

North Atlanta Christian Flight



Flight Manual

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“Do you not know? Have you not heard? The Everlasting God, the LORD, the Creator of the ends of the earth does not become weary or tired. His understanding is inscrutable. He gives strength to the weary, and to him who lacks might He increases power. Though youths grow weary and tired, and vigorous young men stumble badly, yet those who wait for the LORD will gain new strength; they will mount up with wings like eagles; they will run and not get tired; they will walk and not become weary.” Isaiah 40:28-31



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Our Purpose

North Atlanta Christian Flight (NAC) is a ministry serving Christian home educating families by establishing a Christ-centered athletic program to encourage and support the teaching of Christian principles and the building of Godly character among home educated students. This athletic program will be a competitive sports opportunity.

Our Mission

Our mission is to provide an exceptional athletic program for home-educated students through Christ-centered discipleship and quality, athletic coaching.

Our Vision

North Atlanta Christian Flight (NAC) will be known as an exceptionally disciplined Christ-centered athletic program that fundamentally disciplines and prepares athletes for the vision that God has placed before them.

Core Values

F AMILY	We place a value on the family and encourage family participation
L EADERSHIP	We encourage our student athletes to be servant leaders
I NTEGRITY	We expect anyone involved with our program to act with integrity
G RIT	We expect our players to play with a firmness of character and indomitable spirit
H UMILITY	We encourage a modest view of one's own importance over others
T EAM	We encourage our players to come together as a team to achieve a common goal

Statement of Faith

The following is the summarized doctrinal position of North Atlanta Christian Flight

- 1) The Bible, which is made up of the Old and New Testaments, as originally given is verbally inspired by God, inerrant, infallible, and is the supreme and final authority in matters of faith and practice. (II Timothy 3:16-17; II Peter 1:19-21)

- 2) The triune Godhead in three persons: Father, Son, and Holy Spirit.
 - a) The Father, who is Spirit, infinite, eternal, and unchangeable in all His Attributes. (John 4:24; Exodus 4:6)
 - b) The Son, Jesus Christ: His deity, virgin birth, sinless life, atoning death, bodily resurrection, personal return, and millennial reign on earth. (John 1:1; Isaiah 7:14; Hebrews 7:26; I Corinthians 15:3-4; Acts 1:11)
 - c) The Holy Spirit is a divine person equal with Father and Son and of the same nature. (John 15:26)

- 3) The distinct personality of Satan, called the devil, who by pride and ambition to be as the Almighty, fell. (Isaiah 14:12-13; Revelation 20:2)



- 4) We believe in the Genesis account of creation and that it is to be accepted literally, not allegorically or figuratively. That man was created directly by God, in God's own image and after His own likeness. That Man's creation is not a matter of evolution or evolutionary change of species or development through long periods of time from lower to higher forms. That all animal and vegetable life was created directly by God to reproduce "after its own kind."
- 5) The fall and lost estate of man whose total depravity makes necessary the new birth. (Romans 5:12; John 3:5)
- 6) Salvation is by grace through faith alone in the shed blood and substitutionary death of Jesus Christ, our Lord and Savior. (Ephesians 2:8-9; Titus 3:4-7; Romans 5:8)
- 7) We will either exist eternally with God through salvation or eternally separated from God because of rejection of His Son. Those who genuinely trust Christ alone as their Savior are eternally saved and can never be lost. Those who reject Christ, as Savior will have everlasting punishment in Hell. We believe in a literal heaven and a literal Hell. (I John 5:10-13; Matthew 25:46; John 5:24; Philippians 3:21)
- 8) The Church, the Bride of Christ, in its universal aspect comprising the whole body of those who have been born of the spirit; and in its local expression established for worship, mutual edification, and witness. (Ephesians 1:22-23; 5:2-32; 4:11-16; Acts 15:41; 16:5)
- 9) Christ's great commission to go into all the world and preach the Gospel to every creature, making disciples, baptizing, and teaching. (Matthew 28:18-20)

Education Requirements

Georgia Homeschooling Law

Georgia has a supportive home schooling law which NAC supports and expects its members to abide by. Any failure to comply could hurt the reputation of our ministry and the home schooling movement as a whole, so we want to encourage every family's adherence to the existing home school statute. It is the parents' responsibility to keep up with any changes made in the law.

