

CENTURIONS ATHLETIC HANDBOOK



CAROLINA CHRISTIAN COLLEGE
Preparing Real People for Real Ministry in a Real World

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Greetings,

What a blessing to join other athletes that love Christ and sports. You are beginning a new chapter in your life that will fill your spiritual being as well as your natural being. This is the opportunity to seek God's guidance as you train and compete to also train and compete for the life that God is molding for you. In his image, we are made, and I know that you were made for greatness.

Take the next few years and learn all that you can so that when you depart from the walls of CCC you will be sure to have clear direction for your life and most of all you will have the physical and spiritual wherewithal to stand the tests of life. So, I leave you with the words of Isaiah Thomas: Detroit Pistons Isaiah #oldskool "If all I'm remembered for is being a good basketball player, then I've done a bad job with the rest of my life." Use this time wisely so that basketball can be the foundation for the legacy that you leave to this world.

Dr. LaTanya Tyson
President

Dear Student-Athletes,

Welcome to Carolina Christian College and specifically to our athletics department and your respective programs. I look forward to working with each of you and trust that you are equally as excited about beginning your journey along the path to success through Carolina Christian College. I am grateful that you have chosen to represent our honorable institution and help us push forward into the future.

This handbook is designed to provide the student-athlete with information to assist in one's journey with direction of desired outcomes, teamwork, dedication, integrity, and respect. Being a collegiate student-athlete requires work, time, and self-discipline. To refine athletic skills does not just happen – it requires an attentive mind and a willing heart.

If there is anything that I can do for any of you do not hesitate to contact me. I look forward to being a resource for you as you grow and become a thread in the fabric of Carolina Christian College's illustrious history.

Dr. T. Tyrone Tyson
Director of Athletics

Student-Athlete Code of Conduct

General Expectations - The decision to become a part of the Carolina Christian College community as a student brings with it the expectation for upholding all rules and regulations set forth by the college. Each student is responsible for becoming familiar with these policies each academic year.

Jurisdiction - Whether on or off campus. Students may also be sanctioned for behavior even when off campus and unconnected to a school activity, if, in the judgment of college officials, the alleged conduct adversely impacts the college community and its culture. Students who face charges by local, state, or federal authorities may also be processed through the campus conduct system without regard to the timelines for and outcomes of the cases in the local, state, and/or federal court system. The outcomes from a campus hearing may differ from those of other court systems.

By joining the CCC Athletic Department, all student-athletes become a representative not only of their team but also of Carolina Christian College. On becoming a member of the College community, student-athletes will find they have the freedom to manage their lifestyle to a far greater degree than in the past. It is essential that this freedom be managed in a responsible manner so as not to jeopardize the opportunity to obtain maximum benefit from a student-athlete's college experience. It is important that the personal conduct of all student-athletes demonstrates good moral and ethical judgment. Student-athletes are expected to behave both on and off the court in a manner which brings credit to themselves, their team, and the College.

Hazing- The College Athletic Department holds a zero- tolerance policy on all forms of hazing. Hazing includes both physical activity (such as any sort of slapping or striking, requiring consumption of any food or liquid, and requirement of exercise or physical activity) and humiliation of any form (such as requiring haircuts, the wearing of certain clothes or make-up, and public performance of songs, skits, or tasks), and is considered punishable through the Athletic Department. Student-athletes are encouraged to speak out with questions/concerns/reports about this behavior to any administrator, and all measures will be taken to ensure their continued safety at CCC and within the Athletic Department.

Consequences- Anyone who violates the ban on initiation and hazing will be subject to disciplinary actions from the Department of Athletics. Examples of the possible punishments may include any of the following.

- a. Suspension of competition for part or all the season.
- b. Reimbursement for restitution of damages, cleaning or other costs or repairs related to the incident.
- c. Loss of part or all your athletic financial aid.
- d. Parental notification in the presence of the head coach or Athletic Director.
- e. Community service activities.
- f. Mandatory counseling: such counseling services will be paid for by the student-athlete.
- g. Other penalties as determined by the College, including dismissal from the College

Class Attendance Policy

A student-athlete should never miss a class for any reason other than authorized competitions, illness, or an emergency. Consistent, faithful class attendance is one of the main factors in achieving outstanding grades and progressing toward on time graduation – perfect class attendance should be every student-athlete’s goal.

