



TRINITY OAKS

Christian Academy

Athletic and Activities Handbook

2026-2027

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Athletic and Activities Handbook



TRINITY OAKS
Christian Academy

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MISSION STATEMENT

The mission of Trinity Oaks Christian Academy is to partner with the Christian home and church in the training of children, maximizing their potential to lead Christian lives according to biblical standards.

ATHLETIC AND ACTIVITIES PHILOSOPHY

Trinity Oaks Christian Academy believes that all that is done in life should be done to the glory and honor of God, including athletics and co-curricular activities. The athlete, coach, student and teacher should strive to do their best in all areas of life. Performing with actions pleasing to Christ - trying to develop a Christ-like attitude - is of the utmost importance.

Athletics and co-curricular activities are an integral part of Trinity Oaks' educational program. They provide unique opportunities for students to promote their mental, physical, social, and emotional development. Athletics and co-curricular activities are valuable extensions of the traditional classroom providing students opportunities to develop and demonstrate character traits of respect, responsibility, self-discipline, integrity, and compassion. Everyone involved in Trinity Oaks activities and athletics strives for excellence in preparation, performance, and sportsmanship, and appreciates the community support of our programs. Trinity Oaks students and their parents recognize that the privileges and benefits of participation depend on fulfilling the accepted responsibilities of participation.

GOALS OF CO-CURRICULAR ACTIVITIES

Co-curricular Activities Goals and Objectives:

1. Strive for mastery in the use of God-given talents.
2. Learn to cooperate with others and work with a group.
3. Use activities for learning core values that will carry on with them beyond their high school years. Core values include the following: integrity, self-discipline, respect, commitment, accountability, humility, teamwork, and sacrifice.
4. Reinforce classroom learning and allow students to put their knowledge and skills into practice.

5. Promote students' personal development by broadening their interests, developing their potential and providing opportunities for character formation and leadership training.
6. Promote students' social development by offering opportunities for the broadening of their social experiences, the practice of social skills and the internalization of moral and social values.
7. Develop school spirit.

Athletic Team Level Goals and Objectives:

Since there are different skill levels of the players within our athletic teams, it is important to emphasize different goals at each team level. Those goals are:

1. 5th/6th Grade Team

- To develop an appreciation and enjoyment of the sport.
- To teach basic individual skills of the game.
- To teach team concepts and skills.
- To emphasize the development of each athlete by allowing him/her the opportunity to participate as often as possible.
- To experience and develop the ability to push yourself beyond what you think your physical limitations might be.

2. 7th/8th Grade Team

- To build and improve on individual skills.
- To further develop team concepts, strategies, and tactics.
- To achieve a balance of playing and team success.
- To experience and develop the ability to push yourself beyond what you think your physical limitations might be.

3. High School Team

- To refine skills and team play.
- To apply the learned team concepts, strategies, and tactics.
- To strive for team success.
- To experience and develop the ability to push yourself beyond what you think your physical limitations might be.

PURPOSE OF HANDBOOK

The purpose of this handbook is to acquaint students and parents with the policies and regulations of Trinity Oaks Christian Academy, IESA and the IHSA as related to co-curricular activities at TOCA.

RESPONSIBILITIES

The opportunity to participate in Trinity Oaks' interscholastic athletic programs or co-curricular programs is extended to all students who are willing to assume certain responsibilities. To be a credit to the student, the student's family, team, school, and community, the student should display high standards and exemplify good sportsmanship, show respect for others, accept

academic responsibilities, actively support the athletic and activities code, help and encourage fellow students to do the same, and meet all eligibility requirements identified in this handbook and in the Trinity Oaks Parent-Student Handbooks.

JOINING AN ATHLETIC OR CO-CURRICULAR PROGRAM

Students interested in participating in other co-curricular programs must attend all informational meetings or try-outs and fill out required permission forms.

Registration through the Athletic Director is required in advance of each sports season. Families of students eligible to participate in that season's interscholastic sports will receive an e-mail from the Athletic Director with registration instructions and deadlines. Students may not attend a tryout or practice unless they have registered with an Athletic Permission Form and have a current Health Exam Certificate/Sports Physical and a Concussion Sign-off Form on file.

