



CALHOUN
ACADEMY
ATHLETICS

2026-2027

ATHLETIC HANDBOOK

ENGAGE. CHALLENGE. SUCCEED.



Calhoun Academy Athletic Handbook

2026-2027

PHILOSOPHY

Calhoun Academy strives to develop young people in mind, body and spirit. In that regard, the athletic program is an integral part of the school's mission. Similar to all other areas of the school, the athletic program is designed to promote a commitment to excellence. Calhoun Academy believes that competitive team sports represent an important opportunity for young people to experience the values of long-range goal-setting, long-range planning, collaboration, commitment to others, and valuing the importance of each person's contribution. Calhoun Academy does not believe in "winning at all costs", but rather achieving excellence as a team through hard work, determination, fair play, sportsmanship, and accepting the role each is asked to play.

OPPORTUNITIES

Calhoun Academy competes in the South Carolina Independent School Association (SCISA). Calhoun Academy offers a competitive interscholastic athletic program. The following teams will be offered during the upcoming school year:

Fall Season	Winter Season	Spring Season
Varsity Football	Varsity Basketball (Boys and Girls)	Varsity Baseball
JV Football	JV Basketball (Boys and Girls)	JV Baseball
Varsity Volleyball	B Team Basketball (Boys and Girls)	Varsity Softball
JV Volleyball	Varsity Cheerleading	JV Softball
B Team Volleyball	JV Cheerleading	Varsity Golf
C Team Volleyball	B Team Cheerleading	Track and Field
Varsity Cross-Country		
Varsity Cheerleading		
JV Cheerleading		

Please note that any organized sports below the B-C Team level (for example, tackle and flag football) is not considered part of the athletic department and are parent run teams.

PROGRAM GOALS

In all middle/high school sports offered at Calhoun Academy, the levels of competition, C-Team, B-Team, Junior Varsity and Varsity, are part of the same program coordinated by the varsity head coach. The B/C-Team and Junior Varsity interscholastic teams are designed to help students learn the various sports, determine their level of commitment to team based athletics and prepare them for varsity competition. Although all efforts will be made to secure playing time for every student, student athletes are expected to do their part in earning playing time through proper attendance, attitude and work habits. Other specifics regarding the goals of our program include:

B/C -Team - The program is designed to meet the developmental needs of its participants. The purpose of the program is to develop skills, sportsmanship, and behaviors that are part of being on a team.

Junior Varsity - Team and individual skills are reinforced in preparing student athletes for the more competitive varsity schedule. Playing time is determined by the coach with a goal of providing most students with quality playing time in as many games as possible.

Varsity – The varsity teams play a competitive schedule including both independent and public schools. Our commitment to excellence requires that we field the best team available from among our student athletes. Varsity selection is based on skill and maturity of the student athlete. Each student athlete's skill level is reevaluated at the beginning of the season for team membership. Scheduling and playing time considerations are based on what best prepares the team to pursue season long excellence.

ELIGIBILITY POLICIES

The policy of the school is that students must be enrolled in Calhoun Academy in order to be eligible to compete in the athletic program. School sanctioned activities include, but are not limited to, all try-outs for athletic teams, summer team camps (or camps otherwise recommended by the school), strength and conditioning sessions, and formal practice sessions, and games. *6th, 7th and 8th grade students may only participate in certain varsity sports and only with parent and school permission.

ACADEMIC GUIDELINES FOR ATHLETIC PARTICIPATION

A student must take, pass, and receive credit for at least four (4) one-credit courses or any five (5) one -credit courses (which have not been previously passed) each nine-week period.

According to the South Carolina Independent School Association, “a student in grades 9-12 must take and pass at **least four (4), one credit CORE Courses** or any five (5) one-unit courses, **each grading period** (6/9/12 week) or semester to be eligible.

Students below the 9th grade must pass four (4) subjects each grading period/semester. A senior who has met or is meeting all requirements for graduation must pass (4), one credit courses each marking period/semester.

Note: A student must have earned a minimum of 4 core units or any 5 units of credit to be declared eligible at the start of a school year (the student must also follow all other eligibility standards). ”

However, there are some exceptions to SCISA’s Blue Book, and they are outlined in this handbook

STUDENT ATHLETIC BEHAVIOR

Student athletes are expected to be responsible for their behavior both on and off campus and conduct themselves in a manner consistent with the high expectations for all Calhoun Academy students. Student athletes should demonstrate honesty, self-discipline and integrity and serve as role models for other students, particularly for younger students. Student athletes must be respectful of the judgment and decisions of coaches and officials. Student athletes must also respect teammates and opponents. The athletic director and/or head coach will handle any disagreements with coaches, officials, teammates, opponents or fans.

