

INTRODUCTION

The EVAC coaching packet provides EVAC volunteer coaches with a clear understanding of their responsibilities to EVAC as a whole, to individual players, to parents and to the EVAC Board. Questions that arise during the course of a season that are not covered in this packet will be referred to the EVAC Athletic Director for resolution.

East Valley Athletes for Christ is a non-profit organization that exists to provide home school youth an opportunity to compete in athletics in a Christ-like fashion. EVAC coaches must apply for this volunteer position and be approved by the EVAC Board. EVAC coaches serve at the pleasure of the EVAC Board and may be dismissed by the EVAC Board if the coach does not adhere to all areas of this coaching packet.

EVAC encourages high level athletic competition by all coaches and players in practice and games. This competition is not a “win at all costs” philosophy rather an attitude of sportsmanship, intensity, spiritual humility and a Christ-like attitude. Coaches are expected to do their best to prepare teams to give 100% effort, use strategy, play by the rules and present themselves in a manner that honors Jesus Christ on and off the court or field.

The EVAC Board realizes the tremendous sacrifice our volunteer coaches make for our athletes. One of the goals of the Board is to provide guidance and oversight but not to interfere with the coach’s freedom to coach during practices and games. Coaches are expected to be an example for players in character and spiritual growth. Coaches are encouraged to engage in Christian devotions when time permits and prayer before and after practices and games.

EVAC competes in the Canyon Athletic Association and will adhere to their constitution and rules at all times during the season.

ALL EVAC FORMS REFERENCED IN THIS PACKET WILL BE AVAILABLE UNDER DOWNLOADABLE FILES ON
WWW.EVACSPORTS.ORG

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EVAC Mission/Vision/Values

Mission Statement: East Valley Athletes for Christ (EVAC) is an association of homeschool families dedicated to exemplifying Christ while participating in athletic competition. It is the goal of EVAC to encourage the hearts and minds of the participating homeschool youth in the love and likeness of Christ.

Vision Statement: At EVAC, we strive to create confident and compassionate homeschool students through competitive interscholastic and homeschool athletic activities. We are a vibrant community of homeschool families from the East Valley of Arizona where the love of Christ infuses every interaction and endeavor.

Core Values (How we do it):

- **Exemplifying Christ:** Rooted in our mission and statement of faith, we participate in athletic competitions to exemplify Christ and do everything "for His glory." To achieve this our families, coaches, directors and other leaders involved with EVAC aim to act and speak in such a way that brings glory to God and inspire our student-athletes to do the same. The values of teamwork, sportsmanship, humility, respect, encouragement, enthusiasm, and friendship can be applied on and off the field or court.
- **Building Community:** We desire a strong sense of community among student-athletes, coaches, mentors, and families, recognizing the profound impact of genuine relationships on character and faith. Our hope is that EVAC is a place where lifelong friendships are formed.
- **A Culture of Joyful Volunteers:** We seek volunteers who joyfully serve the Lord, instilling a culture where volunteering is a blessing to those being served and for those who serve. Volunteering is not only a requirement but also a privilege to be cherished. Our volunteer coaches are a special blessing and are a cornerstone to the organization.
- **Balanced Approach:** We embrace the tension of competition with a balanced approach that honors both competitiveness and relationships. We pursue excellence and compete at a high level with integrity, humility, and respect, rooted in love.
- **Sustainable Decision Making:** We're dedicated to ensuring our organization thrives for future generations by responsibly managing sports, teams, coaches, and athlete numbers. Through carefully crafted processes and procedures, we aim to promote sustainable and intentional growth within defined limits, inspiring other communities to emulate our model and establish similar organizations

***Updated May 2024*

EVAC Code of Conduct

(Gal 5:22-25 NIV)

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law. Those who belong to Christ Jesus have crucified the sinful nature with its passions and desires. Since we live by the Spirit, let us keep in step with the Spirit. God has sent His Spirit to dwell in those that have put saving faith in Jesus. For this reason, Christians are privileged with an intimacy of deep relationship with God and have power to live victorious and fruitful lives as we live by the Spirit. Attitudes or behaviors that are contrary to these fruits of the Spirit are not of God. These sins reveal an opportunity and need for us to grow in faith and freedom. Therefore, the EVAC Board of Directors reminds all EVAC players, parents, coaches and fans to apprehend the grace that God freely provides and walk by the Spirit. There is no place for anger or rebellion at our events. Coaches, referees, players, volunteers and others should be treated with the highest respect and kindness. The EVAC Board expects at least the following standards of conduct:

- 1) Parents and fans should be supportive of players by positive cheering. Parents and fans must not show public disagreement with coaching or refereeing. Parents and fans must not make disparaging remarks toward other teams, their coaches or fans.
- 2) Coaches and Players must graciously accept all calls by referees. Where protest of a call or noting unfair play by opponents is allowed, proper protocol must be followed.
- 3) Coaches and Players must maintain an attitude of humility on and off the courts and fields. The standard as we relate to each other and other teams is: Do for others as you would have them do to you.
- 4) Coaches must maintain self-control and treat players with dignity and respect.
- 5) Parents ***should never give instructions to their daughter/son*** during a game, scrimmage, or practice. If a player is listening to their parents in the stands, then they are not paying attention to the game or coach.
- 6) The coach will not answer the question, "Why is my daughter/son not getting playing time?" A better approach would be, "How can I get more playing time?" from the ***player*** to the ***coach***.
- 7) When any of these standards are broken, there should be an attitude of humility and repentance. The goal is restoration and reconciliation so that we may be in right relationship with each other and those outside EVAC.
- 8) Finally, all we do and say should bring glory to Jesus.

Violations of the EVAC Code of Conduct

Violations of the EVAC Code of Conduct will be judged and managed by the person most directly in the line of authority to the violator. Coaches and parents are the authority in situations that involve players. Coaches must report to the EVAC Board of Directors all formal disciplinary actions taken by referees against players, coaches, or fans. Situations that are especially egregious or that are brought to the attention of the EVAC Board of Directors by an EVAC member will be judged and managed by the Board of Directors.

