

NEW LIFE
STORM
ATHLETICS



2025-2026 PARENT HANDBOOK

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Welcome to Storm Athletics!

Dear parents,

We are so honored that you have chosen to send your child to New Life Camp and Storm Athletics this season. We are going to take great care of your child physically, emotionally, and spiritually. We hope that your child has the time of their lives and makes memories that they will never forget. More importantly, we pray that your child will experience the love of God through our fine staff and volunteers.

This handbook is being provided to inform you of things you need to know as this season begins. There are other guidelines we use per the NCHEAC conference and NFHS sport rules that are provided for scholastic sports competition.

Storm Athletics relies on families taking on assignments during games. This program will only be as great as the commitment of our parents to pitch in. We hope that this handbook is helpful to you and that you have a wonderful season, too. Again, thank you for choosing New Life Camp and Go Storm!

Battle Watkins

Athletic Director

Wesley Jones

Assistant Athletic Director

NLC-Storm Purpose

1. Purpose of New Life Camp - New Life Camp exists to love, accept, and introduce children and their families to Jesus Christ and equip them to live lives that glorify God.
2. Purpose of Storm Athletics - To provide athletes an opportunity to pursue excellence in sports for God's glory.

There will be opportunities to:

- a. Encounter Jesus Christ.
- b. Be disciplined.
- c. Develop character.
- d. Learn what it means to be part of a team.
- e. Be enabled to walk out their faith in the context of competitive sports.
- f. Pursue excellence for the glory of God.

Program Overview

Depending on coaching availability and player interest, Storm Athletics may offer the following team/program in each sport: developmental, middle school, junior varsity, and varsity. Each one will try to accomplish different goals as follows:

Developmental Team:

1. Discipleship
2. Focus on skill development and basic concepts
3. Prepare players to play on a competitive team the following year.

Middle School

1. Discipleship
2. Focus on skill development and introduce fundamental concepts
3. Compete for a Conference Championship
4. Prepare for JV

JV

1. Discipleship
2. Sharpen skills
3. Focus on improving fundamental concepts and skills
4. Introduce competing at a high level and increase athletic IQ
5. Compete for a Conference Championship

Varsity

1. Discipleship
2. Sharpen skills
3. Continue teaching fundamental concepts and reads
4. Focus on competing at a high level and increase athletic IQ
5. Compete for a Conference Championship and in National Tournaments
6. Aid and guide athletes who are looking to play in college.

Program Unity

Parents who are loyal to the program and to the purposes of New Life Camp are one of the keys to our ministry (Ephesians 5:21).

1. Complaining, negativity, and gossip will is not helpful. Ephesians 4:29
2. Be a cheerleader for your team. When the team succeeds, you succeed.
3. Be flexible, ready to change the plan, creative, open to new ideas, and selfless.
4. Forgive, because He forgives us.
5. Know your role and don't step beyond it.
6. Pray for each other.
7. Treat people right.
8. Keep sports in the proper perspective.

General Guidelines for Games

1. We must go beyond sportsmanship to being set apart in the athletic world.
2. Remember that the game is about athletes, not the adults.
3. Cheering should be positive for our team, not against anyone else, opponents/officials.
4. Remember that the most important game is still just a game.

Athletes and Managers Rules and Information

General Rules of Conduct for Players

1. I will not drink alcohol or take drugs of any kind; (Players found to be using drugs or drinking will be terminated immediately from the team.)
2. I will always treat the coaching staff respectfully.
3. I will play my particular sport as a part of a team knowing my role may not include playing time, starting, a specific position, etc.
4. I will be courteous and respectful to my teammates and their parents.
5. I will be respectful in public and display good character as I represent the NLC Storm Athletics program, as well as Jesus Christ.
6. I will abide by pre-game and post-game dress code provided.
7. I will not participate in any horseplay or extreme activities which may injure my teammates, myself or any other people associated with NLC Storm Athletics.
8. I will be respectful of camp property and understand that it is a privilege to participate in Storm Athletics and in the facilities provided. I will be responsible for my own actions.
9. I will be positive and play to the best of my abilities regardless of the score or situation.
10. I will follow these RULES OF CONDUCT and I understand that if I fail to comply with these rules, I may be removed from the Storm Athletics program.
11. I make a pledge that when I participate, I'll be focused on playing my sport and supporting my coaches and teammates.

