

The North Carolina Leadership Academy Athletic Handbook 2014-2015

This document is intended for the Parents, Students, and Coaches

Purpose and intent of the Handbook

The purpose of this handbook is to communicate to parents and students important information about the interscholastic athletic program at The NCLA. The intent is that by reading this handbook you will become familiar with the athletic policies and expectations.

This athletic policy handbook is a work-in-progress and is subject to change as seen fit by the athletic department and administration.

Athletic Paradigm

Middle School Goals:

Philosophy of Middle School Athletics

At this level, the focus is on learning athletic skills and game rules, fundamentals of team play, socio-emotional growth, physiologically

appropriate demands on the adolescent body, and healthy competition. We want our teams to experience winning and losing while always being challenged to work hard to improve in the future. In many cases athletes will be playing the sport in an organized setting for the first time. This program is available to all students in the 6th, 7th, 8th, and 9th grades

For all team members, meaningful contest participation will exist over the course of a season. However, a specified amount of playing time is never guaranteed. Participants at this level are preparing themselves for six-days-a-week commitment that is expected at the junior varsity and varsity levels. While contests and practices are rarely held on Sundays and holidays, practice sessions are sometimes scheduled during school vacation periods.

Goal of Middle School Athletics

Each player will have a positive experience in an encouraging environment that pushes him/her to work hard to pursue excellence in that sport all the way through high school.

Keys to Middle School Athletics:

1. The goal is to provide all athletes the opportunity to play, but this is not required and may not occur in close games or tournament games.
2. Emphasis and coaching will be on basic fundamentals as determined by the head coach for that sport.
3. A high place value is placed on winning but a high value is still placed on game experience.
4. Any age player can be on the team but it will typically consist of eighth and ninth graders.

Junior Varsity Goals:

The Philosophy of Junior Varsity Sports:

Junior varsity athletics are the training grounds for varsity athletics. The commitment and ability that is required is greater than middle school, but it is not the same as varsity. Because we are a small school, many athletes have the opportunity to compete on the varsity and junior varsity teams at the same time. The purpose of competitions is to gain experience for the varsity level.

Team membership in 2014-15 varies according to the structure of each program; sophomores will occupy the majority of the roster positions. Freshman may be included on a junior varsity roster, as well as middle school

students who have satisfied all selections classification requirements. At this level, athletes are expected to have visibly committed themselves to the program, team, and continued self-development.

Junior varsity may require a six-day-a-week commitment. This commitment is often extended into vacation periods for all sports' seasons. While contest and practices are rarely held on holidays and Sundays, the dedication and commitment needed to conduct a successful junior varsity program should be taken seriously.

Goal of Junior Varsity Athletics:

1. All athletes will get an opportunity to play, but not necessary every game.
2. Emphasis and coaching will be on fundamentals.
3. A higher value is placed on game experience.
4. Any age player can be on the junior varsity team.

Varsity Goals:

Though we are not offering Varsity sports this year, we wanted to publish our philosophy for future reference in this document.

Philosophy of Varsity Athletics:

Varsity athletics should be preparing students to take on the full responsibilities of life. Varsity athletics is the highest level of athletics that most students will reach. Normally, seniors and juniors make up the majority of the roster. Occasionally a sophomore and infrequently a freshman may be included on the team, providing that evidence of advanced levels of physical development, athletic skill, and appropriate socio-emotional development have been demonstrated. It is possible, but rare, for a middle school level student to be included on a varsity roster.

Varsity may require a six-day-a-week commitment. This commitment is often extended into vacation periods for all sports seasons. While contest and practices are rarely held on holidays and Sundays, the dedication and commitment needed to conduct a successful varsity program should be taken seriously.

Goal to Varsity Athletics:

1. We are competing to win every game.
2. We expect a larger commitment from our athletes both during the season and in the off-season.
3. Not everyone will have the opportunity to participate.

4. The coaching emphasis is on team concepts and strategies and not on basic fundamentals that should already be mastered by the athlete.
5. Players will be expected to take on a larger role in the leadership of the team.
6. Players will be expected to take full responsibility for equipment.

