

Information on Athletics at Dayspring Christian Academy 2010-2011

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 (552-7777) or appropriate 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 the fruit of the Spirit---love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.

Coaches may provide information on spiritual focus and guidelines for the team in addition to these general school guidelines.

Sports Fees: \$150 per player (plus \$25 application fee for home school students), per team sport. Individual sports, like Golf and Cross Country, are \$60 per athlete (due to the nature of the sport and the shorter season). Fees for each sport are due at the beginning of each season. (e.g. boys soccer and girls volleyball fees are due by September 1; basketball fees are due by December 1; girls soccer fees are due by March 1.). Please contact bookkeeper Donna Wood if special arrangements need to be made for payment. 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.

Dayspring Coaches 2010-2011

(As of 7/10.)

- Boys Soccer (VAR)** Coach: Tommy Cousins
Assistant Coach: John Copeland; copeland16@verizon.net
- Girls Soccer (VAR)** Coach: Mike Buehrer; buehrer@vt.edu
- Girls Volleyball** Coach: Erin Card (Varsity); erin.card3@gmail.com
Coach: Dorothea Dickerson (JV/Middle School); dorozoro@vt.edu
- Golf** Coach: Joe Woodward (599-1836); joe.woodward@CelaneseAcetate.com
- Cross Country** Coach: TBA
- Boys JV & VAR Basketball**
Coach: Dug Hampton (239-0316); dhampton.dca@verizon.net
Assistant: Andy Smith
- Girls VAR Basketball**
Coach: TBA
Assistant: Sarah Clark
- Boys MS Basketball** (DCA2 = 5th & 6th graders; Boys MS = 7th & 8th graders; some crossover may occur based on experience)
Coach: Don Knautz (961-3886); knautzdon@hotmail.com
- Girls MS Basketball**
Coach: Kathy Ribbens (239-6337); kribbens.dca@verizon.net
Assistant: Sharon Hupp and Cal Ribbens

Participation:

Volleyball (fall) – MS Girls 6th-8th; Junior Varsity Girls 7th -10th; Varsity Girls 9th-12th (Team rosters are decided on by coaches).

Soccer – Varsity Boys (fall) and Girls (spring) teams, open to 7th-12th graders; 7th & 8th graders are welcome to practice and play with the team for development purposes, as space allows. Please keep in mind that because it is a varsity level team, the majority of playing time in games may go to older players.

Cross Country (fall) – Open to 6th-12th graders. There is a middle school team as well as a varsity team. Both are co-ed.

Basketball (winter) - MS teams are for grades 6-8. With parental request and when there is space on a MS team, 5th graders may be allowed to play. JV teams are typically for 9th and 10th graders. Younger players may be allowed to play on JV as space allows. Varsity teams are typically 11th and 12th graders with some 10th graders.

Golf (spring) – Open to 7th-12th graders (co-ed). Fall often includes practices a few matches for development purposes.

- All players must be at least 11 years of age and not have reached the age of 19 by the first of August 1 of the school year in which he/she wishes to compete.
- Dayspring athletic policy states that first priority on athletic teams goes to full-time students and second priority to part-time students. Home school students will be provided athletic participation opportunities as space allows.

Home School Student Participation

VA Association of Christian Athletics (VACA Conference) Home School Eligibility Rules:

- Home school students enrolled in 3 or more college courses are ineligible for VACA play.
- A player may not have a high school diploma or GED and still compete.
- A student athlete can only play for one school or home school team (MS, JV, Varsity) to play VACA.

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 3:30-5/5:30 pm or 5:30-7/7:30. The coach for a given sport will communicate with you regarding practice days and times for your team.

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 (The Hill) 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 1st week of August. Pre-season tournaments start around the 15th of August. Play in 3-4 tournaments plus 12+ regular season games.

Girls' Soccer: The season begins with practices in March and ends with conference tournaments in May. They play an 10+ game season.

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

Boys' & Girls' Basketball: Practices begin the first of November with optional workouts beginning in September. The season length varies depending on the team. MS season ends mid-late February; JV/Varsity season ends early March. Practices are from 3:30-5:45 (boys) or 6-7:30 pm (girls). 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.

Communication from DCA/Coaches: Please note that communication is mostly done via e-mail. Anything that is sent home on paper is subject to change. Please plan to check your e-mail daily as the practice and game schedules can change. Also, see the "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. When in doubt, please contact the office at 552-7777. Note to home school families – if in doubt (e.g. the weather is iffy), please call the office before coming to practice/game.