Dress Code

1. Practice
 - a. Purpose of the dress code.
 - i. The dress code is not used to emphasize outward appearance, but rather to take attention away from outward appearance and show Storm Unity.
 - ii. The dress code is used to teach the value of modesty and appropriateness.
 - b. Players' clothes should not have any inappropriate words or depictions.
 - c. Female Players
 - i. Shorts, Skirts, and Dress
2. Shorts: a 4-inch inseam and modesty to guide when rolled up.
 - a. Skirts and dresses should be at least near knee-length.
 - b. Tights and spandex do not change the above rules.

- c. If wearing leggings, shirts should cover the butt.
- 3. Shirts
 - a. Shirts should be chosen with the active nature of sports in mind.
 - b. A player's stomach or lower back should never be visible.
 - c. Undergarments should never be visible.
 - d. Players should not wear anything strapless.
- 4. Clothing is too tight when the outline of the undergarments can be clearly seen.
 - a. Necklines should be modest.
- 5. Male Players –
 - a. Shorts
 - i. Shorts should be at least fingertip length.
 - ii. Shorts should not sag and a drawstring used if necessary.
 - b. Undergarments should not be visible.
- 6. Uniforms
 - a. During Games (the uniform should be worn as is intended for play and by the rules thereof.) Wear all parts of the uniform provided by NLC Storm.
 - b. Spandex shorts
 - i. White spandex shorts must be worn with white uniform.
 - ii. Spandex shorts are not necessary with black, but if worn must be black.
 - c. Under shirts or tank tops – must match the color of uniform (white with white,
 - d. black with black)
 - e. Socks – the entire team must wear the same color socks per sport as needed.
 - f. Headbands, wristbands – if worn, must match all players.
 - i. Sleeves and the like should be worn for medical reasons/cleared by coach prior.
 - g. Uniforms should be returned by awards night for each season washed and labeled. Failure to turn in a uniform will include being fined \$250 to pay to replace the uniform and a hold put on the family NLC account limiting future programs.
- 7. When players practice, travel, and compete, each is a representative of NLC and the Storm Athletics program and must follow all rules and guidelines. Failure to do is grounds for suspension of participation in practices and/or games, or dismissal from the Storm Athletics program.

Social Media

Players and Parents should not use social media in any way that is harmful or negative towards their team, their opponents, the Storm program, or NLC.

Violation of this could include a warning or dismissal from the program.

Parent Rules and Information

Parents' Role

Parents play an important role in the development of a successful athlete:

1. This program is intended to be a family-oriented program.
2. Parents must be a positive influence on the Storm experience.
3. It is imperative that parents speak and act in a positive and Christ-like manner throughout the season including games, practices, and tournaments.

Parental Concerns

1. New Life Camp will Not Allow Coaches or Players to be verbally criticized by parents in Storm events and public settings.
2. Parents with concerns should address them using the following guidelines.
3. Players should attempt to address coaches first without the involvement of parents to allow the player to communicate well and grow in self advocacy
 - a. When this is not possible or effective, parents should set up an appointment to meet with the coach to address concerns. It is not appropriate to do this immediately preceding or following a game or practice.
4. Complaints should not be discussed among players or other parents without an immediate plan to address it with the coach.

After discussing the concern with the coach by setting up a meeting or phone call, the Athletic Director can be contacted (bwatkins@newlifecamp.com) if another meeting is needed to help resolve the situation.
5. The Programs Director or Executive Director should not be contacted unless the Coach and AD have been contacted and met with previously. If there is no resolution to the concern, the family reserves the right to withdraw the player from the Storm Athletics program.
6. Parents must make every effort to refrain from criticizing or making any negative comments towards their child, teammates, coaches, opponents, officials, or other parents throughout the season. Focus on what you can control, which is what your student athlete learns about life from their athletic opportunities
7. Attempts to further press personal views or push any issue publicly or privately will be deemed outside the parameters of the parent/player contract and could be cause for removal of the relevant child from the roster. In the case of such a removal from the roster due to a parent's behavior on texting, email, social media, etc., a prorated refund for the games not played will be offered.

8. Parents and Players can receive an initial Warning if part of the Contract or Guidelines are broken and immediate dismissal is not appropriate. This would be issued from the Athletic Director after a meeting to discuss the current issue. If the issue continues or another situation arises, it could create a removal from the program.

