



ATHLETIC HANDBOOK

The mission of FHE Athletics is to provide opportunities at the middle through high school levels for our home school students to develop Godly character and athletic skills while participating in competitive athletic programs under Christian leadership.

Phil 3:14 *"I press on toward the goal for the prize of the upward call of God in Christ Jesus."*

Who we are:

The Forsyth Home Educators (FHE) Support group began in the late 80's, and the first sport offered was a middle school boy's basketball team in 1996. Since that time, FHE Sports was officially started in 2000, and we have grown to over 300 athletes in 2018. FHE Athletic (FHEA) programs are directed by the FHEA Committee, and it is accountable to the FHE Board. As such, each athlete, parent, coach, and committee member agrees to uphold the [FHE Standards of Conduct](#), and conduct ourselves in a respectful and honorable way to our teammates, families, coaches, officials, and opposing teams.

Commitment to a team is an important character quality. If an athlete is playing for FHE Athletics and another sports team, then any scheduling conflicts must be discussed with the coach and it will be expected that the FHEA commitment will have priority over the other sport. This is to maintain team unity and reliability for the coaches. Therefore, we want each of our athletes and parents to decide before athlete's tryout if they want to make such a commitment to FHEA.

Because commitment is a character quality and an example of integrity, an athlete who chooses to quit after the season has started may not return to that sport until the next year. Because God desires that there be peace among his children, the athlete will be responsible to follow the Matthew 18 principle to make sure the athlete and the coach do not have a severed relationship.

1. Parental Support

Parents and other spectators at the games are vital representatives of FHE and witnesses for the Lord Jesus. Parents and fans are expected to cheer and comment in a positive manner, encouraging and supporting all players, coaches, and officials. **Parents and fans are expected to leave the coaching to the coaches. Players become confused and frustrated when instructions are shouted from many directions.** The coaches have a purpose behind their methods, and correction should be done through them. Parents are encouraged to come to as many games as possible, because support and enthusiasm add excitement to the game. **Parents and other spectators should refrain from openly criticizing coaches, officials, and players. Parents should demonstrate trust and respect to those in authority at all times.**



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Parents are prohibited from communicating with other schools. All school communications must go through the Athletic Director.

Communication with coaches/managers is encouraged. If you have concerns, please address them with the coaches in a timely manner, however, please refrain from addressing all coaches before or after a game. If you feel your concerns have not been heard, please approach the coach with a friend for fellow parent. If an appropriate resolution has not been obtained at that point, please contact resolution@fhesports.org

2. Tryouts

Tryouts will be held prior to each season. The number of players on each team will vary depending on the sport and the levels of ability. Because each team has limited time to prepare for the season, teams are chosen at the earliest time possible. An athlete who misses any part of a tryout will not be dropped, but the athlete will be at a disadvantage. If an athlete cannot make it to tryouts, he/she will have to meet with the coach to see if anything can be done. It is then up to the coaches to either set up an alternative tryout, or not allow the athlete to play. Once initial rosters are established, players may be added to the roster at the discretion of the coaches, within the guidelines set by the FHEAC, for the benefit of the team. **Playing time is not guaranteed. Your work ethic, skill level, age and attitude affect your playing time**

At the high school level, coaches will choose players and starters to provide the best possible competitive team. Equal playing time is NOT guaranteed at this level of play, although coaches will be sensitive to their player's desire to participate. Athletes and parents must recognize that success is not synonymous with playing time.

At the middle school level, coaches will choose players and starters to provide the best possible competitive team while being mindful of developing all players.

If an athlete does not make the team after tryouts, he/she may approach the coach to discuss the athlete's strengths, weaknesses, and areas of improvement. It may be determined that the athlete may be allowed to continue practicing with the team to continue development for the next year.

3. Practice

Practice schedules will be provided to the athletes by the coach. The practice sites will be announced, and it is the athlete and parent's responsibility to know where each practice/game takes place. Email is typically the primary mode of communication for practice and game changes and other communication.



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All practices are at the discretion of each coach, but will not exceed three hours. Wednesday practices will be avoided as much as possible.

4. Attendance

Because practices are more productive, beneficial, and fun when all team members are present, and because godly character is exhibited through discipline and commitment, all athletes are expected to attend practices, games, as well as meetings/activities called by the coach. Athletes show consistency and faithfulness to their teams by being on time and being properly dressed out for all practices and games. Because unexcused absences show a lack of commitment, faithfulness, and discipline and because athletes and parents will know the schedule in advance, unexcused absences from practices and games should be avoided. Unexcused absences may result in reduced playing time. Athletes must show respect to the coach and team by **personally** calling the coach if they will be late or miss a practice (an email on the day of the event is not acceptable).