SPORTSMANSHIP

Athletes and coaches are expected to exhibit good sportsmanship at all times. It is also essential that spectators exhibit good sportsmanship as well and adhere to the following guidelines during competition:

- Always cheer in a positive manner. Positive cheering leads to positive results.
- Do not talk to officials before, during, or after the competition.
- Keep all comments about officiating to a minimum. We want athletes to concentrate on what is about to happen, not what has already happened.
PLEASE TRY TO LEAVE CONCERN FOR OFFICIATING TO THE ATHLETIC STAFF.
- Please do not communicate with our athletes from the start of warm-up until the end of competition, other than to cheer their efforts. We want our athletes to remain focused.
- Fans should be seated in bleachers or remain in designated areas away from the team and playing areas.

GENERAL TEAM POLICIES

Coaches and team members are expected to follow and uphold the following general athletic policies and guidelines. These expectations are designed to promote accountability, sportsmanship, teamwork, and a positive experience for all student-athletes and coaches.

START DATES

The Sports Information Sheet marks the first day that a coach may begin required practice sessions for his or her team. **A student athlete involved with a team whose season is still in progress may not practice with the next season's team until the current season has ended.**

If a student athlete is dismissed from a team or voluntarily leaves a team before the end of a season, that student athlete may not compete or practice with another team during that season, nor can that student athlete practice with next season's team before the current season has ended. The athletic director may consider exceptions to this policy.

PRACTICE AND GAME ATTENDANCE

Student athletes are expected to attend all practices and games unless an illness, death in the family or another significant event prevents their attendance.

The Athletic Director needs to be notified if a student is going to be absent the day of a game. The Athletic Director and/or Head of School will then determine if a child is eligible to play that day. If an athlete quits a team before the season is over, he/she cannot join the next season's team until the original season the athlete was playing is complete.

It is the responsibility of the student athlete to organize his or her time and priorities so that commitments to both academics and athletics are fulfilled. It is also the responsibility of the student athlete to notify classroom teachers of absences from class at least one day prior to the absence when the absence is caused by an athletic contest. The student athlete is responsible for make-up work resulting from such an absence. All student athletes are expected to be at school on time the day following an athletic contest. A concerted effort is made to schedule games so that a minimum of class time is missed. Any team member who is injured but able to attend school is expected to continue to attend all practices and games unless personally excused by the head coach. Physical limitations do not preclude an athlete from being able to assist the team in some way.

If a student athlete must miss a practice session or a game, the coach must be notified at least a day in advance. If excessive absences occur, a student athlete may be dismissed from the team. Parents will be made fully aware of their child's absenteeism record before the child's position on the team is in jeopardy.

EVENTS HELD OFF CAMPUS

Head coaches will coordinate transportation arrangements for athletic contests and will communicate all necessary details and expectations to the team prior to each event. Transportation needs will be determined based on various factors, including the location of the contest, team schedule, availability of resources, and program needs. Depending on these factors, transportation may be provided by the school or require individual transportation arrangements.

24 HOUR RULE

In order to maintain a positive and respectful environment for players, coaches, and parents, we enforce a 24-Hour Rule for addressing concerns or issues with coaching decisions or gameplay.

If a parent or guardian has a concern, they must wait at least 24 hours after a game or practice before initiating a conversation with the coach. This pause allows for emotions to settle and encourages more productive, respectful communication.

Exceptions may be made in the case of an injury, safety concern, or an urgent matter.

ATHLETIC WEAR

All team T-shirts, warm-ups, jerseys, and other apparel must be approved by the Athletic Director and the President of the Cavalier Club for branding purposes. A store will be provided for purchasing team-specific spirit wear; however, any additional apparel or items must receive prior approval. All team apparel and accessories must be in the official school colors of **royal blue and vegas gold**. Any sportswear, warm-ups, practice gear, or accessories in colors other than royal blue and Vegas gold must receive prior approval from the Athletic Director before being purchased or worn.

SOCIAL MEDIA

It is the player and parent/guardian's responsibility to represent the team with respect, integrity, and good sportsmanship online, only post and like appropriate content, and use social media to support and encourage teammates and promote our team in a positive light. Players and parents/guardians **WILL NOT** post or like negative comments about SCISA, Calhoun Academy, teammates, coaches, officials, or opposing teams, share content that includes profanity, bullying, or inappropriate images or language, use social media to gossip, spread rumors, or engage in drama, and tag or post pictures/videos from team events that could embarrass or harm others.