Family Assignments

Our expectation is that parents will play their part in this ministry and get involved by serving on a weekly basis in at least one of the following ways:

- Scoreboard Operators
- Scorekeepers
- Team Parents
- Setup and Cleanup Opportunities
- Concession Stand or Gate Pass
- Sport Specific Roles

Please be mindful that the team parent or NLC Staff member will assign you a role each week or every other week, and it is your responsibility to read and watch the given materials, and either fulfill the assignment or ask another parent to switch with you. Parents who don't participate consistently will receive a warning from NLC staff.

Communication with Coaches and Storm

Parents should communicate early with coaches if there are days when players must miss practices or games due to family emergencies, health situations, or life events. If there is an injury during or separate from a Storm event, please let the coach know and work together on a plan for recovery and normal participation. NLC and Storm are partnering with Wake Orthopedics for sports medicine needs and support. A concussion protocol has been established for players to follow and is posted to the Storm website. Storm will support players and families on their return to play protocol.

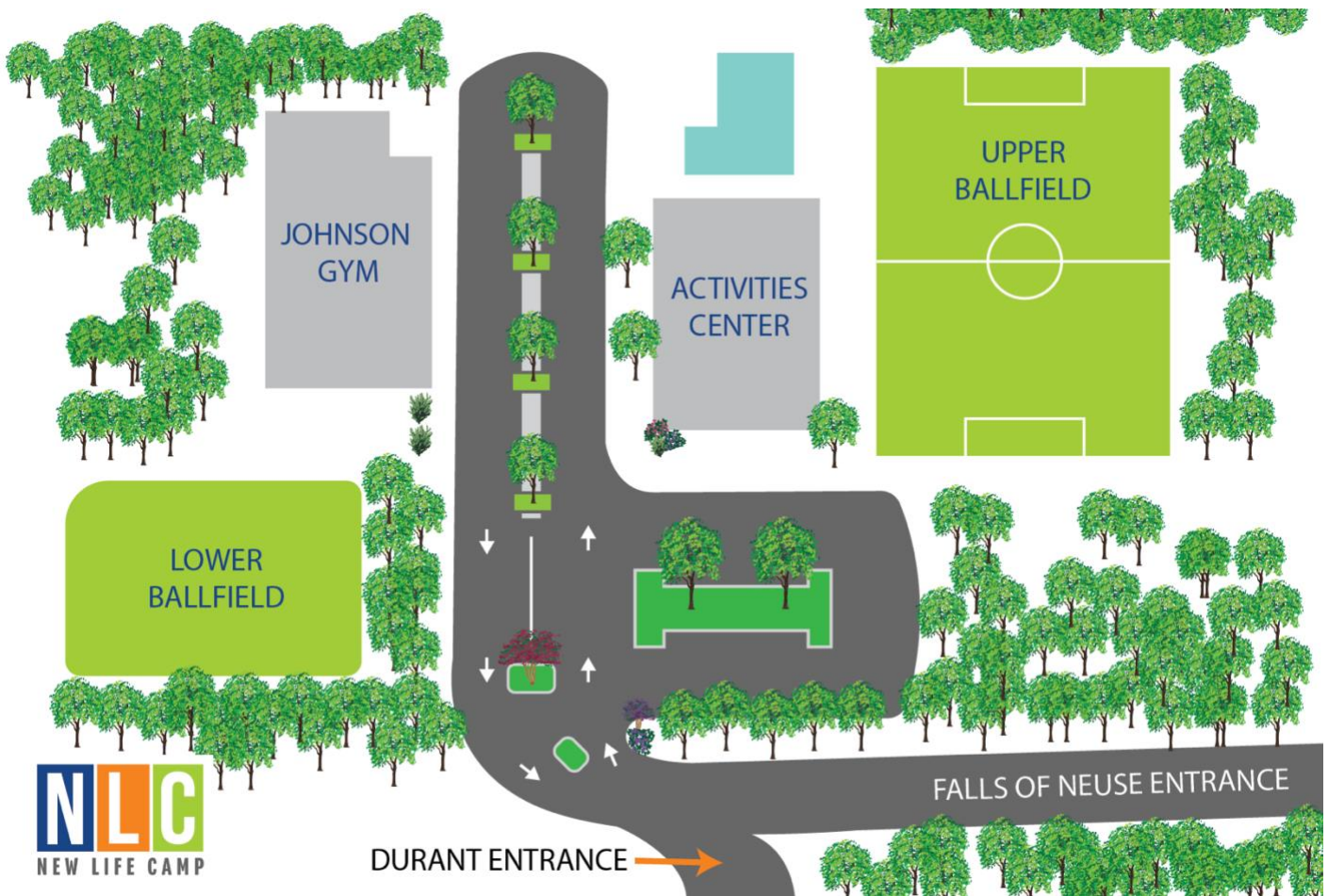
Tips for Being a Good Sports Parent

You do not have to look far to read about or hear about out-of-control disputes at youth sporting events. In so many leagues, the parents are a problem rather than a help. We desire for our program to be the opposite. A good parent might not only take interest in their own child's success, but also in the success of their teammates. We're looking for excellent parents who will take such ownership in the program. This is your program. These are your teams. These are your players. What role will you play? Here are some tips:

1. During games and practices, let the coaches do the coaching. You cheer. What you desire for your child might contrast with what the coach wants for the team.

- a. No league, from rec leagues to the NBA, has teams with equal talent on all teams. There may be a team that wins every game, and there may be a team that loses every game.
 - b. Facilitate a healthy desire to win while allowing your children to lose. Fear of failure will develop a fear to try.
 - c. Assist your coach if your child's behavior is not appropriate.
 - d. Communicate to your coach anything that may help them serve your child better.
- 2. Do not handicap your child by teaching them how to make excuses and blaming others. Instead, support the coaches and referees at home to teach respect for authority.
- 3. Emphasize sportsmanship.
 - a. Encourage other parents to check their over-competitiveness.
 - b. Get to know as many other parents as possible from your team.
 - c. Have a sense of humor.
 - d. Have fun and allow everyone else to do the same. Allow your children to see that you are having fun. That will take pressure off them.