Cutting From the Team

For some of The NCLA sports teams, “cuts” may be necessary. The coach must feel comfortable with the number of students on the team and with his or her ability to provide adequate coaching, supervision, and playing time to team members. A student will be notified as to whether he or she made the team. Students will be given a minimum of 2-3 days to tryout for each sport. If a student is cut from one sport, he or she may tryout for another sport if cuts have not already been made and with the consent of new coach. No student may move from one sport team to another after the final roster has been decided.

Sports Offered

Fall Sports

Boys' Sports

Eligible Grades

MS Cross-Country
 J.V. Cross-Country
 MS Soccer
 J.V. Soccer

Eligible Grades

6-9
 9-10
 6-9
 9-10

Girls' Sports

MS Cross-Country 6-9
 J.V. Cross-Country 9-10
 MS Soccer 6-9
 MS Volleyball 6-9
 J.V. Volleyball 9-10

Winter Sports

Boys' Sports

Eligible Grades

MS Basketball
 J.V. Basketball

Eligible Grades

6-9
 9-10

Girls' Sports

MS Basketball 6-9
 J.V. Basketball 9-10

Spring Sports

Boys' Sports

Eligible Grades

MS Track

Grades Eligible

6-9

Girls' Sports

MS Track 6-9

Expectations of Athletes:

The NCLA athletes are to show respect to all other athletes, coaches, officials, and spectators. They are to be team players who promote sportsmanship by example. They are to abide by all school and athletic policies. The NCLA understands that there will be times when a student might miss a practice or a game because of family reasons. That being said, our seasons are so short we will reward the students who are at practice on a regular basis. If you are involved in an outside activity such as a club sport, it is important that you communicate your commitment to your coach before your season starts or at the team pre-season meeting so the coach knows. Each coach is responsible for establishing guidelines and expectations for his or her team in regard to practice, travel, etc. Expectations may vary from coach to coach or sport to sport, but The NCLA has general expectations for all athletes at all levels. The NCLA expects the following from all team members:

- punctuality and preparedness for all practices and games;
- ongoing responsibility for academic work, particularly in cases where classes are missed for game participation;
- dedication to their team and teammates;
- a desire to improve skills and knowledge of their sport;
- self-discipline - each athlete will have to sacrifice time and energy for team goals;
- a willingness to work hard and be attentive in practices;
- on-going responsibility to represent The NCLA at all times in a dignified and positive way;
- in the event that a student is participating on a The NCLA team and an out-of-school team concurrently, coaches expect The NCLA team to take priority if there is a conflict. Also, students can only participate on one The NCLA Athletic Team Per Season. Exceptions to this policy can only be made by the Athletic Director;
- sportsmanship before, during and after games

Student Participation in Athletics:

The following rules have been set down by The NCLA to govern participation in the school athletic program.

1. Each student must be currently and fully enrolled to participate in any sports activity and must be in school at least half of the day on each game day.
2. The student athlete must be physically fit.

3. The student athlete is expected to be loyal to his/her team, teammates, school, and coaches.

4. Student athletes are expected to attend all practices, scrimmages, games and/or meets. Acceptable absences from the above are illness, doctor appointments, students seeking academic assistance, and religious holidays. The school team is the athlete's priority. An athlete may not miss any school athletic activity as listed above to participate in a non-school athletic event (i.e. - Travel teams, AAU, Recreational teams, etc.).

5. Student athletes on suspension may not participate in any tryouts, practices, games/meets, etc. during the period of suspension.

6. Any student placed on academic probation shall be suspended from participation on any athletic team for the academic quarter. At interims, if the student is passing all classes, he/she may return to normal participation on the team. If not, he or she must wait until the end of that quarter to meet the requirements and return.

7. Any student who is disciplined in other areas of school life is subject to suspension from the athletic program to be determined by the Coach, Athletic Director or Administration.

8. Any student using profane or abusive language or demonstrating unacceptable behavior will be subject to suspension to be determined by the Coach, Athletic Director or Administration.

9. Any student found to be misusing or abusing school property or equipment is subject to dismissal from athletics for the current academic year and will be expected to pay for the damages. **The student will replace lost, damaged, or broken equipment.**

10. Each student will abide by the rules established by each coach, regarding practice training, conditioning, dress, travel, and academics (grades/GPA). These rules are to be submitted by the coach to the Athletic Director and Assistant Principal of Leadership for approval prior to use.

