



FCA SPORTS

PARENT'S PLAYBOOK FOR LEAGUES



LETTER FROM THE PRESIDENT OF FCA

We are honored that you chose FCA Sports as the sports family for your child this season. Our coaches, club leadership and supporting staff take the responsibility of caring for all aspects of your athlete's journey with FCA very seriously. We believe in taking a 360 approach to your athlete's experience. This is a holistic effort that starts with their heart and fully develops their spiritual, physical, mental, emotional and interpersonal skills so they can be successful in sports and in life. This is accomplished through connecting the truths of the Bible to each of these areas over the course of the season.

My wife Angel and I are the parents of four athletes, and we know full well the emotions that come from the ups and downs, successes and failures—both individually and as a team—of competitive sports. There is no way it all goes according to our plans or desires every time. Our prayer is that the FCA Sports experience for you and your athlete is one marked by humility in success, hope in defeat and a hunger to love God and love others.

Shane Williamson
President & CEO
Fellowship of Christian Athletes

TABLE OF CONTENTS

FCA INTRO & ENVIRONMENTS

Vision, Mission, Values, Strategy	5
FCA History	6
FCA Sport Environments	6

FCA SPORTS CULTURE

More than a League	9
League & Team Leadership Opportunities for Parents	10
FCA Christian Community Statement	10

ATHLETE SAFETY

FCA and the SAFE SPORT ACT	12
Player's Health	12

THE ATHLETE'S JOURNEY

Spiritual, Mental, Physical	14
-----------------------------	----

PARENT PARTNERSHIP

Roles and Expectations Overview	16
Communication	17
Conflict Resolution - Honoring Each Other	18
Parent Ministry Opportunities	18



FCA Intro & Environments



FCA INTRO & ENVIRONMENTS

VISION

To see the world transformed by Jesus Christ through the influence of coaches and athletes.

MISSION

To lead every coach and athlete into a growing relationship with Jesus Christ and His church.

VALUES

Our relationships will demonstrate steadfast commitment to Jesus Christ and His Word through Integrity, Serving, Teamwork and Excellence.

INTEGRITY (Proverbs 11:3)

We will demonstrate Christ-like wholeness, privately and publicly.

SERVING (John 13:1-17)

We will model Jesus' example of serving.

TEAMWORK (Philippians 2:1-4)

We will express our unity in Christ in all our relationships.

EXCELLENCE (Colossians 3:23-24)

We will honor and glorify God in all we do.

STRATEGY

We seek to make disciples through our strategy of engaging, equipping and empowering coaches and athletes to know and grow in Christ and lead others to do the same.

ENGAGE (1 Thessalonians 2:8)

We engage coaches and athletes through genuine relationships sharing our lives and the Gospel.

EQUIP (Ephesians 4:12)

We equip coaches and athletes to grow in Christ through God's Word.

EMPOWER (2 Timothy 2:2)

We empower coaches and athletes to engage and equip others to know and grow in Christ.



HISTORY OF FCA

FCA started in 1954 through the vision of a young basketball coach named Don McClanen. His idea of starting a fellowship of Christian athletes that would invest their time, talent, treasure, and testimony in the work of Christ by using the influence that God had given them became a reality. Since this time, the Fellowship of Christian Athletes has grown into a worldwide movement that is impacting millions through almost 21,000 huddles in 107 countries. Every coach, athlete and parent that joins us is part of making the vision to see the world transformed by Jesus Christ through the influence of coaches and athletes a reality.

FCA SPORT ENVIRONMENTS

In pursuing FCA's mission of "leading EVERY coach and athlete into a growing relationship with Jesus Christ and His church," FCA has identified eight sport environments. Across all sport environments, FCA executes its ministry strategy of engaging, equipping, and empowering coaches and athletes to become disciples who make disciples. Each sport environment represents groups of coaches and athletes with similar competition and culture:

Action

Action sports are known for their individuality and risk-taking and include BMX, kitesurfing, mountain biking, skateboarding, skiing, snowboarding, surfing, rock climbing, and wakeboarding. Organized competition occurs at all levels, although a greater number of athletes participate individually or within a community.

