



**MOUNTAIN CITY  
CHRISTIAN ACADEMY**



**MOUNTAIN CITY CHRISTIAN ACADEMY  
STUDENT/PARENT ACTIVITIES  
HANDBOOK**

2024-2025



# Table of Contents

1.	Introduction and Philosophy . . . . .	3
2.	A Word to Parents . . . . .	4
3.	ASAA Sanctioned Activities . . . . .	5
4.	Athletic Awards/Varsity Letter Requirements . . . . .	7
5.	Cell Phone/Communication . . . . .	8
6.	College Recruitment. . . . .	9
7.	Conflict Resolution. . . . .	10
8.	Equipment and Uniforms . . . . .	11
9.	Fundraising . . . . .	12
10.	Missing Practice/Contests . . . . .	13
11.	Parent and Spectator Sportsmanship . . . . .	14
12.	Reporting of Injury . . . . .	15
13.	Requirements for Participation. . . . .	16
14.	Responsibilities of Student Athletes . . . . .	18
15.	Sports Season/Practices. . . . .	19
16.	Squad Selection/Playing Time . . . . .	20
17.	Travel . . . . .	21

*This handbook is not an exhaustive list of all rules and is subject to change. Please refer to official communications for the most up-to-date information regarding school policies and guidelines.*



# CHRIST-CENTERED WORLD CHANGERS

## INTRODUCTION AND PHILOSOPHY

The mission of Mountain City Christian Academy is to develop Christ-Centered world changers. Our vision is to be Alaska's premier institution for biblical, academic, and athletic training. Winning is a major objective in athletics and in certain activities, and teams or performers should always strive to win within the framework and spirit of the rules of the game and principles of good sportsmanship. Although winning is a major objective and a tremendous motivating force, it is not considered to be the end goal of participation. More important than winning are the changes that take place in the participant:

1. Becoming a more productive and loyal citizen.
2. Desiring to achieve excellence.
3. Living a more healthy and purposeful life.
4. Maintain good sportsmanship.
5. Respecting the dignity of others.
6. The willingness to make a personal sacrifice for the benefit of the team.
7. Living by a high code of conduct.
8. And most importantly, following the Lord to the fullest of one's potential.

These become the most lasting benefits of participation for the individual. Our goal is to honor the Lord in all that we do, both on and off the field. Maintaining this perspective will allow students to be and do their best.

This document is designed to provide athletes, activity participants, and parents with the policies and expectations of our activity programs. Unless otherwise stated, these policies and expectations apply to both middle school and high school activities. Our high school programs follow Alaska School Activities Association (ASAA) rules and policies. ASAA does not regulate middle school sports. For middle school athletics, our school has an association with the Matanuska-Susitna Borough School District and follows those rules and policies.

This document will primarily focus on athletics but will also apply to activities such as music competitions and clubs. When there is a specific difference in standards, this document will attempt to highlight the differences.



# A WORD TO PARENTS

You are reading this handbook because your child wants to participate in sports and activities at MCCA. We believe that participation provides many opportunities and experiences for students. Parents play an essential role in the overall experience of their student's participation. Below are some ways that you can support your child and the school and provide key elements that will contribute to their success:



Attend as many games/ contests as you can. Your presence is meaningful to your child and shows support for the school.



Be positive and supportive without adding undue pressure or unrealistic expectations. Try to be objective regarding your child's skill level and role on the team. Let your child know that you believe in them regardless of performance or outcome.



Express support for the coach's judgment, character, and actions, whether you fully agree or not. This will help your child do the same. Remember that all players, no matter how capable, sometimes need correction or redirection by a coach.



Be flexible. Despite careful planning, schedule changes sometimes need to be made.



Build up and speak well of other team members.



Volunteer to help with tournaments, admissions, concessions, etc.



If you have a question or concern, express it to the appropriate person (most often the coach) in a constructive way at an appropriate time.