11. A PHYSICAL MUST BE COMPLETED AND ON FILE AS A REQUIREMENT FOR PARTICIPATION IN ANY ATHLECTIC PRACTICE OR GAME.

12. Game day dress code and travel dress code must be approved in advance by the Athletic Director and Administration.

13. Students participating on a The NCLA team shall recognize The NCLA sports' schedule including meets, games, practices, etc. shall have priority over other competitive teams.

14. Any student who quits a team after the first three weeks of that sports season (three weeks from the first official tryout date for that sport) will not be permitted to attend open gym/facility, conditioning or any activity associated with a The NCLA team having out of season activity until the season is over for the sport that the athlete quit. (i.e. a soccer player who quits the soccer team can't begin working out for basketball until the soccer season is completed in its entirety).

15. There is a \$35.00 dollar fee per student, per sport, this will be collected after the first week of practices once cuts, if any, have been made.

Sportsmanship

The NCLA athletic events should be fun and foster a positive environment.

The Athletes:

- Play hard within the rules of the game.
- Win with humility, lose graciously, and congratulate opposing players and coaches.
- Respect officials and accept their decisions.
- Never attempt to injure an opponent.
- Remember that they represent their school, their coaches, and their families, as well as themselves.
- Remain positive toward their own coaches and teammates.
- Respect the property and facilities of their opponents.

The Coaches:

- Serve as a positive role model for their players.
- Inspire in their players a love for the game and the desire to win.
- Show restraint and respect when dealing with officials.
- Reinforce respect and good sportsmanship in practice and game situations and hold their players accountable for unsportsmanlike behavior.

The Spectators:

- Treat officials and opposing players, coaches, and fans with respect and courtesy

Ejection/Suspension Rule

If any player is ejected from any contest, he or she will face a suspension the length of which will be determined by the NCHSAA Handbook for that specific type of ejection. The NCLA also may extend the suspension beyond the length of time determined by the NCHSAA Rules. An ejection is a judgment call; therefore, there are no appeals. Unacceptable behavior not resulting in ejection may also result in disciplinary action by the Coach, Athletic Director, or Administration.

Academic Eligibility

All athletes and managers that are members of interscholastic athletic teams must meet the academic eligibility requirements. Coaches are expected to make all student athletes aware of The NCLA eligibility rules. The basic eligibility rules are as follows:

1. Failure of a unit of study during the previous marking period may make the student/athlete ineligible for athletics in the succeeding marking period. The student/athlete will be referred to the Athletic Director and Administration to decide what form of action will be taken based on the circumstances.

2. During the current marking period, any student whose grade drops below a D for his/her overall average for the quarter, will not be allowed to practice or play until that grade is back to passing.

3. Coaches are required to pass out and collect The NCLA Grade Report Form. The student-athlete is required and responsible for having their teachers/instructors fill out this form. If the student-athlete fails to get the form filled out s/he will not be allowed to participate in any athletic activity.

4. A student athlete may not participate in an athletic event if he/she has received an office referral on game day, or anytime during the season.

- a. First offense - one game suspension
- b. Second offense - three game suspension
- c. Third offense - removal from the team

The NCLA Grade Report Form

Student-Athlete's Name: _____ Term: _____

Sport: _____ Return Date: _____

The NCLA Athletic Department asks for your assistance with helping us monitor the academic progress of our student-athletes. Each student-athlete has signed the NCLA Athletic Handbook. This gives consent for The NCLA staff to list and document the academic status of said student-athlete. This form is required to be filled out by each teacher/instructor that said student-athlete has. Further, it is the sole responsibility of the student-athlete to return a completed form documenting each class s/he is in. The teacher's/instructor's assistance with this form will help us better aid our student-athletes with their academics and areas of concern.

***Student-Athletes will retain Grade Progress Report and turn it into their Coach who will then collect all forms and provide them to the Athletic Director.

Periods	Course	Instructor	Current Grade	Comments	Initials
#1					
#2					
#3					
#4					
#5					
#6					
#7					

School Attendance and Athletic Participation

All students in grades 6-10 must be in school by 8:45 a.m. in order to participate in athletics on any given day. If a student does not check in by 8:45 a.m. he/she will not be able to practice or play in games that day unless he or she has a note from his or her parents or a medical professional stating that the student was late due to a medical appointment. Special attendance circumstances must have prior permission from the principal, assistant principal or athletic director in order for the student to participate. Students who receive in-school or out-of-school suspension will not be allowed to participate that day (don't forget your belt!)