Each faculty member assigned to teach each class establishes the class’s absence policy for making up work. Each course syllabus will specify the number of absences allowed in the respective class before penalties are imposed. A student-athlete who is absent more than the allowed number specified in the syllabus – EVEN FOR COMPETITION – is subject to academic penalties up to and including grade reductions and/or being dropped from the class with a failing grade assigned. The assigned faculty member also determines the penalties for the class absences. If a student-athlete is about to be dropped from a class, or has been dropped from a class, the student-athlete MUST NOTIFY his or her head coach. The head coach can suspend a student-athlete from a game or from the season for excessive absences at any time.

IF A STUDENT-ATHLETE IS DROPPED FROM A CLASS FOR ANY REASON INCLUDING EXCESSIVE ABSENCES, THE STUDENT-ATHLETE MAY BECOME INELIGIBLE FOR COMPETITION. COMPETING WHILE INELIGIBLE MAY CAUSE FURTHER PENALTIES AND MAY CAUSE A TEAM TO FORFEIT ANY GAME(S) IN WHICH THE STUDENT-ATHLETE COMPETES!

Student-athletes should examine all course syllabi to determine any conflicts between class schedules and their competition and travel schedules. In almost every case these conflicts can be resolved by discussing them with the instructor.

IT IS THE RESPONSIBILITY OF THE STUDENT-ATHLETE to resolve any class conflicts and to make up (or make ahead) any assignments missed due to competition. If a course-competition conflict can’t be resolved, the student athlete’s responsibilities to the class will take precedence over athletic competition. The head coach, assistant coaches, and other Athletic Department staff are available to help. Ultimately the student-athlete must work directly with the instructor to resolve class problems. In almost every case these conflicts can be resolved in a manner that permits the student to compete and to excel in the classroom.

Note: If an athlete is found to be failing any course at any time, study hall is required and suspension from practice and games are immediate until the grade is brought up to an acceptable grade of “C” or higher.

Internet / Social Networking Policy

The use of the internet and websites such as “Facebook,” “Instagram” and the use of cell phone digital photography are a growing phenomenon. The administration cautions all student-athletes

to remember they carry an additional burden of responsibility. Student-athletes represent not only themselves and their family, but also teammates, coaches, and Carolina Christian College as a whole. Therefore, while all coaches and administration encourage the use and exploration of technological innovations to their fullest, any inappropriate use or posting of questionable or objectionable material on the internet may jeopardize a student-athlete's ability to continue to represent the Carolina Christian College Athletic Department. Discovery of inappropriate use of the internet may result in penalties, team suspensions, or dismissal assigned by the College.

Expectations in Individual Sports -The head coach in each sport has his/her own set of rules and is responsible for enforcing these rules. The CCC Athletic Department administration will fully support appropriate disciplinary action taken by a coach in concurrence with the Athletic Director.

Sportsmanship - Carolina Christian College student-athletes are expected, whether they win or lose, to exhibit good sportsmanship before, during, and after contests. In addition to fair play, good sportsmanship means showing respect to one's opponents, including athletes, coaches, officials, and spectators. It means refraining from directing inappropriate language or gestures toward or physically abusing either officials, opposing coaches, athletes, or spectators. All student-athletes are expected to behave in a manner that reflects the positive mission statement and vision of the College and Athletic Department.

Lines of Communication

Communication is essential to Carolina Christian College Athletics. Following the proper lines of communication will ensure timely and effective operations and problem solving. Please refer to the flow chart below to determine proper courses of action if you are in need of assistance for any athletics related issues. Please make all requests and/or communications in writing to the email address listed in the directory on our website. If you feel that your concerns are not being effectively managed by the coaching staff, please make a written statement of your concerns to the athletic director. If any student athlete seeks to undermine the line of communication disciplinary action will be taken per the Coach and AD discretion.

Normal Line of Communication

Student-Athlete – Coaching Staff – Athletic Director – Academic Dean – President

There will be mandatory debriefing meetings with the athletic director at the conclusion of the last semester in which your sport falls. These meetings will give you the opportunity to voice any concerns about the program and receive advice concerning your athletics participation, academic progress, and personal goals.

Communication with parents will be minimal. All communication with parents will be managed by the coaching staffs. Parents may set up meetings with the athletics director at the conclusion of the athletics season and must be accompanied by the student-athlete. Only policies and procedures will be discussed with parents. Playing time and team specific issues should be discussed with the coaching staff.