- First offense – warning, discussion with coach, coordinator, and/or AD*
- Second offense – one game suspension*
- Third offense – Board review, possible season suspension*
- Appeal process*
- Including but not limited to these actions*

***Updated May 2024*

Statement of Faith

We believe the Bible is the inerrant, inspired Word of God and that it is our final authority in all matters. **(2 Timothy 3:16-17 – II Peter 1:20-21)**

We believe God is a person, eternally existing as the Trinity in unity – Father, Son (Jesus Christ), and Holy Spirit – three persons, one God. **(Matthew 26:19 – I Corinthians 8:6)**

We believe in Jesus' virgin birth, sinless life, miracles, and atoning death through His shed blood and His bodily resurrection. **(Luke 1:30-55 – John 1:1-15)**

We believe man was created in the image of God; but fell into separation from God through sin, bringing death to all men. **(Genesis 2:16 – Genesis 3:16-19 – Romans 5:12 – Romans 3:10-23 – Romans 6:23)**

We believe that God creates each person as male or female. These two distinct, complementary genders together reflect the image and nature of God. **(Gen. 1:26-27)**

We believe God ordained marriage to be the union of one man and one woman. **(Genesis 2:24)**

We believe salvation is a free gift from God for "whosoever will call upon the name of the Lord." It is by the grace of God, through faith, not any works of any man. Salvation is received through faith in Jesus Christ and His finished work. **(Ephesians 2:8-9 – Acts 16:31)**

Starting for the 2024/2025 seasons, **new** families joining EVAC must read and **agree** to our Statement of Faith.

Agreeing to the Statement of Faith differs from our previous eligibility guideline of reading and acknowledging the Statement of Faith, in that the athlete's family has read, understands, and lives by a Christian faith that aligns with and agrees with the EVAC Statement of Faith.

Households who were part of EVAC **prior to** the upcoming 2024/2025 seasons are not required to read and agree to the Statement of Faith. However, they must still read and **acknowledge** that the organization's leadership is guided by the Statement of Faith, Mission, Vision, and Core Values. These principles will be intentionally integrated into all aspects of our organization.

I, the undersigned, **if new to EVAC have read and agree** to the above statement of faith as outlined or if I have been a part of EVAC **prior to 2024/2025 continue to acknowledge** EVAC's organizational leadership guidelines as outlined above.

EVAC Eligibility Requirements

Statement of Faith

EVAC is an intentionally Christian organization. Our mission, vision, and core values are rooted in our Statement of Faith. As of June 1, 2024, new families must read and agree to the Statement of Faith. It's crucial not only because we're a Christian organization, but also because it guides our leadership, operations, and community. Agreeing to the Statement of Faith means the athlete's family has read it, understands it, and lives by a Christian faith that aligns with it.

The EVAC statement of faith can be found on <https://www.evacsports.org/who-we-are>

NOTE - Households who were part of EVAC before June 1, 2024, are not required to read and agree to the Statement of Faith. However, they must still **read and acknowledge** that the organization's leadership is guided by the Statement of Faith, Mission, Vision, and Core Values. These principles will be intentionally integrated into all aspects of our organization.

Age Requirements:

1 - High school players must *not* be 19 years old on or before September 1st, for the season of play.

2 - Junior high players (5th – 8th grade) must *not* be older than 14 years old on or before September 1st, for the season of play.

Education Requirements:

EVAC is a sports association for homeschooled students. A homeschooled student is defined by Arizona Revised Statute (ARS) 15-802 as a student who attends a nonpublic school conducted by the parent, guardian, or other person who has custody of the student, or nonpublic instruction provided in the student's home.

Clarifications:

Dual-enrollment classes taken by high school students at colleges or technical training programs do not interfere with EVAC eligibility.

Pursuant to state law, virtual charter school students (public-school-at-home) are not homeschoolers.

Hybrid private schools in which students attend both on campus and at home part-time (e.g., 3 days and 2 days) are *not* considered homeschoolers.

While legally distinct from traditional homeschooling, ESA (Empowerment Scholarship Account) contract students who are homeschooled are eligible for participation in EVAC.

Parents must be able to submit an Arizona homeschool affidavit or ESA contract to homeschool upon request.

Homeschool education is distinct from other school options because the educational experience is directed by parents, and it is the parents who issue the diploma.

***Updated May 2024*

Academic Requirements:

If requested, parents must be prepared to:

- 1 - Verify the student-athlete is passing current classes
- 2 - Submit a current schedule of classes or course of study

WEBSITES

EVAC Website - major updates on-going, soon to be primary source of information

<https://www.evacsports.org/>

CAA site where I get administrative info: <https://azcaa.com>

- Constitution is on that page: <https://azcaa.com/about/members/constitution/>
- Also Coaching resources, certifications, sport rules, etc. on that main page.

CAA preps: <https://azcaapreps.com>

DKC Rankings: <https://www.dkcomm.net/dkcrate/hs/>

CAA Cross Country and Track and Field: <https://www.athletic.net/team/73878/>

CAA RULES HIGHLIGHTS

- JH students (7-8th graders) CANNOT compete in 2 seasons of the same sport in the same school year. I.e. JH students cannot play the JH season and then the HS season.
- JH students cannot compete on HS Varsity teams without CAA approval for roster numbers hardship.
- JH students (7-8th graders) can compete on HS JV teams but an appeal process must be followed with the CAA. EVAC prefers JH students compete on JH teams unless there is a roster number hardship. JH teams are the building blocks for our future.
- Site Supervisors will be assigned for home games - look for them to assist with "issues" whether it be roster, behavior, etc. They will be like the stand-in AD's.