Athletes need to stay for the duration of every practice and game. Teams are not dismissed until the coach dismisses them and coaches will make every effort to dismiss the team on time. All athletes **MUST** be picked up no later than 10 minutes after dismissal.

If you cannot pick them up, please have a back-up plan so that the coaches do not have to stay later.

5. Eligibility Requirements

Note: FHE Athletics is an athletic program designed for middle and high school homeschooled students. **Middle school includes grades 6 through 8; High School includes grades 9 through 12.**

1. Age: Minimum: 11 years old, Maximum: Players must not have reached, as of August 1st of the current school year:
 - Their 19th birthday for varsity competition
 - Their 17th birthday for junior varsity competition
 - Their 14th birthday for middle school competition

2. Varsity limit: A player shall become ineligible after four (4) years of Varsity team participation. (Varsity being defined as only those eligible to letter.)

NOTE: For more detailed information about NCAA eligibility rules please see [NCAA Home School Students](#) and [NCAA-Home School Checklist](#)

Seniors that do not qualify for a Varsity team may participate on a sub-varsity team upon approval from the coach and FHEAC.

3. Homeschool: A player must be registered with NCDNPE and homeschooled based on current North Carolina State law. FHE encourages the families that if the player wishes to participate in collegiate athletics, to meet all NCAA educational requirements during High School.
4. Graduate: A player is ineligible if that player has gone through a homeschool, public school,



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private school, or Christian school high school graduation ceremony prior to that season's first game.

5. Dual participation: A player cannot play on another homeschool, public, private, or Christian school team in the same sport at the same time as playing on a FHE-sponsored team.
6. Player transfer: If a player started the season on another homeschool, public, private, or Christian school team, no transfer shall be allowed during the season without the approval of the FHEAC.
7. FHE: A player's family must be a member of FHE (this is separate from any sports registration and available at ncfhe.org)
8. FHE Athletics: A player must be a registered member of FHE Athletics
9. Documentation: The player/parents must have completed all required documentation.
 - Exceptions to any eligibility requirement may be made only by express approval of the FHEAC. No exceptions will be permitted to the upper age limitations.
 - Players must be in academic good standing at all times during the sports season to participate on a FHE team, and it is the expectation of the committee that the parents will notify the coach and committee chairperson if they are not.
 - Players starting on a higher level team may not participate on a lower level team (i.e. a Varsity starter may not participate on a sub-varsity team; a JV starter may not participate on a middle school team). Exception is when the sub-varsity team needs additional players for the contest due to a shortage of sub-varsity team members and for development of players at a different position.
 - Players must be in adequate physical condition to participate on any FHE Sports team. **A yearly physical examination signed by a physician is highly recommended.**

Please contact FHEAC at questions@fhesports.org if you have any questions about eligibility.

By submitting an Athlete Application, you are certifying that you meet all of the eligibility requirements to be a FHE athlete and will immediately notify your coach if you become ineligible for any reason.

6. Discipline

Because discipline is needed in all areas of life, athletes should make it their routine to give 100% both mentally and physically to practices and games. An individual's performance and attitude affects the whole team. An athlete who chooses to perform below his/her capability or who demonstrates a poor attitude during practices will be subject to disciplinary action and at the coaches discretion may not play in the following game, because such attitudes and



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behaviors work against team unity, instructions, and goals. Disciplinary action may include, but not limited to, extra drills, running, sitting out, etc.

FHE is committed to offering sports programs that enable home schooled athletes to participate in athletic competition at the highest level. It is equally important that our athletes adhere to the commitment that the highest level of integrity requires and exercise that commitment both on and off the field/court/venue. There is no substitute for exercising genuine and fundamental biblical character, so it is absolutely critical that our athletes and coaches adhere to proper unsportsmanlike policies in order to uphold the standards of our organization.

Our [Unsportsmanlike Technical Foul Policy](#) applies to any athlete or coach receiving a conduct technical foul, a caution card, or a verbal caution due to a lack of self-control for any sport.

7. Matthew 18 Principle

Matthew 18 gives us clear instructions for dealing with conflict. In the event that a player has a question or complaint, he/she first must go to the person (coach or other player) in a spirit of reconciliation and love to work out any differences. This needs to take place before a parent becomes involved in the issue with the coach! If the problem is not resolved, the player may request a meeting with the person of conflict and the coach. If the issue is not resolved between players and coach, then a meeting with a representative of the committee may be requested. If the coach is the person in conflict with a player, the player may request a meeting with his/her parents and the coach after the player has talked to the coach personally. If the athlete, coach, and parent still have issues to be resolved, then they may request a meeting with FHEAC.