Degree Requirements

1. 120 semester hours acceptable to Carolina Christian College with a cumulative grade point average of 2.0 or better. The 120-semester hour requirement must be met by the following category of semester hours:
 - Complete 22 required hours in minor courses with a cumulative 2.0 GPA
 - Complete 36 semester hours in General Education which must include:
 - English Composition – 6 hours
 - Speech or Literature – 3 hours
 - Social Sciences – 9 hours
 - Humanities – 9 hours
 - Science and/or Mathematics – 3 hours
 - Complete 33 semester hours in Biblical Studies
 - Complete 9 hours in Ministry
2. Satisfy all financial obligations to the College and be in good standing with the College.
3. Successfully complete exit examinations.
4. Exemplify Christian character, attested to by the recommendation of the faculty and the approval of the Board of Directors of CCC.

Academic Policies

- * Student-athletes must maintain a cumulative 2.3 GPA to participate in Carolina Christian College intercollegiate athletic competitions. The GPA requirement is computed for all coursework extending from the immediately preceding semester of the current intercollegiate competition season backwards to initial enrollment.
- * Student-athletes must attend class meetings and mandatory College events regularly. Professors and organizers may define “regularly” in their syllabi or schedule at the beginning of the semester.
- * Student-athletes must complete and return Academic Progress Reports as directed by coaches. Failure to return Academic Progress Reports may be reflected in your eligibility status and can trigger required tutoring and study hall sessions.
- * Student-athletes must attend all required tutoring and study hall sessions. Tutoring and study hall sessions may be required of student-athletes showing need in individual courses or general course work.

Association of Christian College Athletics

The ACCA was incorporated to provide an opportunity for smaller Christian College members to compete on an equal level of competition with schools of like size and athletic programs.

The ACCA was established in 1983 as the National Bible College Athletic Association (NBCAA) to provide a national organization to hold championships, name all-Americans, scholar athletes and promote member colleges. The name was changed to the Association of Christian College

Athletics (ACCA) in June 2004. A commissioner was hired and a plan for membership growth was established.

The aim of the ACCA is to promote the education and development of student through intercollegiate athletic participation. Member colleges, although varied and diverse, share a common commitment to Jesus Christ and the principle that athletics serve as an opportunity to share one's faith.

The ACCA believes:

That the process of the Christian student-athlete developing as a contributing member of a team and society is more important than winning or losing in an athletic contest.

That the Christian student-athlete performs as a positive role model on the campus and in the wider community.

That the athletic experience is a means to share one's faith and not just an athletic endeavor. Athletics in a Christian college are unique experiences which prepare men and women for a life of meaningful work and service. The athletic experience provides a dynamic growth process for learning discipline, teamwork, leadership, and mutual respect where the student-athlete and his/her preparation for life is more important to the coaches and the athletic administration than won-loss records and championships. For the student-athlete who wants to be a part of a team that competes on a regional and national level but realizes the importance of his/her education, the ACCA is the game plan.

The ACCA is an organization bringing Christian colleges together not just for athletic competition; more importantly, it is an organization bringing colleges together who have a common goal and perspective as they serve Christ in higher education.

Harmful Intake

Student-athletes must not consume tobacco or nicotine in any form including cigarettes, smokeless tobacco, chewing tobacco, vaporized nicotine or any form of nicotine that may be available in the future.

Student-athletes must not consume alcohol in any form. This includes student-athletes over the legal age of alcohol consumption for the jurisdiction. Underage drinking will also be a violation of law and will be treated as such.

Student-athletes must not consume drugs in any form including marijuana, amphetamines, opioids, stimulants, dissociative drugs, hallucinogens, synthetic drugs or prescription and over-the-counter medications taken in high doses or combined with other compounds in an abusive manner.

Student-athletes must not consume drugs for performance enhancement unless approved by a member of the coaching or training staff.

Each athlete is aware that urine and/or hair sample testing for presence of drugs is permitted.

Failure to undergo voluntary testing will result in dismissal from the institution.

NOTE: There is no complete list of banned drug examples!! Check with your athletics department staff before you consume any medication or supplement.