All Ability

"All Ability" refers to coaches and athletes who compete with physical and/or intellectual disabilities. "All Ability" means the inclusion of all categories within the disability community and it emphasizes the Biblical message that, in God, we are all able.

Campus

Campus sports are scholastic sports where coaches and athletes typically represent their schools as they compete. Campus sports take place around the world in public schools, private schools, charter schools, boarding schools, and college preparatory schools. The majority of the population passes through elementary school, middle school, high school, and college.

Club

Club sports are off-campus sports for coaches and athletes who aspire to reach expert levels and make significant financial, travel, and time investments. In a typical club experience, athletes invest in multiple practices per week and travel to compete with teams from other clubs. FCA Sports clubs, directed by FCA staff, create catalytic discipleship experiences for coaches and athletes.

League

League sports are off-campus, developmental sports for coaches and athletes offering moderate time, travel, and financial investments. Leagues are typically self-contained, and teams play one another within the same league. FCA Sports leagues, directed by FCA staff, create catalytic discipleship experiences for coaches and athletes. FCA Sports leagues often partner with local churches to mobilize empowered volunteers to serve as disciple-making coaches.

Motorsports

Motorsports are, in their simplest form, sports with motors. They include aircraft, snowmobiles, snowbikes, and watercraft. Motorsports include 2-wheel sports such as cross country, Enduro-Cross, freestyle, motocross, and road racing. This sport environment also includes 4-wheel sports like ATVs, drag racing, Formula 1 racing, Grand Prix motorcycle racing, IndyCar, monster trucks, NASCAR, rally cars, side-by-sides, and sprint cars. Motorsports athletes generally live out their racing passion throughout their lifetimes. Organized competition is popular, but there are also families who participate in the sport as a hobby.

Outdoors

Outdoors refers to sports including marksmanship (archery, rifle, and shotgun), fishing, hunting, canoe/kayaking, and equestrian. In addition to ministering to the coaches and athletes who compete in outdoor sports, FCA creates outdoor sporting experiences for donors, staff, coaches, and athletes of all sports. Outdoors offers someone the opportunity to grow spiritually as they experience the beauty of God's creation.

Pro and Elite

Pro and elite sports are the apex of the sporting world. Most coaches and athletes are paid to play and many of them represent their countries in competition. Pro and elite coaches and athletes receive high-profile attention within mainstream culture. These competitors carry unique mindsets, lifestyles, and schedules compared to others who don't play at this level. For these athletes and coaches, sport is a business.



FCA Sports Culture

FCA Sports provides an exceptional sports experience where trained coaches and volunteers are committed to the wholistic growth and development of the athlete. In FCA Sports, coaches are committed to a Biblical framework of coaching that serves the spiritual, mental, and physical development of athletes. This is a journey where faith and sports are integrated, where competition is about becoming all God has made us to be, and where the greatest win is the development of competent and confident disciples of Jesus Christ.

MORE THAN A LEAGUE

FCA is more than a local sports league. We are a part of the body of Christ and through our staff, partnerships with the local church, and relationships with schools, your athletes can be a part of something larger than they could have ever imagined. Here are a few ways to foster this reality.

- **On Campus Huddles**

Through multi-sport and team huddle involvement on school campus, our league athletes can spread their influence to the place where they spend the majority of their week influencing their teammates and friends.

- **Local Power Camps**

Power Camps are sport specific camps designed for elementary aged athletes. Older league athletes have the chance to serve by helping to coach and lead a huddle at local power camps where they can introduce young athletes to the Gospel and FCA. Younger league athletes will have the chance to participate in local power camps and build lifelong relationships with other athletes who share their passion for sport. They will also interact with older athletes who have been where they are, as they've continued to grow in their relationship with Jesus Christ. They will share their passion for sports and Jesus.

- **Regional Camps**

When league athletes enter middle school, they will have the opportunity to spend a week or more at regional camps staffed by local college, professional, and club coaches to improve on the field while growing in their relationship with Jesus Christ and His followers off the field through huddles and worship experiences.