COACH REQUIREMENTS

- Email from Admin with the list of required classes, CAA requirements
 - Please contact admin or AD if you have not received this.
 - Please complete your Gamesource/Coach registration prior to first practice if possible, mandatory by first game.
- Head coaches get fingerprint card, Asst coaches get background check
- Asst coaches selections - still have EVAC application and requirements, check with AD/Coordinator before final selections are completed
- Team parent selection
- Communication with your team families, over communication is ENCOURAGED
- Coach meeting with parents at season start

- Coordinate Senior Night with Josh and Amber Lindsay events@evacsports.org as applicable for your team

UNIFORMS

- Board committee led by Jim and Yvette Marker / ymarker@cox.net
- Practice shirts - working on a process, for now under AD (Jason and Kerri Fender)

FACILITIES

- Board committee led by Brent & Allison Frazey / abfrazey@gmail.com
- Field scheduler Lisa Keller / kellerslife@gmail.com, Rebecca Tresler Rebecca.tresler@gmail.com
- Court scheduler Kristin Law (Games only) / krislaw@gmail.com
- Mesa Baptist Church is EVAC's new HOME location for court sports
- Practice gyms to be scheduled at MBC and other gyms - Work with Facilities Committee to schedule.
- Fields are scheduled for both games and practices through Field Scheduler and Facilities committee

BUDGET

- Board committee led by Barry Kutz
- Need to determine the roster size - this is key determinant for budget
- Practice gym times to be agreed upon with Barry, Facilities, Coordinator
- Equipment needs to be communicated with Equipment Board Committee

OTHER BB RELATED INFO

- Western District Regionals Basketball Tournament, 2025 dates TBD
- Homeschool Nationals, earlier March 10-14, 2025
- March Gladness, March 2025

“Two Deep” policy
EVAC Child protection policy

All head or assistant coaches:

Purpose: Guideline to help protect ourselves and athletes from potential exposure to harm.

Primary goal: Remind coaches that we do not want EVAC coaches to be alone one-on-one with an EVAC athlete at any time while on location of an EVAC practice or game.

In order to avoid this situation, we ask that as athletes are arriving or leaving you ask parents to please help you. We want them to stop and check before they drop off a child that there are others present, and likewise when picking up to make sure they are not leaving you with just one athlete.

For example: If I arrive to pick up my child from basketball practice, and I notice there is one other athlete waiting for a parent, I offer to wait with the coach until that parent arrives. Please ask a parent to help you in this way.

Next, we realize that in EVAC many of us are “family friends” and often coaches will transport athletes to and from events. We are looking at developing a release for a parent who might ask you to transport their child stating that you are a “family friend” and have permission to do so. Until then it would be wise to be sure that we think of it this way:

1) Before, during, and after practice while onsite of a practice or game you are a coach and should use the “two deep policy”.

2) While traveling to and from practice or games you are a “family friend” if you are transporting an athlete.

Dual Roster Guidelines

The purpose of this document is to guide the A.D., Sports Coordinators, coaches, and ultimately EVAC board in managing the team roster in the occasion of a player number shortage on any given EVAC team where dual rostering is allowed by the CAA. Guidelines can be followed for Junior High or High School teams.

REGULAR SEASON

Dual rostering should not be “best practice” during regular season but could be considered and executed under the following circumstances:

1) Either one or both of the (JV and Varsity) teams have such a low number of players, that extended injuries could affect their ability to continue to compete mid season.

- At the time of tryouts these potential players names would be named to both official CAA rosters (per parental approval).

- These players would at no time leave their designated team except for the following:

2) A team is short players due to the extended illness, injury, or absence of original players.

- e.g. season ending or long term injury/illness

If the head coach of a team believes a player is needed for one of the above circumstances, the coach will immediately contact the Sport Coordinator/ AD to discuss the circumstance.

If the situation appears to meet the above criteria, the AD and coach will approach the second (sending) coach about the potential dual rostered player.

If agreement is found, the A.D, and both coaches will agree on and document the period of time the player would be used as well as which team would take priority for the dual rostered athlete.

- At this time the player and parent or guardian would be approached about the opportunity.

3) At time of rostering, if JV/Varsity are low in numbers (as stated in #1) it could be decided an athlete will dual roster for the entire season following these guidelines:

- a primary team will be named at rostering and athlete will not miss any practices/games for this primary team.

- if the athlete’s schedule allows, she/he will attend practices and dress out for the “other team.

- Sports Coordinator/AD will work with coaches to assure that both teams have the personnel necessary to benefit the team as a

- whole and have the freedom to make special considerations for tournaments, specific games or post season.

POST SEASON

At the coaches discretion per notification of the AD, dual rostering may take place during post season for the purpose of strengthening a Varsity team using the same guidelines as above.

GAMESOURCE Instructions for EVAC Coaches

ALL games, practices and events (team parties/dinners, photos, etc) should be entered into GameSource.

- The games automatically feed from the CAA once they are scheduled. Any change to a game location, time, etc will automatically feed right in (with a text alert to everyone)

Login to Gamesource: <https://app.gamesource.io/dashboard.php>

If you are a parent AND a coach, you will have a Parent Dashboard and a Coach Dashboard. To toggle between the two (your access for various elements is different):

- Go to the top right where your name is. In the dropdown menu click on "Security Roll" and you can choose Coach or Parent.

Coach Tasks: Always check your tasks to see if there are any scores to enter, or anything else that is there. You can also assign tasks here (players/parents to turn something in, team mom to send out something, etc)

Calendar: Scroll down and you will see the calendar. Games will be automatically loaded into your team calendar as they are scheduled through the CAA.

- It is preferred that you subscribe to your team calendar(s). Scroll down to see a calendar. If you subscribe, this will feed all your games/events to your personal calendar.
- The subscribe button is to the left of the Month/Year, to the right of where it says Today.
- There are Android and MANUALINSTRUCTIONS as well. Please click on whatever calendar source you use (i.e. Google, Apple, Samsung, etc).
- There is a way for you to manually import into whatever online calendar source you have. This will then automatically update your personal calendar with all games, practice, events as well!
- If you are also a parent, on your main Parent Dashboard this will have ALL of your family athlete's games/events when logged into that calendar).