Students returning from athletic trips or late night games are expected to be on time for school the next day and not "sleeping in," causing them to miss classes. Part of being a student-athlete at The NLCA is learning to be disciplined and make sacrifices.

Alcohol, Tobacco, and Drug Policy

If a student is suspended from school, that student may not participate in athletics during that suspension. Athletes who are found to be in violation of the drugs and alcohol policies of the school are also subject to further disciplinary action by the Coach, Athletic Director and Administration.

Awards

School letters and certificates are awarded according to the policies listed below.

Awards will be presented for:

Most outstanding player - varsity, junior varsity, and middle school
Most improved player - varsity, junior varsity, and middle school
Coach's award -middle school, junior varsity, and middle school only

The following criteria will be used in the selection process of the award winners:

1. Most Outstanding Player - the athlete who contributes the most to the total success of the whole team.
2. Most Improved Player - the athlete who makes the greatest strides progressing as a player in his/her sport.
3. Coach's Award - The athlete in his/her sport, who through leadership contributes significantly to the coach and team.
4. Athlete of the Year Awards: An athlete who displays leadership, athletic accomplishment, team unity, total commitment to the school and athletic

program. (This award will be presented to one male and one female athlete.)

5. Scholar Athlete of the Year- given to the senior who excels on the court/field and the classroom. The preference is to go to a student who excels in multiple sports, but it is not a requirement.
6. Coach's Award for the Year- The athlete in his/her sport, who through leadership and example, contributes significantly to the coach and team.

Transportation

The NCLA will not provide transportation to all regularly scheduled away games, unless otherwise noted. Parents are solely responsible for getting their athlete to and from games and practices. For games that are located close by on days in which there is no school, athletes will usually be asked to meet at the site of competition. Coaches will communicate departure and return times to team members that are setup by the athletic director. Athletes are not allowed to ride to or from off-campus practices or games with friends or in their own cars except in cases approved by the athletic director. If there is a student who needs to make alternate transportation arrangements for a legitimate reason, parents must write and sign a letter stating such and obtain approval of the coach or athletic director ahead of time. When leaving a game, the following steps should be followed:

1. The athlete may ride home with his/her parents (no one else) if the parent gives the coach oral or written notice.
2. Parents must personally give the coach oral or written permission for their children to ride home with another parent.

Emergency Travel Procedure

In case of a travel emergency while attending an away contest, coaches will make every effort to have students contact their parents by phone to relay all necessary information. Many coaches also have phone chains of all team members to communicate any news as well. If these methods of communication are not possible, the Athletic Director and Administration will be informed and relay all relevant information to each parent by phone.

Overnight Trips

Teams may occasionally have overnight trips during the regular season or tournament play. Each coach or the Athletic Director makes hotel arrangements. Hotel expenses are covered by parents/guardians. Meals are the responsibility of each athlete. Parents must complete an overnight travel permission form for the school before a student can go on the trip.

Uniforms

When possible, The NCLA athletic department will issue uniforms to most members of each team. These uniforms are to be cared for during the season by each coach, via the athlete, and returned at the end of each season. Parents of athletes who do not return uniforms or damage uniforms will be billed for the cost of replacing these uniforms. Uniforms and equipment that are not reusable must be purchased by the individual athlete. The coach will inform each athlete of the items that need to be purchased. The NCLA athletes are required to wear the uniforms issued to them for interscholastic competition. Teams and team members will not be allowed to independently purchase additional or different items to be worn as part of the team uniform unless approved by the athletic director. Uniforms and team warm-ups are not to be worn except for games, or as approved by the athletic director. Any uniforms or equipment that are not reusable must be purchased by the athlete.

When The NCLA athletic department cannot issue a uniform to members of each team, the PE and Health uniforms will act as the athletic uniforms. The student will be assigned a number from the coach, and the student will be required to purchase a uniform from the chosen vendor.

Uniforms and any equipment handed out by The NCLA must be cared for during the season by each athlete and returned at the end of each season (unless the item/uniform was purchased by the parent/student). Uniforms must be clean, worn properly, and in their entirety at every game/meet. Uniforms which were purchased by the school are to be returned to the team coaches at the end of the sports season. Any loss of school issued equipment or school issued uniform items must be paid for by the student athlete. If restitution is not made for the lost items, the student athlete is not eligible to participate in any further school athletic activity. The NCLA athletes are required to wear the PE and Health uniforms for all interscholastic competition. Teams and team members will not be allowed to independently purchase additional or different items to be worn as part of the team uniform unless approved by the athletic director.