- **International Partnerships**

Older athletes can connect with our international ministry partners through "Go" trips that support the work that God is doing in other countries or "Reverse Go" trips where our international partners and coaches come here to share their knowledge/experience and stories of the work that God is doing abroad.

- **Local Partners**

FCA is a broad family. We can use the relationships that God has given us to open doors for our athletes to get service hours, internship opportunities, and more by placing them in environments alongside our board members and other supporters who can team up with us to help them grow in their relationship with Jesus.

LEAGUE & TEAM LEADERSHIP OPPORTUNITIES FOR PARENTS

We cannot serve every coach, athlete, and family well with just our staff and coaches. Parents in FCA Sports can help engage, equip and empower other parents through serving in various roles.

- Head or Assistant Coach
- Team Parent
- Score Keeper
- Parent's Huddle Leader

Please let us know if you are interested in serving.

FCA CHRISTIAN COMMUNITY STATEMENT

The FCA Christian Community Statement sets guidelines that we believe help us to develop competent and confident disciples of Jesus Christ that live to honor God and love others well. Here are a few practical guidelines for all FCA Sports Leagues that help us live out our Christian beliefs.

- League Ministry Leaders (Directors, Employees, Head Coaches, Spiritual Coordinators, and Huddle Leaders) are required to affirm and adhere to FCA's Christian Community Statement that outlines our Christian beliefs, Christian Conduct Standards, and the requirement to be ready and willing to lead distinctly Christian activities.
- Parents and Athletes who are participants in our Christian community (that is, they are not in a ministry leadership role) should respect and do nothing to undermine or subvert our beliefs, to support our mission and comply with applicable community standards during their participation in our community. Parents and Athletes should avoid the use of expletives and demanding language.



Athlete Safety

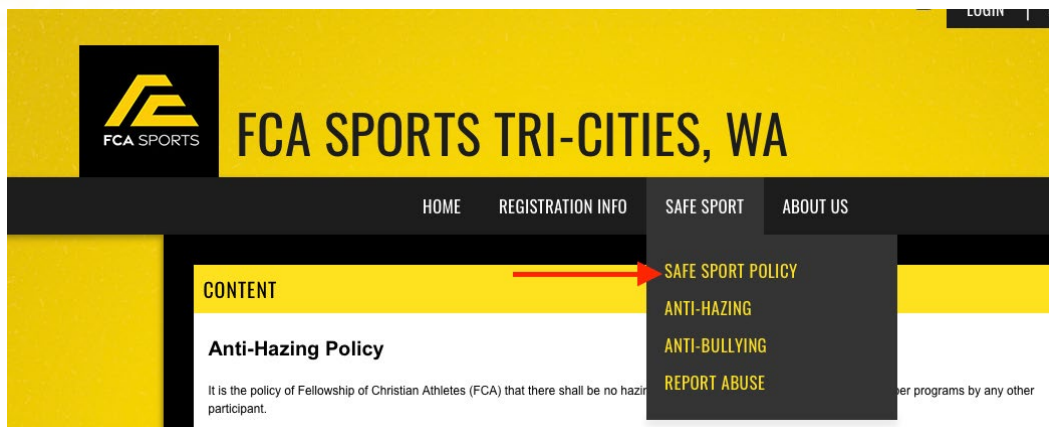
ATHLETE SAFETY

FCA AND THE SAFE SPORT ACT

Any organization involved in youth sports on an interstate or international basis is covered by the act and will be held to an increased “standard of care” to protect minor athletes from abuse. The act requires mandatory reporting, training, policies and procedures.

FCA requires all adults with access to athletes to have an approved background check and be safe sport certified through an online training course.