Requirements For Home Study Programs

Georgia Law (O.C.G.A. 20-2-690 ET SEQ.)

Every parent, guardian, or other person residing within this state having control or charge of any child or children between their seventh and sixteenth birthdays shall enroll and send such child or children to a public school, private school or a home study program.



Home Study Programs

- 1) The parent, parents, or guardian must submit within 30 days after the establishment of a home study program and by September 1 annually thereafter a declaration of intent to utilize a home study program to the Department of Education, which shall provide for written or electronic submittal of such declaration of intent;
- 2) The declaration shall include a list of the names and ages of the students who are enrolled in the home study program, the address where the home study program is located, the local school system in which the home study program is located, and a statement of the 12 month period that is to be considered the school year for that home study program. Enrollment records and reports shall not be used for any purpose except providing necessary enrollment information, except with the permission of the parent or guardian of a child, or pursuant to the subpoena of a court of competent jurisdiction;
- 3) Parents or guardians may teach only their own children in the home study program, provided the teaching parent or guardian possesses at least a high school diploma or a general educational development diploma, but the parents or guardians may employ a tutor who holds a high school diploma or a general educational development diploma to teach such children;
- 4) The home study program shall provide a basic academic educational program which includes, but is not limited to, reading, language arts, mathematics, social studies, and science;
- 5) The home study program must provide instruction each 12 months to home study students equivalent to 180 school days of education with each school day consisting of at least four and one-half school hours unless the child is physically unable to comply with the rule provided for in this paragraph;
- 6) The parent or guardian shall have the authority to execute any document required by law, rule, regulation, or policy to evidence the enrollment of a child in a home study program, the student's full-time or part-time status, the student's grades, or any other required educational information. This shall include, but not be limited to, documents for purposes of verification of enrollment by the Department of Driver Services, for the purposes set forth in subsection (a.1) of [Code Section 40-5-22](#), documents required pursuant to Chapter 2 of Title 39 relating to employment of minors, and any documents required to apply for the receipt of state or federal public assistance;
- 7) Students in home study programs shall be subject to an appropriate nationally standardized testing program administered in consultation with a person trained in the administration and interpretation of norm reference tests to evaluate their educational progress at least every three years beginning at the end of the third grade and records of such tests and scores shall



be retained but shall not be required to be submitted to public educational authorities; and

- 8) The home study program instructor shall write an annual progress assessment report which shall include the instructor's individualized assessment of the student's academic progress in each of the subject areas specified in paragraph (4) of this subsection, and such progress reports shall be retained by the parent, parents, or guardian of children in the home study program for a period of at least three years.

Eligibility Requirements

Christian home schooling families who are abiding by the Georgia home schooling law by submitting their "Declaration of Intent" form and monthly attendance forms, and who have signed the NAC Membership Application form, acknowledging their acceptance and compliance of North Atlanta's standards, and Release and Indemnity agreement are eligible to participate in this program. All NAC teams are competitive squads, and therefore, guaranteed playing time for an athlete is not offered at the JV and Varsity levels. Upon entering the 9th grade, a player has four seasons of eligibility. As a member school in GICAA, all North Atlanta Christian eligibility requirements are under the authority of league/conference rules. Eligibility will be determined by the following GICAA guidelines:

Middle School Players will complete the season at 14 years old & younger

High School Players – 4 years of total eligibility at the high school level:

 Junior Varsity will complete the season at 16 years old & younger

 Varsity will complete the season at 18 years old & younger

Course Load

To be eligible, a player must be a full-time elementary, middle or high school student. The student's course work is under the supervision and/or accountability to her parents. A guideline for "full-time student" is a minimum of five classes. It is understood that a home-educated student often transitions to a traditional college education by taking joint enrollment classes through a college or technical school in her junior and/or senior year. The student must be legally home schooling and in compliance with state and county regulations.