Beginning of Season Parent Meetings

Beginning of season parent meetings are held at the beginning of each season. All team member parents should attend this meeting to go over the coach's rules and expectations. Parents will be allowed to ask questions at this meeting as well.

Inclement Weather Policy

On days when weather does not allow The NCLA to open school, there will be no practices or games. For teams that practice and play outside during the fall and spring, rainy weather can be a factor. In case of thunder or lightning, all teams should be removed from the field immediately, and a waiting period of 30 minutes will follow a positive change in weather conditions before the teams are allowed to practice or play.

The Athletic Director or game manager has the final decision on whether a game should be cancelled or postponed because of the weather. The Athletic Director will have the final decision on whether practices will be cancelled because of weather and will make that decision as early as possible so communication to parents can be made. Usually students can assume those practices or games will be held as scheduled unless an official announcement has been made. At no time will The NCLA allow practice or games to be held if the weather or field conditions create a danger to students.

Parent Questions/COMMUNICATION PHILOSOPHY

Both parenting and coaching are extremely difficult vocations. By establishing communication and an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to the student athletes. To be successful, communication is vital and requires involvement, dedication, sacrifice, and commitment from parents, student athletes, and coaches.

Communication you should expect from your child's coach:

1. Coach's and program's philosophy.
2. Individual and team expectations.
3. Location and times of all practices and games/meets.

Communication coaches should expect from parents:

1. Concerns expressed directly to the coach. (Email is utilized to forward information, not for voicing concerns.)
2. Notification of schedule conflicts in advance.
3. Specific concerns with respect to a coach's expectations for their child.

Appropriate concerns for parents to discuss with coaches:

1. The treatment of your child, mentally and physically.
2. Ways to help your child improve and develop.
3. Concerns about your child's behavior.

Issues not appropriate to discuss with coaches:

1. Playing time.
2. Team strategy.
3. Play calling.
4. Other student athletes.

Please do not attempt to confront a coach before or after a game/meet. These can be emotional times for parents, athletes, and coaches. Meetings of this nature seldom promote positive resolutions. If you have a concern to discuss with a coach please call the coach for an appointment. If the coach cannot be reached, call the Athletic Director and a meeting will be set up for you.

Civil Air Patrol Physical Fitness Standards

STANDARDS

The CPFT is aligned with the President's Challenge, a physical activity and fitness program sponsored by the President's Council on Physical Fitness and Sports (PCPFS). The CPFT standards are derived from the PCPFS's latest survey of fitness among the American youth population.

Phase I Cadets are assumed to have little, if any, prior physical training. New cadets especially need help getting started if they are to acquire the habit of exercising regularly. The standards for Phase I correspond to the 25th percentile of the PCPFS survey. In other words, only 25% of the general youth population are unlikely to meet this standard for their age. Many cadets will easily exceed the CPFT standards, but some will require coaching and encouragement.

Phase II Cadets have at least 6 months experience participating in a physical fitness program. Therefore, these cadets are expected to perform at a higher standard than cadets of the same age and gender who are just beginning the Cadet Program. The standards for achievements 4 - 6 correspond to the 35th percentile of the PCPFS survey, while the standards for achievements 7 - 8 and the Mitchell Award correspond to the survey's 50th percentile.

Phase III Cadets have at least 18 months experience participating in a physical fitness program. Therefore, they are expected to out-perform junior

ranking cadets, and most other youth of the same age and gender in the general population. The standards for Phase III correspond to the 60th percentile of the PCPFS survey. In other words, 40% of the general youth population are likely to meet this standard for their age.

Phase IV Cadets are among the most experienced cadets in CAP, having participated in a physical fitness program for at least the past 26 months. They are expected to meet or surpass the standards at the 70th percentile of the PCPFS survey. That means they will out-perform seven out of ten of their peers in the general population.

Cadets attempting the Spaatz Award examination must demonstrate the highest level of fitness. Spaatz cadets must meet or surpass the standards at the 75th percentile of the PCPFS survey for their age and gender. In other words, only a rare individual will be able to out-perform cadets who have attained the Cadet Program's ultimate award.