ACADEMICS

Students participating in athletics or co-curricular activities should anticipate the demands on their time and plan accordingly. Participation should never be used to excuse incomplete assignments, missed tests, or tardiness. Student participants should be present and prepared for class regardless of game and practice schedules.

AFFILIATION

TOCA is a member of the Association of Christian Schools International (ACSI), is a registered school with the Illinois State Board of Education and an IHSA member school and part of the Northeastern Athletic Conference (NAC).

AGE LIMITATIONS

A high school student shall be eligible through the age of nineteen unless the student shall become twenty during a sport season, in which event eligibility shall terminate on the first day of such season. Junior high students are not permitted to play on high school teams.

ATHLETIC AWARDS DISTRIBUTION

Athletic awards, trophies, and participation certificates will be given out during the fall, winter, and spring sports awards banquets. During these events, athletes will be presented with awards for their participation in a particular sport. If, for whatever reason, an athlete is removed from the team, they will be unable to attend or receive awards.

ATHLETIC CONTEST LIMITATIONS

In the pursuit of aligning our sports programs with the IESA and IHSA guidelines, our sports season participation will adhere to the contest limitation guidelines.

ATHLETIC EQUIPMENT AND UNIFORMS

All equipment used by athletic teams at Trinity Oaks Christian Academy is the property of the school. At the beginning of each season, the coach will be given an inventory of the equipment checked out to them. The care of the equipment is the responsibility of the coach. After each practice and game, a careful check should be made to make sure that all equipment is accounted for. No equipment should be checked out to students for personal or home use. At the end of the season, all equipment should be returned within one week of the final game.

Uniforms are the property of Trinity Oaks Christian Academy. The athletic department and the school provide the funds for purchasing uniforms. The coach has the responsibility for distributing and collecting uniforms. **Athletes are responsible for the care of the uniform and should follow the manufacturer's instructions for cleaning after each use.** An athlete who loses a uniform must pay the replacement cost for that uniform. Uniforms which show more than normal wear may also have to be replaced and must be paid for by the student. Uniforms are not to be altered or tailored by the athlete. The school does allow student athletes to modify their athletic or team uniform for the purpose of modesty in clothing or attire that is in accordance with the requirements of their religion, cultural values or modesty preferences. Athletes are to wear the complete uniform provided by the school at games and games only. They should not be worn to practice or used for other recreational activities. Athletes are to be in complete uniform for team pictures which are taken each season. All uniforms are to be cleaned and returned to the coach and accounted for within one week of the final game of the season.

CHAIN OF COMMAND

If during the course of a program (athletic or activity) a student or parent(s) has a question or concern related to their team, club, coach, or advisor, you are encouraged to follow the biblical approach to that problem as outlined in Matthew 18:15-17. This part of Scripture gives us God's order in resolving matters of disagreement. A chain of command has been established at TOCA to direct questions or concerns if deemed necessary. You are strongly encouraged to approach the individual directly in your situation. If you have attempted to do so and are not satisfied with the decision or explanation given, seek to follow the chain of command: coach/advisor, athletic director and head of school.

COACH/ADVISOR EXPECTATIONS

In addition to the conduct rules listed in the following section, coaches/advisors will establish in

writing other expectations approved by the administration for all students participating in that sport or activity. Any discipline involving suspension or dismissal from the sport/activity, will be jointly established by the coach/advisor, athletic director and administration. The coach/advisor will contact the student and parents(s)/guardians(s) if a suspension or dismissal is in order. Violations of the coach's/advisor's expectations are cumulative only during each season.

Coach's/Advisor's expectations may address, but are not limited to:

1. Practice rules and conduct
2. Practice/rehearsal attendance
3. Locker room rules
4. Game/competition conduct
5. Transportation conduct
6. Equipment care

CONCUSSION POLICY AND INFORMATION

Athletes with the signs and symptoms of a concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after the concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often fail to report symptoms of injuries. Concussions are no different. As a result, education of administrators, coaches, parents and students is the key to student-athlete safety.