- Stimulants: amphetamine (Adderall); caffeine (guarana); cocaine; ephedrine; fenfluramine (Fen); methamphetamine; methylphenidate (Ritalin); phentermine (Phen); synephrine (bitter orange); etc. exceptions: phenylephrine and pseudoephedrine are not banned.
- Anabolic Agents – (sometimes listed as a chemical formula, such as 3,6,17-androstenetrione) boldenone; clenbuterol; DHEA; nandrolone; stanozolol; testosterone; methasterone; androstenedione; norandrostenedione; methandienone; etiocholanolone; trenbolone; etc.
- Alcohol and Beta Blockers: alcohol; atenolol; metoprolol; nadolol; pindolol; propranolol; timolol; etc.
- Diuretics (water pills) and Other Masking Agents: bumetanide; chlorothiazide; furosemide; hydrochlorothiazide; probenecid; spironolactone (canrenone); triameterene; trichlormethiazide; etc.
- Street Drugs: heroin; marijuana; tetrahydrocannabinol (THC) – no other substances are classified as NCAA street drugs.
- Peptide Hormones and Analogues: growth hormone(HGH); human chorionic gonadotropin (HCG); erythropoietin (EPO); etc.
- Anti-Estrogens : anastrozole; tamoxifen; formestane; 3,17-dioxo-etiochol-1,4,6-triene(ATD), etc.
- Beta-2 Agonists: bambuterol; formoterol; salbutamol; salmeterol; etc. Any substance that is chemically related to the class of banned drugs is also banned! (Unless otherwise noted)

It is your responsibility to check with the appropriate athletics staff before taking any substance.

Centurion House/Apt Rules

1. The house/apt shall be respected and kept in order at all times.
2. All rules and regulations of apartment management shall be adhered to.
3. Each member of this house shall be treated with respect at all times.
4. The Honor Code of Carolina Christian College shall be upheld at all times.
5. We win when we have a winner's attitude. Demonstrate this in how you live.

The following rules apply in both Centurion houses and College sanctioned apartments. Breaking of these rules may result in immediate eviction from the house or apartment and possible dismissal from the athletic program and Carolina Christian College.

1. The use of any controlled substance including alcohol is prohibited inside the house/apt or anywhere on the property. If you are caught using, possessing, associating with, or having evidence of controlled substances including alcohol you will be dismissed
2. Willful destruction of college property whether interior or exterior will result in you being charged the cost of repairs and possibly dismissed from the college.

3. No unauthorized individuals are allowed to sleep overnight, reside, or take residence on college property without prior approval of administration.
4. No weapons of any kind are permitted on the property or the student's person, including guns, pellet guns, paint ball guns, knives, stun guns, mace, sticks, batons, or anything else that is classified as a weapon.
5. Fighting, disruptive behavior, parties, or disturbing the peace in the community is prohibited.
6. Disrespectful language, actions, or electronic communication to fellow students, staff or faculty will result in dismissal.
7. The house shall be kept neat and orderly at all times. Clothing, dishes, food, and trash should be in the proper place. Administration reserves the right to enter premises without notice for inspection. If a warning is issued, the students will have one week to correct violation(s). ALL students assigned to a room are responsible for its cleanliness.
8. No smoking is allowed in the house or anywhere on the premises. This includes any tobacco products, e-cigarettes, vapes, and hookahs. Those found in violation will be immediately dismissed from the program and school.
9. Use of water and power will be done in an economical fashion. If there is profuse use of utilities the result could be additional charges applied to all residents.
10. Vehicles shall be properly parked, registered, and licensed. **No parking in the grass** or on the street. No unauthorized vehicles shall be left over night on college property.
11. No alterations or repairs shall be made to any appliance, structure, equipment, furniture, or any other part of the house or property without prior approval by Administration.
12. All school related mail that may come to the house shall be immediately surrendered to Administration unopened and unaltered.
13. If you should move out or return home for holidays your room should be left in order and clean. You may leave your personal belongs over the winter break. You must move all personal belongings completely out of the house over summer break. Any belongings left after the move out date will be thrown away. If your room is not left clean and orderly, you will be charged a cleaning fee. If the common areas and property are not left clean and orderly all residents will be assessed a prorated cleaning fee.
14. Upon withdrawing from the school, the student should turn in the keys to the Athletic Director or Academic Dean.

The administration reserves the right to change, alter or amend these rules without notice and will be enforceable upon publication

Disciplinary Actions (This list is separate from housing rules.)

Level 1 infractions will result in a 1-game suspension and extra physical workouts per Coach and AD discretion.

Level 2 infractions will result in a 2-game suspension to be served immediately or upon the conclusion of an appeal. Extra physical workouts per Coach and AD discretion.