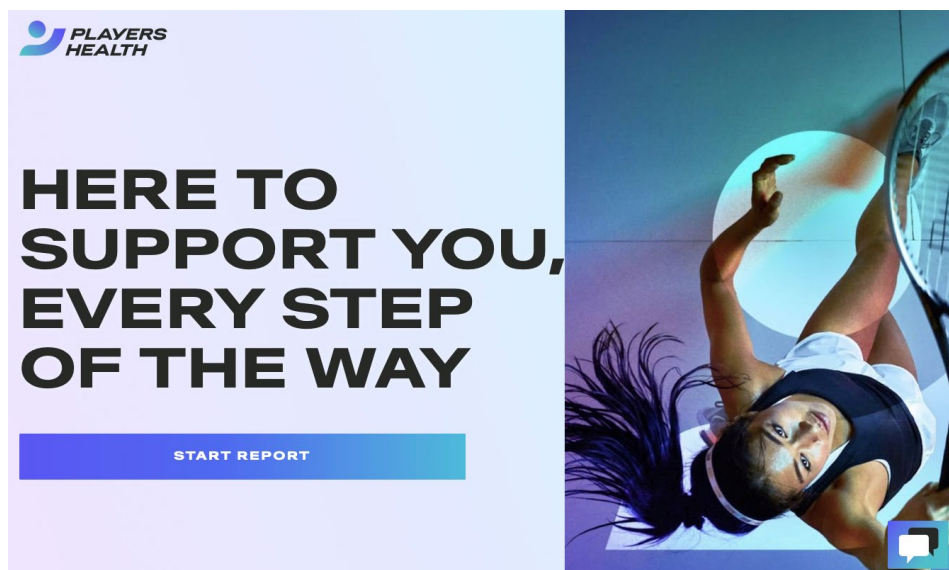
FCA’s Safe Sport Policies can be found in the appendix or on your FCA Sports website.



PLAYER'S HEALTH

Player's Health provides a digital tool for background checks and training for FCA coaches and volunteers to comply with the Safe Sport Act and protect the safety of athletes.

Parents, coaches, and athletes can use the league webpage to report any potential abuse situations within the league.





The Athlete's Journey



Spiritual, Mental, Physical

The FCA Sports Athlete will have coaches who have been trained in E3 (Engage, Equip, and Empower). The FCA Sports Athlete will participate in Team Huddles designed to help them grow spiritually, mentally and athletically.

FCA is committed to living out our core values of integrity, serving, teamwork and excellence on the court/field through providing age-appropriate training that helps every athlete reach their full potential and grow in the sport.



Parent Partnership

PARENT PARTNERSHIP

In FCA Sports, parents are not customers they are partners. FCA Sports Programs desire to minister TO and THROUGH parents. If you hang around sports for very long, you will discover that coaches often talk about parents in a negative way and parents are often frustrated with the coach due to playing-time issues or coaching philosophy. However, in an FCA Sports League, coaches and parents work together for the betterment of all athletes.

FCA Sports works to uphold the Biblical principle of loving and honoring parents and helping our athletes to do the same. Parents have been called by God to be a primary discipler in the life of their child and FCA Sports is committed to investing in parents as they fulfill their calling.

ROLES AND EXPECTATIONS OVERVIEW

League Director

- Establish and Protect the FCA Sports Culture.
- Their primary focus is on discipling and training coaches and volunteers to serve well.
- They serve coaches, athletes, families, and officials.

Coach

- As Philippians 1:27 states, we desire our coaches to “conduct themselves in a manner worthy of the Gospel of Christ” in all interactions.
 - They work hard to catch players doing things right more than they catch them doing things wrong.
 - They avoid using language that is not God honoring to include curse words, put-downs, and negative talk about officials, parents, players, and opponents.
- Serves as a 360 Coach, being intentional about the development of the athletes heart, mind, and body.
- They show respect by arriving on time, preparing well, and ending when they say they will end.
- He/She prays with and for their players on a regular basis.
- Coaches will promote discipline and offer grace. i.e. The coach should always care about why the player is running behind and not just the fact that they are late.

Athletes

- **Stay Positive**
Avoid any negative joking or tearing down of teammates and opponents. We will compete together by building one another up.
- **Be Early & Transition Fast**
We want to make the most of our time together so it is your responsibility to be ready, and transition quickly between activities as a way of showing respect to your teammates and coaches.
- **Live out our values** of integrity, serving, teamwork, and excellence.
- **Actively look for ways to serve others.**
- **Be an active participant** in Team Huddles.

