

# **BANGOR CHRISTIAN SCHOOLS**



## **STUDENT ATHLETE HANDBOOK**

REVISED JULY 2015

## Forward

Bangor Christian Schools' goals for the Atlantic programs are centered on the students needs for physical and spiritual growth. We strive to maintain a program that is sound and furthers each student's educational and spiritual maturity.

The primary goals are to develop in each student athlete self-discipline, respect for authority, and a spirit of hard work and sacrifice. The objectives for meeting those goals include the following:

1. Striving to win. We do not always win, but we succeed when we continually strive to win. We aim to excel.
2. Sportsmanlike conduct. We must accept winning and defeat like true sportsman, knowing we have done our best. We must learn to treat others - coaches, players, referees - as you would have others treat us. We need to develop desirable social traits, including emotional control, honesty, cooperation, and dependability.
3. Improving skills and attitudes. Continual improvement is essential to good citizenship and our Christian walk. Athletes must establish a goal and constantly try to achieve that goal.

The athletes, parents, and coaches all have their respective responsibilities to the BCS athletic program. Because communication is the key to for filling those responsibilities, we have prepared this handbook to clarify and address those rolls.

The following are mandatory prior to any participation in any athletic capacity:

- The student and parent must sign the athlete's contract, complete the health questionnaire at the back of this handbook, and turn them into the athletic director.
- The student must receive a physical examination every year and have a written confirmation on file in the athletic director's office. The exam must have been after the final day of school the previous school year.
- The the student must meet all eligibility requirements as stated in this handbook
- The student and a parent must sign a concussion form, stating that they've read the school policy in regards to concussions, and the protocols that follow when head injuries take place.
- A participation fee of \$40 is required from each student athlete **prior to the first competition of each sports season.**

## Interscholastic Sports

Bangor Christian Schools offers the student body participation in the following interscholastic sports programs.

### **BOYS**

Baseball  
Basketball  
Cross Country  
Golf  
Swimming  
Indoor Track & Field  
Soccer  
Spring Track & Field  
Cheerleading

### **GIRLS**

Softball  
Basketball  
Cross Country  
Golf  
Swimming  
Indoor Track & Field  
Soccer  
Spring Track & Field  
Cheerleading

We also offer cooperative teams. This means that if a student wants to pursue a sport we do not offer, we will try to work it out with another school for him / her to be able to participate. The student will train with the other school but, will compete while representing Bangor Christian Schools.

## Student Responsibilities

### **Eligibility Requirements**

Academics: You must meet all three of the following academic standards to be eligible to participate in athletics. (a) you must maintain an average of 70 or above in every subject. (b) You must maintain an average of 75 in Bible. (c) The average of all your classes must be 75 or better. When grades are checked for eligibility and incomplete, grades will deem a student in eligible until they are completed. Grades are reviewed quarterly.

If you become academically ineligible, the Athletic Director will review your grades at the next quarter or mid - quarter and make the final decision concerning eligibility. If you are ineligible due to grades at the end of the 4th quarter but achieved a D or better in four full-time classes, you'll be placed on probation for the first quarter of the following semester. During that time you may participate in practices and games. The athletic director will review your grades at the mid-quarter to determine eligibility.

Ineligible foreign exchange students are not eligible until his / her teachers and the principal approve an individual education plan.

If a student cannot participate in PE, then he / she cannot participate in his / her practice or game that day.

Detentions: all detentions must be served on the specified day. Athletes may not skip the detention to participate in a practice or a game. Athletes are allowed to participate after the detention is served for that day.

Numerous detentions are not acceptable. A two game suspension will occur once an athlete has the following amount of the tensions:

- **Middle School students having four detentions within a sports season**
- **High school students having three detentions within a sports season**

**Athletes will be dismissed from the team once they have received a subsequent detention.**

Certain violations, due to the seriousness of their offense, may also lead to athletic ineligibility. Students deemed ineligible due to the detentions or these serious offences will not be considered for eligibility until 3 p.m. the closing day of the semester. The principal and athletic director will make the final decision concerning eligibility.

**Sports related infractions** -The athletic director will review for possible ineligibility of all sports related infractions such as yellow and red cards in soccer, technical fouls in basketball, or any incidents of officials ejecting a player from a game.

The MPA rule for yellow card is for the athlete to sit out 10 minutes. We, as a school, enforce the full 10 minutes, even if it means sitting out the beginning of the next game. The rule for red card is that a player sits out the rest of that game and the next game. If a player is ever ejected from a contest, he / she must sit out that contest and the next one. These rules are all according to the MPA and the player is also subject to further disciplinary actions by the school.

### **Personal and Community Responsibilities**

As a member of any BCS athletic team, you have many important responsibilities to your school, your teammates, your community, and to your church. As a member of an athletic team, your goal should be not only to win, but to win with honor.

You may achieve what other BCS student athlete before you have achieved - individual records in Team Championships. However, your most important responsibility is to broaden and strengthen your character. Your goal should include not only physical strength and achievement, but spiritual growth, as well. This spiritual growth is important as you shape your character and influence those around you - teammates, opposing teams, coaches, and the fans.

Bangor Christian Schools cannot maintain its position as an outstanding school unless you do your best in whatever activity you participate. By participating in athletics to the best of your physical and spiritual ability, you are contributing to the reputation of your school.

You assume a leadership role when you are on athletic squad. The student body knows who you are. Many people in the community and your church know who you are. You are in the spotlight when you are on the playing field or court or even when you are not. Our school is judged by your conduct and attitudes. It is important that your behavior be above reproach.