If you have any questions concerning your athletic or academic eligibility, please contact the Athletic Director or a Board member. Your home school's integrity and program guidelines are respected. The home school parents are obligated to maintain high academic standards within their school.

For additional information contact the local school superintendent, visiting teacher, attendance officer, or the State Department of Education, Division of Regional Education Services (404) 656-2446.



Physical Education Documentation

If you desire to include your child's team participation on their high school transcript, you should keep a log of the hours he/ she spends in their respective sports activity. Further, you should include in their portfolio a "course description" or a "letter of participation" pertaining to the sports season. If possible, get the coach's signature on this write-up. Following (on the next page) is some possible wording which you can ask Tony Sheppard to customize to include your child's name and specifics of their team participation. Tony Sheppard has the NAC logo letterhead, which will make your course description appear professional.



**NORTH ATLANTA
CHRISTIAN FLIGHT**
A LEGACY IN CHRISTIAN ATHLETICS SINCE 1994

To Whom It May Concern:

For the _____ season, _____ was an active member of the North Atlanta Christian Flight _____ team. The season runs approximately 3 ½ months. During that time, the players learn key aspects of the sport by participating in team practices and competitive matches and tournaments against other schools in the greater Atlanta area.

At all levels, we work on mastering sport skills specific to the particular sport. The players also learn advanced level offensive and defensive patterns to use during competitive events. This includes strategies about studying your competition and making decisions based on your analysis. This encourages players to be quick thinkers and decision makers. Players also learn and become very knowledgeable about the rules, regulations and terminology associated with the sport.

With competitive sports players spend both personal time and time at practice working on conditioning skills. We use plyometric training as part of our physical conditioning. Plyometric training is a type of exercise training that is used to bridge the gap between speed and strength. We have found that plyometric training is an ideal conditioning tool for the players. In addition to plyometrics, we also work on endurance through running and sprinting drills throughout practice.

Sincerely,

Coach or Athletic Director

Tony Sheppard - Board Chairman



Conference Affiliation

North Atlanta Christian is a member of the [Georgia Independent Christian Athletic Association \(GICAA\)](http://www.gicaasports.com) and adheres to the rules and regulations of this conference. In addition to regular-season competition, the GICAA holds a conference championship tournament at the end of the season. For more information, see www.gicaasports.com.

Current GICAA Division: Div II-AA

Player Guidelines

We expect all players to act in an appropriate manner at all times.

- Be punctual – “If you’re not 10 minutes early, you’re late!”
- Arrive to practices and games fully dressed, or come early enough to put on kneepads, shoes etc.
- All players are required to help with set up and tear down at practices and home games. Do not leave until everything has been completed.
- HUSTLE always! Whether we’re ending a drill or calling a timeout, you should always be running towards us when we call you. Our time is limited and we need to make the most of it.
- NO JEWELRY at practices or games. This includes bracelets, earrings, necklaces, rings, and even hair ties on your wrist.
- Keep the coaches informed of health issues - Injuries, pain, soreness, sickness etc. We can’t help you if we’re not aware of what’s going on.
- During games, we expect all players on the court and the bench to be fully focused on the game and LISTENING to our instruction. It’s not a time to goof off or wave to your parents.
- Always speak encouraging words to your teammates. Leave the instruction and correction to the coaches.
- Speak up! If you have questions or concerns – please talk to us.

General Guidelines

Roster Selection

Teams will be limited to 12 players. If more than 12 seek to play with North Atlanta, our coaching staff will fill out the roster with the 12 most qualified students at the end of the tryout sessions. Those not chosen will be given a list of skills and encouraged to develop, and we would desire to have them play with us the following year. The Athletic Director and coach may on rare occasions waive the above and parents will receive a consultation regarding their student’s potential for playing time.