 - e. If you have a complaint or suggestion, wait at least 24 hours to talk to a coach.
 - f. Life is hard. Realize that teaching your child to lose gracefully is just as important, if not more important, than teaching your child how to win gracefully. Some teams will have more opportunities to teach losing gracefully than others. Take advantage.
 - g. Listen to what your child thought about the game before giving your opinion.
 - h. Ask your child if they want your opinion and be prepared to receive a no.
 - i. Make this experience about the players and not about your ability to parent the next superstar.
 - j. Model appropriate behavior for not only your player on the court but also for the children who are sitting around you in the bleachers.
 - k. Receive your child equally after wins and losses.
 - l. Remember that sports are games and games are for children. Let the children play and don't stress them out.
 - m. Say nothing to coaches and referees during or immediately after games except for encouragement.
 - n. Teach your kids about commitment by having them at practices and games consistently.
 - o. Volunteer for the success of your child's team.
 - p. Team sport is a great classroom for life. Allow God to teach your child life lessons.

New Life Camp Map of Facilities



Other Programs Offered at New Life Camp

Go to <https://newlifecamp.com/programs/> to find out more about these programs and register:

- **Family Bible Lessons** – these are monthly online lessons from September-April that you can do as a family at home. Not only can you learn about the Bible together as a family, your children ages 8-18 can earn a discount off of next year's summer camp by completing them.
- **LEARN** – LEARN is our program for home-schooled children that supplements what parents are teaching their children at home. There are two branches: Clubs for ages 4-13 that give children a taste of learning experiences and Academics for grades 6-12 that focus more on course work in a classroom setting.
- **Saturday Night @ Camp** - Get a taste of camp by coming to SN@C. Children are divided into three groups: kindergarten, elementary, and middle school. Supper is provided for all, and each group will review the biblical theme we learned during summer camp. This also is a great opportunity for a parents' night out. This event takes place in November, December, March, and April. (Ages 4-14)
- **Sports Skills Training** – These training sessions are provided for beginners up to Varsity players who want to improve their game during the off-season. (Ages 8-18)
- **Retreats** – these are opportunities throughout the year to squeeze a week of the camp experience into a weekend. There are separate retreats offered in the fall and winter seasons for elementary school, middle school, and high school students (Ages 8-18)
- **Sports Camps**- volleyball, soccer, basketball in the spring and summer open to boys and girls of varying ages. Updated each year on our website.