Level 3 infractions will result in a 2-12 game suspension to be served immediately or upon the conclusion of an appeal. Extra physical workouts per Coach and AD discretion. Demotion to bench or lower squad per Coach and AD discretion.

Level 4 infractions will result in dismissal from the athletic program and CCC.

Level 1 infractions:

- Failure to attend mandatory tutoring or study hall session
- Curfew violation (10pm for all way games, tournaments, and public service events unless the entire team is together)
- Public image or speech violation
- Dress code violation
- Unexcused absence from class, practice, work outs, and scheduled public service events (Unexcused is defined to mean an absence without prior notification and approval, or an absence with notification but then found to be fraudulent)
- Use of profanity during college sanctioned events
- Violation of dress code in class, practice, games, and public service events

Level 2 infractions:

- Repeated failures to attend mandatory tutoring or study hall sessions
- Repeated curfew violations
- Repeated public image or speech violations
- Repeated dress code violation
- Fighting
- Vandalism
- Failure to comply with prior punitive action

Level 3 infractions:

- Repeated fighting
- Repeated vandalism
- Repeated dress code violations
- Insubordination (including unruly action on the bench or time outs, arguing with coach, staff, opposing players, crowd, referees, or any official, faculty, or staff at any college sanctioned event)

Level 4 infractions:

- Substance abuse violations (Consumption of illegal and/or prohibited substances)
- Being Disrespectful to any faculty or staff member either verbally or electronically
- Fighting with the use of a weapon, planned malice or with recruited accomplices
- Illegal activity including theft, destruction of property, assault, sexual assault, drug activity or any other proven violation of the law with or without charges
- Being convicted of or pleading guilty to any misdemeanor or felony

Appeals Process

Student-athletes are held to a high standard of conduct. All student-athletes are expected to abide by the laws, rules, and regulations put in place by the government, institution, department, or program. Student-athletes are expected to be role models for the student body and community. In the course of a collegiate athletics career, a student-athlete may find them self on the wrong side of the punitive system of their program. In most instances these circumstances are fully understood and great learning opportunities for the student-athlete, however in rare instances the punishment may be considered unfair or inconsistent by the student-athlete. In these instances, there is an appeals process in place to protect and support the student-athlete.

Not all punitive actions are open to appeal. In order to be a appealable punitive action, the action must affect the student-athlete's ability to qualify for a letter. In general, this means that game suspensions and program expulsions are appealable and reviewable. Physical punishments such as running, calisthenics or extra drills are not appealable. Practice suspensions are not appealable unless they directly affect game eligibility.

Appeals will be decided by a board of athletics staff chosen by the Athletic Director, excluding the coaching staff of the offended party. The decision of the board will be final, and both the coaching staff and student-athlete are required to abide by the decision handed down. The appeals board will have several options upon decision, listed below:

- Uphold – The board upholds the punitive actions as is
- Reverse – The board eliminates any and all punitive actions
- Diminish – The board upholds punitive action, but diminishes the scope
- Supplement – The board upholds punitive action and adds additional action

Awards and Recognition

Player of the year requirements

- Must have been eligible to participate in all scheduled games
- Must not have been suspended due to violation of association, college, department, or team rules during the season
- Must have a 3.0 GPA spanning the summer, fall and spring semesters
- Must have played in 75 percent of the team's total games

All Academic Honors Requirement

- Must have a 3.5 GPA spanning the summer, fall and spring semesters,

Mission/Vision/Objective

It is the mission of Carolina Christian College to provide biblically based academic programs that prepare men and women of all races for ministry and community service with a focus on the African-American community.

Carolina Christian College (CCC) is a special purpose, undergraduate institution. CCC educates persons for Christian ministries through a program of Biblical and theological studies, general education in the arts and sciences, and professional studies. Emphasis is placed upon cultural awareness and leadership that will prepare workers to establish and serve the church in the United States and around the world.

In accordance with the College's special purpose stated above, Carolina Christian College recognizes that a student must be as fully prepared as possible. Therefore, the objective is to inspire and involve students in pursuit of the following:

1. Authentic Christian experience
2. A broad-based background in general education
3. A thorough knowledge of the Bible
4. Demonstrating activity in Christian service.

Contact Us:

Mailing Address:

P.O. Box 777
Winston-Salem, NC 27102

Physical Address:

4209 Indiana Ave.
Winston-Salem, NC 27105

Phone: (336)744-0900

Email: frontoffice@carolina.edu

Web: www.carolina.edu