8. Fees

FHEA endeavors to keep sports fees as low as possible to help home schooled families meet all educational needs. Fundraisers may be required to help offset out of pocket expenses over and above posted sport and administrative fees.

Fee Structure:

An annual FHEA Tryout/Membership fee of \$10 is required for each player. This fee ensures insurance coverage and documentation processing for anyone trying out for a team. All FHEA documentation necessary for any sport will be completed when the player registers with FHEA. Individual sport fees will be required for each player for each sport they participate in. Post season expenses (such as travel and lodging), are in addition to the sports fee. Sports fees will be set for each sport based on the projected number of players, number of games/tournaments, equipment needs, and other costs.



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Coaches will publish a list of all fees once the number of players on the team has been determined. It is the intent of the FHEAC that no qualified player will be turned away due to the inability to pay 100% of the athletic fees. Please contact the coach if assistance is needed. Fees are due at signup, either in lump sum or in installments. Due to the fact that FHEAC makes commitments and budgets based on the number of players on the roster, all fees are non-refundable.

9. Uniforms

Uniforms will be issued at the beginning of every season. Each athlete will be responsible for his/her own uniform throughout the season. Every player is responsible to bring his/her complete uniform to every game. Uniforms should be laundered prior to each game. All or part of the game uniform(s) provided is the property of FHEA unless otherwise stated and must be returned in appropriate condition after the season ends.

10. Medical/Liability Release and Physicals

Each school year every athlete must have a medical release form, liability release form, and medical information sheet, on file with the coach prior to the first practice. Athletes will not be allowed to participate until ALL forms ' are complete and in the student's file. Absences due to missing forms will be considered unexcused. Coaches will keep this information on hand at all times for practices and games. **Due to the strenuous nature of competitive sports on the human body, physical examinations signed by a physician are highly recommended prior to beginning any sport. Parents are responsible to ensure their child is in the physical condition required for the sport and that they have no medical issues that will affect the child's health or safety.**

11. Transportation

Transportation to and from games and practices is the sole responsibility of the athletes and the parents.

12. Facility

Although we do not own the facilities we use, we are blessed to have the facilities available to us. Please be good stewards of what the Lord has blessed us with. Please do all you can to keep the facilities clean and in better shape than we found them.

13. Multiple Sport Participation

Athletes may participate in multiple sports within FHEA. Players should not be discouraged from participation in multiple sports, however participation on a sport team during its regular season should take precedence over participation on sport teams playing in the 'off season'. Athletes not participating in "off season" sports should not be unduly penalized for playing another sport.



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See FHEA's [Try-outs and off-season work-out policy](#)

14. Appearance

All athletes and coaches shall make a positive statement with their appearance at all FHEA events and contests. Each athlete is expected to dress modestly before, during, and after games and practices. Please remember that you represent FHEA whenever you are involved in an FHEA activity. The FHEA standard is to be morally upright and exhibit good taste in our appearance so as not to draw attention to ourselves, represent the FHEA organization and team well, and glorify the Lord on all that we do.

15. Responsibilities for FHEA Players and Parents

1. Be responsible to, respond appropriately to, and submit to authority of FHEA Coaches, Team Captains and others in authority.
2. Respect and be courteous to opposing teams (players, coaches, and fans). Always demonstrate good sportsmanship before, during, and after games.
3. Respect officials at all times and never talk negatively about calls or address an official in an inappropriate way.
4. Stay composed and exercise "self-control." Negative emotion hurts you and your team.
5. Respect the privilege of using playing facilities by cleaning up benches, locker-rooms, stands, and grounds after a practice or game.
6. Never use profanity or demeaning speech at any time at a FHEA event.
7. Come to each event prepared and on time (well nourished, hydrated, proper equipment, mentally and physically ready, etc.).
8. Be an Encourager and Energy Giver. Communicate, communicate, communicate-in a positive manner. Coaching and correction is for the coaches; your role is to encourage.
9. Communicate to the coach ahead of time when they will miss a practice or game.
10. Dress in a manner that could not be considered offensive or morally suggestive at all FHEA events.
11. Communicate and directly address any issues with the offending party (other coach, parent, player, or fans) at an appropriate time. Never discuss issues behind another's back or allow issues to not be resolved quickly.
12. Tell the coach of your concerns or problems instead of talking to others about them. Seek to resolve personal conflicts with teammates. Speak to them first and seek reconciliation. "Speak the truth in love." Ephesians 4:15