



THE EPIPHANY SCHOOL
of
GLOBAL STUDIES

INTERSCHOLASTIC ATHLETIC HANDBOOK 2016-2017



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STATEMENT OF NON-DISCRIMINATION

As an equal opportunity employer, The Epiphany School of Global Studies does not discriminate against employee, applicant or member on the basis of age, ethnicity, race, gender, national origin, disability, sexual orientation, religious or non-religious affiliation, or other legally protected status, in its policies or regulations or the administration of its programs.

MISSION & GUIDING PRINCIPLES

Mission

The Epiphany School of Global Studies, anchored in the Judeo-Christian commandment to Love God and Your Neighbor as Yourself, is a rigorous college-preparatory and globally-focused school where dynamic and innovative learning is stretched beyond the classroom walls, emphasizing the knowledge, skills, creativity, adaptability, curiosity, and international experiences students will need to flourish in an increasingly globalized 21st century.

Guiding Principles

<p><i>We are a community of bold Scholarship ...</i></p> <p><i>Where students enthusiastically strive to become courageous, lifelong learners, critical thinkers, effective problem solvers, and persuasive communicators. They will be well-versed in the humanities as well as math and science, and they will understand that the best learning often takes place beyond the classroom walls. We will send forth highly educated men and women who have developed a passion for knowledge, truth, and justice. Our students will be highly curious, creative, motivated, adaptable, and persistent, and will understand that asking the right questions is at the heart of lifelong learning. They will be health-cognizant, emotionally intelligent, openly generous, deeply humble, visibly trustworthy, and profoundly honest. They will strive to be able leaders who are community oriented.</i></p>	<p><i>We are a community of open-hearted Faith ...</i></p> <p><i>Where Christian traditions are celebrated and the commandment to Love God and Your Neighbor as Yourself is not only a paramount virtue, but an ethical commitment in the way we lead our lives. We are a school that challenges our students to uncover and expand their unique gifts. We will send forth men and women who will wisely devote themselves to faithful living, courageous leadership, and compassionate service, while anchored in an ethical commitment toward others throughout their life's journey.</i></p>	<p><i>We are a community of Global Citizens and Neighbors ...</i></p> <p><i>Where students view the world as a welcoming and beckoning place, full of mystery, wonder, surprise, and unforgettable memories. Our students will strive to attain fluency in an additional world language, to experience other countries firsthand, and to willingly attend a school where learning about the world is viewed as a core value. We will send forth intrepid men and women who are comfortable in diverse cultural and geographical settings, and engaged in humanity's rich traditions and histories and discoveries. They will believe that respect, integrity, responsibility, and service are virtues toward which all should strive, not only in our communities, but also around the world.</i></p>
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FROM THE ATHLETIC DIRECTOR

Thank you for participating in The Epiphany School of Global Studies athletic programs, in whose success, you play an important role. Together as players, parents, coaches, support staff, volunteers, and administration, we all share common goals. This athletic handbook will help you understand the challenges facing us in achieving our goals. Certainly, we will all achieve more with a coordinated effort working together. This handbook is a first step to coordinating our efforts around the common goals that we all aspire to achieve.

This Athletic Handbook is designed to provide parents, scholar-athletes, and coaches at The Epiphany School of Global Studies with clear expectations and practical guidelines that will contribute to the development of an athletic program that reflects the Mission and Guiding Principles of the school. All parents, scholar-athletes, and coaches are asked to read and review this handbook so that they can become familiar with what is expected of coaches, scholar-athletes, parents, and spectators who represent The Epiphany School of Global Studies in athletic competitions.

Sincerely,

Skip Nitardy
Athletic Director

INTRODUCTION

The interscholastic athletic program at The Epiphany School of Global Studies is intended to enrich the lives of all scholar-athletes and the entire school community by promoting the values of bountiful teamwork, honorable competition, steadfast discipline, and joyful sportsmanship. Our scholar-athletes will develop the skills that are necessary to excel in their sport and in life. They represent The Epiphany School of Global Studies, their teammates, their families, and themselves with the highest levels of character and integrity.

The Athletic Handbook is meant to complement the guidelines and rules set forth in The Epiphany School of Global Studies various divisional and parent handbooks, especially those regarding athletics. If there is an inconsistency between the Interscholastic Athletic Handbook and the School Handbook, the school administration reserves the right to determine the most appropriate outcome.

THE SCHOLAR-ATHLETE'S CODE

Participation in the athletic program is not a right; it is a privilege. Therefore, it is imperative that all students taking part in the athletic program understand and follow The Scholar-Athlete's Code. Scholar-athletes must recognize that the coaches of the sport, along with the Athletic Director and the school's administration, have the right to remove these privileges should the scholar-athlete fail to adhere to the following standards.