HOW WE ADMINISTER THE CADET PHYSICAL FITNESS TEST

Listed below are instructions on how to prepare to administer each event, the proper techniques required to perform each exercise correctly, and the scoring criteria.

SIT AND REACH

Objective: To measure the flexibility of the lower back and hamstrings.

Equipment:

◆ Tape a meter to a stair step so that the 23cm mark is exactly in line with the vertical plane of the stair step. The lower numbers on the meter should hang over the edge of the stair step. Usually the meter will be too long for the stair; simply cut the meter to fit, but ensure it extends at least to 42cm, the maximum distance required for any cadet.

Testing:

1. Cadets remove their shoes and sit on the floor with their knees fully extended. Feet should be shoulder-width apart and the soles of the feet must be held flat against the stair step (or special box).
2. With hands on top of each other, palms down, and legs held flat, the cadet reaches along the meter as far as possible, without bouncing.

Scoring:

◆ After three practice reaches, the fourth reach is held for at least one second while the distance is recorded. Scores are recorded to the nearest centimeter.

CURL-UPS (Also known as “sit-ups”)

Objective: To measure abdominal strength and endurance.

Equipment: Stopwatch, or a wristwatch with a second hand.

Testing:

1. Conduct the test on a flat surface, preferably one that is clean and cushioned.
2. Have each cadet lie on their back, with their knees flexed and feet about 12 inches from their buttocks.
3. A partner must hold the feet of the cadet being tested.
4. Have the cadet cross their arms and place their hands on opposite shoulders, while holding their elbows close to their chest.
5. Keeping this arm position, the cadet raises their trunk by curling up to touch their thighs with their elbows. Then the cadet lowers back to the floor so that the shoulder blades touch the ground.
6. This is a one minute test. To start the test, a timer calls out, “Ready . . . GO!” The timer will call out when 30 seconds remain, and again when 10 seconds remain in the test. At precisely 60 seconds, the timer calls out “Stop!”

Scoring:

◆ A senior member or the cadet’s partner may keep score. Score one repetition every time the cadet correctly raises their trunk by curling up to touch their thighs with their elbows and returns to the starting position. Count the repetitions aloud.

RIGHT ANGLE PUSH-UPS

Objective: To measure upper body strength and endurance.

Equipment: Metronome, drum, or someone to clap their hands or call cadence.

Testing:

1. Test Surface. Conduct the test on a flat surface, preferably one that is clean and cushioned.
2. Stance. The cadet lies face down, with hands under shoulders, arms straight, fingers pointed forward, and legs straight, parallel and slightly apart (approximately 2-4 inches) with toes supporting the feet.
3. Performing the Exercise. To complete a push-up, the cadet must straighten their arms, keeping their back and knees straight. Then, the cadet must lower their body, while keeping their back and knees straight, until there is a 90-degree angle at the elbows, with their upper arms parallel to the floor.
4. Judging Performance. To judge if the cadet lowers their body enough, a partner holds out his or her own hands to a point such that when the cadet being tested touches their shoulders against the partner's hands, a 90-degree angle is formed at the cadet's elbows.
5. Cadence. The push-ups are done to an audible cadence (clapping, drum, metronome, oral command, etc.) with the cadet completing one (and only one) push-up every three seconds, and continuing until they can do no more in rhythm (having not done the last three in rhythm). The cadet may halt when he or she reaches the required number of repetitions for their achievement.
6. Resting. The cadet is free to take as long as they wish to reach the up position, and as long as they wish to reach the down position, provided they begin a new push-up every 3 seconds. The cadet may rest in the up or down position, but the President's Challenge recommends cadets remain in motion throughout the entire 3-second interval to achieve the best results.

Scoring:

- The test administrator controls the metronome, or marks cadence orally or by clapping their hands. Each cadet's partner should judge if the repetitions are being done in rhythm, and count them aloud.
 - Record only those push-ups done in proper form and rhythm.
 - Score one repetition for every instance when the cadet correctly straightens their arms and lowers their body until there is a 90 degree angle at the elbows.

SHUTTLE RUN (An alternative to the mile run)

Objective: To measure speed and coordination.

Equipment:

- ◆ Two chalkboard erasers, blocks of wood, or any similar item measuring approximately 2"x2"x4".
- ◆ Tape measure.
- ◆ A digital stopwatch or wristwatch that measures time to the hundredth of a second.