Communication with coaches: In the event your child needs to miss a practice or game, please let the coach know as soon as possible. If your child needs to leave practice or a game early, you must communicate that directly to the coach well *before* practice/game begins. We understand that emergencies arise, but if you do know ahead of time, please let us know.

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 van helps, but is not always available nor sufficient to carry all of the players & equipment.) 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.

Transportation Home After Away Games: Athletes will contact parents after the game to let them know estimated time of arrival back at the Dayspring Main Campus. Other arrangements for pick up may be made between the driver and parent who will be picking up the child.

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 home.

Water for Home & Away Games:

All of the athletes need water before, during and after competing. The way each team handles this (bottled water or cooler & cups, etc.) is up to the individual coach. Parent volunteers are needed to help make sure the team has the water they need.

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. Just check the date on the calendar 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 program.** We do charge admission at the boys' basketball JV & Varsity games, which helps some. Families with children participating in the basketball program will receive a free season pass.

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! We are in need of a concession stand coordinator for the 2010-2011 Season. Please let us know if you are interested.

Varsity Level Expenses: In addition to the \$150 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 costs approximately \$155 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 cross country. Usually the 1st or second week in November.

Winter Athletic Awards Night – Held in March to recognize all basketball teams.

Spring Athletic Awards Night – Held in May to recognize athletes in golf and girls' soccer. The David Award and Most Improved Awards for the year will be presented at this event.

VACA Conference –Dayspring is a member of the Virginia Association of Christian Athletics.

South Region = Southeast and Southwest Districts

Southwest District

Christian Heritage Academy (CHA), Rocky Mount

Dayspring Christian Academy (DCA), Blacksburg

Faith Christian School (FCS), Roanoke

Parkway Christian Academy (PCA), Roanoke

Pathway Christian School (PCS), Christiansburg

Roanoke Valley Christian School (RVCS), Roanoke

Southwest Virginia Home Schoolers (SVHS), Roanoke

Southeast District

Faith Christian Academy (FCA), Hurt

New Covenant (NC), Lynchburg

Temple Christian, Lynchburg
Timberlake Christian, Lynchburg
Westover Christian Academy, Danville

North Region (Central and North Districts combined) = Blue Ridge Christian School, Fresta Valley Christian School, Grace Christian School, Leesburg Christian School, Mt. Carmel Christian School, Ridgeview Christian Academy, Riverfront Christian School, Shenandoah Valley Christian Academy, Stuart Hall, United Christian Academy

Directory of Schools Scheduled

(varies by year and sport)

BRHS = Blue Ridge Home Schoolers,

***CHA** = Christian Heritage Academy, Rocky Mount, VA (1 ½ hour trip)

Covington = Covington Boys' Home, Covington, VA

****Faith-Hurt** = Faith Christian Academy; Hurt, VA (2 hours)

***Faith-Rke** = Faith Christian School, Roanoke, VA (50 min.)

Fresta Valley = Fresta Valley, VA

Giles = Giles High School, Pearisburg, VA (30 min.)

Grace = Grace Christian, Staunton, (2 hrs.)

****New Covt** = New Covenant, Lynchburg, VA (2 hours)

North Cross = Roanoke (45 min.)

Oak Hill = Mouth of Wilson, VA (2 ½ hours)

Parkway = Parkway Christian, Roanoke (no home gym)

***Pathway** = Pathway Christian, Cross Pointe Conference Center, Christiansburg (15 min.)

Rke Catholic = Roanoke Catholic, Roanoke (45 min.)

RVCS = Roanoke Valley Christian School, Roanoke (45 min.)

SVCA = Shenandoah Valley Christian Academy, Winchester (3 hours)

***SVHS** = Southwest Virginia Home Schoolers, Roanoke (45 min.)

Stuart Hall = Staunton (2 hours)

****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 Association of Christian Athletics

NACA = National Association of Christian Athletics; Dayton, TN
(National Tournament played in Dayton, TN)

NCSAA = National Christian School Athletic Association (PA)

* = VACA Southwest Conference (includes Dayspring)

** = VACA Southeast Conference

Dayspring Athletic Director – William D. Hampton (dhampton.dca@verizon.net); 552-7777
Assistant to AD – Kathy Ribbens (kribbens.dca@verizon.net); 239-6337

Feel free to call the office at 552-7777 with any questions.

Have a great season!