging spiritual growth while allowing for emotional, physical, and mental changes in the lives of this age group. Athletes in the 6th-8th grades participating in team sports may only move up to a high school level (JV/V) if they will be starting lineup or the can compete for a starting position and with the approval of the Director of Athletics.

Junior Varsity Level

The junior varsity level provides the opportunity for further development of the student-athlete while preparing them for the varsity level. Spiritual, physical, and emotional development should remain a priority while providing additional opportunities for athletes to succeed. Athletes on the JV level should look to be challenged athletically in preparation for Varsity level competition. Juniors will generally not be eligible for JV, and seniors will not participate at the JV level.

Varsity level



The priority of varsity level programs, after the development of Christ-like character, is to win games and represent The King's Academy at the highest levels.

FEEDER SYSTEM PHILOSOPHY

'FEEDER SYSTEM' PHILOSOPHY

The TKA athletic department attempts to set up all sports in a 'feeder system' format. It is the ideal objective that a 6th grade student should take a 7-year journey through a sport program. The varsity head coach is the leader of the entire feeder system for their sport. The varsity head coach should set the sport-specific objectives in accordance with the philosophical objectives for the head coach of the jv and middle school levels. The levels are dictated by student-enrollment and availability of human & financial resource. The feeder system levels and objectives are described below.

- Varsity Level Objectives (the most skilled participants available in the high school student body)
 - o Christ-like character development
 - o Winning
 - o Tactical Development (ability to function in concert with teammates to accomplish competitive goals)
 - o Technical Development (individual skill development)
 - o Fun (**playing time earned** and never guaranteed)
- Junior Varsity Level Objectives (preparation level for varsity. Typically, freshmen - sophomore level)
 - o Christ-like character development
 - o Tactical Development
 - o Technical Development
 - o Winning
 - o Fun (**attempts** to give everyone playing time, though not even amounts)
- Middle School Level Objectives
 - o Christ-like character development
 - o Fun (**playing time given to each student-athlete** during each game, though not even amounts)
 - o Technical Development
 - o Tactical Development
 - o Winning



Advancement of young student-student-student-athletes to JV and Varsity levels: Under special circumstances it is allowable to move a highly skilled, younger student-student-athlete to the jv or varsity level. It is a misuse of this allowance if the student-student-athlete will be sitting the bench on the higher level when they could be developing through significant game time on the lower level. Advancing a young student-student-athlete to a higher-level team should only be done if one of the following scenarios is true:

- The student-athlete will start and / or play more than 50% of each game
- The lower-level season is complete. In this case the parents should be notified and offered the opportunity for their student-athlete to move to the next level for the remainder of the season.
- The student-student-athlete will add value to the team. A student-athlete that cannot 'keep up' in practice or has no chance of participating in game should not be invited up.

TKA Sports Offered

Athletics - TKA is a member of the FHSAA (Florida High School Athletic Association).

The school offers opportunities for students in grades 6th – 12th for the following sports:

Fall: Boys Bowling (V), Girls Bowling (V), Cheerleading (MS/JV/V), Boys Cross Country (MS/JV/V), Girls Cross Country (JV/ V), Football (6th/ 7th-8th /JV/V), Girls Golf (V), Boys Golf (JV / V) Boys Swimming (V), Girls Swimming (V), Girls Volleyball (MS A/MS B/JV/V)

Winter: Boys Basketball (MS A/MS B/JV/V), Girls Basketball (MS/V), Competition Cheerleading (V), Boys Soccer (MS/JV/V), Girls Soccer (MS/JV/V), Basketball Cheerleading (V), Boys Wrestling (V)

Spring: Baseball (MS/JV/V), Golf (MS - April), Softball (V/MS), Boys Tennis (JV/V), Girls Tennis (JV / V), Boys Track & Field (MS/V), Girls Track & Field (MS / V), Boys Lacrosse (MS/JV/V), Girls Lacrosse (MS / V), Girls Beach Volleyball (V), Boys Volleyball (V),

TKA Academics and Eligibility

Student-athletes must abide by academically eligibility standards as established by FHSAA and The King's Academy

TKA Academic Probation - a GPA below 2.0 for the previous nine weeks, and/or an F in the nine weeks and/or semester of a course. Academic Probation is in effect the Monday following the report card distribution.

The student is taken off academic probation when the following occurs:

Students will stay on Academic Probation until the following nine-week term, at which point the student's academic status will be reevaluated. The student will be removed from Academic Probation if his/her GPA has gone up to a 2.0 and/or there are no F's in a course.



Students will not be allowed to perform in extra-curricular activities and/or sports or practices while on academic probation unless required for a course. This allowance must be approved by the Administration.