Add Team Mom: Scroll past team info/tasks section. Above the calendar there are tabs, and the Team Admin tab is above the Month.

- Click on that tab, and then to the right you can click "Add Team Admin."
- A drop down menu will pop up and you can choose the team mom from the list. She will then have many, but not all, the capabilities you have.

Send an email to the team: (Team moms have this capability as well)

- Scroll down and you will see the Calendar. Above the Month/Year, a little to the right, you will see an "Add Event" and "Message" button.

- The Message will bring you to a screen to send out an email to everyone on the team (coaches, parents, athletes). You can choose to send to all those groupings, or uncheck (on the right) any group, or even x out individual email addresses if you would like.

Add a practice or event: (Team moms have this capability as well)

- Scroll down and you will see the Calendar. Above the Month/Year, a little to the right, you will see an “Add Event” and “Message” button.
- To add an event (practice, party, photos, etc) you can either click on the date on the calendar, or click “Add Event.” This will bring up a new window where you will put all the event information.
 - a. Name of Event
 - b. Date, Start and End Time (must have all 3 of these filled in)
 - c. Repeats – if this is a practice, this is where you will click yes. Then put in frequency (probably weekly) and until when (end of season).
 - d. Site Type – **FOR PRACTICES** (at locations other than Legacy Sports Complex), choose **CUSTOM** (**not** Game/Practice – Game/Practice only has locations where games are held).
 - e. The first time – Click “create new” (Once you put in your new custom location, it will be on your custom dropdown menu in subsequent event additions). Put in all info and click save.
 - f. An email will go out when you put in a new event OR make changes to any event.

Add position/jersey numbers: (Team Moms have this capability as well)

- Click on the Roster tab.
- Under the Action column on the far right, click on the 3 vertical dots, and click Edit.
- It will bring up a window with a position field and uniform field. You only need to put the uniform number in, unless you want to list the positions.

Submitting a Score (Required – home games only)

On your dashboard, the scores that need to be added will be there on the right side. Just click into that game.

- Please enter the score within 24 hours of your home game.
- There is a section where the score is entered to rate referees. If you have positive feedback please feel free to list it or rate the referee. Any time we can do this is helpful to the CAA
- **Negative feedback:** If you have negative feedback for a referee please contact the AD before entering the score - or send your referee rating/comments to the AD to enter on your behalf.

For Best View on Your Phone: While there isn’t an “app” per se, it functions VERY well on phones, with easy access and snapshots of all of your athlete’s events in one place. To do so, go to the website and login on whatever browser you use **ON YOUR PHONE.**

- **Android/Chrome:** Once on the site, click on the upper right of your browser for a dropdown menu and click “Add to Home Screen.

- **iPhone/Safari** – Once on the website on safari, click on the share button on the bottom and then click “Add to Home Screen.”

You can then click on the icon on your phone and it will bring you right to your Parent Dashboard, scroll down and your events will be right there.

Note: Also under Roster, you can easily go to this tab to get contact or medical information about any athlete by clicking on their name. You will then be able to view their profile, which includes medical info, emergency contacts, etc.