# ASAA SANCTIONED ACTIVITIES

At the beginning of each school year, high school and middle school students and parents must update their respective information in Big Teams (<https://studentcentral.bigteams.com>). Students who wish to participate in activities and/or athletics must create an account and parents must create a separate account both by using their phone or email address. The accounts must be “linked” together. A student email account may be used.

The following is a list of activities and athletics offered:

## ACTIVITY

- a. Drama, Debate, Forensics (DDF)
- b. E-Sports
- c. Music
- d. Music- All-State
- e. Music- Solo Ensemble
- f. National Honor Society
- g. Student Government
- h. Yearbook

## ATHLETICS

- a. Cross Country
- b. Girls Volleyball
- c. Boys Wrestling
- d. Basketball
- e. Basketball Cheer
- f. Track and Field

Based on the selected activity or athletic the following forms must be completed within Big Teams by students and parents. This is completed before the first practice, ideally at the beginning of the school year.



## ACTIVITY FORMS REQUIRED

- a. Parent/Guardian Consent
- b. Play for Keeps Acknowledgement

## ATHLETIC FORMS REQUIRED

- a. Parent/ Guardian Consent
- b. Play for Keeps Acknowledgement
- c. Sudden Cardiac Arrest
- d. Concussion Information
- e. ASAA physical history (optional)
- f. ASAA physical evaluation
- g. Athletic standards
- h. Emergency care

Currently, ASAA has approved a Memorandum of Agreement with local private schools such as Mountain City Christian Academy. This MOA allows athletes to participate in sports/activities at their "Zoned School" that are not offered at the private school. For example, a student can play football for Service High School since football is not offered at MCCA and the student is zoned for Service HS.





# ATHLETIC AWARDS/VARSITY LETTER REQUIREMENTS

## BASKETBALL

- ▲ Participate in 16 varsity games total during the regular season,
- ▲ Region tournament and/or State tournament play.

## BASKETBALL CHEERLEADING

- ▲ Make the varsity squad tryouts and complete the respective season.

## CROSS COUNTRY RUNNING

- ▲ Be one of the seven scoring runners in a minimum of three meets.
- ▲ Be one of the seven scoring runners in the Region or State Championship.

## TRACK AND FIELD

- ▲ Score a total of 10 points.
- ▲ Qualify for the State Track and Field Championships.

## VOLLEYBALL

- ▲ Play 10 varsity games.

## WRESTLING

- ▲ Win four varsity matches (forfeits or defaults do not count).
- ▲ Place in the top four in two tournaments (must have a minimum of five wrestlers in weight class).
- ▲ Qualify for the state wrestling tournament (minimum of four wrestlers in weight class).

Ultimately, the decision to award a letter rests with the coach or coaching staff. They may consider various factors beyond just statistics, including improvement over the season and dedication to the team.

# CELL PHONE/COMMUNICATION

Student athletes may not use cell phones during practice without coach's permission. Cell phones must be stored in their backpacks or lockers during practice. Headphones may not be used during practice.

All communication between coaches and student athletes should be conducted in a professional and respectful manner, adhering to school policies and guidelines for appropriate conduct. Coaches will utilize approved channels of communication for interacting with students, including 1) In-person discussions, 2) digital learning platforms or management systems approved by the school, or communication platform such as remind.

Coaches will maintain appropriate professional boundaries in all interactions with student athletes, refraining from engaging in personal or social communications that are unrelated to academic or school/athletic-related matters. Coaches and student athletes should refrain from using personal social media accounts for student communication unless specifically authorized by the school.







# COLLEGE RECRUITMENT

MOUNTAIN CITY CHRISTIAN ACADEMY

For some high school athletes, their goal is to also compete at the collegiate level. An athlete needs to work with their coach and the Athletic Director who may be able to assist in making contacts with college programs. Any athlete who anticipates competing at the NCAA, DI, or DII college must register with the NCAA Clearinghouse through the guidance counselor. A very small percentage of Alaskan athletes will gain a “full ride” athletic scholarship to college. Many more will receive partial scholarships.



