



**INTERSCHOLASTIC
ATHLETIC HANDBOOK
2017-2018**



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STATEMENT OF NON-DISCRIMINATION

<p>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.</p>
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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>We are a community of bold Scholarship ...</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>We are a community of open-hearted Faith ...</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>We are a community of Global Citizens and Neighbors ...</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 DIRECTOR OF ATHLETICS

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
Director of Athletics

INTRODUCTION

The interscholastic athletic program at The Epiphany School of Global Studies (hereafter, “Epiphany”) 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 their school, their teammates, their families, and themselves with the highest levels of character and integrity.

The Athletic Handbook complements the guidelines and rules set forth in the school’s divisional and parent handbooks, especially those regarding athletics. All coaches should be provided a Handbook well in advance of the season and be trained/informed of what it means to coach at Epiphany. If there is an inconsistency between the Interscholastic Athletic Handbook and the school’s Community 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 Director of Athletics 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.

Research indicates a student involved in extracurricular activities has a greater chance of success during adulthood; therefore, Epiphany 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.

EXPECTATIONS OF COACHES

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

- Be excellent communicators with parents, scholar-athletes, the Director of Athletics, and other community leaders. This might include phone calls, e-mail, text messages, and the Epiphany website.
- 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.
- Be able to hold scholar-athletes accountable and provide discipline as necessary. If appropriate, scholar-athlete discipline should be communicated to the parents of the scholar-athlete.
- Travel on the team bus or van to and from all games, and always have appropriate forms (i.e. medical, scorebook) along.
- 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.
- Locate a volunteer parent to serve as the "Team Parent."

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]."

Epiphany coaches, 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. Epiphany 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, Epiphany 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

Communication That Parents Should Expect from the Coach

- Philosophy of coaching
- Expectations that the coach has for all the players on the team, and possible repercussions if those expectations are not met.
- Through the “team parent”, weekly e-mail with location and times of all practices, games, and any expectations (as well as updates).
- Team requirements, such as special equipment, offseason conditioning, etc.
- Discipline that results in denying a player’s participation
- Communication of any scholar-athlete who will be awarded at the Sport’s Award Ceremonies.

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
- Notification in writing if the scholar-athlete will not be riding with the team to or from games, along with information concerning with whom he/she will be riding.
- Written permission to move scholar-athlete from an age appropriate team to one that consists of older students.

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

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.

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 Director of Athletics 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 is unavailable, the parent should call the Director of Athletics, not the Head of School. 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. Epiphany 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 Director of Athletics 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 Director of Athletics.
- Coaches are encouraged to issue an end-of-season survey to get parental input regarding how the season went (positives and areas for improvement).

INTERSCHOLASTIC SPORTS OFFERED

Epiphany 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 2017
	Women's Tennis	Varsity (grades 7-12)	
	Men's Soccer	Varsity & JV	
	Co-Ed Cross Country	Varsity (grades 7-12)	
Winter	Women's Basketball	Varsity & Middle School	31 October 2017
	Men's Basketball	Varsity & JV & Middle School	
	Co-Ed Swimming	Varsity (grades 7-12)	
	Co-Ed Cheerleading	Varsity (grades 7-12)	
Spring	Women's Soccer	Varsity (grades 7-12)	13 February 2018
	Men's Tennis	Varsity (grades 7-12)	
	Men's Lacrosse	Varsity (grades 7-12)	
	Co-Ed Golf	Varsity (grades 7-12)	
	Co-Ed Track	Varsity (grades 7-12)	

EMERGENCY ACTION PLAN

Epiphany 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

- Director of Athletics
- 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 *Emergency Leader*, who is responsible for deciding whether or not to call 911, for instructing others how they may be of help, and for remaining with the athlete until EMS arrives.