Playing Time

It is our goal to encourage our kids toward excellence. Practice time will be devoted to building skills for all players, and developing team play. On our middle school teams, our coaches will endeavor to give each athlete playing time during each match; however, playing time is not guaranteed at the JV and Varsity levels. One important goal of a competitive interscholastic high school program is to win matches, so the coaches will determine playing time accordingly

Player Transfers

Under GICAA rules, a student may transfer to another GICAA program by one of the following:

1. Showing a change of address closer to a new school, or the student sacrifices a year of eligibility prior to the transfer. Transfers are best handled in the off-season or summer months. Under league rules, "home school athletic teams" are considered the same as a brick and mortar school. With that understanding, athletes are not allowed to play on two GICAA teams during the same school year. If your child is interested in a sport not offered by North Atlanta Christian, you are encouraged to look into the possibility of starting that sport.
2. If NAC does not offer a specific sport, the child can play the sport for another Division II school if it's identified on the AES Athlete Agreement (base school) form before the start of the season. An athlete cannot play one sport at NAC and another sport with a different GICAA program if both NAC and the other program offer the same sports. **NO ENROLLED student can play for another program at any time regardless of division.**

Varsity Lettering Criteria

The following criteria shall be used to determine a players Varsity status:

1. A player dresses out for more than 75% of regular season varsity games, or
2. A player who dresses out for less than 75% of regular season varsity games but is designated by the Varsity coach as having significantly contributed to the varsity team during the course of the season.

The first year a player qualifies for Varsity, they will receive an NAC letter with a pin indicating the sport in which they qualified. Subsequent years in which a player letters for a particular sport will result in a gold bar being presented. Once a player receives a letter, regardless of the sport, they will only receive pins and/or bars for subsequent years.

Volunteer Functions

The Flight program is parent-operated program and as such parents will be asked to serve in various roles which are required in running the program.



Athletic Director: Handles scheduling, communications, and finances.

Team Care Ministry Leaders: Handle needs of the players and coaches, overseeing equipment, uniforms, social events, spiritual development, snacks for coaches during matches, gym chaperoning during practice, off-season athletic and non-athletic events, Senior Night and Awards Banquet.

Home Gym Management Team: Handle all aspects of running home matches during the season; gate admissions, concessions, volunteer assignments and training, gym set-up and clean-up, referee greeting, public address and announcements, and bathroom supply maintenance.

ALL parents will be needed to perform functions including gym set-up and clean up, scorekeeping, concession sales, admissions-table attendant, and line judges. Please expect to participate in these and other capacities.

Dress Code

At any team function, NAC team members are expected to dress modestly and in a conservative manner appropriate for the season. Male participants will keep their hair trimmed to a length above the collar, neatly groomed around the ears and above the eyebrows. Male team members will not wear beards or mustaches. Jewelry and piercings should be removed for all events.

A Flight player may only wear spandex UNDER other shorts, both in practice and at matches.

For matches, team members should arrive in uniform. If players wish to change out of game jerseys to watch other matches, they should wear their team warm-up shirts with uniform shorts or with black athletic warm-up pants so that a sharp and uniform team appearance is maintained.

Sports Tape/ Ankle Braces

Our coaches highly recommend players tape ankles or wear an ankle brace during practices and games. It is the responsibility of each athlete to provide their own tape and/or wrap.

Facilities Guidelines

North Atlanta Christian rents our athletic facilities from third parties so it is important that we be good stewards. While we can enter a few minutes early before practice, we need to be punctual in leaving at the end time given. Flight athletes and families are only allowed to enter the gym through the front doors. Please do not enter through the side doors at any time. On practice and match days, athletes should not enter the gym until their coach or other adult unlocks the front door. Please be ready to remind each other of these guidelines, and to inform our guests as well.