- I will participate enthusiastically in my academic and athletic endeavors.
- I will recognize that student participation in athletics is a privilege.
- I will follow the rules set by my coaches and my school.
- I will develop a team attitude.
- I will maintain high academic standards.
- I will demonstrate appropriate classroom behavior.
- I will exhibit pride in my team and my school.
- I will represent my team and school with class and dignity at all times.
- I will develop and maintain a positive attitude despite any challenge before me.
- I will be coachable and open to constructive feedback.
- I will commit to the skill development of my sport.
- I will behave with integrity and play by the rules.
- I will play with dignity and grace, regardless of winning or losing.

EXPECTATIONS OF COACHES

In addition to fulfilling the vision of the Athletic Department, coaches at The Epiphany School of Global Studies will strive to the following standards:

- Be excellent communicators with parents, scholar-athletes, the Athletic Director, and other community leaders.
- Create a positive environment that allows students to have a memorable and beneficial experience.
- Identify the unique talents of individual members and develop the group into a team where each individual has an opportunity to contribute his/her gifts.
- Teach the specific skills of the particular sport by using the optimal means, methods, and resources that are available.
- Teach the skill of competition and put the team in the best position to find success.
- Support student academic expectations, responsibilities, and achievements.
- Support the coaches and players of other Epiphany athletic teams.
- Model good sportsmanship and personal integrity at all times.
- Consider the important commitments of scholar-athletes outside their sport.

ATHLETE / COACH RELATIONSHIP

The coach has one of the most powerful influences on the athletes, perhaps more than anyone outside the family does. John Wooden called the responsibility of being a leader “a sacred trust: helping to mold character, instill productive principles and values, and provide a positive example to [the athletes].”

The coaches of The Epiphany School of Global Studies, like the faculty and staff, work diligently to uphold the standards established by the school. Over the course of an athletic season, differences may arise among scholar-athletes, parents, and coaches on issues of coaching philosophy, playing time, and other related matters. The Epiphany School of Global Studies expects coaches and scholar-athletes to work together to resolve conflict. Scholar-athletes must respect the coach and abide by the decisions made by the coaching staff – even when scholar-athletes may not initially understand the decisions.

PARENT / COACH RELATIONSHIP

In order to teach responsibility and to develop maturity, The Epiphany School of Global Studies encourages the scholar-athlete to learn to address concerns to the coach in most situations rather than allowing the parent to handle all conflict.

Nevertheless, both parenting and coaching are extremely difficult responsibilities. By establishing an understanding of each position, coaches and parents are better able to accept the actions of the other and provide greater benefit to scholar-athletes.

Parents have a right to understand the expectations placed on their son or daughter. This understanding begins with clear communication from the coach of the team.

Communication That Parents Should Expect from the Coach

- Philosophy of coaching
- Expectations that the coach has for all the players on the team
- Location and times of all practices
- Team requirements, such as special equipment, offseason conditioning, etc.
- Discipline that results in denying a player's participation

Communication That the Coach Should Expect From Parents

- Concerns expressed directly to coach, not to school
- Notification of any schedule conflicts well in advance
- Specific concern in regards to a coach's philosophy and/or expectations

Scholar-athletes will experience some of the most rewarding moments of their lives. Therefore, it is important to understand that there also may be times when things do not go the way that a parent or scholar-athlete wishes. At these times, discussion with the coach is encouraged.

Appropriate Concerns to Discuss with the Coach

- The treatment of the athlete, mentally and physically
- Ways to help the athlete improve, in the sport and in life
- Concerns about the athlete's behavior, working with one's teammates and honoring one's own potential

Issues Not Appropriate to Discuss With Coaches

- Playing time
- Team strategy
- Play calling
- Other scholar-athletes

These situations may require a conference between the coach and the parent. These are to be encouraged. It is important that both parties involved have a clear understanding of the other's position. When these conferences are necessary, the following procedure should be followed to help promote a resolution to the issue of concern.

Conflict Resolution

If there is repeated conflict between a scholar-athlete and a coach, the Athletic Director will mediate accordingly. Likewise, if a parent has a conflict with a coach, then he/she should speak privately, face to face, with the coach to share the concern. If the coach cannot be reached, the parent should call the Athletic Director, not the Headmaster. The parent should not confront a coach before or after a game or practice. These can be emotional times for both the parent and the coach. Meetings of this nature usually do not promote resolution. The Epiphany School of Global Studies respectfully asks that you wait 24 hours before contacting a coach.

Should the meeting with the coach not provide a satisfactory resolution, then the parent should call and set up an appointment with the Athletic Director to discuss the situation. At this meeting, the appropriate next step can be determined. If further action is needed, the parent and/or scholar-athlete may then initiate contact with the Head of School.

Methods of Communication

- Electronic communication should never be used as a means to resolve conflict.
- Email should be used between parents and coaches only to provide specific information regarding practice and game times, team logistics, and arrangement of appointments.
- Any inappropriate emails from coaches, parents, or scholar-athletes should be forwarded to the Athletic Director.