EMERGENCY LEADER PROCEDURES

1. The highest person on the chain of command will be deemed the *Emergency Leader*, and will stay with the athlete to monitor the athlete's condition and administer necessary first aid.
 - a. If possible, someone else on the chain of command should also stay and assist.
 - b. The front office or an administrator should be notified that there is an emergency situation on campus.
2. The Emergency Leader will call EMS or will designate another person to call (911 from a cell phone, or 9-911 from a school telephone).
 - a. EMS should be told what the emergency is, the condition of the athlete, and how to get to where the athlete is.
 - b. Also, EMS will learn that someone will meet them at the closest intersection (Trent Road and Simmons Road) to aid in directing the ambulance.
 - c. DO NOT HANG UP UNTIL EMS HANGS UP FIRST.
 - d. Phones at Epiphany are located in the main office, teachers' classrooms and offices, the Dining Hall, and the weight room.
3. The Emergency Leader will send runners to all intersections between where the athlete is located and the venue-specific location on campus, to direct the ambulance to the athlete.
 - a. The runners will stay in their positions and wave the ambulance through the proper turns to get to the athlete.
4. The Emergency Leader will designate another person to attempt contact with the athlete's parents.
 - a. Emergency contact information can be found on Rediker in Athletics office or in Coach's Folders, which coaches should have with them at all times.
 - b. If a parent is not present, the form should accompany the athlete to the hospital.
5. If transport is deemed necessary by EMS, the athlete will be taken to CarolinaEast Medical Center at 2000 Neuse Blvd New Bern, NC 28560.

LOCATION OF AUTOMATED EXTERNAL DEFIBRILLATORS (AEDS)

- An AED is located outside the double-doors of the gym, next to the Upper School Boys' Bathroom.
- An AED is located behind door 629. This AED will be a traveling AED and used when teams are playing off-site.
- An AED is located on the Henderson Campus in the gym.

EMERGENCY CONTACT INFORMATION

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

Phone Numbers:	EMS	9-911 (from school phone)
	Main Office	252-638-0122
	Director of Athletics (Skip Nitardy)	203-858-9431
	Head of School (Dwight Carlblom)	252-876-5464

ELIGIBILITY & REQUIREMENTS

Participation in Epiphany 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

The participation of any student in co-curricular activities will be at the discretion of the Administration and not individual coaches/moderators. Students who may be struggling academically or experiencing other challenges will not be disqualified automatically from participation.

To be academically eligible for athletics or co-curricular activities, a student must maintain a minimum grade average of 75.0 and/or should receive no F in a course at the end of each academic quarter.

- Ineligible students cannot participate in competitive play (games, matches, meets, scrimmages, etc.), performances, or conferences.
- Ineligible students may continue to attend practices and home games at the discretion of the coach/sponsor and Athletic Director.
- Ineligible students may continue to attend club meetings and rehearsals at the discretion of the faculty sponsor and Director of Student Life.

If the student raises the grade average (at or above the minimum grade average) and not receive an F in a course at the next marking period (progress report), then he/she will be reinstated and allowed to resume full participation.

AGE ELIGIBILITY

Athletes must be younger 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 12 months prior to the season's first practice.

REQUIRED FORMS

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

GENERAL POLICIES & PROCEDURES

MEMBERSHIP AND CONFERENCE AFFILIATION

Epiphany's 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 found in the office of the Director of Athletics.

Additionally, Epiphany 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 Director of Athletics.

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, vehicle fuel and maintenance, and developing an inventory of team uniforms, Epiphany charges an athletic fee (\$275.00 per student on Trent Campus), 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).

INFORMATIONAL MEETINGS

Before the beginning of each season, the Director of Athletics 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.

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 12:00 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 Director of Athletics ahead of time.

DRUG AND ALCOHOL POLICY

As stated in their Code, scholar-athletes 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 Head of the School, after the school's investigation into the episode is complete.

TRAVEL TEAMS

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

NO CUT POLICY & PLAYING TIME

Epiphany's 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 the 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.

EJECTION POLICY

Epiphany 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."

GAME & PRACTICE SCHEDULE

The Director of Athletics 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 Director of Athletics will follow the cancellation policy to keep families apprised. The variation in weather conditions across the wide geographic area where Epiphany competes differs greatly. Epiphany and its coaches will do everything possible to keep students and families informed as these changes arise. Furthermore, the Director of Athletics will strive to ensure that long-distance travel times will not be scheduled back-to-back, and if possible on Fridays. In addition, all games will be scheduled in the hope that they do not conflict with other school events, especially mandatory events.