HIGH SCHOOL and JH CAA SCHEDULES

SPORT/SEASON	REGISTRATION PERIODS	REGISTRATION PERIODS	Schedule Release date	Game can be filed in Gamezone up until:	PRACTICE START DATE	SCRIMMAGE WEEK	REGULAR SEASON COMPETITION START DATE	ROSTER DUE - 28 HOURS PRIOR TO 1st REGULAR SEASON GAME - Roster Deadline to add is listed below:	REGULAR SEASON COMPETITION END DATE	STATE TOURNAMENT DATES
FALL										
Cross Country (r & g)					Week 5 - Aug. 1	Week 8 - Aug. 21	Week 8 - Aug. 21	September 15th	Oct. 24	Nov. 2
Football - Div. 1 (8-man)					Week 4 - Aug. 29. No psh. meet extension period	Week 8 - Aug. 21	Week 9 - Aug. 28	September 15th	Oct. 26	11/2 - 11/16
Football - Div. 2 (8-man)					Week 5 - Aug. 1	Week 7 - Aug. 12	Week 8 - Aug. 21	September 15th	Oct. 24	11/2 - 11/16
Flag Football - Boys					Week 5 - Aug. 1	Week 7 - Aug. 12	Week 8 - Aug. 21	September 15th	Oct. 24	26-Oct
Flag Football - Girls					Week 5 - Aug. 1	Week 7 - Aug. 12	Week 8 - Aug. 21	September 15th	Oct. 24	26-Oct
Soccer - Boys - Div. 1					Week 5 - Aug. 1	Week 7 - Aug. 12	Week 8 - Aug. 21	September 15th	Oct. 24	10/28 - 11/9
Soccer - Boys - Div. 2					Week 5 - Aug. 1	Week 7 - Aug. 12	Week 8 - Aug. 21	September 15th	TBA	10/31 - 11/9
Swimming (r & g)					Week 5 - Aug. 1	Week 7 - Aug. 12	Week 8 - Aug. 21	September 15th	Oct. 24	26-Oct
Volleyball - Girls Div. 1					Week 5 - Aug. 1	Week 7 - Aug. 12	Week 8 - Aug. 21	September 15th	Oct. 24	10/28 - 11/5
Volleyball - Girls Div. 2					Week 5 - Aug. 1	Week 7 - Aug. 12	Week 8 - Aug. 21	September 15th	Oct. 24	10/28 - 11/5
WINTER										
Basketball (BOYS) - Div. 1					Week 18 - Oct. 30	Week 21 - Nov. 20	Week 21 - Nov. 20	11-Jan	February 6, 2025	February 10 - 20, 2025
Basketball (BOYS) - Div. 2					Week 18 - Oct. 30	Week 21 - Nov. 20	Week 21 - Nov. 20	11-Jan	February 6, 2025	February 10 - 20, 2025
Basketball (BOYS) - Div. 3					Week 18 - Oct. 30	Week 21 - Nov. 20	Week 21 - Nov. 20	11-Jan	February 6, 2025	February 10 - 20, 2025
Basketball (BOYS) - OPEN					Week 18 - Oct. 30	Week 21 - Nov. 20	Week 21 - Nov. 20	11-Jan	February 6, 2025	February 10 - 20, 2025
Basketball (GIRLS) - OPEN					Week 18 - Oct. 30	Week 21 - Nov. 20	Week 21 - Nov. 20	11-Jan	February 6, 2025	February 10 - 20, 2025
Basketball (GIRLS) - Div. 1					Week 18 - Oct. 30	Week 21 - Nov. 20	Week 21 - Nov. 20	11-Jan	February 6, 2025	February 10 - 20, 2025
Basketball (GIRLS) - Div. 2					Week 18 - Oct. 30	Week 21 - Nov. 20	Week 21 - Nov. 20	11-Jan	February 6, 2025	February 10 - 20, 2025
Exports					Week 18 - Oct. 30	Week 21 - Nov. 20	Week 21 - Nov. 20	11-Jan	February 6, 2025	February 10 - 20, 2025
Wrestling					Week 18 - Oct. 30	Week 21 - Nov. 20	Week 21 - Nov. 20	11-Jan	February 6, 2025	February 10 - 20, 2025
Combing					Week 18 - Oct. 30	Week 21 - Nov. 20	Week 21 - Nov. 20	11-Jan	February 6, 2025	February 10 - 20, 2025
Cheer and Dance					Week 18 - Oct. 30	Week 21 - Nov. 20	Week 21 - Nov. 20	11-Jan	February 6, 2025	February 10 - 20, 2025
CHES					Week 18 - Oct. 30	Week 21 - Nov. 20	Week 21 - Nov. 20	11-Jan	February 6, 2025	February 10 - 20, 2025
SPRING										
Tennis - (r & g)					Week 23 (Dec. 4)	Week 26 (Jan. 9)	Week 26 (Jan. 9)	January 27, 2025	5-Apr-24	April 8 - April 20, 2025
Golf (r & g)					Week 32 (Feb. 6)	Week 34 (Feb. 21)	Week 34 (Feb. 21)	March 29, 2025	Thursday, Week 43 (April 25)	3-May-25
VJ/Passing League					Week 32 (Feb. 6)	Week 34 (Feb. 21)	Week 34 (Feb. 21)	March 29, 2025	Thursday, Week 43 (April 25)	3-May-25
FLAG FOOTBALL - GIRLS										
Sorfball - Div. 1					Week 32 (Feb. 6)	Week 34 (Feb. 21)	Week 34 (Feb. 21)	March 29, 2025	Thursday, Week 43 (April 25)	April 27 - May 11, 2025
Sorfball - Div. 2					Week 32 (Feb. 6)	Week 34 (Feb. 21)	Week 34 (Feb. 21)	March 29, 2025	Thursday, Week 43 (April 25)	April 27 - May 11, 2025
Soccer - GIRLS					Week 32 (Feb. 6)	Week 34 (Feb. 21)	Week 34 (Feb. 21)	March 29, 2025	Thursday, Week 43 (April 25)	April 27 - May 11, 2025
Soccer - CO-ED					Week 32 (Feb. 6)	Week 34 (Feb. 21)	Week 34 (Feb. 21)	March 29, 2025	Thursday, Week 43 (April 25)	April 27 - May 11, 2025
Basball - Div. 1					Week 32 (Feb. 6)	Week 34 (Feb. 21)	Week 34 (Feb. 21)	March 29, 2025	Thursday, Week 43 (April 25)	April 27 - May 11, 2025
Basball - Div. 2					Week 32 (Feb. 6)	Week 34 (Feb. 21)	Week 34 (Feb. 21)	March 29, 2025	Thursday, Week 43 (April 25)	April 27 - May 11, 2025
Volleyball - BOYS - Div. 1					Week 32 (Feb. 6)	Week 34 (Feb. 21)	Week 34 (Feb. 21)	March 29, 2025	Thursday, Week 43 (April 25)	April 27 - May 11, 2025
Volleyball - GIRLS - SAND					Week 32 (Feb. 6)	Week 34 (Feb. 21)	Week 34 (Feb. 21)	March 29, 2025	Thursday, Week 43 (April 25)	April 27 - May 11, 2025
Tread & Field					Week 32 (Feb. 6)	Week 34 (Feb. 21)	Week 34 (Feb. 21)	March 29, 2025	Thursday, Week 43 (April 25)	April 27 - May 11, 2025

CAA JUNIOR HIGH SCHOOL TIMELINE - 2024-2025 SCHOOL YEAR (Tentative)