Testing:

1. Mark two parallel lines 30 feet apart. Place two blocks (or similar objects) immediately behind one of the lines.
2. Have the cadet start behind the line opposite from where the blocks are.
3. Each timer may test only one cadet at a time.
4. On the signal, "Ready, GO!," the cadet runs to the opposite line, picks up one block, runs back and crosses the starting line, drops the block behind the starting line, and then repeats the process.

Scoring:

- ◆ Blocks may not be thrown across the lines.
- ◆ Start the stopwatch on the command "GO!" Stop timing when the cadet crosses the starting line with the second block. Record the time to the nearest tenth of a second.
- ◆ Cadets may attempt this event twice during the test period. Record the fastest time.

MILE RUN (An alternative to the shuttle run)

Objective: To measure cardiovascular endurance.

Equipment:

- ◆ Stopwatch or a wristwatch with a second hand.
- ◆ An oval-shaped track is the preferred course for this event.
- ◆ If a track is unavailable, a road course may be used if it is reasonably flat, has a wide shoulder, and

does not require cadets to make numerous turns down different streets.

Testing:

1. Up to 25 cadets may be tested at the same time, provided that one senior member acts as the timer and another acts as the recorder. If only one senior member or CAP-USAF member is available, then no more than 10 cadets may be tested at the same time.
2. Have the cadets being tested ready themselves behind the starting line. Faster cadets should be Positioned in the front of the pack.
3. At the command, "Ready, GO!," cadets start running and timing begins.
4. Supervisors should be stationed at the half-mile mark of road courses, or as the situation warrants, to ensure each cadet reaches the waypoint. Supervisors must remain alert to potential safety hazards and monitor cadets for potential injuries or exhaustion.
5. Cadets may run, jog, or walk during this event.

Scoring:

- ◆ The timer will call out the time when each cadet crosses the finish line for the recorder to log

CAP PHYSICAL FITNESS TEST REQUIREMENTS

PHASE 1
ACHIEVEMENT
S 1-3 & THE
WRIGHT
BROTHERS
AWARD

MALES								
AGE	10	11	12	13	14	15	16	17+
SIT & REACH	20	21	21	20	23	24	25	28
CURL UPS	30	31	34	36	39	38	38	38
PUSH UPS	10	11	12	16	18	22	24	26
SHUTTLE RUN	12.4 11:4	12 11:2	11.2 10:2	10.8	10.5	10.2	10	9.9
MILE RUN	0	5	2	9:23	9:10	8:49	8:37	8:06

FEMALES

AGE	10	11	12	13	14	15	16	17+
SIT & REACH	24	24	25	24	28	31	30	31
CURL UPS	25	27	29	30	31	30	30	28
PUSH UPS	10	10	9	9	9	11	11	12
SHUTTLE RUN	13.1 13:0	12.5 13:0	12.1 12:4	11.8 12:2	11.9 11:5	11.7	11.7	11.7
MILE RUN	0	9	6	9	2	11:48	12:42	12:11

PHASE 2
ACHIEVEMENT
S 4-6

MALES								
AGE	10	11	12	13	14	15	16	17+
SIT & REACH	22	23	23	23	25	27	27	31
CURL UPS	32	34	37	39	41	41	40	40
PUSH UPS	11	12	14	18	20	25	26	30
SHUTTLE RUN	12 10:5	11.5 10:2	11	10.6	10.2	10	9.7	9.6
MILE RUN	8	5	9:40	8:54	8:30	8:08	7:53	7:35

FEMALES								
AGE	10	11	12	13	14	15	16	17+
SIT & REACH	26	26	27	27	30	32	32	33
CURL UPS	27	29	31	33	34	32	32	30
PUSH UPS	10	11	10	10	10	12	13	14
SHUTTLE RUN	12.6 12:0	12.1 12:2	11.7 12:0	11.5 11:4	11.6 11:1	11.4	11.4	11.3
MILE RUN	8	1	1	0	0	11:00	11:24	11:20