North Atlanta Christian Flight

PLAYER FLIGHT MANUAL

1. Please respect the facilities we are renting. Keep noise and disruption to a minimum.
2. Remember as a general rule to be faithful to the simple standard, "If you mess it up - clean it up." Sometimes we will even need to clean up a mess that we found when we arrived so we can be sure to leave the facility ready for the next user.
3. Be ready to pitch in and help when possible with gym preparation and clean up after matches. Don't wait to be asked! Initiate with a good attitude and a servant's heart.

Locations

Basketball	Restoration Church, 410 Rucker Road, Alpharetta, GA 30004
Cross Country	Webb Bridge Park, 4780 Webb Bridge Road, Alpharetta, GA 30005
Golf	Olde Atlanta, 5750 Olde Atlanta Pkwy, Suwanee, GA 30024
Volleyball	Crabapple First Baptist, 12760 Birmingham Hwy, Alpharetta, GA 30004

Weapons

At no time is any player, parent, or fan allowed to bring any type of weapon into a Flight event, i.e. matches, practices, retreats, tournaments, etc .



Sports Registration

NAC member application forms along with registration fees will be due at the beginning of the season.

Fees

Registration and uniform fees vary by sport. Payment in full is expected for all player registration and uniform fees. Payment plans are not an option as funds are required.

Scholarships

The following criteria will be applied by the North Atlanta Christian Board of Directors (the "Board") in determining the recipient of any scholarships by a North Atlanta Christian Athlete (the "Athlete"):

- The Athlete shall be nominated by coach, athletic director, or Board of Directors' member.
- The Athlete shall provide consideration towards his or her player fee. The baseline expectation is fifty percent of the player fee, however, this threshold shall be modified based upon the Board's consideration of the related circumstances.
- The Athlete conducts himself in a manner that is consistent with NAC's Conduct Guidelines detailed in the Flight Manual.
- The Athlete's family shall have demonstrated active involvement in North Atlanta Christian to the extent possible.
- Preference shall be given to families who have been involved with North Atlanta Christian in prior periods.
- Priority shall be given to an Athlete whose family is in crisis (i.e. loss of a parent, job loss, health issues, etc.)
- The scholarship shall be awarded to an Athlete for one year only. The scholarship can be awarded to an Athlete more than once, however, the Athlete must be recommended for each award and the criteria herein reconsidered by the Board for each award.

The consideration of these criteria and the extension of the scholarship shall be determined by the Board

Attendance

It is the player's responsibility to know when the next match and/or practice is scheduled. Arriving on time and fully prepared is a mark of a player's commitment to the team and respect for their teammates and coaches.

If a player must miss a practice, they should notify the coaches, giving as much notice as possible. If illness necessitates a last-minute absence, notify the coaches as soon as possible.



Uniforms

For sports where players are required to purchase their own uniform, NAC Flight will coordinate the purchase so as to insure compliance with style, color and numbering currently existing within the organization. Where NAC Flight provides uniforms, players will be responsible to maintain the uniform in accordance with the uniform care agreement.

Uniform Care Agreement and Deposit

When uniforms are issued, players will complete a Uniform Care Agreement signed by the player and a parent. This document will outline the proper care for the jersey and shorts, which are the property of the team. Also, a \$100 check will be required to be attached to the agreement, which will serve as a deposit. The deposit check will be held by NAC until the uniform is returned at the end of the season. Checks will then be returned, uncashed, to the player's family, unless items of the uniform need to be replaced. In this event, the deposit check will provide for the replacement, and the balance will be returned.

Insurance

Sports insurance is included with your fee; however, this is not a primary policy, but a supplemental policy designed to be used in conjunction with your private carrier.