# CONFLICT RESOLUTION

If a conflict or concern arises between an athlete or parent and a coach, the first step is for the athlete/parent to discuss the situation with the coach directly. If no resolution is reached, the next step is a meeting with the Athletic Director and the coach. If again no resolution is reached, then a meeting with the Head of School, the Athletic Director, and the coach will occur.

MCCA does follow a 24-hour cooling-off policy. Parents should not try to address a concern with a coach immediately after a game. Everyone's emotions are running high, and time to cool off is necessary. The parent should instead schedule an appointment the next day or another suitable time. If the athlete has a concern, parents should encourage their athlete to discuss the issue with the coach.

Remember that the coach is the designated person in charge of the team. Parents may not understand or agree with all the coach's philosophies or decisions. However, parents are asked to be willing to give the benefit of the doubt and show support.



# EQUIPMENT AND UNIFORMS

School equipment and uniforms is the responsibility of the athlete who checks it out or uses it. The athlete is expected to keep it clean and in good condition. Equipment and uniforms are to be used as directed by the coach. Loss of equipment is the financial responsibility of the athlete and parent. Fees may be charged for late return of equipment/ uniforms.

Some high school sports may require uniform parts to be purchased by the athlete. In those cases, that piece of equipment/uniform is the property of the athlete.



# FUNDRAISING

Each student athlete and their family may be expected to participate in team fundraising activities. Funds raised directly benefit the team by covering equipment, travel expenses, and other essential needs. Fundraising events and expectations will be communicated at the beginning of the season and reminders provided as needed. Incentives may be provided for exceeding fundraising goals or exceptional participation. By participating in fundraising, families contribute to the success and sustainability of the team.

A young woman with dark hair, wearing a red jersey, is holding a basketball with both hands. She is looking off to the side with a slight smile. The background is a large, out-of-focus crowd of people, likely at a school event. The text "MISSING PRACTICE/CONTESTS" is overlaid in white on a dark red banner across the middle of the image.

# MISSING PRACTICE/CONTESTS

When an athlete joins a team, a commitment to attend the entire season of practices and contests is made by the athlete as well as the parent/guardian. If an athlete misses practice or a contest, the coach should be consulted as soon as possible. Missing will generally result in some team-specific consequences determined by the coach. Athletes should let coaches know if they are planning to miss.

This principle holds for activities also. Any missed meetings or practices should be communicated with the sponsor in advance. Some activities that are associated with a class, such as band, may have consequences that will impact a grade in the class.

Athletes should finish each season. In the unusual situation where an athlete and parent agree that dropping a sport mid-season is necessary, the athlete needs to consult with the coach.

It is the administration's opinion that school sports/activities take priority over competitive league sports. Competing in both takes constant communication and hard work for the athlete, the parents, and the coaches. It is advised that one carefully consider the pros and cons.



# PARENT AND SPECTATOR SPORTSMANSHIP

The role of spectators is very important in athletics. The character and testimony of MCCA and our employees, parents, and students are on display at athletic events, and we aim to exemplify Christlikeness in all aspects of athletics, including spectator participation. Parents/guardians, students, employees, and spectators are expected to cheer for and support the school's athletes, teams, and coaches in a positive, constructive way that honors Christ. The same is expected towards opponents, opposing fans, and officials. The following behavior is not acceptable at any athletic event in which MCCA is participating or hosting: booing, jeering, cursing, mocking, taunting, and negative comments to the officials, coaches, athletes, and others. A game official, the school administrator or a designee, and the Athletic Director have the authority to remove a person from an athletic contest for unsportsmanlike behavior. In the event of a violation of this policy, the school administration may deny the person the right to attend future athletic events.



# REPORTING OF INJURY



All injuries which occur while participating in athletics at Mountain City Christian Academy must be reported to the coach. If an injury requires medical attention, an injury report must be completed by the coach. Before an athlete can return to practice or competition, a note from the treating physician is required. The note must be turned in to the coach and Athletic Director.