If a secondary student is placed on Academic Probation after the fourth term, the fourth nine weeks grades and/or the second semester grades will determine the probation. Unless remediated during the summer, the probationary time is the first nine weeks of the following school year.

FHSAA Academic Eligibility

The Florida High School Athletic Association has certain guidelines governing the eligibility of athletes. To participate in athletics in grades 9-12, an athlete must maintain a cumulative 2.0 GPA at the end of each semester for the semester proceeding the sports season. The student must be in regular attendance. All student athletes must adhere to the FHSAA guidelines, as well as the TKA Academic Probation guidelines to be eligible to participate.

FHSAA / TKA Student-athlete Clearance

TKA is a member of and governed by the FHSAA (Florida High School Athletic Association). The FHSAA receives its guidance and recommendations for governance and sport-specific policies from the NFHS (National Federation of High Schools)

Student Athletes must complete the FHSAA Athletic Clearance Process to participate on TKA Athletic teams. This process can be found at the web address below. Clearances are granted by the athletic office once the student-athlete has completed the process.

<https://tkalions.net/sports/2015/9/4/FHSAAForms.aspx>

FHSAA Policies on Eligibility

FHSAA policies addressing student-athlete eligibility can be visited here:
https://fhsaa.com/sports/2020/3/9/ABOUT_ENC.aspx?path=enc

TKA Student Insurance Coverage

Student injury insurance is included in the tuition; please see below for coverage details. It covers the student for the school year. Coverage starts when the student is picked up by the bus and ends when he is delivered in the afternoon. The insurance is also in effect during school hours, and during school-sponsored trips. It is necessary to report all school-related injuries to the Clinic promptly (within 24 hours) or possibly forfeit the insurance claim. The school insurance covers only the portion of the medical bill not covered by the student's primary policy and only partially covers uninsured students' medical bills. The student accident insurance policy is a Secondary policy, designed to cover deductibles, co-pays and co-insurance from the student's primary insurance. Full benefits may be received by staying within your healthcare network. The School Nurse completes the school's portion of the claim form and returns it to the parent or guardian to complete and send to the insurance company for reimbursement. All student accident claims must be submitted to the insurance company directly from the parent/guardian(s) within 90 days from the date of the student's accident. Students playing



inter-scholastic athletics are covered within the limits (secondary coverage) of the TKA student policy. Please see above for coverage details. However, TKA requires that the athlete have primary insurance.

TKA Academic Absence Policy/Late Arrival for Participation in Athletics

For a student to participate in extra-curricular activities such as games, or practices, the student must attend school by 9:00 A.M. on the day of the game, or practice. Special situations will be considered by the principal. Any student who misses one or more classes for a school-related, extra-curricular (i.e. sports, music concert, field trip, etc.), will have one day for every day absent to make up any missing work. He/she should be prepared to take his/her tests within that given time frame, unless other arrangements have been made with the teacher.

Early Dismissal

Students are responsible for all work missed due to early dismissals for athletic contests. When a student-athlete knows he/she will miss a class for competition, it is strongly recommended that class and homework be obtained in advance. Coaches will schedule games to limit the number of early dismissals.

An administrative assistant will dismiss students released early from school at the time(s) specified by the athletic director. Coaches are to communicate requested time changes to the athletic administrative assistant. All scheduled games that will require early dismissal must be approved by the Athletic Director and Upper School Principal prior to schedule being finalized.

Athletic Team Composition – Tryouts and Cuts

6th – 12th Grade Tryouts and Team Selection Process

Before a student may try-out or practice, there must be on file with TKA, the required FHSAA paperwork and student-athlete packet and through athletic clearance..

In all sports where it is anticipated that a student-athlete may be cut, it is mandatory that the tryout period last at least two days based on the total number of persons trying out.

The athletic director will be given the cut list, with a brief rationale for each cut before it is announced.

If a student-athlete has a legitimate excuse (in the judgment of the varsity head coach and/or the A.D.) for missing the try-out period, a subsequent one-day try-out may be granted to assess that player's abilities.

In the try-out process, it is important for the varsity coach to have unlimited input as to which players are kept on the squad at all levels of the program.

When an athlete is cut, it is always to be done in a private, face-to-face meeting with the coaches. Two coaches must be present in the meeting with the athlete. In that meeting the reasons for the cut should be explained. Also, the coaches should tell that athlete what skills to work on. He/she should be encouraged to pursue other athletic interests.

All Middle School Athletes playing at the JV/Varsity level must be approved by the Athletic Director. No Middle School team try-outs will be scheduled when school is not in session.

