

**Pusch Ridge  
Christian Academy**



**Athletic Handbook**

# Table of Contents

Philosophy Statements.....	2
The PRCA Athletic Vision .....	2
Discipleship Coaching.....	2
Student-Athletes .....	3
The Privilege and the Responsibility.....	3
Code of Conduct for Coaches, Student-Athletes, Parents and Fans.....	3
Expectations of a PRCA Coach.....	3
Expectations of a PRCA Student-Athlete.....	4
Expectations of a PRCA Parent.....	5
Expectations of a PRCA Fan.....	5
Eligibility Guidelines for Tryouts/Participation .....	6
Required Documentation.....	6
The Gold Card .....	6
Eligibility Guidelines for Ongoing Participation in Athletic Activities .....	6
Academic and Attendance Related Eligibility.....	6
Behavioral Eligibility .....	7
Guidelines for Selection of Team Members.....	8
Team Selection .....	8
Middle School.....	8
High School .....	8
Makeup Work for Classes Missed Due to Athletic Participation.....	9
Transportation Guidelines .....	9
Safety Concerns and Injuries.....	10
Safety Concerns.....	10
Insurance.....	10
Fund-Raising Guidelines and Procedures.....	10
Banquets, Awards & Senior Recognition Nights .....	10
Communication with Coaches .....	11
Parents Meeting .....	11
Problems and Complaints.....	11
Communication Ladder .....	11
League Affiliation and Sports Offered .....	12
High School Affiliation .....	12
High School Sports Offered .....	12
Middle School Affiliation.....	12
Middle School Sports Offered.....	12
Contacts and Helpful Resources .....	12
Contacts .....	12
Websites.....	12

# Philosophy Statements

## **The PRCA Athletic Vision**

The Athletic vision of Pusch Ridge Christian Academy is a direct reflection of the school's mission statement and desire "to see our young men and women, *"increase in wisdom and stature and in favor with God and men"* (Luke 2:52)." PRCA is committed to educating the whole person through mind, body, heart and spirit, while integrating faith, learning, and character in our students. Our athletic program supports the mission of the school by teaching the Christian way of competing and the Christian way of life. As a microcosm of society, athletics allow the student to develop and use his or her God-given ability to bring glory to Him.

In his classic work *The Pattern of God's Truth*, Frank Gabelein, the founder and former headmaster of Stony Brook School in New York, commented on the function of athletics in Christian education.

*The place of athletics, though always subsidiary to the main business of school or college, is a vital one. It is once more a question of method; especially in sports, the manner in which they are conducted is all important. Team-play, the heart of which is self-restraint and self-sacrifice; the moral courage that is good sportsmanship—these can be learned on playing fields in such a way that they become lasting character traits to the glory of God. And the benefits of athletics under Christian leadership is by no means confined to the participants; the whole school community may learn group lessons in encouraging the defeated, being generous to rivals, and showing under all circumstances the courtesy that is such an essential by-product of the Gospels. (90-91)*

We support this view of athletics and at PRCA we desire to provide quality coaching, teaching and competitive experiences from a Christian perspective, all designed to prepare and enable each individual student to grow in Christ and strive for excellence by way of athletics. Athletics provide an opportunity to grow in the manifestation of godly character as the student-athlete faces situations within the team and within competition that are representative of situations to be faced in life. Each individual team member, from the starter to the team manager, will be challenged in numerous areas over the course of a season. Challenges of selflessness, diligence, self-control, patience, courage, perseverance, humility and submission that are experienced in athletics, translate directly to real life during and after high school. As any good coach will tell you, one of the keys to success on the athletic field is a solid game plan. God's game plan, His Word, is as good as you can get!

## **Discipleship Coaching**

With the aim of developing godly character, the foundation of the athletics program at PRCA is something that we refer to as "discipleship coaching." In this coaching model we are guided by a few norms:

- Prior to or immediately following practices, teams will meet in a designated classroom (not on the field or court of competition) for a period of devotions and prayer. The devotions may be shared by coaches, student-athletes, or special guests and should be followed by a time of reflection, prayer and mutual encouragement. Many student-athletes over the years have testified to the importance of this time in their character development and spiritual growth.
- Coaches should consistently call their student-athletes to strive toward the highest of standards, that is, Christ-likeness. Athletics provides a tremendous opportunity and

responsibility to model our beliefs in the public arena. Whether it is fair or not, everyone involved in athletic competition is under constant scrutiny because of the performance aspect of sport. Choosing to be involved in the athletic program at PRCA means choosing to represent Christ above all else.