Release and Indemnity Agreement

In I Corinthians 6: 1- 7 we are taught not to take our disputes to ungodly judges or before the courts of unbelievers. Keeping this in mind, parents will be asked to consent for their child/children to participate in NAC activities while indemnifying and holding harmless NAC, NAC board members, NAC officers, NAC coaches, GICAA, officials and any other facility used, against any and all claims, including claim, suit, or action for personal injuries. A formal agreement to this effect will need to be signed by each parent involved in the program.

Concussion Policy

The state of Georgia passed the "Return to Play Act of 2013" that went into effect on January 1, 2014. The well-being of our student athletes is of paramount concern during any athletic contest. Officials, coaches and administrators are being asked to make every effort to ensure that athletes who exhibit symptoms of concussion are removed from practices and contests. Thus, coaches, players, officials, and administrators must be educated to recognize the signs of concussion in all athletes and remove them from participation until they have been evaluated by a medical professional and cleared to return to play.

Travel Guidelines

1. Unless pre-approved by the NAC Flight Board, a player must have at least one parent or family member over the age of 18 traveling with them.
2. It is the parents' responsibility to make sure their child/children get to and from all games and practices.



3. Please respect the vehicles we are riding in and remove all trash when making stops. This will include empty drink cups and candy wrappers.
4. When riding in a vehicle, you will be required to wear a seatbelt if available. It's not just a good idea, it's the law.
5. Because we are traveling, practicing and playing together in part with a motivation to deepen our fellowship and interaction with one another, walk-men, radios, tape players or computer games (with or without headphones) should be left at home. We want you "tuned in" to the Lord and each other, not "tuned out" in your own private world of entertainment.
6. In the spirit of Romans 13:10 & 14:12-23 we recognize that musical convictions among members of a team this size vary dramatically. In deference to one another and in an effort to honor the command to "pursue the things which make for peace and the building up of one another," we are all committing to avoid our normal enjoyment of secular music of all kinds. By mutual consent we will all allow our musical desire to be fulfilled with spiritually anointed music, acceptable to all.

Post Season Tournament Guidelines

The North Atlanta season officially ends with the conclusion of the GICAA state tournament. Any play beyond this date falls under the following guidelines.

1. On occasion, Flight Varsity teams and their coaches may express an interest in a national post-season tournament. Participation in these events is subject to NAC board approval. The NAC Board requests basic information on the tournament at least 90 days in advance, and a response will be returned within 15 days. This information should be submitted to the Athletic Director.
2. Post-season tournaments are voluntary events for Flight players. Additional funds and energy are required for participation; therefore, we do not obligate any flight family or player to extend their season. Coaches should make sure players understand the voluntary nature of post season tournaments.
3. The Athletic Director should preview any correspondence distributed to flight families regarding the tournament.
4. Fundraisers for any post season event should be limited to three events and are voluntary in nature. Any fundraiser should have adult supervision such as a NAC coach or parent. The fund raising details should be forwarded to the Athletic director with basic info such as who, what, when and where, and the contact information for the supervising adult
5. A Flight Board member should accompany all teams on out of town, overnight trips. In the event no Board members have participating players, a responsible parent who has the support of the Flight board may be appointed as the leader responsible for the trip. All coaches, parents and players are asked to work with this individual to insure a safe and profitable trip.



6. Prior to departure, a team meeting with all participants will be held. Travel plans, conduct guidelines and schedules will be presented in writing to all participants.
7. The Flight manual covers conduct while traveling. It is imperative that we leave facilities in better condition than we find them, and that individuals traveling with the team are uplifted by the experience. Pranks and practical jokes should be left at home, as well as secular music. Fellowship with our teammates is to take priority over our private world of entertainment, such as 'Walkman's, Game Boys, etc. Dress should be decent, modest and reflective of our Lord. Indecent or immodest dress is correctable by the leaders present.
8. One adult should room in each pair of adjoining hotel rooms. Under no circumstances should boys be in girls rooms, or vice versa. Practical jokes in other's rooms does nothing to advance our testimony and may damage another's property. Please do not do this while on a Flight trip.
9. A mutually agreeable time should be set aside each day for a team devotional. If a room is available large enough to accommodate all, then group meetings may be held. Otherwise, teams can break up and meet with their coach. Upon request, discipleship materials should be made available to the AD.