Attendance at games and practices



Attendance to games and practices is mandatory as part of their commitment to developing individually and as a team each day. Athletes should not assume that any absences are excused and must communicate with the coach well in advance to avoid any confusion or discipline. Lateness to practice is only permitted if the athlete is in tutoring and will need to secure a pass. Conflicts with other school related activities need to be communicated with the Head Coach at the beginning of the season. Dedication and commitment are strongly valued and need to be upheld in protection of the team's commitment to success.

Students who are injured are expected to attend practice to assist the coach and/or perform rehabilitation exercises. Students must personally contact the Head Coach if they are sick and may be unable to attend. Students who do not make contact or do not show up for practice will be deemed unexcused and will result in loss of playing time, and meet conditions set by the Head Coach. Absences that would be considered excused, should be communicated at the beginning of the season, unless it is an emergency. Excused absences would include school required field trips, wedding/funeral of family member. College visits should be communicated with the coach well in advance.

Quitting a Team

There is a commitment made by an individual to a team and school when joining an athletic team. This commitment should be upheld and rarely violated. The act of quitting a team harms both the individual and the team. If an athlete contemplates quitting a team, the coach should counsel him/her about the commitment and possible consequences. The coach should counsel, encourage, and pray with the athlete as the decision is being made. Parents may be called to discuss the situation before a final decision is made. The athlete will also need to meet with the athletic director prior to quitting a team. Any athlete who quits a team will be ineligible to participate in athletics for the remainder of the academic year unless granted exemption by the Principal and Athletic Director. I Corinthians 9: 24 – 27: Do you not know that those who run in a race all run, but one receives the prize? Run in such a way that you may obtain it. And everyone who competes for the prize is temperate in all things. Now they do it for a perishable crown, but we for an imperishable crown. Therefore, I run thus: not with uncertainty. Thus, I fight not as one who beats the air. But I discipline my body and bring it into subjection, lest, when I have preached to others, I should become disqualified.

II Timothy 4: 7-8: I have fought the good fight, I have finished the race, I have kept the faith. Finally, there is laid up for me the crown of righteousness, which the Lord, the righteous Judge, will give to me on that Day, and not to me only but also to all who have loved his appearing.

Dismissible Offenses

Dismissing a student athlete from a team should be a last resort. The following is an overview of the philosophy of The King's Academy Athletic Department on dismissal:

The rationale: We cannot reach or teach students if they are not present. For the coach to decide to dismiss a student/athlete, the coach should feel that keeping the athlete would destroy the team or his/her ability to make progress with the team. The Coach's Letter to athletes and parents should cover these behaviors.

The coach may not dismiss a student in violation before the athletic director has been given detailed information regarding an incident that includes the possibility of dismissal from the team. It could be



that the offense, on the surface, does not seem to rise to the level of dismissal, but the coach has cumulative information regarding the student/athlete that puts the athlete in the category of incorrigible. It could be that the student's cumulative attitude and behavior damage the chemistry of the team and the coach's ability to succeed. The decision to dismiss a student athlete will be determined jointly by the coach, Athletic Director.

TKA Athletics /Academics and Tutoring

TKA strives for excellence in each of its programs, including raising the bar of expectation in academics. TKA student-athletes have the opportunity on many school days to visit teachers after school for help or tutoring in classes. Student athletes are encouraged to meet with teachers before school to not miss valuable practice time if the teacher is available. Coaches are to work with athletes who need to attend after school tutoring. Coaches should seek this opportunity to help or develop life skills including time management in our athletes. Athletes should work on quickly changing and arriving at practice as soon as the help session is complete. Coaches may require a note from teachers to verify attendance and time.

Conflict Resolution Policy

All sport related concerns will be resolved internally by the athletic department according to a process that is rooted in the Matthew 18 principle. The athletic department will not mediate concerns related to playing time or team strategy.

The Four Levels of Athletic Conflict Resolution

1. Personal Meeting between Player and Coach.
2. Personal Meeting between Parent and Coach
3. Personal Meeting with Athletic Director
4. Personal Meeting with Principal and Athletic Director

What should a parent do if he / she has a concern to address with a coach?

Wait at least 24 hours after a game or practice.

Call or email the coach to schedule a time to discuss the situation face to face. This phone call or email should not be used to resolve the concern. Please notify the Athletic Director if the coach does not respond within one business day.

What should a parent do if a personal meeting with the coach does not provide satisfactory resolution?

The parent should notify the Athletic Director.

The Athletic Director will contact the parent within one business day to provide an opportunity to meet with the Principal and Athletic Director.

Athletic Contest and Practice Code/Parent Code of Conduct

Students and adults are invited to attend games and are encouraged to display courtesy and Christian conduct. Practices are reserved for coaches and players only. Commendable play by either team deserves applause. Spectators should refrain from showing disrespect in any way to anyone, including referees. Disrespectful behaviors include abusive cheering, booing, excessive use of noisemakers, or throwing items. Violators may be asked to leave.