SPORT/SEASON	Registration Opens	Registration Closes	Schedule Release date	Games Need to be scheduled in Gamesource	PRACTICE START DATE	REGULAR SEASON COMPETITION START DATE	Roster Deadline	REGULAR SEASON COMPETITION END DATE	TOURNAMENT DATES
Season 1: August 1 - October 7th									
Boys Baseball	23-Apr	May 17th	Week of July 8th	Aug. 1	29-Jul	Aug. 14	5-Sep	Sept. 26 Thursday	Sept. 30 - Oct. 5
Girls - Volleyball	23-Apr	May 17th	Week of July 8th	Aug. 1	29-Jul	Aug. 14	5-Sep	Sept. 26 Thursday	Sept. 30 - Oct. 5
Coed Soccer - Fall Season	23-Apr	May 17th	Week of July 8th	Aug. 1	29-Jul	Aug. 14	5-Sep	Sept. 26 Thursday	Sept. 30 - Oct. 5
Cross Country (B&G)	23-Apr	May 17th	Week of July 8th		29-Jul	Aug. 31	5-Sep	TBA	Oct. 19th
Swimming (B&G)	23-Apr	May 17th	Week of July 8th		29-Jul	Aug. 24	5-Sep	TBA	Oct. 12th
Season 2: September 25th - December 16th									
Girls - Flag Football				Sept. 23	Sept. 23	Oct. 14	11-Nov	Dec. 5 Thursday	Dec. 9 - 14
7v7 Passing League				Sept. 23	Sept. 23	Oct. 14	11-Nov	Dec. 5 Thursday	Dec. 9 - 14
Boys Volleyball	Aug. 19	Aug. 30	Week of Sept. 9	Sept. 23	Sept. 23	Oct. 14	11-Nov	Dec. 5 Thursday	Dec. 9 - 14
Girls Softball	Aug. 19	Aug. 30	Week of Sept. 9	Sept. 23	Sept. 23	Oct. 14	11-Nov	Dec. 3 Tuesday	Dec. 7
Westing (B&G)				Sept. 23	Sept. 23	Oct. 14	11-Nov	Dec. 3 Tuesday	Dec. 7
Season 3: December 12 - March 4th									
Cheer and Dance Winter Showcase January 18th									
Tackle Football				Dec. 11	Dec. 2	Jan. 6	24-Jan	Feb. 22 Saturday	Feb. 27 - March 8
Girls - Basketball				Dec. 11	Dec. 2	Jan. 6	24-Jan	Feb. 27 Thursday	March 3 - March 8
Flag Football - Boys and Girls	Nov. 4	Nov. 13	Week of Nov. 25	Dec. 11	Dec. 2	Jan. 6	24-Jan	Feb. 27 Thursday	March 3 - March 8
Tennis (B&G)				Dec. 11	Dec. 2	TBA	24-Jan	TBA	TBA
Season 4: March 6 - May 14th									
29-Mar-25 Cheer and Dance State									
Boys Soccer				Mar. 3	Mar. 3	Mar. 17	3-Apr	May. 1 Thursday	May 5 - 10
Girls Soccer				Mar. 3	Mar. 3	Mar. 17	3-Apr	May. 1 Thursday	May 5 - 10
Coed Soccer - Spring Season				Mar. 3	Mar. 3	Mar. 17	3-Apr	May. 1 Thursday	May 5 - 10
Boys Basketball	Feb. 3	Feb. 12	Week of Feb. 17	Mar. 3rd	Mar. 3	Mar. 17	3-Apr	May. 1 Thursday	May 5 - 10
Golf (B&G)	Feb. 3	Feb. 12	Week of Feb. 17	Mar. 3rd	Mar. 3	Mar. 17	3-Apr	May. 1 Thursday	May 5 - 10
Track and Field	Feb. 3	Feb. 12	Week of Feb. 17	Mar. 3rd	Mar. 3	Mar. 17	3-Apr	May. 3 Saturday	May 7 - 10

EVAC UNIFORM PROCESS - for Sports Coordinators/Coaches School year 2024-25

EVAC Uniform Contact: Jim/Yvette Marker

Jim - (602) 803-0087

Yvette - (480) 215-7388

uniforms@evacsports.org

The goal of this process is to have all uniforms ready for the first game of each season. With many of the EVAC teams ordering sublimated, custom jerseys, there is a processing time of at least 3 weeks from ordering them to receipt. To make the order, we need the final roster and confirmation of sizes by a certain date - this is a NO LATER THAN date. If the parents can order earlier, all the better!. If your sport is one that has the custom uniforms, EVAC admin will work with you to schedule tryouts accordingly, and work with the Uniform committee to help meet this goal.

In some cases Sports Coordinators will be the point person between the uniform committee and the teams. Sports Coordinators will then work with team parents/coaches for most team specific uniform matters.

Most uniforms are now ordered online by parents or uniform chair for baseball and varsity basketball.

CUSTOM uniforms are to be paid by the player's family, separate from team fees. This will range from \$30-35/piece (some sports it is jersey only, sometimes it is jersey and shorts)

PRE-SEASON CLINICS, TRYOUTS, ROSTERING

Pre-season Clinics

Many coaches find it valuable/necessary to hold pre-season clinics leading up to tryouts. Holding clinics prior to tryouts allows the athletes to “tryout” EVAC prior to committing. Parents have the opportunity to meet coaches, other parents as well as test out the distance to venues, etc. This time period also allows the coaches/AD to have an understanding of general interest in the sport and prior exposure to who might try out giving them an opportunity to troubleshoot potential areas of concern prior to the tryout period. In the more popular sports with high numbers, pre-season clinics are almost necessary to evaluate all athletes and calculate team sizes.

Please work with your sport coordinator/AD to schedule these clinics in the weeks leading up to your tryouts.

During the period leading up to your clinics/tryouts, EVAC Administration will provide you with updated lists of registrations. Please let the Administrative Assistant know if athletes are showing up and are not on your lists.

Checklist for clinics:

- Plan/Schedule clinics in coordination with sport coordinator/AD
- Submit all details for tryouts to Administrative Assistant for advertisement on website, blasts, and social media. This needs to be well in advance.
- Secure needed equipment for clinics. Email merchandise@evacsports.org for equipment needs.
- Have an organized plan for this event: drills, scrimmaging, communication
- Remind athletes/parents to complete registration.

Tryouts

All EVAC teams must have some sort of clinic/tryout period in order to solidify a potential team. Some EVAC sports have low enough numbers that no athletes will be cut. In other cases, if numbers are high, coaches should schedule a minimum of two tryouts within a week’s period of one another and at least one week PRIOR to the “CAA practice start date.”

- For example, if practices can start on August 1, tryouts should be held and completed a few weeks before -such as by July 15-27th, leaving enough time for coaches to make decisions, notify team members, cut athletes, etc.

