

## **Information on Athletics at Dayspring Christian Academy 2008-2009**

**Welcome athletes and families! We are excited to have you participating in the athletic program at Dayspring. Please read over the information provided and contact the office or coach with any questions.**

**Purpose:** “We feel that sports and mentorship of coach to player provide a wonderful opportunity to build character by teaching teamwork, goal setting, delayed gratification, giving your best, and self-control (love, joy, peace, patience, kindness, goodness, faithfulness, and gentleness - the fruits of the Spirit).”

**Sports Fees:** \$125 per player (\$125 plus \$25 application fee for home school students), per sport. Fees are due by the second week of the season unless special arrangements have been made with bookkeeper, Donna Wood. These fees help pay for tournaments, referees, uniforms, awards, and other costs associated with the athletic program. Payment should be made to “DCA”. Athletes with unpaid sports fees will be unable to participate in end of season tournaments. \*Golf and Cross Country fees are \$60 (due to the nature of the sport and the shorter season).

**Participation:** Typically, MS teams are for grades 6-8. With a parental request when there is space on a MS team 5<sup>th</sup> may be allowed to play. JV teams are typically for 9<sup>th</sup> and 10<sup>th</sup> graders. Younger players are allowed to play on JV teams when there is space on the rosters. Varsity teams are typically 11<sup>th</sup> and 12<sup>th</sup> graders. Younger players are allowed to play on varsity teams when there is space on the rosters. Full-time Dayspring students (of appropriate ages) are given first priority in filling rosters. Part-time Dayspring students (of appropriate ages) are given second priority. Home school students (who have been interviewed and accepted by Dayspring administration) of the appropriate ages are allowed to participate on Dayspring teams as space allows.

**Uniforms** – Uniforms will be distributed before the first game. Athletes are responsible for keeping their uniforms clean and in good repair. Athletes are to wear their school-issued uniforms only at all games (no substituting of shorts, shirts, etc.). Athletes are also responsible for turning in their uniforms within one week after the season has ended. Athletes with damaged, lost, or late uniform returns will be charged fees accordingly.

**Medical Release Forms** – All athletes are required to have a school medical release form on file. Coaches will carry a copy of their team’s forms with them throughout the season in case of an emergency at practices or games.

**Season & Schedules:** In general, practices go from 3:30-5pm. The coach for a given sport will communicate with you regarding practice days and times.

**Cross Country:** The season begins in August and goes into mid-October. Students (boys and girls) in grades 6-12 may participate. Race lengths vary by age. Typical races have middle school students run a 2K and high school students run a 5K.

**Golf:** The golf team participates in a few tournaments in the summer as well as a few meets in the fall. The regular season is in the spring. Practices are usually held once per week at the Blacksburg Municipal Golf Course or Castlerock in Pembroke, both at no charge.

**Boys' Soccer:** The season goes through October with Nationals usually being held the first week of November. Practices begin around the 2<sup>nd</sup> week of August. Pre-season tournaments start around the 15<sup>th</sup> of August. Play in 3-5 tournaments plus 12+ regular season games.

**Girls' Soccer:** The season begins with practices in March and ends with conference tournaments in May. They play about an 8 game season.

**Girls' Volleyball:** Practices begin in early August. The season starts late August and goes through October. Practices are usually held after school from 3:30-5pm. They play 20+ games with 1-2 tournaments.

**Boys' & Girls' Basketball:** Practices begin the first of November with workouts beginning in September. The season length varies depending on the team. MS season ends mid-February; JV/Varsity season ends early March. Practices are from 3:30-5:30 or 5:30-7:30 pm (the boys and girls alternate practice times). The MS teams typically practice and/or play 2-3 times per week. The Varsity level teams typically have something (practice or games) four nights per week (M, T, Th, F and/or Sat.). Wednesdays and Sundays are the two days they are not expected to practice/play.

**See "This Week at Dayspring" Calendar for the most up-to-date schedule of games and practices. (Calendars are sent out electronically each week with hard copies available in the office.) We will do our best to communicate changes via e-mail as soon as they are made.**

**Exceptions include:** game days, school activity conflicts, or bad weather.

If your child needs to leave practice early or is unable to attend a practice, please let the coach know ahead of time (i.e. *before* practice begins).