Unsportsmanlike or Inappropriate Conduct

Any act of unsportsmanlike or inappropriate conduct will be dealt with swiftly. If the act occurs during an athletic contest, the student will be removed from the contest by the head coach.

A student who strikes, curses, or threatens an official or coach during a game, or at any other time, or who fails to maintain a standard of conduct satisfactory to the FHSAA and/or the coaches and administration, will be ineligible for a period of up to six weeks and must pay the fine, if assessed, by the FHSAA to the school.

A student who is ejected from a contest for a flagrant foul or unsportsmanlike conduct shall be ineligible to participate in any contest for one week. If no contests are scheduled during that week, the student will miss the next football game, or the next two contests in any other sport, and must pay the fine, if assessed, by the

FHSAA.

All students who act in an unsportsmanlike manner, resulting in a letter/penalty, will be required to meet with the athletic director before resuming athletic participation.

Fans are not permitted on the playing surface at any time unless authorized.

Bringing animals to athletic events is prohibited.

A spectator should:

Demonstrate good sportsmanship.

Respect, cooperate, and respond enthusiastically to cheerleaders.

Diplomatically censor fellow spectators who display negative behavior.

Respect the property of the school and the authority of school officials.

Never heckle, jeer, or distract members of opposing teams.

Never criticize the athletes or coaches for the loss of a contest.

Fans/students will be directed by the athletic staff to cheer for their teams and not against the opponents.

TKA reserves the right to remove and / or prohibit any fan from attending athletic events that cannot uphold the reputation of The King's academy.

Dress Code (Students)

Students must travel to and from games in team uniforms, team warm-ups, team shirts, shirts and ties, or attire conforming to the school dress code, as designated by the coach.

Students are to always look neat and clean when representing The King's Academy.

Athletes are not permitted to wear jewelry, including body piercing, during practices or games.

The TKA policy on facial hair and hairstyles will be followed; however, the coach may impose additional requirements.



Undergarments may not be visible.

Out of Town Activities/Overnight Policy/Chaperones

If a team will travel for an extended or overnight trip, plans must be discussed and finalized with the Athletic Director and Principal prior to being discussed with athletes or parents. Once approval has been granted, a parent meeting must be held. The following guidelines will be upheld:

All Parent/Student Handbook guidelines for off campus activities and field trips apply for overnight activities.

Curfew for students nightly is 11:00 pm. Should circumstances necessitate students returning to their rooms after 11:00 pm the Trip Sponsor is responsible for contacting an administrator to update him/her on the details of the situation.

Students are never to be in the room of a member of the opposite sex.

Rooms must be taped to prevent any student from leaving the room. If the tape is broken the next morning, the coach must notify the athletic director. The athletic director will consult the administration and proper discipline will be administered, which may include sending the student home and suspension from the team and/or school.

If students run into groups of people, they know while on the trip it is understood that:

Students are on the trip to participate with their fellow TKA classmates. No TKA student will be allowed to engage with other non-TKA individuals or groups.

Students are not to be in the dorm rooms, hotel rooms or condos of non-TKA individuals or groups.

The Trip Sponsor is responsible for contacting hotel management to block TV channels that are inappropriate for a TKA audience. Should the hotel not have the capacity to selectively omit channels from their guest rooms then other options should be explored to prevent students from accessing inappropriate material. This is an item that should be settled before our students ever arrive on site.

The use of electronics by students on overnight trips is greatly discouraged.

Chaperones

All trips of any kind, which have overnight stays, must be approved by the Athletic Director and Principal. A mandatory parent meeting must be scheduled at least one week in advance of the event. At the meeting, a school-approved checklist must be covered and signed by those in attendance.

Chaperones Code of Conduct

All chaperones (faculty and parent) are expected to follow Parent/Student Handbook guidelines for dress and decorum.

Chaperones understand that their purpose is to oversee and monitor students so that everyone may enjoy the trip and benefit from its activities.



No Chaperone may decide outside the determined parameters of the trip without consulting with the Trip Sponsor. Trip administration falls squarely under TKA authority. Parents attending will agree to yield to the administrative decisions made on the trip.

Chaperones are to report situations that they see and interact with students to prevent injury, damage to property or other harm. All student discipline as a response to student behavior is to be determined by the Trip Sponsor.

Chaperones agree to follow and uphold trip guidelines and itinerary.

If a chaperone has concerns about a Trip Sponsor decision or even disagreement about a decision, it is the expectation that the chaperone discuss the concern or disagreement directly with the Trip Sponsor in private. Matthew 18 is to be followed closely. Conversation to other chaperones or students regarding a Trip Sponsor's decision is expressly discouraged.