GAME & PRACTICE ATTENDANCE

Each player is expected to attend **all** games and practices. If for some reason a player must 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 possibly forfeiture of PE course credit (for Upper School students). This policy applies to official summer practices as well. Fall practices begin during the first week of August. 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. Epiphany will provide transportation from the school to away athletic events when the bus or van and the suitable driver can be secured, and at least one coach will always ride with the team. 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. To honor the time commitment of coaches, it is imperative that scholar-athletes are picked up in a timely manner upon their return to school.

Rules for School Transportation

- 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.
- A 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.

ONE SPORT PER SEASON

Scholar-athletes will have the first two weeks of a season to choose the one sports team on which they will participate. Scholar-athletes will participate with only one team per season.

UNIFORMS

Epiphany 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.

Scholar-athletes will return school uniforms to the Director of Athletics at the conclusion of the season. Failure to return uniforms will result in the scholar-athlete's grades 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 is responsible for the cost of the uniform.

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

On game days, Epiphany expects our teams to exhibit consistency, pride, and unity. Members of each team will determine before the start of first game the plan for game day dress, which will be one of the three following types:

1. Wear khaki (non-denim) pants, shorts, or skirts and the Falcon Athletics Polo shirt purchased at New Bern Sporting Goods.
2. "Dress up," as defined in the policy for "Dress Up Days" in the Trent Community Handbook
3. Wear actual school athletic jerseys/warm-up tops and khakis (non-denim trousers)

- a. The Cheerleading squad may wear their cheerleading tops and athletic warm-up pants on game days during school to promote school spirit.

This attire is worn during the school day. Scholar-athletes who do not adhere to the game day dress code are subject to disciplinary action (loss of dress down day privileges, or reduced or waived participation in upcoming competitions) from the Administration and/or Director of Athletics.

When scholar-athletes leave campus, they are ambassadors of Epiphany. 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 Falcon Athletics Polo.

CAPTAINS

Each head coach will submit to the Director of Athletics 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.

INDIVIDUAL RECOGNITION

ANNUAL 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 participated in at least two sports that year and who had the highest GPA over the course of the school year.
- The Falcon of the Year Award is given to a male and female Upper School scholar-athlete who participated in at least two sports that year and 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 Junior Falcon of the Year Award is given to a male and female Middle School scholar-athlete who participated in at least two sports that year and 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.

VARSITY LETTERS

The Administrative Team and the coaching staff have established the criteria for earning an Epiphany varsity letter. Earning a varsity letter requires evidence of commitment to the team and emerging expertise in the sport. Epiphany 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 scholar-athlete significantly contributes to the team, attends all practices and games unless excused by the coach, including pre- and post-season tournaments.
2. Senior scholar-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 Director of Athletics.

Playing Time Criteria for Lettering

- 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 Director of Athletics and Head of School.

HEALTH & SAFETY

POST-CONCUSSION PROTOCOL

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

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

Following the injury, the scholar-athlete should be evaluated by a qualified medical professional with training in concussion management. In order for a scholar-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.

HEAT AND HUMIDITY

The NC Division of Public Health encourages young athletes and coaches to be especially careful when exerting during high temperatures. 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 in late summer, 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 does not 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.

Recommendations for Athletes to Play it Safe during Hot Weather:

- Wear light-colored and lightweight clothing; if clothes become saturated with sweat, change into dry clothes.
- Drink cold water as frequently as possible. During long bouts of intense exercise, it is 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
- Do not 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 to Play it Safe during Hot Weather:

- 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 AM to 5 AM)
- 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 at least 88 lbs = 150 mL [5 oz] of cold tap water or a flavored salted beverage every 20 minutes
- a child weighing at least 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

NCAA—PROSPECTIVE COLLEGIATE ATHLETES

Some scholar-athletes have a goal to participate in athletics at the collegiate level. The Director of Athletics and the College counselor are 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 College Counselor 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, Director of Athletics, and College Counselor should review this résumé.
- The scholar-athlete should create a letter of interest to be sent, along with the résumé, to the collegiate coaches. Coach, Director of Athletics, and College Counselor should review this letter prior to mailing.
- The scholar-athlete should meet with Director of Athletics to discuss the process of registering with the NCAA Clearinghouse (*ncaa.org*).