Code of Conduct Guidelines

NAC members are exhorted to conduct themselves in a Christ-like manner showing respect for those in authority as well as toward their peers. Families involved with the NAC program are urged to give only "good reports" of others and are asked to follow Biblical models for keeping right relationships with one another if interpersonal problems do emerge in the course of any season. Three standards to be pursued by our players will include:

- 1) Honor for all those in authority (Romans 13:1-4)
- 2) Humility of heart that demonstrates our preference for placing others' interests above our own (Phil. 2:3-5)
- 3) Hustle in both play and practice that reveals our desire to perform in a manner that glorifies God (Col.3:23-24)

Parents will be asked to model these priorities for their children. Issues of concern can be appealed to the Athletic Director or the NAC board.

Players receiving an attitudinal/behavioral technical will result in suspension for the next game. The player must fulfill her suspension on the bench in uniform.

This is a time to focus on your relationship with the Lord, to develop healthy brother-sister relationships, to promote team unity and to become better acquainted with one another. Please don't act in a way that encourages elitist attitudes, cliques or exclusive relationships.



Attitudes and comments to opponents should not be degrading in nature, i.e. "We're going to beat you..." type comments.

We are to walk as "children of the light." Let no one look down on your youthfulness, but rather in the way you talk, behave, love, believe and in your PURITY, show yourself as an example of those who believe!

Bear in mind our mutual commitment to be SERVANTS as we travel and play together. As you are able, endeavor to be:

SPIRIT FILLED - Galatians 5:16-23; Ephesians 5:15-21

EVANGELISTIC - Matthew 28:18-20; Colossians 4:2-4

READY - II Timothy 4:2

VIRTUOUS -Philippians 4:8-9; II Peter 1:6-10; Ephesians 5:8-17

AVAILABLE -Philippians 2:3-8; Colossians 4:5-6

NEAT- I Corinthians 14:40; Philippians 2:13-14

TEACHABLE -II Timothy 2:2, 15; Hebrews 13:17

Team Discipline Guidelines

Discipline of team members is exclusively an adult responsibility. Team captains and team mates can be most helpful in minimizing attitudes and actions that could lead to discipline by using their influence and example effectively. At no time, however, are team captains to assume a disciplinary role.

- 1) Team members will be subject to discipline when adult leaders conclude that attitudes or actions being expressed show signs of any or all of three basic problems:
 - a) Disobedience
 - b) Disrespect – including sarcasm and mockery of peers
 - c) Dishonesty
- 2) In all cases of discipline, adult leaders will allow room for team members to make a "godly appeal" regarding the consequences they face. A proper response to the godly appeal will be the responsibility of the adult leader in charge.
- 3) Appropriate disciplinary measures to be applied at the discretion of adult leaders include:
 - a) Personal correction including verbal reproof and specifically assigned instructional tasks. These tasks could involve study of Scripture and Scripture memorization. This level of discipline does not include corporal punishment.
 - b) Restitution
 - c) Mandated service (clean-up after practice, etc.)
 - d) Exclusion from play or practice (not isolation)
 - e) Extra physical exercise within reason
 - f) Removal or suspension from team



- 4) All team members are expected to accept and model a position of "voluntary subjection" to authority. Your acknowledgement of these team guidelines indicates your agreement to abide by the policies noted above and pledges your best efforts to cooperate with the adults who are responsible for directing this program.