During the period leading up to your clinics/tryouts, EVAC Administration will provide you with updated lists of registrations. Please let the Administrative Assistant know if athletes are showing up and are not on your lists. During this period, spreadsheets for each team/age category will be set up and shared with you so EVAC Admin can have accurate data.

PLEASE ALERT YOUR SPORT COORDINATOR/AD TO YOUR POTENTIAL TEAM SIZE ASAP IN THE PROCESS. This is necessary for EVAC Admin to set appropriate team fees.

Checklist for tryouts:

- Plan/Schedule tryouts in coordination with sport coordinator/AD
- Submit all details for tryouts to Administrative Assistant for advertisement on website, blasts, and social media. This needs to be well in advance.
- Secure needed equipment for tryouts.
- Have an organized plan for this event: drills, scrimmaging, communication
- Begin to plan your optimal roster size.
- If you anticipate cutting players, consider holding a brief introductory parent meeting to set expectations that some players may not make a roster.
- Make sure all those attending tryouts are on your list provided by EVAC Admin.
- Communicate to Admin athletes who are not noted.
- Communicate to your sport coordinator/AD any concerns you have.
- During the tryouts, make sure players have nametags and you can identify them.
- Communicate to families/players that they will be notified by email after several days with rostering and first practice information.
- During the tryout process coaches should be meeting with other coaches/sport coordinator/AD to discuss potential placements.
- Remind athletes/parents to complete registration.

Rostering Teams

The process of rostering teams is sensitive and proper time should be taken for this step. Coaches should understand that parents cannot see information inside of Gamesource prior to their athlete being rostered on a team. Rostering is a multiple step process and is best handled in a certain order.

1 - At the conclusion of tryouts, make sure your list of potential athletes matches that of what was provided to you from Admin and/or the spreadsheet online. **Please notify AD/EVAC admin if you know of an athlete not listed in Gamesource!**

2 - Meet and talk with other coaches, sport coordinator, or AD to talk through potential placements of athletes.

3 - Once team rosters are set and players to be cut are identified - **clear these lists with the sport coordinator/AD before further notifications are made.**

4 - Once cleared, call the parents of the cut/practice players **FIRST**. If there are a large number of athletes (more than 3 or 4) the sport coordinator or AD can assist you.

5 - Send a copy of the list to your sport coordinator, the AD, and Admin. Assistant.

6 - Once all cut/practice players have been notified, the process can begin for notifying your team.

In most cases - EVAC admin will notify your team.

7 - After cuts have been made - please send a text or email to admin@evacsports.org saying that your team is ready to be notified.

The following will then happen:

1 - EVAC admin will roster your team in Gamesource. All players who have an approved registration are eligible to be rostered. Sometimes Gamesource will not reflect your full team right away if there are physicals still outstanding. Once all your players are there - GS is an option for messaging if needed.

2 - The new **EVAC app** will replace Teamsnap. **Do not use Teamsnap.**

3 - A group for your team has been created in the **EVAC app** with you as the first added member. The team "group" within the EVAC app will be a great way for your team to communicate & share information.

- Please follow the instructions to download the **EVAC app** or access it on our website.

4 - A message will be placed in the group (by EVAC admin) congratulating team members and possibly listing your roster. This message will have basic information for the parent/player and next steps including:

- Prompt to add their player or other parent to the group
- Prompt to watch for practice info from you, and uniform & fee info to come.

5 - Next, one parent (the primary email contact given in GS) will be added to the group. As each parent is added, a message will be sent to them referring them to the group welcome message. This will be the first notification their child has made the team.

6 - Subsequently, after all primary parents are added, EVAC admin will send the same welcome message by email through the EVAC app..

7 - You will be receiving this email as well so when you get that - you will know that your team has been officially notified.

8 - You are free to add your own "welcome message" through the app (message and/or email). Some points you might include:

- Introduce yourself
- List of rostered players (if it wasn't already posted there)
- Ask for Team Admin (Team Mom/Dad) volunteer
- List the first several practice times/locations. Once you put practices in Gamesource, they will show up there and on the app (see below)
- Include links to [EVAC equipment list](#)
- Aside from Practice Player specific communication, you should minimize specific playing time or positional statements to all of the normal rostered athletes.

OTHER IMPORTANT ACTIONS OR INFO:

1 - Enter future practices into Gamesource ASAP. Your Gamesource team calendar will be included on the EVAC app!

2 – Uniform ordering information will be provided and sent to team parents through the EVAC app. This information will most likely be added there by EVAC admin.

3 - Once the treasurer has finalized the team fees, EVAC Admin will send payment info through the EVAC app.

4 - If for any reason you have an athlete decide not to play - please send a notification to your sport coordinator, AD, and Admin. Asst.

5 - Coach registration in Gamesource should be approved prior to the first game (completion of all certifications, background checks, fingerprints).

6 - Player jersey numbers should be entered into Gamesource by the coach or team administrator 24 hours prior to the first competition.

SEASON STARTUP

Once tryouts are complete you may begin official practices on the date CAA specifies. Please coordinate with your sport coordinator/AD/facilities Admin regarding your needs. Understand that sometimes EVAC is limited in what facilities offer and you may need to be flexible.

Checklist for Season Start Up

- Make sure you have all the equipment you need for practices and GAMES. Equipment Admin contact is merchandise@evacsports.org
- Check the current [equipment list](#) provided by EVAC. Contact Admin. Asst. admin@evacsports.org with any additions.
- Make sure all information has been submitted to those ordering/securing uniforms.
- Secure a Team Administrator for your team. This person will help with team get togethers, can enter items into Gamesource for you, help with uniforms, and basic communication.
- Enter jersey numbers into Gamesource when uniforms are issued. This should be completed no later than 24 hours prior to the first game. In many cases, EVAC admin will take care of this.
- Schedule a team get together or parent meeting prior to first game to set expectations/connect with your team.
- All practices should be entered into Gamesource.
- The newly created **EVAC app** should be used for most team communication. Gamesource and personal emails can be a backup.
- The **EVAC app** will replace Teamsnap and the team group will set up for you in the EVAC app. This allows messaging within the team and primary communication from the coach or Team Admin. Messaging can also occur through Gamesource if needed.