PHASE 2
ACHIEVEMENT
S 7-8 & THE
MITCHELL
AWARD

MALES								
AGE	10	11	12	13	14	15	16	17+
SIT & REACH	25	25	26	26	28	30	30	34
CURL UPS	35	37	40	42	45	45	45	44
PUSH UPS	14	15	18	24	24	30	30	37
SHUTTLE RUN	11.5	11.1	10.6	10.2	9.9	9.7	9.4	9.4
MILE RUN	9:48	9:20	8:40	8:06	7:44	7:30	7:10	7:04

FEMALES								
AGE	10	11	12	13	14	15	16	17+
SIT & REACH	28	29	30	31	33	36	34	35
CURL UPS	30	32	35	37	37	36	35	34
PUSH UPS	13	11	11	11	11	15	12	16
SHUTTLE RUN	12.1 11:2	11.5 11:1	11.3 11:0	11.1 10:2	11.2 10:0	11	10.9	11
MILE RUN	2	7	5	3	6	9:58	10:31	10:22

PHASE 3
ACHIEVEMENS
9-11 & THE
EARHART
AWARD

MALES								
AGE	10	11	12	13	14	15	16	17+
SIT & REACH	26	26	27	27	30	32	32	36
CURL UPS	38	39	43	45	48	49	48	46
PUSH UPS	16	18	22	28	28	34	35	42
SHUTTLE RUN	11.2	10.8	10.4	10.1	9.7	9.5	9.2	9.2
MILE RUN	9:11	8:45	8:14	7:41	7:19	7:06	6:50	6:50

FEMALES								
AGE	10	11	12	13	14	15	16	17+
SIT & REACH	29	30	32	32	35	37	36	37
CURL UPS	32	35	38	40	40	39	37	36
PUSH UPS	14	14	14	15	15	16	17	19
SHUTTLE RUN	11.8 10:5	11.2 10:4	11 10:2	10.9	10.9	10.7	10.7	10.7
MILE RUN	2	2	6	9:50	9:27	9:23	9:48	9:51

PHASE 4
ACHIEVEMENT
S 12-16 &
THE EAKER
AWARD

MALES								
AGE	10	11	12	13	14	15	16	17+
SIT & REACH	27	28	28	29	32	33	35	39
CURL UPS	40	42	46	48	51	52	50	49
PUSH UPS	19	22	25	32	34	37	38	46
SHUTTLE RUN	10.9	10.5	10.2	9.9	9.5	9.3	9	9
MILE RUN	8:40	8:20	7:55	7:25	6:59	6:51	6:38	6:35

FEMALES								
AGE	10	11	12	13	14	15	16	17+
SIT & REACH	30	31	33	34	37	40	38	39
CURL UPS	35	38	40	41	42	42	40	39
PUSH UPS	16	16	16	17	17	18	20	22
SHUTTLE RUN	11.5 10:2	10.9 10:1	10.8	10.7	10.7	10.5	10.5	10.5
MILE RUN	8	0	9:48	9:15	8:58	8:58	9:12	9:14

SPAATZ
AWARD

MALES								
AGE	10	11	12	13	14	15	16	17+
SIT & REACH	28	29	29	30	33	34	36	40
CURL UPS	41	43	47	50	52	53	51	51
PUSH UPS	20	24	27	35	36	39	40	49
SHUTTLE RUN	10.7	10.4	10	9.8	9.4	9.2	8.9	8.9
MILE RUN	8:19	8:00	7:41	7:11	6:45	6:38	6:25	6:23

FEMALES								
AGE	10	11	12	13	14	15	16	17+
SIT & REACH	31	32	34	36	38	41	39	40
CURL UPS	37	39	41	42	43	44	41	40
PUSH UPS	18	17	18	19	19	19	21	23
SHUTTLE RUN	11.3 10:0	10.8	10.7	10.5	10.5	10.3	10.4	10.3
MILE RUN	8	9:44	9:15	8:49	8:36	8:40	8:50	8:52

The NCLA Athletic Agreement Page

As a student, my signature on this page indicates that I have read The NCLA Athletic Handbook, understand its contents, and agree to comply with all of its expectations, rules, and regulations. I understand that my failure to follow the Athletic Handbook could result in my removal from team sports.

Student's Signature: _____

Date: _____

As a parent, my signature on this page indicates that I have read The NCLA Athletic Handbook, understand its contents, and agree to comply with all of its expectations, rules, and regulations for my child. I understand that my or my child's failure to follow the Athletic Handbook could result in his/her removal from team sports.

Parent/Guardian's Signature: _____

Date: _____