If a player and/or parent/guardian does not comply with the social media guidelines, that could result in possible removal from the team.

COACHES

All coaches who are not employed by Calhoun Academy must adhere to the rules and regulations outlined in this handbook. All coaches must receive approval from the Head of School and the Athletic Director prior to coaching. Coaches are expected to maintain a professional appearance and wear approved Calhoun Academy coaching apparel and hats while representing the school. Should a coach need help in purchasing coaching apparel or equipment, please contact the athletic director prior to the start of the season.

If a student is absent from school on the day of a game, playing time for that contest will be determined by the Athletic Director.

Head coaches are responsible for scheduling practices, scrimmages and communicating practice times, expectations, and any changes to team members. Each coach is also responsible for establishing and enforcing an attendance policy for their respective team.

Coaches may conduct conditioning sessions and practices during the summer months as permitted by the SCISA Athletic Blue Book. Participation is strongly encouraged to help athletes prepare for the upcoming season. Coaches are responsible for providing student-athletes and parents with summer conditioning schedules, practice schedules, and program expectations in a timely manner prior to the last day of school. This communication should include all known dates, times, locations, and any additional information necessary for athletes to prepare for the upcoming season.

Tryouts may be conducted at the discretion of the head coach with prior approval from the Athletic Director. Team selections must be based on an athlete's demonstrated ability and performance during the designated tryout period. Attendance at summer conditioning sessions or voluntary workouts may not be used as a determining factor for making a team.

The head coach is responsible for collecting all signed Athletic Handbook acknowledgment forms from student-athletes, parents/guardians, and assistant coaches prior to the start of the season. Signed forms must be submitted to the Athletic Department.

INDIVIDUAL TEAM POLICIES

Eligibility requirements for the current athletic season are outlined in the SCISA Athletic Blue Book. Calhoun Academy follows all SCISA eligibility guidelines; however, the school may establish additional participation policies based on the needs of our programs and students. These policies will always remain in compliance with SCISA eligibility requirements.

Head coaches will determine the appropriate roster placement for each athlete. Decisions regarding team placement will be based on a variety of factors, including participation, grade level, skill development, athletic ability, team needs, and other considerations related to the overall success and development of the program. Coaches will use their professional judgment to ensure athletes are placed in an environment that best supports their growth and the goals of the team.

CHEERLEADING

To be eligible for cheerleading, the student must meet academic eligibility requirements of a 75 cumulative average or higher in core classes and must have submitted a school application signifying her intention to attend Calhoun Academy for the coming year. The method of selection of cheerleaders is contained in cheerleader documentation that is available for students upon request. The method of selection of cheerleaders is contained in cheerleader documentation that is available for students upon request. Cheerleading is a club managed under the athletic department.

Varsity Cheerleader: Students of the rising 9th, 10th, 11th, and 12th grades may be considered for Varsity Cheerleader. One (1) varsity cheerleading squad will be chosen for football and basketball.

Junior Varsity Cheerleader: Students of the rising 7th, and 8th grades may be considered for JV Cheerleader. One (1) junior varsity cheerleading squad will be chosen for football and basketball.

B Team Cheerleader: Students of the rising 6th grade may be considered for B team basketball cheerleading.

Try-outs for the upcoming season will be held in the spring during the previous school year. The number of members on the squad could vary based on needs. JV cheerleaders are responsible for their own uniforms, warm-ups, and cheer camps.

Varsity cheerleaders are responsible for their shoes, bows, warm-ups, and cheer camps. B-Team cheerleaders are responsible for uniforms, shoes, bows, warm-ups, and cheer camps.

Cheerleaders will cheer at all home and away football, basketball home games and possibly away at any basketball tournament or rivalry games.

If a cheerleader is participating in another in-season win/lose sport, they must attend practices and competitions for that sport in place of cheerleading practice. However, if there is a practice for that sport and a basketball or football game is scheduled at the same time, the cheerleader must attend and cheer at the game.

If a cheerleader is only participating in conditioning for an upcoming sport season, they are required to attend cheerleading practices and games instead of the conditioning session.

FOOTBALL

Conditioning dates may begin and will be provided by SCISA and/or the Athletic Director. A student must complete the current season's sport prior to beginning football.