Chaperones understand that failure to follow through on the above obligations could result in his/her elimination from future trips.

TKA PERMISSION FOR OVERNIGHT TRAVEL

I, _____ (please print), parent/guardian give my son / daughter,
_____ permission to travel with The King's Academy to
_____.

I, as a parent/guardian, understand that my son/daughter may be sent home during the aforementioned trip for misconduct or breaking of the TKA Honor Code, at my expense. In addition, the expense incurred may include but not be limited to round-trip tickets for an accompanying sponsor. I also understand that my son/daughter may be asked to submit to a breathalyzer test and/or their bags may be searched if reasonable cause exists. Reasonable cause for breathalyzer testing or search of bags exists when the designee/sponsor, in his/her sole discretion, determines that reasonable suspicion exists that a student has broken the TKA Honor Code, and that the results of a breathalyzer test or the search of their bags would assist in final determination.

My son/daughter hereby agrees that under no circumstance during the trip shall he/she enter the room of a person of the opposite sex. Moreover, my son/daughter agrees to abide by the curfew, and any other rules deemed appropriate by the authorized designee/sponsor from The King's Academy. I understand that any violation of the above standards and/or regulations herein may result in forfeiture to participate in future trips, suspension, and/or possible expulsion from The King's Academy may result upon returning from the trip.

Signature of Student _____

Signature of

Parent/Guardian _____

Date _____

Emergency Contact phone #'s _____



Transportation

TKA and the athletic staff take the responsibility to provide transportation by bus to and from all off-campus practices and games. The coach may require the athletes to ride both ways but will not require pick up by parents from the away venue. If the coach permits the athletes to ride home with the parents, personal communication must be made with the head coach after the game or provide written permission to the coach at least one day in advance of the game. Athletes will not be permitted to ride with other students from a TKA athletic event. Individuals who desire to ride home with a teammates parents must have written permission from both parents.

TKA Personal Transportation to Off Campus Practice Venues

The King's Academy provides transportation service to school and all extra-curricular activities. We are pleased to offer this option, which has been a requirement for students to ride to all off campus functions and practices. We will continue to offer this service now and in the future.

The King's Academy understands that some of our off-campus practice venues are closer to your homes than school. We are asking that parents who would like to permit their son/daughter to drive their own vehicles to off campus practices read and sign the form below.

The following guidelines need your assistance:

Students are not permitted to drive other students to TKA off campus practices.

School bus transportation is required for all athletes in all games/contests unless special permission is granted through TKA student driving policy. Coaches may require all athletes to travel on the bus to and from games.

This form must be signed by a parent granting permission for your son/daughter to drive.

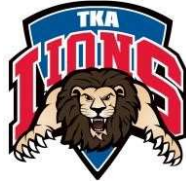
I, _____ am granting permission for my son/daughter to drive their vehicle to off campus practices only. I understand that my son/daughter is not to transport other students to practice and release The King's Academy from any legal responsibility should an accident occur. I understand that the school will continue to provide bus transportation to all practices/games.

Student signature _____ Date ____/____/____

Parent signature _____ Date ____/____/____

** This form must be turned in to the Head Coach prior to any transport.

Facility Usage



TKA is blessed to have exceptional facilities and resources for our students. At times, these facilities are shared between teams inside of the athletic department. Flexibility and a spirit of unselfishness is required to make sure that all TKA student-athletes can benefit from our facilities. Groups do not associate with TKA that desire to rent TKA facilities must request a TKA Athletic Facility Rental Contract from the Director of Athletics. Once it is appropriately filled out, it must be approved by the Director of Athletics, and the TKA President.

Inclement Weather

The following FHSAA Inclement Weather Policy is in effect at The King's Academy. Please note carefully how coaches at TKA will deal with inclement weather for outdoor contests. When information regarding inclement weather is available, the athletic director will decide by 2:30 p.m. concerning cancellation of practices or home contests. The athletic director will work in concert with coaches to notify all families and email distribution lists. If inclement weather occurs once a practice has begun, the head coach (or his designated lightning monitor) is responsible for following the "30-30" rule, as well as radio/TV warnings, and the lightning detector. All TKA coaches are to be familiar with the safety tips listed below. The TKA Athletic Trainer will monitor outdoor practices and will work with Head Coaches in determining if practices/games will be delayed due to lightning.

30-30 rule is to be used when there is no electronic detection system available

If there are 30 seconds or less between lightning and thunder, go inside.

Even if lightning cannot be seen, just hearing thunder means you should go inside.

Wait 30 minutes or more after hearing the last thunder before going outside.

The safest place from lightning is a house or a large, fully enclosed building with plumbing and wiring.