- There can be no *discipleship coaching* without coaches who are themselves disciples of Jesus Christ and who embrace this model of coaching. As the scriptures clearly teach; “*A disciple is not above his teacher, but everyone when he is fully trained will be like his teacher*” Luke 6:40. Thus, these qualities are emphasized both in the hiring and development of our coaching staff.

### **Student-Athletes**

Notice also that members of our athletic teams are not known as just “athletes”, but as “student-athletes”. Academics have a priority over athletics with each student-athlete required to maintain specific academic standards to remain an active member of any team.

### **The Privilege and the Responsibility**

Involvement in athletics is a privilege - a privilege offered by the governing board to our school and a privilege to participate in by our students. As a member of an athletic team, each student-athlete will have achieved a position of accomplishment, honor and responsibility. Each student-athlete serves as a “role model” for others (natural family, school family and community) whether they choose that position or not. Our student-athletes are highly visible in the school community, local community and cities around the state as they travel and compete. Faculty, staff and students alike are all challenged to a high level of conduct and responsibility as members of the Pusch Ridge family but student-athletes are challenged to an even higher standard with greater expectations for conduct, performance and commitment as ambassadors of Christ on the court or field of play. Ultimately, we believe that a properly integrated athletic program will enhance the quality of life in the individual participants, the student body, and the greater school community. As representatives of Jesus Christ and PRCA, each person involved in athletics will approach competition with the values of honesty, fairness, respect and humility, realizing that it is a privilege and honor to be a representative of Jesus Christ. This handbook will expand more specifically on the implementation of this philosophy throughout the athletic program. We hope you find these pages informative and worthwhile. We appreciate the opportunity to share with you about our philosophy of athletics and why they exist and also to provide you with other useful information such as eligibility standards, expectations for coaches, student-athletes, and parents, affiliations and sports offerings, along with other general information concerning the PRCA athletic program, as you follow the progress of the mighty Lions.

## **Code of Conduct for Coaches, Student-Athletes, Parents and Fans**

### **Expectations of a PRCA Coach**

PRCA coaches have a vitally important role in fulfilling the school’s mission through athletics. They have the responsibility to model Christ-like attitudes and behaviors while under intense pressure and will provide a firm foundation for how student-athletes will approach life after PRCA. Therefore, a PRCA coach must:

- Model Christian values
- Provide a positive learning environment (*Train your child in the way he should go; and when he is old, he will not depart from it.* Proverbs 22:6)
- Honor student-athletes with respect and dignity
- Model emotional control and sportsmanship in all circumstances
- Communicate openly and honestly with student-athletes and parents
- Select a team that will represent PRCA well, using physical skills, behavior and attitude as a criteria for team membership
- Establish and maintain high ethical standards for behavior – expect and accept only good sportsmanship and behavior during all practices, games, on buses and while visiting other schools
- Teach fair play, and appreciation of the other team’s players, coaches, parents, and officials
- Teach how to win and lose with dignity
- Follow school policies and communicate effectively with the athletic director.
- Along with their team be responsible to pick up their dugout, field, court, bench, etc. We need to leave a good impression whether we are at home or away.
- Make it a priority to end athletic contests with a time of prayer and in a polite and friendly fashion strive to include your opponents. In some cases other teams will decline, and the prayer time should never be initiated in a manner that could be perceived as insulting or insensitive.

### **Expectations of a PRCA Student-Athlete**

In the heat of competition, a student-athlete should continue to remember the second greatest commandment of God in the words of Matthew. 22:39, *Love your neighbor as yourself.* The expectation for PRCA student-athletes is that their conduct be honoring to God in words and actions. They should strive to learn and live the life-lessons inherent in a positive “athletic attitude”: integrity, obeying rules, attentiveness, giving his/her best effort, being coachable, self-discipline, quiet confidence, enthusiasm, focus, perseverance, humility, unselfish, gracious in victory and defeat. Student-athletes will:

- Develop their gifts and talents and compete to the best of their ability in both practice and games.
- Show respect to officials, coaches, teammates and competitors. This includes showing respect for opponents by shaking hands with them.
- Accept the decisions of contest officials.
- Display a Christ-like modesty in victory and graciousness in defeat.
- Submit to the disciplinary actions of the coach.
- Respect rules as guides to protect the team relationships.
- Win and lose with dignity.
- Be responsible to pick up their dugout, field, court, bench, etc. We need to leave a good impression whether we are at home or away.