The following rules apply:

Junior Varsity: Eligible students in grades 6-8 may participate

Varsity: Eligible students in grades 8-12 may participate

CROSS-COUNTRY

Calhoun Academy students must be in the 6th grade to participate. Conditioning dates may begin and will be provided by SCISA and/or the Athletic Director. A student must complete the current season's sport prior to beginning cross-country.

VOLLEYBALL

Conditioning dates may begin and will be provided by SCISA and/or the Athletic Director. A student must complete the current season's sport prior to beginning volleyball.

The following rules apply:

B/C Team: Eligible students in grades 6 - 8 may participate

Junior Varsity: Eligible students in grades 6-10 may participate

Varsity: Eligible students in grades 7-12 may participate

BASKETBALL

Conditioning dates may begin and will be provided by SCISA and/or the Athletic Director. A student must complete the current season's sport prior to beginning basketball.

The following rules apply:

B Team: Eligible students in grades 6 - 8 may participate

Junior Varsity: Eligible students in grades 6-10 may participate

Varsity: Eligible students in grades 7-12 may participate

SOFTBALL/BASEBALL

Students who have aged out of 12U recreation softball or baseball are also eligible to play for Calhoun Academy. Conditioning dates may begin and will be provided by SCISA and/or the Athletic Director. A student must complete the current season's sport prior to beginning softball/baseball.

Please note: Softball players who were rostered in 2025-2026 season and fall under the rec ball eligibility rule mentioned above, will be grandfathered in for 2026-2027 season.

The following rules apply:

B -Team: Eligible students in grades 6 - 8 may participate

Junior Varsity: Eligible students in grades 6-10 may participate

Varsity: Eligible students in grades 7-12 may participate

TRACK AND FIELD

Conditioning dates may begin and will be provided by SCISA and/or the Athletic Director. A student must complete the current season's sport prior to beginning track and field.

GOLF

Conditioning dates may begin and will be provided by SCISA and/or the Athletic Director. A student must complete the current season's sport prior to beginning of golf.

POLICY OVERSIGHT/CHANGES

The policies and guidelines outlined above are intended to provide a framework for the operation of Calhoun Academy athletic programs. The Athletic Director and/or Head of School reserves the right to review, modify, update, or make exceptions to these policies when deemed necessary to best serve the needs of the school, athletic programs, and student-athletes. Any changes will be made with consideration of school goals, program needs, and compliance with SCISA regulations.

2026- 2027 Student/Parent Athletic Handbook Acknowledgment and Agreement

By signing below, I acknowledge that I have received, read, and understand the policies, procedures, expectations, and standards outlined in the **Calhoun Academy Athletic Handbook**.

I understand that participation in athletics is a privilege and that I am expected to uphold the values of sportsmanship, respect, integrity, responsibility, and good citizenship while representing Calhoun Academy.

I agree to comply with all athletic department rules, team policies, and school regulations. I understand that failure to follow the guidelines outlined in this handbook may result in disciplinary action, including suspension or removal from athletic participation, as determined by the Athletic Director and/or school administration.

Parents/guardians acknowledge their role in supporting these expectations and agree to encourage good sportsmanship and respectful conduct while supporting Calhoun Academy athletic programs.

This acknowledgment will remain in effect for the current school year.

Student-Athlete Name (Print): _____

Student-Athlete Signature: _____

Date: _____

Parent/Guardian Name (Print): _____

Parent/Guardian Signature: _____

Date: _____

Sport(s): _____

Grade: _____

2026-2027 Coach's Athletic Handbook

Acknowledgment and Agreement

By signing below, I acknowledge that I have received, read, and understand the policies, procedures, expectations, and standards outlined in the **Calhoun Academy Athletic Handbook**.

I understand that, as a coach, I am expected to serve as a positive role model for our student-athletes by demonstrating integrity, professionalism, sportsmanship, and respect at all times. I agree to uphold the mission and values of Calhoun Academy and to conduct myself in a manner that reflects positively on the school, our athletic program, and our community.

I agree to comply with all school policies, athletic department procedures, conference regulations, and coaching expectations outlined in this handbook. I understand that I am responsible for promoting a safe, positive, and disciplined environment for student-athletes while maintaining open and professional communication with parents, athletes, fellow coaches, and school administration.

I understand that failure to comply with the policies and expectations outlined in this handbook may result in disciplinary action, including suspension or termination of coaching duties, as determined by the Athletic Director and/or Head of School.

By signing below, I acknowledge my commitment to carrying out my coaching responsibilities in a professional and ethical manner.

Coach's Name (Print): _____

Coach's Signature: _____

Date: _____

Sport(s): _____