# REQUIREMENTS FOR PARTICIPATION

## ACADEMICS

Students must have passed at least five-semester credits during the previous semesters and must be currently enrolled and passing in at least five-semester credits. Seniors must be currently enrolled in at least four-semester credits.

No student will be allowed to participate in or miss class for athletic or other extracurricular activities if he/ she fails to maintain a 2.0 GPA or has one D and one F OR has two Fs on his/her weekly grade check. Weekly grade checks are generated regularly throughout the semester. Additionally, a student cannot participate in or miss class for athletic or other extracurricular activities if he/she fails to meet the ASAA guidelines. A student may participate in games when grades have been raised to the standards previously stated after a mandatory one-week period of ineligibility. All part-time students who compete in an ASAA sanctioned activity through MCCA must be enrolled in a residential Bible course and attend chapel for the entirety of the academic year in which they participate in an activity. Middle school students must be enrolled in a residential Bible course and attend chapel for the semester in which their activity occurs. A student-athlete (both HS and MS) with less than 2.0 or a combination of a D and an F or worse on a weekly academic ineligibility report shall not be eligible to play or travel with a team until they are eligible on the next academic ineligibility report. They may; however, practice with the team. Academic ineligibility report are conducted on Tuesdays.

## ATTENDANCE

Athletic participation is a privilege that should not be taken for granted. Student-athletes willingly join a team and regular school, and practice/game attendance is an important indicator of their commitment to his/her sport and the overall success of their team and our athletic program. For students to be eligible for athletic participation daily (practices/games) they are required to attend a full day of school. To meet the full day requirement a student must arrive at school no later than 8:15 am and complete the school day. Part-time students need to report to their first class. A student who arrives on time for school may leave no earlier than 1:30 to fulfill the full-day requirement. Students must be on time for their first-hour class the day of and the day after an extracurricular activity (or have an excused tardy) or they may forfeit their eligibility for the next scheduled activity based on review by the administration. Chapel attendance is required. Exceptions can be made at a reasonable time for doctor or dental appointments; a written note is required for verification.





## DISCIPLINE

A student who receives detention must serve it at their appointed time. Attending practice is not a reason to miss detention. If a student is suspended, they may not practice or compete during their suspended days. This includes weekend games.

## HOMEWORK

Students are solely responsible for their makeup homework and exams. Students are encouraged to communicate with all their teachers when they know they will miss school for a contest. Students will follow the same policy as stated in the student handbook.

## MULTIPLE SPORTS

An athlete may participate in multiple sports each season.

## PART-TIME/HOMESCHOOL STUDENTS

Part-time/homeschool students must be enrolled in a Bible course for the year and attend weekly chapel services. They must maintain a C avg. in the MCCA Bible course.

## SPORTS FEES

A \$275 fee for each high school sport and a \$200 fee for each middle school sport will be charged. Fees will be charged to your FACTS account before the first competition. If the fee is not paid by the due date, the student-athlete will not be permitted to practice or compete until all fees are paid.

- ▲ Band/Orchestra/Choir: \$100 registration fee one time, per year. There is no charge for elementary music.
- ▲ Debate team (high school) \$275 per year.
- ▲ Instrumental Rental: \$175 per semester (\$350) total must be paid before an instrument is given out.

Activities and club fees will vary from activity to activity. Fees will still be charged to your FACTS account.



# RESPONSIBILITIES OF STUDENT ATHLETES

Christians are ambassadors for the Kingdom, and we are called to be the light and salt of the world. Your most important responsibility is to be a good representation of God and let your light shine before man (Matt 5:16). You might be the only representative of Christ that another athlete might encounter. Younger students will watch you and copy you in many ways. Other schools and our community will evaluate you and our school based on your conduct and attitudes, on and off the court. Work hard to set a good example.

A student-athlete is voluntarily making a choice of self-discipline and self-denial. Each participant is expected to discipline the mind and body for rigorous competition. We do not want our athletes to compromise or accept mediocrity. Be diligent in your academics, so that your entire school experience is preparation for success as an adult.