## **Expectations of a PRCA Parent**

Parents should set an example in conduct and behavior with their children in all of their athletic endeavors. We ask the following of parents as we partner with you.

- Be positive with your child. Let him/her know they are accomplishing something by simply being part of the team. Assure them that his/her role (no matter how much they play) is extremely important to the team.
- Support your child's coaches. Publicly criticizing judgments made by a coach is detrimental to the program. Remember to follow the Matthew 18 principles. Encourage your child to follow team rules set by the coach. The coach will be seeking tremendous commitment from the student-athlete. The more sacrifice one makes for the team, the more that team means to the student. Parents need to appreciate this and help motivate their child to succeed.
- Insist on your child doing their best in the classroom as well as in athletics.
- Be team players too. Parent jealousy can and will devastate a team. Strive to understand the importance of the "team". You as parents are a vital part of our program. When the coaches, players, parents and administration (with Jesus at the center) are all supporting each other and believing in each other, all things are possible!
- Be an enthusiastic Lion fan. Always display a Christian attitude at **ALL** events. Display Lion pride. Don't degrade officials or opponents. Make it a priority to encourage all the players on the team and please refrain from verbal coaching during the game.
- Expect your child to take responsibility for his/her actions. Give credit when things go well. Hold him/her responsible when mistakes are made. We can only learn from our mistakes when we are held responsible for our actions.
- After every game/meet the coaches and team will be responsible to pick up their dugout, field, court, bench, etc. We need to leave a good impression whether we are at home or away. As parents and supporters of our team, it would be appreciated if you would help us out when you see trash that has been left behind. Thank you in advance for this.

## **Expectations of a PRCA Fan**

*But the wisdom that comes from heaven is first of all pure; then peace loving, considerate, submissive, full of mercy and good fruit, impartial and sincere. James 3:17*

- Model their game behavior with a Christ-like attitude and respect and honor the abilities and best efforts of the student-athletes on both teams.
- Respect the decisions of the officials and coaches and work cooperatively with contest officials and supervisors in keeping order.
- Refrain from crowd booing, disruptive foot stomping or making negative comments about officials or participants. This includes avoiding attempts to distract opponents who are shooting free throws during basketball games (per AIA guidelines)
- Stay off the playing floor or contest area at all times.
- Respect public property.
- Show the same respect for injured competitors as you would for PRCA team players. *Love your neighbor as yourself. Matt 22:39*

# Eligibility Guidelines for Tryouts/Participation

Pusch Ridge Christian Academy is a member of the Arizona Interscholastic Association, which monitors all high school competition events. We follow the mandates that have been set by the AIA. Therefore, to be eligible to participate in interscholastic athletics, student-athletes must meet the following:

## Required Documentation

Each student athlete must have on file in the school office the following documents in compliance with the AIA requirements for eligibility:

1. An original Birth Certificate shall be submitted with a copy being made by the school and retained in the student's file.
2. A Record of Physical Examination performed and signed by a doctor of medicine (M.D.), osteopathic physician (D.O.) or certified registered nurse practitioner (N.P.) licensed to practice, or a certified physician's assistant (PA-C) registered by the Joint Board Of Medical Examiners in Medicine & Surgery stating that the provider did not find any medical reason to disqualify the student from practice or competition in athletic contests. This examination will be conducted at the parent's expense. A physical examination for the following school year shall be given on or after March 1. AIA Form 15.7-B shall be used.
3. The student's parent or guardian must complete a Student Health History. AIA Form 15.7-A shall be used and kept on file by the school.
4. An Insurance Waiver form signed by the parent or legal guardian, which will be kept on file by the school.
5. An Emergency Medical Treatment Permission Slip signed by the parent or legal guardian, which will be kept on file by the school.
6. The AIA Parent or Legal Guardian Consent form must be signed by the parent or legal guardian and kept on file by the school.
7. Pay the Athletic Participation Fee for that particular activity. There is a participation fee of \$100 per sport season, and \$150 for tackle football.

## The Gold Card

Once the forms and fees have been submitted to the school office, the student-athlete will be issued a Gold Card. This card is to be given to the head coach, which qualifies the student to participate in practices and games. Student-athletes may not participate until the Gold Card has been given to the coach.