Fan Conduct

- 1) Athletic competition is a game, not a war. Winning or losing has few if any significant long-term consequences.
- 2) The most important facet is how we play the game, what effect it has on our character and our Christian testimony and witness.
- 3) Anything that heats our blood to the point we become angry with another human being for whom Christ died is no longer a game.
- 4) Players, coaches, and fans alike are subject to a higher code of behavior because of their commitment to Jesus Christ. He is our example, not the unregenerate lost world.
- 5) Consider the following from the Word of God:
- 6) *"And be not conformed to this world; but be ye transformed by the renewing of your mind..." (Romans 12:2)*
- 7) *"If it be possible, as much as lieth in you, live peaceably with all men." (Romans 12: 18)*
- 8) *"See that none render evil for evil unto any man; but that which is good, both among yourselves, and to all men." (1 Tess.5:15)*
- 9) Officials are not to be hollered at, taunted, or criticized aloud.
- 10) Opposing players are not to be mocked, shouted at, or otherwise harassed under any circumstances.
- 11) Cheering is to be positive only and encouraging. Negative cheering is not acceptable. We will cheer *for* and not *against*.
- 12) Good sportsmanship will be our byword at all times. We will treat others as we would like to be treated and in a manner that will honor our Lord and Savior, Jesus Christ.
- 13) Fans who display critical, mocking or obnoxious behavior will be cautioned by a member of the North Atlanta Christian Board, and if the caution should be ignored, the fan may be asked to leave with a full refund of admission. He/she will not be welcomed at future games without evidence of correcting the offending behavior.

Guidelines for Coaches and Adult Team Leaders

Attempt to deal with potential discipline problems by addressing the issue with the whole team in general terms before dealing personally with a single team member.

Use non-verbal cues as a first level of communicating concerns.

Avoid actions that increase the intensity of the problem:

- Don't over react or administer correction in anger.
- Don't back the child or yourself into a corner.



- Don't make threats about possible consequences unless you are certain you can and will follow through.
- Don't forget "how you say it" is as important as what you say. Be gentle and reasonable even if you must be firm. A soft answer turns away wrath.

Make discipline standards and consequences clear.

- When possible, allow team members to decide their own course of action within established parameters.
- Remember that self-control, as a fruit of the Spirit, is our goal for everyone.
- Immediate consequences are preferable to dragging out discipline. Circumstances may, however, occasionally dictate conferring with other leaders before taking disciplinary action. Your personal discretion must guide you in this area.
- Leave room for team members to make a "godly appeal" if they feel misunderstood or unfairly treated. This can buy space and time in a team situation to ease tension.
- Try to remain sympathetic and reasonable at all times. Let the consequences be suitable to the offense.
- Be willing to admit your own mistakes if you have acted unfairly or inappropriately. This can reinforce mutual subjection, true repentance and trust among team members.
- Remember that the goal of team discipline is twofold: maintaining the purity of the team and restoring the erring individual spiritually. Endeavor to end with restoration of all relationships, redemptive change in the life of every team member and sincere prayer in unity among all involved. Don't allow a root of bitterness to spring up or to be nurtured..

Drug & Alcohol Guidelines

Drug, alcohol, or tobacco use will not be tolerated. This applies to the use or possession of illegal drug or drug paraphernalia, drinking or possession of alcoholic beverages, tobacco use or possession in any form, or attendance at any party where alcohol/drugs are used. Failure to adhere to this policy will result in disciplinary action up to and including dismissal from the organization.

Communications

Email will be the primary means for dissemination of weekly schedule reminders and other information throughout the season. Please make sure your current email address is on file with the athletic director, and that you check your messages regularly.



Social Media

The use of social media is not discouraged but discretion should be exercised in what is published. Each NAC Flight Board Member, Coach, Athletic Director, Student Athlete and family is expected to conduct themselves with the highest integrity and decorum when it comes to social media. NAC members should not make disparaging remarks about opponents, spectators or referees. Inappropriate content, photos, comments and the like will not be tolerated and will be grounds for discipline, up to and including dismissal from the program.

Additional information

NAC Website www.nacflight.com
NAC on Twitter www.twitter.com/NACFlight
NAC on Facebook www.facebook.com/northatlantachristian

Email Contact: Info@nacflightnews.com