### **Games:**

**Home Games**— players are to arrive with home and away uniforms, socks, shoes, and any other gear, at appropriate game site ready to warm-up one hour before game time.

**Away Games**— departure times will be scheduled to get players to the game site one hour before game time. There are times when players will be dismissed early from school. An effort is made to keep these to a minimum, but due to the distance of some opponents it is necessary from time-to-time. Regular season travel times run between 5 minutes and 2 hours (see Directory of Schools below). Nationals are in Dayton, TN (6 hour trip). Varsity Boys' basketball tournament travel can reach up to 8 hours. **Note.** On days when players need to leave school early to travel to a game, it is the players' responsibility to find out from their teachers ahead of time what will be covered in class including quizzes, tests, and assignments.

**Transportation to Away Games:** Parents are needed to help transport players to away games. (The school does not own a bus or van.) Kathy Ribbens will send

out e-mails with travel details for upcoming games. These messages will include details on game time, directions to the game-site, estimated driving time, and request for drivers. Please notify Kathy at 552-7777 or via e-mail (kribbens.dca@verizon.net) whenever you are able to drive. Parents drive on a volunteer basis with no reimbursement for gas. If you are unable to take a turn driving, it would be most appreciated if you'd send a couple of dollars along for the driver, especially for games that are far away.

**Note.** If a team has a large number of players on it, there may be times when not everyone travels to away games. The coach will determine who will travel with the team as needed.

**Snacks & Meals for Away Games:** Parents should either send snacks, a bag lunch, or money for player to buy something after the game. Depending on the time of the game, teams usually stop at a fast food restaurant to get something to eat before returning to Blacksburg.

**Overnight trips:** It is common that one to two times per season a team will spend the night during a two-day tournament or if a game is scheduled to begin early the next morning at a location over 11/2 hours away. We do our best to find a reasonable hotel rate at a reasonably safe and comfortable hotel that includes a continental breakfast. The cost is usually \$20-25 per player. Parents/families are welcome to stay with the team. Contact the office to reserve a room. The exceptions are VACA\* and NACA\* when the teams travel for state and national tournaments.

**Grades:** As stated in the Parent/Student Handbook - All Dayspring athletes are expected to maintain higher than a "C" average in core subjects. If the student's G.P.A. is at or below 2.0, (i.e. a "C" average) in core subjects for a quarter, that student will be placed on academic probation during the following quarter. Students with a grade of "F" in any single subject will not be permitted to play a sport. Bringing grades up to acceptable levels on midterms or final quarter grades will allow a player to be reinstated. Players on probation will not practice, play, or travel with the team until their grades have been raised.

**Schedules/Calendars:** Electronic calendars will be sent out when changes are made. Hard copies of the athletic calendars will be sent home periodically. Just check the bottom of the calendar for the date to make sure you keep the most recent one. It is always good to check your e-mail for the DCA Weekly Calendar (sent via e-mail each Friday) and other e-mails from the coaches. You are also welcome to call the office for the latest updates.

**Parental Involvement:** Yes, we need parents to help support the athletic programs at Dayspring. Sports fees alone do not cover the expenses of the athletic programs at Dayspring. We do charge admission at the boys' basketball JV & Varsity games, but that is not enough. The concession stand at basketball games is also an important source of income for the program. Parents of players at all levels are asked to commit to help at least two times during the season. When the request for volunteers goes out, please sign up to help!

**Varsity Level Expenses:** In addition to the \$125 sports fee, please note that when playing on the varsity teams there are additional expenses during the season due to overnight trips and tournaments. Every attempt is made to keep the costs low and affordable. A typical fee is \$20-25 per night plus money for food. The National tournament at the end of the season typically costs \$150 plus money for a few meals.

### **Athletic Awards Night (AAN):**

The evening begins with a dessert reception hosted by the parents of the athletes, followed by a time of reflection on the season (often accompanied by a slideshow), and recognition of each athlete for their hard work and commitment to the team. The players vote ahead of time on awards for: Effort, Leadership, Player of the Year, Defensive Player of the Year, and Most Improved. All athletes (fall, winter, and spring) vote on the David Award – an athlete after God's own heart, which is presented at the Spring AAN.