# Eligibility Guidelines for Ongoing Participation in Athletic Activities

## Academic and Attendance Related Eligibility

Pusch Ridge Christian Academy is a member of the Arizona Interscholastic Association, which monitors all high school competition events. We follow the mandates that have been set by the AIA. Therefore, in order to maintain participation in interscholastic athletics, student-athletes must meet the following:

1. Maintain a 2.0 grade point average (GPA) for all subjects with no failing grades (“F”), as determined by each progress report (mid-quarter) and quarter grading period. Any student who fails to maintain grade eligibility for any quarter grading period will be placed on ineligible status for the next marking period, normally two weeks. This ineligible status will begin on the first school day after the grades are posted. If the student athlete’s grades fail to meet the required standards at the end of the first period of ineligibility, he/she will remain on ineligible status for a second marking period. If at the end of the second marking period, he/she remains below required standards, he/she will be removed from the team roster for the remainder of that season and will not be permitted to participate in any other sport that may currently be in season. Student-athletes can return to eligible status only at the end of each marking period. While ineligible, the student may not participate in practices or games.
2. Any student-athlete missing any class period for any reason other than medical appointments or situations that may be classified as “emergencies” by school administration will not be allowed to practice or compete in a game on that same day. A tardy does not constitute missing class.
3. Any student-athlete arriving back to PRCA after 11:00pm from a mid-week game, must be in class at the start of the 2<sup>nd</sup> period. If the student arrives to school after the start of the second period, they will not be able to attend practice or participate in a game for that day unless otherwise approved by the athletic director.
4. Any student-athlete who sees a medical professional for treatment or advice concerning an injury or illness must present to Kristin Miller, Athletic Trainer, of his or her sport a medical release indicating that the individual has permission to return to activity. This release will be kept on file in the office and a copy of the release will be attached to the Athletic Injury Report that was completed by the coach at the time of the injury and submitted to the Athletic Director.

### **Behavioral Eligibility**

Student-athletes may be placed on *Athletic Behavioral Probation* at anytime when the athlete’s behavior is inconsistent with the conduct described in the **PRCA Student Handbook**. This probationary period is implemented when the athlete’s attitude and behavior in the school, on the playing arena or in the community are contradictory to the purpose of the PRCA athletic program goals and the goals of the school. The coach, athletic director and the student-athlete’s parents will meet with the student-athlete to discuss the pertinent information.

All PRCA student-athletes are expected to avoid the use of illegal drugs, alcohol and tobacco products as well as avoid any illegal activities on campus or off campus. Any PRCA student-athlete choosing to engage in any of the above may forfeit their right and the honor and the privilege of representing the school in any sport for a specified time period even up to the remainder of the school year (At the discretion of the Athletic Director and/or School Administration).

# Guidelines for Selection of Team Members

## Team Selection

Every student should have the opportunity to try out for athletic teams. If team size must be limited due to availability of staff, facilities, schedules, or the safety of players, decisions to cut will be made by the head coach of that program working with the Director of Athletics.

## Middle School

At the middle school level, our goal is to lay an athletic foundation of a Christian worldview, quality instruction and a fundamental approach to each sport. This instruction is fulfilled through coaching that is marked by our desired dual focus: a mature Christian faith coupled with an excellence in the sport coached.

At this level, an effort will be made to place all students that come out on teams. However, the formation of new teams will be subject to other considerations, such as availability of practice facilities, scheduling opportunities, and safety of the student-athletes. All students placed on teams will be expected to attend practices and adhere to all team expectations. The focus of the program is broad participation, development of skills and knowledge/understanding of teamwork. Teams may be separated by age, skill level, or group dynamics, as determined by the Director of Athletics, based on league makeup, scheduling opportunities and coach consultation. At Pusch Ridge our goal at the middle school level is to provide everyone some playing time in every game, however this may not always be possible and is based on several factors. All student-athletes have the opportunity to earn the privilege to get on the court/field rather than it just be given to them.

## High School

At the high school level, our desire is to continue the quality instruction of the middle school. All of our coaches are encouraged to play to win but to do so in a manner which brings glory to our Lord and Savior. What does this mean? It means we field a team that plays hard, fair and aggressive in order to win, but that the team does not play, win or lose, in a way that taints the name of our Lord and Savior.

High School programs are more competitive in nature. Coaches will select their teams each year using the following criteria:

- Attitude, effort and behavior
- Team relationships and sportsmanship
- Size and availability of the practice and game facilities
- Total number of minutes per competition and potential playing time for each athlete being considered
- Need at the JV or Varsity level for players to perform specific roles to complete the team.
- Maximum manageable size of a team during a practice
- Physical skills, conditioning, strength and knowledge of the game

If cuts are necessary, the coach will counsel those who don't make the team in a timely manner about the rationale of the decision, the player's strengths and areas for growth. The coach will also recommend alternative sports programs available in the school or community to encourage further development. The coach will communicate clearly the reasoning and process used in all team selections.