Conclusion

- Research indicates a student involved in extracurricular activities has a greater chance of success during adulthood; therefore, The Epiphany School of Global Studies has established these athletic programs.
- Many of the character traits required to be a successful participant are exactly those that will promote a successful life after high school.

INTERSCHOLASTIC SPORTS OFFERED

The Epiphany School of Global Studies will offer sports as student interest, facilities, and scheduling permit. Varsity, for most interscholastic sports offered, will compose of grades 9-12. Junior Varsity, for most interscholastic sports offered, will compose of grades 7-10 (JV baseball will be composed of grades 7-9, in order to comply with conference rules). Middle School teams, for most interscholastic sports offered, will compose of grades 7-8. Sixth graders are not allowed to participate on or be managers for interscholastic sports teams at Epiphany. Presently, the following interscholastic sports are offered (depending on the expectation of the number of participants):

SEASON	SPORT	LEVEL OF COMPETITION	START DATE
Fall	Women's Volleyball	Varsity & JV & Middle School	1 August 2016
	Co-Ed Cross Country	Varsity (grades 7-12)	
	Men's Soccer	Varsity & JV	
	Women's Tennis	Varsity (grades 7-12)	
Winter	Women's Basketball	Varsity & Middle School	31 October 2016
	Co-Ed Swimming	Varsity (grades 7-12)	
	Men's Basketball	Varsity & JV & Middle School	
	Co-Ed Cheerleading	Varsity (grades 7-12)	
Spring	Women's Soccer	Varsity (grades 7-12)	13 February 2017
	Co-Ed Golf	Varsity (grades 7-12)	
	Men's Baseball	Varsity & JV	
	Men's Lacrosse	Varsity (grades 7-12)	
	Men's Tennis	Varsity (grades 7-12)	
	Coed Track	Varsity (grades 7-12)	

EMERGENCY ACTION PLAN

The Epiphany School of Global Studies has a written emergency plan that should be followed in the event of a medical emergency. All coaches should be familiar with this document and their role and responsibility in an emergency. Any questions should be directed to a school administrator.

An emergency is the need for Emergency Medical Services (EMS) to give further medical attention and/or transport an athlete to the hospital. It is important in these situations that coordination between the coaches, administrators, and student responders be effective. This guide is intended to delineate roles and outline the protocol to be followed should an emergency occur. Situations when 911 should be called are, for example:

- An athlete is not breathing
- An athlete has lost consciousness
- It is suspected that an athlete may have a neck or back injury
- An athlete has an open fracture (bone has punctured through the skin)
- Severe heat exhaustion or suspected heat stroke
- Severe bleeding that cannot be stopped

Chain of Command

- Athletic Director
- Medical Doctor
- Administrator
- Head Coach
- Assistant Coach
- Other Athletes/Parents

The highest person in the chain of command who is present at a scene will be the designated person in charge, or leader. That person is responsible for deciding whether or not to call 911, instructing others how they may be of help and will be the person who stays with the athlete until EMS arrives.

Once it has been decided that EMS should be called, the following protocol should be followed:

1. The highest person on the chain of command will be deemed the leader, and will stay with the athlete to monitor the athlete's condition and administer necessary first aid. If possible, someone else on the chain of command should also stay and assist. The front office or an administrator should be notified that there is an emergency situation on campus.

2. The highest person on the chain of command will make the call to EMS or will designate another person to make the call (911 from a cell phone, 911 from a school telephone, or 9-911 from a school telephone). EMS should be told what the emergency is, the condition of the athlete, and how to get to where the athlete is. Also, tell EMS that someone will meet them at the closest intersection to aid in directing the ambulance. **DO NOT HANG UP UNTIL EMS HANGS UP FIRST.**
3. Phones at The Epiphany School of Global Studies are located in the main office, teacher's classrooms and offices, the lunch room, and the weight room.
4. The leader will send runners, to all intersections between where the athlete is located and the venue-specific location on The Epiphany School of Global Studies campus, to direct the ambulance to the athlete. The runners should stay in their positions and wave the ambulance through the proper turns to get to the athlete.
5. The leader will designate another person to attempt contact with the athlete's parents. Emergency contact information can be found on Renweb in Mr. Bayer's office or in Coach's Folders, which coaches should have with them at all times. If a parent is not present, the form should accompany the athlete to the hospital.
6. If transport is deemed necessary by EMS, the athlete will be taken to:
Carolina-East Medical Center
2000 Neuse Blvd
New Bern, NC 28560

The Epiphany School of Global Studies is located at:

2301 Trent Road
New Bern, NC 28562

The closest intersection to the school is Trent Road and Simmons Road.

Location of AED's

1. An AED is located outside the double-doors of the gym. This AED is located next to the Boys' Upper School Bathroom (the alcove off of the science and lunch room hallway).
2. An AED will be located behind door 629. This AED will be a traveling AED and used when teams are playing baseball/softball games and hosting cross country meets off-site.
3. An AED will be located on the Henderson Campus in the gym.