Fall Athletic Awards Night – Held shortly after the end of the season for boys' soccer, girls' volleyball, and golf. Usually the 1<sup>st</sup> week of November.

Spring Athletic Awards Night – Held in late April/early May to recognize athletes in girls' soccer and boys' and girls' basketball (MS, JV, & Varsity).

### **Dayspring Coaches 2007-2008**

<b>Boys Soccer</b>	Coach: Tommy Cousins (961-1029); <a href="mailto:tcousins@vt.edu">tcousins@vt.edu</a> Assistant: John Copeland
<b>Girls Soccer</b>	Coach:
<b>Girls Volleyball</b>	Coach: Lindy Cranwell Assistant: Dorothea Dickerson;
<b>Golf</b>	Coach: Joe Woodward (599-1836); <a href="mailto:joe.woodward@CelaneseAcetate.com">joe.woodward@CelaneseAcetate.com</a>
<b>Cross Country</b>	Coach: Skip Slocum (392-8891); <a href="mailto:skip@livewhereyouplay.net">skip@livewhereyouplay.net</a> Assistant: Carole Dellinger; <a href="mailto:cbmbd_dellinger@juno.com">cbmbd_dellinger@juno.com</a>
<b>Boys JV &amp; VAR Basketball</b>	Coach: Dug Hampton (239-0316); <a href="mailto:dhampton.dca@verizon.net">dhampton.dca@verizon.net</a> Assistant: Jon Hutchins
<b>Girls VAR Basketball</b>	Coach: Robin Reed (304) 952-3674; <a href="mailto:suzyq152002@yahoo.com">suzyq152002@yahoo.com</a>
<b>Boys MS Basketball</b>	Coach: Don Knautz (961-3886); <a href="mailto:knautzdon@hotmail.com">knautzdon@hotmail.com</a>
<b>Girls MS Basketball</b>	Coach: Colly Anderson (381-2284); <a href="mailto:mecolly@aol.com">mecolly@aol.com</a>

### **Directory of Schools Scheduled**

(varies by year and sport):

- Auburn** = Auburn High School, Riner, VA (30 min.)
- Calvary** = Calvary Temple, Sterling, VA (4 ½ hrs.)
- \*CHA** = Christian Heritage Academy, Rocky Mount, VA (1 ½ hour trip)
- East Mont** = East Montgomery High School, Shawsville, VA (30 min.)
- \*\*Faith-Hurt** = Faith Christian Academy; Hurt, VA (2 hours)
- \*Faith-Rke** = Faith Christian School, Roanoke, VA (50 min.)
- Giles** = Giles High School, Pearisburg, VA (30 min.)
- Gtr Beckley** = Greater Beckley Christian, Beckley, WVA (2 ½ hrs.)
- Jefferson** = Jefferson Christian Academy, Pembroke, VA (20 min.)
- Narrows** = Narrows Middle School, Narrows, VA (40 min.)
- \*\*New Covt** = New Covenant, Lynchburg, VA (2 hours)
- Oak Hill** = Mouth of Wilson, VA (2 ½ hours)
- \*Pathway** = Pathway Christian, Life Bible College, Christiansburg (15 min.)
- Rke Catholic** = Roanoke Catholic, Roanoke (45 min.)
- RVCS** = Roanoke Valley Christian School, Roanoke (45 min.)
- \*SWVHS** = Southwest Virginia Home Schoolers, Roanoke (45 min.)

**\*\*Temple** = Temple Christian, Madison Heights (north of Lynchburg – 2 ¼ min)

**\*Timberlake** = Timberlake Christian, Lynchburg (2 hours)

**United** = United Christian Academy, Ruckersville, VA (3 hours)

**\*\*Westover** = Westover Christian, Danville, VA (2 ½ hours)

**VACA** = Virginia Associations of Christian Athletes (conference name)

**NACA** = National Association of Christian Athletes  
(National Tournament played in Dayton, TN)

**NCSAA** = National Christian School Athletic Association

\* = VACA Southeast Conference (includes Dayspring)

\*\* = VACA Southwest Conference

**Other questions?** Feel free to call the office (552-7777).

**Have a great season!**