# Makeup Work for Classes Missed Due to Athletic Participation.

Students who miss class due to athletic participation are bound by the following guidelines:

1. Major scheduled activities for Performing Arts courses (such as concerts, play performances, and band competitions) take precedence over athletic activities including state playoff games. Students are required to notify their coaches when they will have to miss a game due to a performing arts course activity.
2. On the days the student-athlete leaves school early for an athletic contest, the student must have completed any previous requirements for the classes he /she will miss, and make up any missed tests at the teacher's discretion.
3. Any student-athlete missing any class period for any reason other than medical appointments or situations that may be classified as "emergencies" by school administration will not be allowed to practice or compete in a game on that same day. A tardy does not constitute missing class.
4. If a student-athlete misses important assignments, labs, exams, etc. because of athletic participation/travel they will be expected to complete these as soon as possible upon returning to school. The completion of these missing assignments takes priority over athletic practice and coaches should not penalize student-athletes for missing practice to make up school work.
5. **Special policy for homework assigned on a game day that is due the next school day.** Work should rarely be assigned in class and due the next day (the exception being math classes). For students that are either missing from class because of athletics or will be gone the rest of the day, those assignments will be difficult to do without staying up very late. In those situations teachers should allow one extra day to complete the assignments. This will help in case the student needs to use a computer, get class notes, or clarify the assignment (this applies to very long road trips and will only be invoked at the discretion of the Athletic Director who will notify teachers).

## Transportation Guidelines

All student-athletes must travel to and from away contests in school-provided transportation driven by school-approved drivers. Possible exceptions to this would be the following:

- An in-town game scheduled on a non-school day, i.e. official school holiday, ½ day of school, a Saturday, or with special permission from an administrator.
- Students may ride home with their parents from any away contest. A parent should have direct contact with the head coach before leaving with their son or daughter.
- Providing a written PRCA release form from the parent of a student-athlete giving permission for their son/daughter to ride home from an away contest with the parent(s) of a teammate. This permission must be given to the head coach prior to the departure of the team from school for that trip. This permission applies only to the ride home from that contest and for that date only.

**Note: Coaches, will be provided with PRCA transportation release forms and are responsible for making these available at the formal parent meeting near the beginning of each season. Additional forms will be available in the school office.**

# Safety Concerns and Injuries

## Safety Concerns

Involvement in extracurricular activities can result in an injury. Therefore, it is essential that the athlete be aware of some basic rules regarding safety as a first step toward injury-free activity participation.

- always warm up prior to strenuous physical activity.
- wear proper equipment and clothing
- do only those skills and techniques you have been instructed to do.
- Report any injuries to the coach, immediately.

**Athletic Trainer:** Kristin Miller is on staff full-time as our athletic trainer. She has been instrumental in helping get our student-athletes back on the court or field. She has also been able to help in getting appointments with doctors, so please utilize her when there is an injury to your child. If your student is seen by a doctor, they need a release before returning to practice or competition and given directly to Mrs. Miller and not the coach. All athletes are expected to follow the new policy of having their own water bottles at practices with their names on them.

## Insurance

It is the responsibility of the parent(s) to provide health insurance for their children who are participating in athletics at PRCA. If the parent(s) do not have health insurance, they can purchase a policy for the particular sports season. Please contact the front office for further information.

# Fund-Raising Guidelines and Procedures

Teams, clubs, and other student groups may organize and conduct fund-raisers in accordance with the following guidelines:

- Each team will be allowed to conduct only one fundraiser per season.
- The team must have prior approval from the Athletic Director and/or Director of Development.
- In seeking approval for the fundraiser, the coach should provide the overall fundraising goal and stipulate how the funds will be utilized.

# Banquets, Awards & Senior Recognition Nights

Each high school team will be asked to have a banquet at the end of the season where awards will be handed out. Awards include:

- Participation Certificate for each athlete
- Trophies for the top athletes
- Athletic Letter and Numerals for the athletes that have earned their letter (JV & Varsity). These forms are handed out by the coaches and the student-athletes will come by the office to receive their letter/numerals at the end of the season.

Each team will recognize their seniors at the last home game of the season. For those teams that may have difficulty doing this (i.e. cross country, swim, tennis, track & golf) they can recognize their seniors at their awards banquet at the end of the season.