ATHLETIC ADVISORY COMMITTEE

The Athletic Advisory Committee is a selected group of parents who are interested in interscholastic athletics at Epiphany. The committee supports and encourages athletic activities and the school's scholar-athletes. The committee also facilitates and encourages participation in athletic activities for the benefit of all students. The committee is responsible for improving athletic processes and event functions. Meetings are held monthly.

ATHLETIC ACHIEVEMENTS IN EPIPHANY HISTORY

All-State Athletes (in alphabetical order)

- Brizes, Ian—Men's Soccer 1A—2012
- Chivola, Jordan—Lacrosse 2A—2016
- Cowan, Megan—Volleyball 1A—2012
- Davis, Avery—Volleyball 2A—2014
- Dembart, Kyle—Golf 1A—2012
- Gingrich, Jarrett—Cross Country 2A—2014, 2015
- Gray, McKinley—Cross Country 1A—2010, 2011, 2012, 2A—2013
- Hill, Jared—Baseball 1A—2013
- Hoard, Lake—Cross Country 1A—2011, 2012, 2A—2013
- Hoard, Nicole—Volleyball 2A—2014
- Johnson, Eve—Cross Country 1A—2012
- McLaughlin, Dana—Women's Soccer 1A—2012, 2013
- Oros, Jake—Cross Country 1A—2011
- Radford, Haley—Volleyball 2A—2014
- Russo, Hannah—Cross Country 1A—2012, 2A—2013
- Vorleiter, Florian—Men's Soccer 1A—2012
- White, Parker—Cross Country 2A—2014

State Champions (in chronological order)

- 2012-2013—The Epiphany School of Global Studies, Wells Fargo Cup Champion – 1A
- 2012—Lake Hoard, Cross Country 1A
- 2012—Women's Cross Country Team, state runner-up 1A
- 2012—Volleyball Team, state runner-up 1A
- 2013—Men's Cross Country Team, state runner-up 2A
- 2014—Men's Cross Country Team, state champions

Conference Awards (in alphabetical order)

- Co-Ed Golf Team—CPIC Champions, 2011, 2012
- Co-Ed Golf Team—CPIC Champions, 2014
- Costa, Helder—CPIC Coach of the Year, Men's Soccer, 2012
- Costa, Helder—CPIC Coach of the Year, Women's Soccer, 2012, 2014
- Coverdale, Greg—CPIC Coach of the Year, Women's Soccer, 2013
- Diamadi, Ethan—CPIC Golfer of the Year, 2014
- Gray, McKinley—CPIC Male Runner of the Year, 2013
- Hoard, Lake—CPIC Female Runner of the Year, 2013
- McAlister, Linda—CPIC Coach of the Year, co-ed golf, 2014
- Men's Cross Country Team—CIC Champions, 2015
- Men's Cross Country Team—CPIC Champions, 2013
- Men's Soccer—CPIC Co-Champions, 2012
- Men's Swimming Team—CIC Champions, 2015, 2016

- Men's Swimming Team—CPIC Champions, 2010, 2011, 2012
- Neibaur, Kelvin—CPIC Coach of the Year, Softball, 2011
- Radford, Darryl—CIC Coach of the Year, Volleyball, 2014
- Radford, Darryl—CPIC Coach of the Year, Volleyball, 2011, 2012, 2013
- Radford, Haley—CIC Player of the Year, Volleyball, 2014
- Smith, Ashton—CPIC Female Swimmer of the Year, 2012
- Volleyball Team—CIC Champions, 2014
- Wang, David—CIC Coach of the Year, Swimming, 2015
- Wang, David—CPIC Coach of the Year, Swimming, 2011, 2012
- Women' Cross Country Team—CPIC Champions, 2013
- Women's Soccer Team—CPIC Champions, 2014
- Women's Soccer—CPIC Co-Champions, 2013
- Women's Swimming Team—CIC Champions, 2015, 2016
- Women's Swimming Team—CPIC Champions, 2010, 2011, 2012
- Women's Volleyball Team—CPIC Co-Champions, 2013

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 it's legal, professional, and moral obligations to protect the safety of the entire school community, other actions not herein outlined may be taken as necessary.