PARENT PARTNERSHIP

Parents

- **Stay Informed and Keep Coaches Informed**

We will use Stack Team App to communicate as a team. Please check it regularly, keep your contact information up to date and update your players availability for all team events.

- **Be Early**

We will work hard to help players lead throughout practice. All players being ready to go on time makes this process easier and helps us teach the league values to every athlete.

- **Cheer but not Coach**

Please do not coach from the sideline during games. There are multiple reasons for this but the number one is that your athlete will enjoy the game more when they know that you are enjoying watching them play. Coaching from the parent's sideline creates a feeling of disapproval even if the goal is simply to help.

- **Recognize and applaud behavior that demonstrates our values** of integrity, serving, teamwork and excellence.

- **Serve as a role model** speaking with respect and acting courteously toward coaches, refs, parents, opponents, and spectators.

- **Stay positive in word and action controlling our emotions** even when mistakes are made by players, refs, coaches, and others.

- **Actively look for ways to serve** others through generosity and encouragement.

COMMUNICATION

STACK TEAM APP

The Stack Team App will be the primary tool for communication for league-wide and team specific information. Be sure to download the app today!

Apple: <https://apps.apple.com/us/app/stack-team/id1418730257>

Android: https://play.google.com/store/apps/details?id=com.teamapp.teamapp&hl=en_US&gl=US

From the League Director

- Changes to game or practice schedules due to weather or facility situations.
- Updates to upcoming events (picture day, awards celebration, etc).

From the Coach

- Availability to parents after a game to answer questions that a parent or player may have.
- Team related announcements or requests.

From the Parents

- Player availability updates using Stack Team App.
- Any questions are welcomed as we partner together throughout the season to create the best sports experience possible.

CONFLICT RESOLUTION- HONORING EACH OTHER THROUGH MATTHEW 18:15-19

During a season conflict and disagreements will occur. That is ok and normal. How we handle the conflict together is very important in honoring one another.

1. If someone inside our league environment wrongs you, go talk to them in private. This gives all parties a chance to resolve the problem quickly without disrupting the team or the work that Christ is doing in and through the team.
2. If this does not solve the problem, we suggest including the coach or assistant coach in the conversation and praying that an outside set of ears will help to bring common resolution.
3. If a solution to the disagreement is still unattainable, all parties should reach out to the League Director to set up a meeting.

PARENT MINISTRY OPPORTUNITIES

Parent Huddles are a great way for parents to grow as disciples of Christ and support each other journey of being a parent of an athlete.

FCA has created Ministry Content to support you as a parent.

Some of the topics covered are:

- Lesson 1: **The Ride Home:** What to Say Right After the Game.
- Lesson 2: **Influence or Idol:** What Should My Perspective Be About Sports?
- Lesson 3: **Coach, Are You Crazy?** Boundaries for Interacting with the Coach.
- Lesson 4: **Did You Say Surgery?** How to deal with painful injuries and broken dreams.
- Lesson 5: **The Golden Rule in Sports:** Encouraging Sportsmanship, Respect and Honor.
- Lesson 6: **On Earth as it is in Heaven:** Prioritizing prayer for your kids.
- Lesson 7: **What motivates them?** Identifying your child's psychological tendencies.
- Lesson 8: **Where Were You?** Why attending practices and games matters.
- Lesson 9: **Lessons Learned from the Bench:** What to say when they don't play.
- Lesson 10: **How Do I Sound?** Why analyze if you are tearing down or building up.
- Lesson 11: **Who Makes the Call?** Deciding when and what your child should play.
- Lesson 12: **Thy Will, Not My Will:** How to raise Kingdom-minded kids.

These resources can be accessed here:

- You Version Plan: <https://www.bible.com/en-GB/reading-plans/33564>
 - From your cell phone, download the You Version Bible app.
 - Open app and choose "Discover" to search for "FCA Parent"
 - Open "A Biblical Approach to Parenting Your Athlete"
- FCA Resources: <https://fcaresources.com/ministry-tool/ministering-parents>