School Address and Important Phone Numbers

Address:

The Epiphany School of Global Studies
2301 Trent Road
New Bern, NC 28562

Important Phone Numbers:

EMS: 911 or 9-911 (either will work on a school phone)

Main Office: 252-638-0122

Athletic Director (Skip Nitardy) – Office: (252)638-0122 x629

Head of School (Dwight Carlblom) – Office: (252)638-0122 x633

Head of School (Dwight Carlblom) – Cell: (252)876-5464

Director of Middle & Upper School (David Wang) – Office: (252)638-0122 x602

Director of Middle & Upper School (David Wang) – Cell: (252) 675-7270

Director of Student Life (Ryan Seeger) – Office: (252)638-0122x604

Director of Student Life (Ryan Seeger) – Cell: (919) 247-1771

GENERAL POLICIES & PROCEDURES

In order to participate by the first day of practice, a scholar-athlete must submit all of the four following items:

1. Signed Scholar-Athlete Contract
2. Signed Transportation form
3. Medical examination form completed within 13 months of the first day of the season
4. Signed Student Concussion Form

MEMBERSHIP AND CONFERENCE AFFILIATION

The Epiphany School of Global Studies athletic program is governed by the rules and guidelines established by the North Carolina Independent School Athletic Association (NCISAA). NCISAA rules and regulations can be seen online at

www.ncisaa.org/rules.htm. Additionally, The Epiphany School of Global Studies is a member of the Carolina Independent Conference (CIC). CIC schools compete under the guidelines established by the NCISAA. A copy of the CIC Constitution and Handbook of Policies and Procedures is available for your review in the office of the Athletic Director.

ATHLETIC FEES

The financial costs of developing and maintaining an athletic program are quite significant. To offset the expenses incurred from maintaining practice and game facilities, compensating coaches, paying game officials, developing an inventory of team uniforms, The Epiphany School of Global Studies charges a modest athletic fee (\$125.00 per student in grades 7-12), which is included the student's Comprehensive Fee that is billed with tuition. Also, included in this Comprehensive Fee is free admission to all regular season home games (only for students and immediate family members; guests must pay for admission).

SCHOOL ATTENDANCE

A student may not participate in athletics on a given day if he/she is absent from school. Additionally, any student who is tardy and arrives after 10:00 am (except for medical/dental visits) or leaves school prior to 12 noon (and does not return prior to school dismissing for the day) is not eligible to participate in that day's practice or competition. Appeals to these policies must be submitted to the Athletic Director ahead of time.

DRUG AND ALCOHOL POLICY

As stated in their Code, scholar-athletes of The Epiphany School of Global Studies are representatives of the school and are to conduct themselves accordingly. Therefore, any scholar-athlete under the influence of, in the act of using or consuming, or having used or consumed any type of illegal drug or any type of alcohol, whether on school grounds or not, will immediately be reported to the Administrative Team as outlined in the general student handbook. The scholar-athlete will be suspended immediately from the team and can be reinstated only by the Headmaster, after the school's investigation into the episode is complete.

POST-CONCUSSION PROTOCOL

If a student-athlete exhibits signs and symptoms consistent with a concussion (even if not formally diagnosed), the student-athlete is to be removed from play and is not allowed to return to play (game, practice, or conditioning) on that day.

Student-athletes are encouraged to report their own symptoms, or to report if peers may have concussion symptoms. Coaches, parents, volunteers, first responders, school nurse, licensed athletic trainers (if available), are responsible for removing a student-athlete from play if they suspect a concussion.

Following the injury, the student-athlete should be evaluated by a qualified medical professional with training in concussion management. It is strongly recommended that each institution seek qualified medical professionals in the surrounding community to serve as resources in the area of concussion management. In order for a student-athlete to return to play without restriction, he/she must have written clearance from appropriate medical personnel. The form that should be used for this written clearance is posted on the Gfeller-Waller Concussion Awareness Act website (<http://gfellerwallerlaw.unc.edu/GfellerWallerLaw/gwlaw.html>).

HEAT AND HUMIDITY

The N.C. Division of Public Health encourages young athletes and coaches to be especially careful when exerting during high temperatures in North Carolina. According to the American Academy of Pediatrics, when the air temperature exceeds 95°F (35°C), children have a lower exercise tolerance and ability to adapt to extreme temperatures than do adults. Adolescents' ability to adapt falls in between.

With preseason practices underway, it is critical for young athletes to take time to acclimatize to the heat to minimize the risk of heat illness. By slowly increasing heat tolerance, the athlete is better able to exercise safely and effectively in warm to hot conditions. This doesn't happen quickly. Children under 10 should acclimatize with short daily exposures to exercising in high temperatures – 30 to 45 minutes per day – for up to 10 days. The National Athletic Trainers' Association recommends that adolescent athletes should allow up to 14 days to become fully acclimatized, gradually building intensity and duration of work in the heat.