GAME REMINDERS

Pre/Post-Game Checklist:

- Jersey numbers entered into Gamesource 24 hrs. prior to first game.
- EVAC Site supervisors will be assigned for your team for home games. Check to see who yours is.
- Shade covers are available for outdoor sports from the equipment administration.
- Check in with Team Admin to assure you have volunteers for game book, scorekeeping, lines, etc.
- Remind parents that Gamesource is the most up to date option for game info.
- After your HOME games please enter your score into Gamesource. CAA gives us 24 hours to complete this task.
- When entering the score you have the opportunity to rate the referee. Please enter positive feedback as well. If entering negative feedback be brief and respectful. Notify the AD if there are major officiating issues that need to be addressed.

CAA WEATHER POLICIES

The CAA has issued some guidelines for various weather conditions - specifically heat, cold, and lightning. Please be advised of the following information:

The Athletic Department will track heat index via OSHA-NIOSH Heat Safety Tool App.

Heat Policy

- A heat index (Feels Like) of 100 degrees
 - Players will be required to take a water break every 20 minutes with 5 minutes of rest/water break time.
 - Athletes should be off their feet during the breaks and in shade.
 - Practice will not exceed 120 minutes.

- A heat index (Feels Like) of 105 degrees
 - Players will be required to take a water break every 15 minutes with 5 minutes of rest/water break time.
 - Athletes should be off their feet during the breaks and in shade.
 - Practice will not exceed 90 minutes.
 - Football players will not wear shoulder pads during these conditions.

- A heat index (Feels Like) of 110 degrees
 - Players will be required to take a water break every 10 minutes with 5 minutes of rest/water break time.
 - Athletes should be off their feet during the breaks and in shade.
 - Practice will not exceed 60 minutes.
 - No protective equipment may be worn during practice, and there may be no Conditioning activities.

- A heat index (Feels Like) of 115 degrees
 - Players will be required to take a water break every 15 minutes with 5 minutes of rest/water break time.
 - Athletes should be off their feet during the breaks and in shade.
 - Practice will not exceed 45 minutes.
 - No protective equipment may be worn during practice, and there may be no jogging, running, sprinting, or conditioning activities.
 - Practice can only take place in the form of a walk through.

- A heat index (Feels Like) greater than 115 degrees practice will need to take place indoors.
- If any of the above conditions exist for a home game that takes place outside, the department will seek guidance from the CAA.

Shade, Hydration, & Cooling

- A heat index (Feels Like) of 100 degrees, outside practices will have the following safety measures in place:
 - Water with ice (for drinking)
 - Electrolytes
 - Shade
 - Cooling towels

Pre-exercise hydration

- Athlete should consume approximately 500 to 600 mL (17 to 20 fl oz) of water or a sports drink 2 to 3 hours before exercise and 200 to 300 mL (7 to 10 fl oz) of water or a sports drink 10 to 20 minutes before exercise (McDermott et al. 2017). It is recommended that athletes carry a water bottle or sports drink with them to consume throughout the day.

During Exercise Hydration

- Fluid replacement should approximate sweat and urine losses and at least maintain hydration at less than 2% body weight reduction (McDermott et al. 2017). This generally requires 200 to 300 ml (7 to 10 fl oz) every 10 to 20 minutes (McDermott et al. 2017).

Post-exercise hydration

- Post-exercise hydration should aim to correct any fluid loss accumulated during the practice or event, and should ideally occur within 2 hours of activity completion (McDermott et al. 2017) Rehydration should contain water to restore hydration status, carbohydrates to replenish glycogen stores and electrolytes to speed rehydration (McDermott et al. 2017)

Heat Acclimation

- We recommend that Coaches, Parents, and Athletes understand the Heat Acclimation standards created by the CAA
- <https://azcaa.com/about/members/resources/heat-acclimation>

Cold Weather Policy

- Wind Chill Factor Under 45 degrees with rain
 - 30 minutes of exposure outside
 - Athletes must be dressed in warm clothes with extremities covered
- Wind Chill Factor Under 35 degrees (dry)
 - 30 minutes of exposure outside
 - Athletes must be dressed in warm clothes with extremities covered
- Wind Chill Factor Under 38 degrees with rain

- Outdoor Practice Must Be Canceled
- Wind Chill Factor Under 32 degrees (dry) ○ Outdoor Practice Must Be Canceled
- If any of the above conditions exist for a home game that takes place outside, the department will seek guidance from the CAA.

Lightning Policy

- When thunder is heard or lightning is seen, the leading edge of the thunderstorm is close enough to strike your location with lightning. Suspend play for at least 30 minutes and vacate the outdoor activity to the previously designated safer location immediately. Shelter must be taken place in a grounded building (has running water and electricity).
- 30-minute rule. Once play has been suspended, wait at least 30 minutes after the last thunder is heard or lightning is witnessed* prior to resuming play.
- Any subsequent thunder or lightning* after the beginning of the 30-minute count will reset the clock and another 30-minute count should begin.

MAX PREPS

The CAA asks that its members update the Max Preps pages for **varsity teams only**. The pages are linked to CAA preps so scores and games should be updated. At the minimum, coaches should enter their team roster. If you desire you may enter stats as well.

Administrative Access to Max Preps:

Max Preps website: <https://www.maxpreps.com>

East Valley Athletes for Christ page:

<https://www.maxpreps.com/az/mesa/east-valley-athletes-for-christ-eagles/>

The EVAC Administrative Assistant will give you administrative access to your page once the season has started. You may get an email from Max Preps when this is initiated. Following this, you may need to register on Max Preps and create a login.

If you would like a team administrator or assistant coach to have the ability to enter stats, let the EVAC AA know and this individual can be added.

Let the EVAC Administrative Assistant know if you have difficulty with any of this process