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours following the incident. This policy requires athletes to provide their school with written clearance from either a physician licensed to practice medicine in all its branches or a certified athletic trainer working in conjunction with a physician licensed to practice medicine in all its branches prior to returning to play or practice following a concussion or after being removed from an interscholastic contest due to a possible head injury or concussion and not cleared to return to that same contest.

Parents should also inform your child's coach if you think that your child may have a concussion.

DISCIPLINE

Coaches/Advisors are given the authority to carry out all school policies and standards of behavior of students set forth by the administration at practices, games, rehearsals, performances and on any outing. Disciplinary actions for misconduct will be applied. Serious offenses will be brought to the attention of the administration.

DISMISSAL FOR ATHLETIC EVENTS

Upon early dismissal or absence for athletic events, students are responsible for collecting assignments and for turning in, to each teacher, any homework due for the classes they will be missing. Tests and quizzes that will be missed need to be rescheduled with each teacher before the students leave.

DROPPING A CO-CURRICULAR ACTIVITY

Participation in co-curricular activities is a privilege that only a limited number of students can enjoy. When a student tries out for a co-curricular group and is selected as a group/team member, that person has made a commitment to the coaching staff and other co-curricular group members. That commitment involves being a positive contributing member for the entire season. If a student fails to live up to his/her commitment and quits a co-curricular group, the student has violated the trust of the coach/advisor and group/team. In order to be sure that each student who tries out for a co-curricular group is committed to being a team member this policy will be followed:

Those students trying out for a co-curricular group will be allowed to withdraw from participation without penalty up until the final group selection is made. If a student chooses to quit a co-curricular group after being chosen as a team member, and the reason(s) given for quitting is not acceptable to the coaching staff or activities advisor, that athlete will forfeit potential awards for that activity and will be ineligible to participate in co-curricular activities for the next 3 months of actual school days. A co-curricular group member will be able to withdraw without penalty if circumstances or situations beyond his/her control make it difficult or impossible for the student to continue as a member of the group/team.

ELIGIBILITY

Students should carefully consider the number of co-curricular activities in which they should participate. Participation in co-curricular activities is a privilege which allows students to represent Jesus Christ, Trinity Oaks Christian Academy, the student's family, and himself/herself in the best possible way. Failure to appropriately represent our standards will result in a loss of the privilege. Eligibility to represent Trinity Oaks Christian Academy will be based not only on attendance and weekly academic standards but also upon whether or not a student is abiding by the Trinity Oaks Christian Academy Student Conduct Expectations (outlined in the Student

Handbooks).

Attendance Enrollment

Students are required to enroll in a minimum of five classes each semester on campus in order to maintain full-time student status and be eligible to participate in co-curricular activities.

Daily Attendance

In order to participate in any co-curricular activity a student must be present for at least 4 periods of the school day. Exceptions may be requested for unavoidable absences (funerals, delayed medical appointments, etc.) that do not allow attendance in a minimum of four classes.

Academic Ineligibility: 1 or more “F’s” OR 3 or more “D’s”

Coaches/advisors receive a report on the academic progress of all participants of their sport/activity each Monday. Coaches/Advisors will review this report with students who have missing assignments or poor grades each Monday. Students who are ineligible will need to miss their co-curricular practices or activities (including games) beginning on Tuesday until all missing assignments are completed satisfactorily and/or the course grade(s) meet the above criteria. Two or more consecutive weeks of academic ineligibility will result in missed games/performances and practices for one additional week or until students are in good academic standing.

EXPECTATIONS

STUDENT EXPECTATIONS:

1. Make your commitment to the team/activity a priority and keep priorities in order by having God first, family second, school third, and activities fourth.
2. Strive for excellence.
3. Treat teammates and others as more important than yourself.
4. Be an example in regards to upholding the rules of the school to your team/group.
5. Devote yourself to good sportsmanship.
6. Attend all practices, games, and group activities.
7. Be diligent and consistent with schoolwork to maintain eligibility during the season.
8. Be responsible for the proper care of uniforms and equipment.
9. Represent Trinity Oaks Christian Academy with the highest level of respect, integrity, and Christian character both on and off the field.