Here are some tips for coaches and athletes to play it safe during hot weather:

Recommendations for Athletes and Parents:

- Wear light-colored and lightweight clothing; if clothes become saturated with sweat, change into dry clothes.
- Try to drink cold water as frequently as possible. During long bouts of intense exercise, it's a good idea to use a sports drink that contains sodium to replace the sodium lost in sweat. Most sports drinks contain adequate salt. Salt tablets are not recommended.
- Pay attention to early signs and symptoms of dehydration: Dry or sticky mouth, thirst, headache, dizziness, cramps, and/or excessive fatigue
- Don't let embarrassment keep you on the field. If you feel dehydrated or sick, tell your coach right away.
- Sleep at least six to eight hours at night in a cool environment, eat a well-balanced diet, and stay hydrated throughout the day, even when you are not on the playing field.
- Track body weight to make sure you are properly hydrated. Your goal should be less than 2 percent body-weight change during a practice session.

Recommendations for Coaches:

- Know the signs and symptoms of heat-related illness. Educate athletes and other coaches regarding the prevention, recognition, and treatment of heat illnesses.
- Be aware not only of heat, but of humidity levels when evaluating conditions for practice. A good measure is the wet bulb globe temperature (WBGT) – the standard index of temperature and humidity combined. Measuring devices are available commercially.
- Schedule training sessions to avoid the hottest part of the day (10 a.m. to 5 p.m.)
- During hot and humid weather, enforce regular rest periods in the shade and see that players drink water every 15 minutes, regardless of whether they are thirsty.
- Substitute players frequently to allow adequate rest periods.
- Encourage athletes to stay hydrated throughout the day, before and after practice.

How much water? When a child is participating in prolonged physical activity, a child weighing 88 lbs:

- 150 mL [5 oz] of cold tap water or a flavored salted beverage every 20 minutes
- A child weighing 132 lbs: 250 mL [9 oz] cold tap water or a flavored salted beverage every 20 minutes

Sources:

American Academy of Pediatrics; Journal of Athletic Training; MayoClinic.com; Climatic Heat Stress and the Exercising Child and Adolescent, PEDIATRICS Vol. 106 No. 1 July 2000

NO CUT POLICY & PLAYING TIME

The Epiphany School of Global Studies philosophy on athletics includes a no-cut policy. “No-cut” means that if a student wishes to compete on an athletic team and will adhere to Scholar-Athlete’s Code, then there is a place for that individual to participate.

This policy does not include any guarantees regarding playing time. The coaches of each sport will work diligently to balance a number of values. The head coach will make the final decision about playing time and scholar-athletes and parents are expected to honor these decisions.

Furthermore, any athlete who violates the Scholar-Athlete Code or the school’s Honor Code may receive limited playing time or be dismissed from the team.

TRAVEL TEAMS

Because of limitations with space on travelling vehicles and time spent away from doing homework, coaches (with the collaboration of the Athletic Director) will decide about appropriate travel teams; not every student will necessarily travel to compete in away matches/events.

EJECTION POLICY

The Epiphany School of Global Studies follows the bylaws of the NCISAA and adheres to its athlete's ejection policy: "If any NCISAA player is ejected from any contest, he/she will not be allowed to participate in the next scheduled contest but may sit on the team bench. If the same player is ejected a second time from any contest, he/she will not be allowed to participate in the next two scheduled contests but may sit on the team bench. If the same player is ejected from any contest a third time, he or she will not be able to participate in or attend any athletic event until the beginning of the next school year."

ELIGIBILITY

Participation in athletics requires that all scholar-athletes conform to the standards established by the North Carolina Independent School Athletic Association (NCISAA), the Carolina Independent Conference (CIC), and The Epiphany School of Global Studies. The following academic, age, and medical requirements must be honored:

Academic Eligibility

To be academically eligible for athletics or co-curricular activities, a student must maintain a minimum grade average of 75.0 during each marking period (progress reports and report cards). This eligibility line applies to Upper School and Middle School students. If a student fails to meet this standard, then he/she will immediately become ineligible for competitive play or participation (games, matches, meets, scrimmages, etc.), but he/she may continue to attend practices and home games at the discretion of the coach/sponsor and Athletic Director. If the student raises the grade average (at or above the minimum grade average) at the next marking period, then he/she will be reinstated and allowed to resume competitive play and participation. Should a student receive an F in a course at the end of an academic quarter (on the report card), then he/she will be declared ineligible for interscholastic travel or competition until the next marking period.

Age Eligibility

Athletes must be less than 19 years of age on or before 1 August of his/her senior year to be eligible for participation in interscholastic athletic competition.

Medical Eligibility

Athletes who participate in interscholastic athletic competition are required to have an up-to-date physical exam indicating that they are in good health and properly prepared for competitive physical activity. An up-to-date medical record will be defined as having

had a complete physical examination within the last 13 months prior to the season's first practice. To help accommodate family needs, there will be a date provided for on-site physicals at the school before each season.