The athlete is in control of their effort and attitude. If an athlete's goal is to honor God, this should be reflected in the effort that person gives in practices and games. The athlete has control over their response, effort, and attitude.



# SPORTS SEASON/PRACTICES

ASAA had established the start and end dates for all high school sports and activities. In general, an athlete must have 10 practices before they are permitted to compete. If sports seasons overlap, then 5 practices are the minimum number of practices. Mountain City Christian Academy will generally follow the Matsu middle sports schedule for start and end dates for middle school sports.

Practices are normally Monday through Friday. After-school practices will end by 8:30 pm, and on Wednesdays by 6:30 pm. Morning practices may begin as early as 6 am and end by 7:45 am. Occasionally, practices may occur on Saturdays with advance approval by the Athletic Director. During school vacation days or days when school is out, practices may occur depending on the coach. There will be no practice on Sunday. However, teams may host open gym times on Sunday. Teams may practice off-campus depending on the availability of facilities. Coaches or another approved adult must be present at all practices. All adults leading practice must be cleared by the Athletic Director and have a current background check on file.

Weather sometimes causes delays or cancellations. When school is canceled due to weather, all after-school events are automatically canceled. Sometimes with changing weather conditions, practices will be allowed to occur with the approval of the Athletic Director. Contests with other schools will be coordinated between the Athletic Director and the administration of the other schools concerning the cancellation of the contest. If the contest is a high school conference game, it will be rescheduled for the first available date.



## SQUAD SELECTION/PLAYING TIME

Usually, no limitations are put on participants in Cross Country running, Wrestling, and Track. Volleyball and Basketball teams typically have squad size limits. The coach will make the final decision regarding the most effective squad size for a team in each season.

Students who make a team will not necessarily see equal playing time. No amount of participation time is guaranteed for any athlete. Playing time depends on the skill and experience of the athlete, their willingness to be coached, and the philosophy of the coach. Varsity squads will consist of the best players regardless of grade. At high school levels below varsity (JV and C team), athletes will generally participate in all contests but there may be occasions when this does not happen.

In the middle school programs, coaches will aim for students to see playing time at every competition under normal conditions. The amount of time will not necessarily be equal. Again, playing time is based on skill, experience, coachability, attitude, and game situations.



Transportation to away games and contests will be provided by the school (bus or shuttle). On the occasion when a contest is held at a location near MCCA, teams may be directed to meet at the site. A parent/guardian who attends the contest may drive a student home after signing out with the coach. Any other plans must be pre-arranged in writing with the coach. Athletes may not ride to or away from contests with other athletes.


While traveling, students are expected to behave respectfully and obey the directives of the coach, chaperones, and driver. Athletes will keep the vehicles clean, remain seated, maintain a suitable speaking level, and show the driver appreciation. When traveling, athletes must have gear that will keep them protected in case of an emergency stop. This means appropriate dress in the winter, including boots, gloves, hats, warm coats, and other gear as directed.

While traveling, students are responsible for their meals. Students may bring snacks and/or easy-to-eat meals on trips. Host schools are not required to provide microwaves or ovens. Many locations will have concessions available, therefore students may also bring money. On overnight trips, coaches will communicate with parents about their meal plans.

Parents are encouraged to communicate questions directly with the coach or sponsor when it comes to travel plans and meal plans for long or overnight trips. Some travel will be the responsibility of the program such as a trip to the lower 48 for a tournament. The travel fees will need to be raised by the program and are not the responsibility of the school.



 6575 E. Northern Lights Blvd. Anchorage, AK 99504

 907 337 9575



## BASKETBALL

- ▲ Participate in 10 varsity games total during the regular season, Region tournament, and/or State tournament play.
- ▲

## TRACK AND FIELD

- ▲ Score a total of 10 points.
- ▲ Qualify for the State Track and Field Championships.

Ultimately, the decision to award a letter rests with the coach or coaching staff. They may consider various factors beyond just statistics, including improvement over the season and dedication to the team.