PARENT EXPECTATIONS:

1. Understand your role as a spectator. Encourage and uplift your student and the team.
2. Officials and opponents should be treated with respect.
3. Support your student’s commitment by requiring their attendance at all practices, events, and games.

4. As much as possible, eliminate scheduling conflicts with practices and games.
5. Follow the Biblical method for conflict resolution when a problem arises. Go first to the person involved.
6. Support the athletic program by volunteering when possible to assist where needed.
7. Pray for and encourage your student daily.
8. Support the coach/advisor and their philosophy.

FACILITIES

Extreme care and caution should be taken in the use of facilities. At the end of each practice, activity and game (home and away), coaches/advisors should enlist the help of students to ensure that every room or court is left in the condition in which it was found or better (neater/cleaner). All cups, bottles, and other trash should be picked up. Any student defacing or destroying property will be disciplined according to school policy. Activities by teams or groups should be limited to the area specifically designated for their use. All other areas are off limits.

MEDICAL INSURANCE

Trinity Oaks Christian Academy does not offer medical insurance, therefore parents are liable for the costs of any medical services required as a result of injury sustained by their child during participation in any athletic sport or co-curricular activity. Parents also certify by their signature on the co-curricular permission form, combined with the signed sports physical, that their child is physically fit to participate in this program.

NON-DISCRIMINATION POLICY

Trinity Oaks Christian Academy admits students of any race, color, and national and ethnic origin to all the rights, privileges, programs and activities generally accorded or made available to students at the school. It does not discriminate on the basis of race, color, or national and ethnic origin in administration of its educational policies, admissions policies, tuition assistance program, and athletic and other school-administered programs.

OVERNIGHT TRAVEL

Trinity Oaks Christian Academy teams have the opportunity to participate in events that sometimes require an overnight stay. Students are expected to adhere to all school codes of conduct. A curfew will be set and enforced to ensure that students are well rested for the next day's game or activity. Students are responsible for the cost of travel and accommodations.

PARTICIPATION LIMITATIONS

A high school student shall not be eligible for more than eight semesters. After they enroll in the

ninth grade, a student will not be eligible for more than four school years of competition in any athletic or co-curricular activity.

PHYSICAL / CO-CURRICULAR PERMISSION FORMS

All students participating in athletics must have a current physical and a Co-curricular Permission Form from the parents on file in the school office *prior to the start of practice or games*. Until physical records are on file, no athlete will be allowed to participate. If a student has been injured during the season or has had an illness that prevents the athlete from playing that sport for a period of a week or more, the athlete must have a physician and a parent sign a “Return to Athletics” form before being permitted to return and participate in that particular sport. Precautions are taken to prevent injuries, but they do occur. All injuries must be reported to the coach so that proper aid may be administered. It is important that allergies or other conditions requiring special attention (i.e. asthma, diabetes, etc.) be reported to the coach at the start of the season. If an athlete is injured, parents will be notified and, if necessary, emergency personnel will be contacted.

PRACTICES/REHEARSALS

Athletic practice venues and times will be determined by the athletic director in cooperation with coaches. Because of limited facilities that must be shared, flexibility is required. Other co-curricular activity rehearsal locations and times will be determined by the advisor of each club. Any change to the athletic practice schedule must be approved by the Athletic Director.

It should be the goal of every student to be at all practices/rehearsals. Improvement within a group comes from hard work and consistent attendance at practices. If, for a valid reason, that student must miss practice/rehearsal, that student must request to be excused by their coach/advisor in advance. Unexcused absences should not occur as this hampers practice/game planning. Unexcused absences will be dealt with by the coach/advisor. An injured player should be in attendance at practices unless otherwise excused by the coach.

If a student is going to be late or miss a practice for a school related reason (taking a test, getting extra help from the teacher) that student needs to inform the coach/advisor directly and come to practice when finished, if possible.

Parents are responsible to see that their child is picked up promptly after games and/or practices/rehearsals have concluded. Coaches/advisors are not expected to remain on campus for an undue amount of time after the announced pick up time on a regular basis.