GAME & PRACTICE SCHEDULE

The Athletic Director will develop a schedule of the games and practices for the team. This schedule will be distributed to parents at the initial informational meeting at the beginning of the season. If there is a need for deviation from the original game/practice schedule, the Athletic Director will follow the cancellation policy to keep families apprised. The variation in weather conditions across the wide geographic area where we compete differs greatly. The Epiphany School of Global Studies and its coaches will do everything possible to keep students and families informed as these changes arise.

GAME & PRACTICE ATTENDANCE

Each player is expected to attend **all** games and practices. For players participating in two sports, attendance for games and practices will need to be coordinated between the player and both coaches. If for some reason a player has to miss a scheduled event, then he/she must make every effort to notify the coach ahead of time. The coach will take disciplinary action (reduced or waived participation in upcoming competitions) when events are missed without advanced notice and for an illegitimate purpose. Ultimately, succession of absences may result in dismissal from the team, a ban from all athletics for an entire calendar year, and/or forfeiture of course credit (for US students). This policy applies to official summer practices as well. Fall practices begin during the first week of August (July 27th, 2014). Scholar-athletes and families need to bear this in mind when making summer plans.

Scholar-athletes are not allowed to join or switch teams once the conference season (first conference game, meet, match, or event) for that particular team begins.

EVENT CANCELLATION POLICY

In the event that a practice or game must be cancelled, the school will notify parents via *Rediker's* Parent Alert System. Parents will receive a text message and/or a voicemail. It is imperative that the school has each parent's cell phone number. Updates to schedules will also be posted on the school website.

TRANSPORTATION

The family of the scholar-athlete is responsible for providing transportation to and from all practices. The Epiphany School of Global Studies will provide transportation from the school to away athletic events when the bus or van and the suitable driver can be secured. In the event that the school cannot provide transportation to an away game, the coach and his/her team parent will secure parent volunteers to drive to the game. A scholar-

athlete may ride to an away athletic event in alternative transportation only when there is not sufficient space in the team bus/van or the bus/van is not available. Any scholar-athlete may ride home from an away game only with his/her parent if that parent has spoken with the coach following the game or presented a written note specifying alternative plans. To honor the time commitment of coaches, it is imperative that scholar-athletes are picked up in a timely manner upon their return to The Epiphany School of Global Studies.

TWO SPORTS IN THE SAME SEASON

NCISSAA rules state that “participation on more than one team within a given season is acceptable as long as students meet recommended guidelines for practices (i.e., one practice per day of no more than two hours in duration).” At The Epiphany School of Global Studies, athletes may participate in two sports in a season, in some cases, provided all conflicts over practices and games/meets can be resolved to the mutual satisfaction of the coaches of both sports. If a conflict cannot be resolved between the coaches, the athlete must choose one sport in which to participate. In addition, no student may participate in more than 3 athletic events per week, and no more than 1 athletic event per day.

By implementing this dual sport policy, it is recognized that it will be the exceptional circumstance, and not the general rule, that an athlete should undertake two sports at the same time. The athlete should be highly competitive in both sports and able to contribute in a very positive manner to both teams. Any questions about participating in dual sports in the same season should be address with the respective coaches and the athletic Director.

UNIFORMS

The Epiphany School of Global Studies will provide a portion of the complete uniform, except for tennis, swimming, cheerleading, and golf teams. For example, the school may provide the tops, and the scholar-athlete must purchase the remaining uniform. Other equipment and apparel may be suggested by individual coaches, but will be the responsibility of the student and his/her family.

The head coach will assign, distribute, and collect uniforms. Uniforms that the school provides will be turned in to the coach no later than one week after the final athletic contest for the season. Failure to return the uniform in a timely manner may result in the report card being withheld. Scholar-athletes are responsible for their uniforms during the season. If a uniform is lost, stolen, or damaged through a lack of responsibility, then the scholar-athlete and his/her family are responsible for the cost of the uniform. Scholar-athletes will return uniforms to the Athletic Director at the conclusion of the season. Failure to return uniforms will result in the scholar-athlete’s grades being withheld.

EQUIPMENT AND PERSONAL BELONGINGS

Scholar-athletes are expected to be responsible with their practice clothing, uniforms, and sports equipment. Proper storage of clothing and equipment before, during, and after practice will help to eliminate an overflow in the school's Lost and Found and unnecessary damage or theft. All items left behind following a practice or game will be turned in to the Lost and Found. Scholar-athletes are encouraged to develop a plan for storing and removing books, clothing, and equipment each day to help to eliminate this problem. An additional locker will be issued to scholar-athletes during the season.

GAME DAY DRESS

The Epiphany School of Global Studies expects our teams to exhibit consistency, pride, and unity. Thus, on game days, scholar-athletes should wear khaki (non-denim) pants, shorts, or skirts and the FALCON Athletics Black Polo shirt that may be purchased at New Bern Sporting Goods. This attire is worn during the school day. The Cheerleading squad may wear their cheerleading tops and athletic warm-up pants on game days during school to promote school spirit. Scholar-athletes that do not adhere to the game day dress code are subject to disciplinary action (loss of dress down day privileges, reduced or waived participation in upcoming competitions) from the Administration and/or Athletic Director.