A vehicle with a solid metal roof and metal sides offers some protection. Common myth: Rubber tires protect you by insulating you from the ground. False – lightning easily penetrates two inches of rubber (it is the metal shell that protects you).

Top locations and activities for lightning casualties in Florida are:

Open areas (sports fields, golf courses, and beaches)

Water-related activities

Under trees

Open farm equipment

Telephone (top sources of indoor casualties)

Radios and radio equipment

When thunderstorms threaten, avoid these locations like your life depends on it – it does!

Injuries



Athletic Injuries – Coaches should be observant and pay careful attention to their athletes on the field. Coaches should be aware of all injuries and work with the athletic trainer in immediate and proper care and first aid. Communication should be made immediately with the athlete’s parents should a significant injury incur. Coaches who have an athlete injured in a practice or game should assist the Athletic Trainer in completing the TKA Injury Report. A copy should be given to the TKA nurse the next day and a copy will be kept in the trainer’s office. If the athlete needs additional medical attention and plans to file a claim with our secondary insurance company, they will need to file the K-12 Accident Claim Form. The TKA trainer will be able to assist the coach with the forms.

Music at TKA Athletic Games and Practices

Athletic events at TKA are expected to be very “fan friendly,” and there is great music that prepares our student-athletes and teams to play and, at the same time, is appropriate for those attending to hear. The music at events should not conflict with the Biblical standards or the ideals and philosophy of TKA. Please abide by the following standards for music selection:

- a) If the music has lyrics, those lyrics ought not conflict with Biblical standards. Lyrics that describe drug or alcohol use, sexuality, abusive behavior, etc are strictly forbidden.
- b) The music is to be screened by the coach, then sent with the lyrics to Principal who will approve or deny the list.

Non-School Competition

Participation in non-school teams (AAU, Club, etc.) may or may not be permitted by the Head Coach in season. If allowed, the athlete may participate provided there are no scheduling conflicts with any TKA team of which that student is a member. TKA teams and their commitments must take priority over any outside team event. If any conflict should arise, the expectation would be for the student athlete to attend the TKA event. Failure to comply could result in dismissal from the TKA team.

TKA Off Season Conditioning/Participation

TKA encourages all our athletes to be multi-sport in their approach. The success of the program and individual is to be multi-dimensional and use the gifts that he has given for his glory. Athletes should be encouraged by our coaching staff to contribute to other teams and be an asset to the program. Coaches should not encourage athletes to specialize in one sport but use their athleticism to grow in other areas. There is extensive peer-reviewed research to support the benefit of multi-sport participation for athletes. School related teams that participate in the off-season must be approved by the Director of Athletics. Varsity Head Coaches interested in starting off season teams need to encourage athletes to participate in other, sports concentrating on High School athletes participating only.

FHSAA Policies on Off-Season Conditioning and Participation:

SUMMER ATHLETIC PARTICIPATION 20.1 Policy 20.1.1 The FHSAA does not regulate the athletic activities of member schools held with their own students during the summer as defined herein except for football and lacrosse. The individual member school principal,



district school superintendent, district school board or private school governing body are responsible for adopting regulations governing the activities of their respective schools during this period.

SUMMER ATHLETIC PARTICIPATION

TKA abides by policies and by-laws of the FHSAA during the summer off-season.

Summer athletics, off-season participation – p. 82

Non-school related teams – p. 83

Open facilities program – p. 84

https://www.fhsaa.org/sites/default/files/attachments/2010/09/16/node-235/1920_handbook_policies_website_116.pdf

Preseason Meetings

Parents and players should plan to attend a team-specific organizational meeting prior to the first game.

Information pertaining to the following may be covered:

Physicals	Team discipline policies
Student eligibility	Protocol for conflict resolution
Practice and game schedules	Summer calendar and expectations
Team rules and expectations	TKA Sports Boosters involvement/ Annual Golf and Tennis Classic
Philosophy and vision for the programs	Coach, parent, and player relationships
Team costs/fees	

Understanding social media for Student-Athletes

It is a tool, not a toy. Social media is not just something for your own entertainment. If used effectively, social media can be an asset to help student-athlete's individual brand, their community, their team and the school they represent.

Nothing is truly private...ever. There are two types of social media users: Those who realize they are functioning in public and those who do not. While many student-athletes think they can delete a post, text or profile, many do not realize that content posted on the Internet can last forever. Content can be captured in screenshots or saved by other users. Student-athletes should keep in mind that their activity on social media could be viewed by thousands of people.

If you like, repost, or share it; you own it. Yes, this even applies to people who put that cliché saying, "RTs do not equal endorsements," on their profiles. Freedom of speech does not equal freedom from consequences.