ATHLETIC PROGRAM PHILOSOPHY

5th/6th Grade Level

The purpose of 5th/6th grade level sports is for students to develop an appreciation and enjoyment of the sport. Priorities at this level are to encourage participation and to build basic individual

and team skills. Every athlete will be given the opportunity to play minutes that will impact the game. The goal is to get as many students involved as possible. Encouraging participation and building basic skills will strengthen the athletic program in the future.

7th/8th Grade Level

The purpose of junior high sports is for students to continue to develop enjoyment of the sport and improving basic individual and team skills. Every athlete should get the opportunity to play minutes that will impact the game. However, playing time is not guaranteed and may not be equal. Athletes should be introduced to the concept that each player has a specific role on the team. The emphasis at this level should shift toward developing the most competitive team possible.

High School Level

The purpose of high school sports is for students to enjoy the sport by playing at a competitive, high level. Athletes should be pushed to attain the highest level possible. Players are expected to have a solid grasp of the fundamentals, have excellent skills related to their sport, and be in good physical condition necessary to compete appropriately at the junior-varsity/varsity level. The concept of teamwork and playing a specific role on a team should be mastered at this level. Playing time decisions for each player are left totally to the coach's discretion. Playing time is not guaranteed and each athlete should understand that God has gifted everyone in different ways. Their goal should be to become the best athlete they can be with those abilities that God has given them.

SEXUAL HARASSMENT POLICY

It is the policy of Trinity Oaks Christian Academy to maintain a learning and working environment free of sexual harassment. All forms of sexual harassment, whether verbal, non-verbal, or physical, are prohibited. All charges of sexual harassment will be taken seriously and will be investigated promptly and in a way that respects the privacy of all parties concerned. A more detailed description of the sexual harassment policy is located in the High School Student Handbook and the Faculty Handbook.

ACTIVITIES SNAPSHOT

SPORTS

The sports listed below are offered during the course of the school year at Trinity Oaks Christian Academy. A sport listing on this sheet does not mean that a sport will definitely occur every season. The number of participants dictates how many sports we offer and how many teams we offer per sport.

Elementary Sports

FALL SEASON

- Intramural Girls' Volleyball (4th /5th grade)

SPRING SEASON

- Intramural Basketball (1st – 4th graders)

Junior High Sports (6th - 8th grade students)

FALL SEASON

- Co-Ed Cross Country
- Girls' Volleyball

WINTER SEASON

- Boys' Basketball
- Girls' Basketball

SPRING SEASON

- Boys' Volleyball

High School Sports (9th – 12th grade students)

FALL SEASON

- Co-Ed Cross Country
- Co-Ed Golf
- Girls' Volleyball

WINTER SEASON

- Boys' Basketball

SPRING SEASON

- Boys' Volleyball

CO-CURRICULAR ACTIVITIES

- Art Club (4th grade – high school)
- Drama Club (high school)
- Huskies in Action (6th – 8th grades)
- National Honor Society (10th – 12th grades)
- National Junior Honor Society (7th – 8th grades)

- Olympic Weightlifting Club (high school)
- Student Council (high school)

TRANSPORTATION

Transportation to all home and away games is the responsibility of the parents/players.

TOCA CO-CURRICULAR HONOR CODE

The TOCA athletic and activities program requires commitment in the following areas in order to build a quality program that will glorify God.

- **Practice:** Required attendance at every practice or rehearsal on time and dressed out.
- **Games/Performances:** Required attendance at all games and performances, being on time.
- **Character:** Required adherence to Christian principles of behavior and attitude while participating in TOCA sports or activities, understanding that the student is a representative of their Lord, family, team and school.
- **Cooperation:** The student is required to contact the coach/advisor if they will be late or will miss a practice or a game.
- **Attitude:** School and team spirit are vital to a successful TOCA co-curricular program. Therefore the student should do their part to put the team/group first. *The student's comments about the coach/advisor and team/group will be positive and uplifting.*
- **Prayer:** The student should commit themselves to pray for their coaches, advisors, team members, and opponents.