When scholar-athletes leave campus, they are ambassadors of our school. When travelling to other schools that provide changing areas, scholar-athletes will change once they arrive on site for the competition. Ideally, scholar-athletes should return to "game day" dress if they remain at the opposing school for an additional competition. When temperatures are cool, students may wear a long sleeve, solid color t-shirt underneath the polo.

INFORMATIONAL MEETINGS

At the beginning of each season, the Athletic Director will hold a parent meeting to distribute a practice and game schedule and review the program guidelines. During this meeting, each coach will convey his/her individual expectations with parents and scholar-athletes. The meeting will also provide an opportunity for parents to meet the coach and present any questions that they may have about the upcoming season. Following this meeting, it is expected that the bulk of communication will occur between coaches and players—scholar-athletes can and should embrace the responsibility of communicating information with their parents. A team parent will provide periodic updates to all families.

CAPTAINS

Each head coach will submit to the Athletic Director the name of the scholar-athlete whom he/she (perhaps with the participation of the team) has elected to serve as a captain. In addition to aptitude in the sport, the proposed captain must maintain a positive and cooperative attitude, should be held in the esteem of his/her teammates, and should consistently demonstrate an "above and beyond" commitment to the team's

success. Though captain positions are generally held by upperclassmen (grades 11 & 12), the coach may appoint a younger student who may serve effectively in this role. Furthermore, the team may have no more than two captains.

END OF YEAR AWARDS

The following awards will be recognized at the end-of-year Honors Convocation:

The Scholar-Athlete of the Year Award is given, along with the CIC All-Scholastic Team plaque, to an Upper School male and female student who were 2 or 3 sport athletes in the past year and who had the highest GPA over the course of the school year.

The Falcon and Jr. Falcon of the Year Award is given to a male and female student-athlete who excelled both on and off the playing field in the past year. Not only are these students exceptional athletes with numerous accomplishments on the playing field, but also they do well in the classroom; are leaders for other students with their hard work, dedication, teamwork, and good sportsmanship; and they truly define what it means to be an Epiphany Falcon.

The Athletic Courage Award is given to either a male or female student-athlete, who was nominated by one or multiple coaches from the past school year, for his/her perseverance, spirit, dedication to team and school, integrity, and determination.

VARSITY LETTERS

The Administrative Team and the coaching staff have established the criteria for earning The Epiphany School of Global Studies varsity letter. Earning a varsity letter requires evidence of commitment to the team and emerging expertise in the sport. The Epiphany School of Global Studies has established the overall standards for the sake of consistency:

General Policies for Lettering

Varsity athletes who remain as members of the team in good standing throughout the full season are eligible to earn a varsity letter, subject to the provisions below:

1. The athlete significantly contributes to the team, attends all practices, and games unless excused by the coach, including pre- and post-season tournaments.
2. Senior athletes who have participated in a given program (varsity or junior varsity) for at least three years shall receive a varsity letter.
3. Injured athletes who meet the “playing time” criteria for the contests prior to the time of the injury may receive a letter. The player must complete at least half the season to be considered.
4. Managers who have held the position for an entire season in the same sport may earn a letter. Only those who, in the judgment of the coach, have made a significant commitment of time and effort shall be awarded the letter.
5. In cases of extenuating circumstances, exceptions to the standards listed below are permitted with the approval of the coach and the Athletic Director.

Playing Time Criteria

Baseball: participate in 50% of innings played

Basketball: participate in 50% of quarters played

Golf & Tennis: participate in 75% of team matches played

Soccer: participate in 50% of halves played

Lacrosse: participate in 50% of quarters played

Swimming: compete in 75% of the team meets

Cross Country: participate in 75% of team meets

Volleyball: participate in 50% of full games played

Cheerleading: cheer in at least 90% of the games

Track: compete in 75% of the team meets

(Any student involved in the interscholastic athletic program who does not receive a letter will receive a certificate of participation, signed by the Athletic Director and Headmaster.)

NCAA—PROSPECTIVE COLLEGIATE ATHLETES

Some scholar-athletes have a goal to participate in athletics at the collegiate level. The Epiphany School of Global Studies is available to assist scholar-athletes in pursuit of this goal. The most important thing to consider in the college selection process is academic fit. Athletics are important, but they are secondary to academic opportunities.

Here are some things that a prospective collegiate athlete should keep in mind.