Personal branding: Every post reflects who you are. How are student-athletes choosing to represent themselves? Are they sending the right message about themselves to the public? Coaches, college admissions officers and employers all use social media to learn more about candidates. What does your social media portfolio say about you?



Student-athletes are representatives of their school. They will be held accountable to the standards of TKA in this regard.

Sports Performance, Strength and Conditioning

TKA employs full time, certified strength, and conditioning coaches on staff whose concentration is to concentrate on the physical performance of our athletes. The strength and conditioning of our athletes is an invaluable process and one that will enhance the performance levels of our athletes and teams. All off season strength and conditioning work outs will fall under the supervision of the strength and conditioning coach. Team workouts will require the team's coach to be in attendance the majority of the time to help motivate and keep the players on task.

TKA Athletics Practice and Game Apparel

The athletic practice gear and uniforms are an integral part of the representation of The King's Academy athletic program. The practice gear and uniforms should represent quality, cleanliness, modesty, and display a product in which we can all be proud.

Equipment and Uniforms

Athletic uniforms are the property of TKA.

Students must pay for any lost or damaged equipment or uniforms.

All uniforms and equipment are to be collected within 1 week of the last game

All team wear (uniforms, warm-ups, t-shirts, etc.) must be approved by the Athletic Director and Principal prior to ordering. Team names should be the only name on the back of game day apparel. Last names on t-shirts should be reserved for spirit t- shirts.

Practice Gear

Acceptable Practice Shirt Colors: Black, Gray, Royal Blue, Scarlet Red, White

Acceptable Shirt Print Color: Royal Blue, Scarlet Red, White

All T-shirts are to utilize the TKA font and/or logos

Uniforms

Acceptable Uniform Material Color: Royal Blue, Scarlet Red, White, Gray, Black

Acceptable Uniform print: Royal Blue, Scarlet Red, White

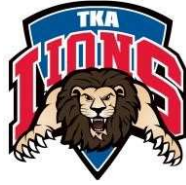
All uniforms are to use the TKA font, 'K', or pouncing lion logo

Athletic Awards

The following awards are recognized, endorsed, and/or sponsored by the TKA Athletic department. In order to be eligible for the TKA-sponsored awards, an student-athlete must begin and finish the season in good standing with the coach and Athletic department. The beginning of the season is defined as the first day of practice and the end of the season is defined as the end-of-season athletic banquet.



1. *Seasonal Awards* – TKA coaches will recognize individuals for their outstanding achievements at the end-of-season athletic ceremony.
 - a. Varsity Letter
 - i. The chenille “K” is presented to any varsity student-athlete that meets the following criteria:
 1. Starts the season in good standing.
 2. Maintains the standard of commitment as described in the athletic department handbook
 3. Finishes the season in good standing
 - ii. Once the varsity letter has been earned, the student-athlete will also receive a gold pin emblem of that sport to be pinned to the letter. A gold bar pin will be given for each subsequent year of participation in that sport on that level.
 - iii. Managers and Captains will earn varsity letter/pins according to the same standard.
 - b. The following awards are given at the discretion of the coach at the end-of-season athletic ceremony. The coach may give out any combination of the following awards not to exceed three awards per team.
 - i. Most Improved Student-athlete Award: The MIP award will be given to that student-athlete that has shown tremendous improvement over the course of a season or possibly a career. Areas of improvement that could be seen are listed below but not limited to:
 1. Statistical improvement
 2. Leadership skills
 3. Emotional control
 4. Work ethic
 - ii. Coaches Award: The CA is awarded to that student-athlete that represents the ideal mental, emotional, and spiritual disposition. The list of characteristics that the CA recipient possesses may include but not limited to
 1. Unselfishness
 2. A coachable spirit
 3. Enthusiasm