## Communication with Coaches

### Parents Meeting

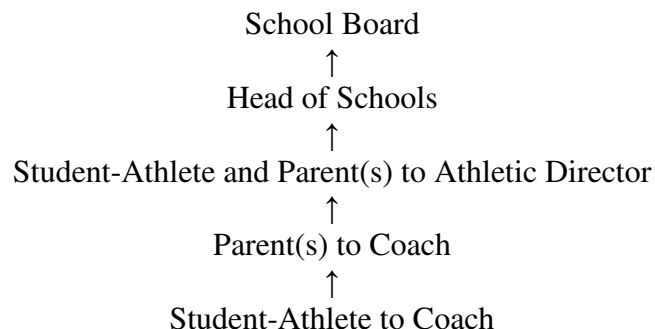
Each coach needs to hold a parent meeting near the beginning of the season. Coaches need to inform the Athletic Department and the Athletic Trainer when these meetings are scheduled. The meeting will relate information such as schedules, practice times, and go over expectations for the student-athletes and the parents. Parent volunteers may also be sought during this time. Normally, Kristin Miller, the Athletic Trainer, will be introduced and will explain her role and expectations. At least one parent should be in attendance at this meeting in order for their child to participate.

### Problems and Complaints

Proper communication with coaches is vital in maintaining a positive atmosphere on our sports teams. Problems and complaints should be handled in keeping with Christ's teaching in Matthew 18: 15-17: "If your brother sins against you, go and show him his fault, just between the two of you. If he listens to you, you have won your brother over. But if he will not listen, take one or two others along so that every matter may be established by the testimony of two or three witnesses. If he refuses to listen to them, tell it to the church; and if he refuses to listen even to the church, treat him as you would a pagan or a tax collector." Student-athletes are encouraged to speak to their coach as the first step in resolving problems. Parents who perceive that their son or daughter was unable to resolve the situation, should communicate with the coach directly before anyone else is involved. In so doing, we ask that you please not speak to any coach during or immediately after the game but instead give yourself 24 hours for deliberation. This practice follows the biblical model of being, "quick to listen, slow to speak, and slow to anger" James 1:19. If the situation is unable to resolved at the level of the coach, the student-athlete and parent(s) should schedule a meeting with the Athletic Director. We ask that both the student-athlete and the parent(s) attend this meeting. If the situation is still not resolved to their satisfaction, the student-athlete and parents may appeal to the head of schools and eventually to the school board.

### Communication Ladder

Below is a communication ladder that outlines the proper channels to follow when lodging a complaint:



# League Affiliation and Sports Offered

## High School Affiliation

Pusch Ridge Christian Academy is affiliated with the Arizona Interscholastic Association (AIA) and is a member of the 2A South Conference. Schools in this conference also include Baboquivari, Canyon State, Hayden, Miami, Ray, San Carlos, San Manuel, and San Miguel.

## High School Sports Offered

**Fall:** Boys and Girls Cross Country, Boys Tackle Football, Boys and Girls Swimming, Girls Volleyball

**Winter:** Boys Basketball, Girls Basketball, Boys Soccer, Girls Soccer,

**Spring:** Baseball, Softball, Boys and Girls Golf, Boys and Girls Track and Field, Boys and Girls Tennis.

## Middle School Affiliation

The Pusch Ridge Christian Academy Middle School is a member of the Tucson Independent Athletic League (TIAL). Schools in this conference include, Casas Christian School, Desert Christian School, Greenfields Country Day School, St. Gregory Preparatory School, St. Michaels School, and Tucson Country Day School. The PRCA Middle School is also affiliated with the Central Junior High League for tackle football and is a member of the South Division along with Eloy, Hayden, Mountain Vista, and San Manuel.

## Middle School Sports Offered

**Fall:** Boys Tackle Football, Girls Volleyball, Boys and Girls Tennis

**Winter:** Boys and Girls Soccer, Girls Softball

**Spring:** Boys Basketball and Girls Basketball

# Contacts and Helpful Resources

## Contacts

Lonnie Tvrdy – Athletic Director – school extension 505 or cell # 405-4731

Andrea Hendrickson – Middle School Athletic Director – school extension 121

Angela Beadle – Athletic Assistant – school extension 515

Kristin Miller – Athletic Trainer – school extension 108 or cell # 349-2077

You may e-mail any of the above. Type [firstname.lastname@prca-tucson.org](mailto:firstname.lastname@prca-tucson.org)

## Websites

Pusch Ridge Christian Academy

[www.cfcsmain.com](http://www.cfcsmain.com)

Arizona Interscholastic Association

[www.aiaonline.org](http://www.aiaonline.org)