- Communication with your high school coach is imperative. Scholar-athletes who have a strong desire to compete at the collegiate level should schedule an appointment with their coach to discuss this decision.
- Coaches and scholar-athletes should work with the Principal of Upper School to develop a realistic list of college choices.
- The scholar-athlete should create a résumé that reflects his/her overall high school experience and that highlights athletic accomplishments. The coach, Athletic Director, and Principal of Upper School should review this resume.
- The scholar-athlete should create a letter of interest to be sent, along with the résumé, to the collegiate coaches. Coach, Athletic Director, and Principal of Upper School should review this letter prior to mailing.
- The scholar-athlete should meet with Athletic Director to discuss the process of registering with the NCAA Clearinghouse.
- The NCAA home page is www.ncaa.org.

FALCONS BOOSTER CLUB

The Falcons Booster Club is a group of friends and parents who are interested in interscholastic athletics at The Epiphany School of Global Studies. The Booster Club supports and encourages athletic activities and the school's scholar-athletes. The club also provides financial support to encourage participation in athletic activities for the benefit of all students. The club has been responsible for generating funds and improving athletic equipment and facilities. Meetings are held regularly, and more parent participation is encouraged.

ATHLETIC ACHIEVEMENTS IN EPIPHANY HISTORY

All-State Athletes

- McKinley Gray, Cross Country 1A—2010, 2011, 2012, 2A—2013
- Lake Hoard, Cross Country 1A—2011, 2012, 2A—2013
- Jake Oros, Cross Country 1A—2011
- Kyle Dembart, Golf 1A—2012
- Dana McLaughlin, Soccer 1A—2012, 2013
- Eve Johnson, Cross Country 1A—2012
- Hannah Russo, Cross Country 1A—2012, 2A—2013
- Florian Vorleiter, Soccer 1A—2012
- Ian Brizes, Soccer 1A—2012
- Megan Cowan, Volleyball 1A—2012
- Jared Hill, Baseball 1A—2013
- Parker White, Cross Country 2A - 2014
- Jarrett Gingrich, Cross Country 2A - 2014
- Avery Davis, Volleyball 2A - 2014
- Haley Radford, Volleyball 2A - 2014
- Nicole Hoard, Volleyball 2A - 2014
- Jordan Chivola, Lacrosse 2A - 2016

State Champions

- 2012-2013 Wells Fargo Cup Champion – 1A
- Lake Hoard, cross country 1A—2012
- Women's Cross Country Team, state runner-up 1A—2012
- Men's Cross Country Team, state runner-up 2A—2013
- Volleyball Team, state runner-up 1A—2012
- Men's Cross Country Team, state champions 2A - 2014

Conference Awards

- Darryl Radford, CPIC Coach of the Year, women's volleyball, 2011, 2012, 2013
- Kelvin Neibaur, CPIC Coach of the Year, women's softball, 2011
- Ashton Smith, CPIC Female Swimmer of the Year, 2012
- David Wang, CPIC Coach of the Year, co-ed swimming, 2011, 2012
- Helder Costa, CPIC Coach of the Year, women's soccer, 2012, 2014
- Helder Costa, CPIC Coach of the Year, men's soccer, 2012
- Men's Swimming Team, CPIC Champions, 2010, 2011, and 2012
- Women's Swimming Team, CPIC Champions, 2010, 2011, and 2012
- Co-Ed Golf Team, CPIC Champions, 2011 and 2012
- Men's Soccer, CPIC Co-Champions, 2012
- Women's Soccer, CPIC Co-Champions, 2013
- Greg Coverdale, CPIC Coach of the Year, women's soccer, 2013
- Women's Volleyball Team, CPIC Co-Champions, 2013
- Linda McAlister, CPIC Coach of the Year, co-ed golf, 2014
- Ethan Diamadi, CPIC Golfer of the Year, 2014
- Coed Golf Team, CPIC Champions, 2014
- Men's Cross Country Team, CPIC Champions, 2013
- Women's Cross Country Team, CPIC Champions, 2013
- Women's Soccer Team, CPIC Champions, 2014
- Darryl Radford, CIC Coach of the Year, women's volleyball, 2014
- David Wang, CIC Coach of the Year, co-ed swimming, 2015
- Haley Radford, CIC Player of the Year, volleyball, 2014
- Volleyball Team, CIC Champions, 2014
- Men's Swimming Team, CIC Champions, 2015
- Women's Swimming Team, CIC Champions, 2015
- Men's Cross Country Team, CIC Champions, 2015
- Women's Swim Team, CIC Champions, 2016
- Men's Swim Team, CIC Champions, 2016

CONCLUSION

The administration reserves the right to evaluate the overall record of any student who displays significant difficulty in any facet of school life. Depending upon this evaluation, a student may be asked to leave the school during the school year or at the end of the year. Continued enrollment at The Epiphany School of Global Studies is not automatically granted; it must be earned by honoring and fulfilling the values and expectations of our community on a daily basis. While it is impossible to establish policies for every scenario, the administration will apply the underlying principles of this handbook in a consistent fashion. Finally, as the administration takes seriously its legal, professional, and moral obligations to protect the safety of the entire school community, other actions not herein outlined may be taken as necessary.