4. A positive mental, spiritual, and emotional influence on his/her teammates
 5. A high level of work ethic, especially during practices
- iii. Most Outstanding Student-athlete: (Please notice we have intentionally avoided the title “most valuable student-athlete”. All of our student-athletes are valuable to their team, and we will not attempt to gauge whose value is higher than another.) The MOP is awarded to the student-athlete that was simply your best; however, this award ought not be given out solely based on athletic prowess. Do not want to reward a student-athlete of poor character just because he/she can run fast, jump high, or throw far. The emphasis of our athletic department is the development of Christ-like character through athletics, and we will not reward anyone who has not demonstrated that ideal.
2. *Annual Awards* – TKA’s Director of Athletics, assistant athletic directors, and varsity head coaches will nominate and vote on recipients. These awards reflect significant athletic achievements and demonstrations of character that are core to the culture of the athletic department. The awards include, but not limited to the following:
- a. LION LEGACY AWARD | The Lion Legacy award is given to a TKA student-athlete that has played a vital role in the winning success of a TKA athletic team. The student-athlete is part of a legacy that is left and has raised the bar of excellence for others to follow and build upon. The award winner has been a strong team member, and an integral part of their team’s success. Their performances will remain as an example of determination, perseverance, and leave a mark on the success of the TKA Athletic program.
 - b. HEART OF A CHAMPION AWARD | The Heart of a Champion is awarded to an athletic department staff member that consistently demonstrates the pursuit of excellence and servant leadership.
 - c. HEART OF A LION AWARD | The Heart of a Lion award is based on Proverbs 30:30 – A lion which is mighty among beasts and does not turn away for any. The student-athlete given the award each year demonstrates perseverance, play and preparation without fear, a commitment to excellence, and a love for competition. This person faces competition and adversity head on and is a shining example of how a TKA Student-athlete competes with great sportsmanship, ability, and determination.



- d. **TEAMMATE OF THE YEAR** | The Teammate of the year award is based on John 15:13:” Greater love has no one than this, than to lay down one’s life for his friends”. The teammate of the year award is given to an upper classman that routinely displays the characteristics of a great teammate. The characteristics include teamwork, dedication, commitment, sacrifices for the team good, an encourager, leads by example, and brings out the best in his/her teammates. This person often sets aside personal desires for the pursuance of team goals and helps set the direction for the team. He/she is invaluable to the strength and success of the team.
- e. **NEWCOMER OF THE YEAR** | The recipient is a new student to The King’s Academy in the 8th – 10th grades that raised the competitive level of a program. Nominees should have been part of a team that increased in win totals, received individual recognition, led the team in a statistical category, or helped the team to win a championship.
- f. **ASSISTANT COACH OF THE YEAR** | This award is presented to an assistant coach that selflessly ‘fills the gaps’ for a varsity head coach. Nominees for this award are highly committed, knowledgeable of their chosen sport, and have had a positive impact on student-athletes. The recipient of this award is an example of servant leadership to the team.
- g. **COACH OF THE YEAR** | The Coach of the Year is committed to
 - i. **Preparation.** Their team is always ready to play when practice and game time arrives.
 - ii. **The Coach of the Year is committed to Organization.** They work with the Director of Athletics, other coaches, media, parents and the student-athletes to ensure everything is done in a professional, orderly, and timely fashion.
 - iii. **The Coach of the Year is committed to promoting their sport among the entire student body and throughout the community.** They are actively looking for student-athletes to join their team and develop a winning program.
 - iv. **The Coach of the Year is committed to Character.** Someone who consistently coaches their student-athletes in areas such as honesty, integrity, humility, and unity.
 - v. **Most importantly, the Coach of the Year is committed to Jesus Christ.** One who is genuinely concerned with the spiritual maturity of his/her team and dedicated to evangelism and discipleship.



- h. IRON LION OF THE YEAR | The Iron Lion award recognizes the student-athlete in our sports performance program that added the most value and received the most value in return. A true Iron Lion demonstrates ten behaviors that lead to growth in character and physical performance. They are as follows: humility, integrity, friendship, teamwork, honesty, effort, faith, consistency, gratitude, and toughness.
- i. MULTI SPORT ATHLETE OF THE YEAR | The award recipient is a student-athlete that made a significant impact on the multiple TKA varsity teams. This student-athlete is fully committed in season and does more than just participate. Additional consideration is given to a student-athlete that started for multiple teams, received individual recognition, led a team in a statistical category, and / or was part of a championship winning team.
- j. STUDENT-ATHLETE OF THE YEAR | TKA Athletic Department recognizes a male and female student-athlete that have had an outstanding year and set an example for other student-athletes to follow in their performance and their character. The criteria for the student-athlete of the Year includes team awards, school records set, all county or all state selections, district or state championships and recommendations by the head coaches. Special consideration is also given to the characteristics of scholarship, teamwork, leadership and conduct as a representative of TKA athletic program.
- k. M. NELSON LOVELAND SENIOR CAREER STUDENT-ATHLETE AWARD | This award is given in recognition of a Senior Male and Female's outstanding career at TKA. This award recognizes the student-athlete's performance as a TKA student-athlete over their years at TKA. This award is in honor of the passion for TKA athletics by founder and former late president M Nelson Loveland. The student-athletes are nominated by the TKA Varsity Head coaches based on the following criteria:
 - i. Varsity letters earned.
 - ii. Commitment to excellence throughout their entire career at TKA.
 - iii. All – County and all state selections.
 - iv. Captain.
 - v. Individual and or team championships.
 - vi. Demonstration of strong Christian character and commitment to academic excellence.