The younger students in our school are also watching you. They will copy you in many ways. Do not do anything to let them down. Set good biblical examples for them at all times.

You also bear a heavy responsibility to your home. When you know in your heart that you have lived up to all of the training rules, that you have practice to the best of your ability every day, that you have played the game “all out” with a Christ-like attitude, you foster self-respect and your family can be justly proud of you.

### **On Field and Court Responsibilities**

A real athlete does not use profanity or illegal tactics and learns quickly that losing is part of the game. Be gracious in defeat and modest in victory. It is always courteous to congratulate the opponent on a well-played game after the contest whether in defeat or victory.

A student should not address or gesture to any official, opposing team, or fans before, during or after any contest.

Bangor Christian Schools exhorts its students to exhibit exemplary sportsmanship. The community judges our school by the actions and attitudes of our athletes. Sportsmanship is one of the clearest expressions of morals.

### **Classroom Responsibilities**

A good athlete becomes a good student. A person cannot be at classrooms laggard and think that he / she can be an outstanding athlete. If you are lazy in the class, you will be lazy on the practice field or floor and will never reach your full potential. You must plan your schedule so that you give sufficient time and energy to your studies to ensure acceptable grades. If you miss class to leave for an athletic event, you are responsible for the notes and work in that class.

In addition to maintaining good scholarship, you are to give respectful attention to classroom activities and show respect for other students and faculty at all times. Horseplay and unnecessary boisterousness are not approved habits for behavior. You should have a good attendance record. Never cut classes or school. The way you act and look at school is a great importance. **Athletes are leaders.**

### **Dropping or Transferring Sports**

Quitting is an unacceptable habit. A quitter may lose the privilege of participating in athletics. On occasion, however, an athlete may find it necessary to drop a sport for a good reason. If this is the case, the following procedure must be followed:

- a. Talk with your parents.
- b. Talk with your coach.
- c. Report situation to the Athletic Director.
- d. Check in all equipment issued to you.

Students have until the first official game to decide whether or not they'll be dropping the sport. After the first official game, students that quit will not be permitted to participate in any other sport that school year.

### **Equipment**

You are responsible for school equipment you check out. The equipment is to be kept clean and in good condition. You are financially responsible for any lost equipment.

### **College recruitment**

Athletes that are contacted personally by a college recruiter, have an obligation to notify their coach soon as possible. NCAA Clearinghouse information is in the athletic director's office.

### **Missed practice**

You are responsible for consulting with your coach before missing practice. You may not miss a practice or a game without good reason, such as illness or family emergency. Individual coaches will handle consequences for missing practices and games. Frequently missed practices will result in minimal playing time and/or removal from the team.

### **Travel**

You are responsible for your transportation to home athletic events and practices. When attending away contests, you are to remain with the team in under the supervision of a coach. All students are to ride the team bus to all Monday through Friday games. After the game, you may leave with your parents. You may also leave with another adult (21 years of age or older) or sibling, with prior parental written permission.

If you are geographically closer to a game scheduled on a Saturday, you may be excused from riding the bus. To do so, you must get permission from the coach or Athletic Director before the game.

Headsets and stereos may be allowed on the bus at the coach's discretion.

Boys and girls may not sit together on the bus.

### **Appropriate Dress**

At no time at any practices or games should any undergarments be visible. Sleeves are not to be rolled up when in uniform. Shorts are not to be rolled up in any way at any practice or game. Also, the length of an athlete shorts in a practice or game should be long enough that with your shoulders relax and your arms hanging down to your side, the length is no shorter than your fingertips. If this becomes a problem, the player will be asked to leave the practice or game.

### **Absence from school before a game or practice**

**Athletes must be in school by 8:15 a.m. the day of a practice or game in order to participate.** If an athlete has a medical appointment that will require him to be late for school, he/she must have a note from the medical facility. If the athlete does not have a note from the medical facility, he / she will not be allowed to participate. **Athletes that come to school after 8:15 a.m. for reasons involving being ill will not be allowed to participate in a game or practice.** If a student is ill a portion of the day, please, do not come to school later in the day. If a student is ill, we would hope that the parents would encourage the student to rest at home for the day. We also would hope that the parents would take into consideration the health of the other students. Excused absences must be made in advance.

### **Absence from school after a game**

You are not to miss or be late for school the day following a game, unless you are sick or have a family emergency. The first time you are late or absent from school after a game, the absence will be recorded as unexcused, resulting in the zeros in the classes you missed.

The second time you are absent from school after a game, you will again be given an unexcused absence and you will receive a game suspension. You will be required to serve as a team manager for that game.

### **Uniforms**

Uniform shirts must be tucked in at all times. Ladies are to pay particular attention to modesty and be certain that no undergarments are visible. In addition, lady athletes are required to wear tank tops under tank top uniforms.

The team uniforms and warm ups are school property and are to be used for games only. Basketball players are to change out of the uniforms immediately after every game. Other athletes may wear their uniform home, but they should change as soon as practically possible.

Athletes must have the uniforms on before boarding the buses for away contests except for basketball. Athletes are also required to wear uniforms after games except basketball

### **Conflict in Co-curricular activities**

If you participate in several extracurricular activities, you may find yourself in a position of conflicting obligations. The athletic department recognizes that each student should have opportunity for a broad range of experiences in the area of co-curricular activities and will attempt to schedule events to minimize complex. Coach and other advisors should work together to offer the best experience possible for the student athlete in regard to practices and events

You have a responsibility to do everything you can to avoid continuous conflicts. This includes being cautious about participating in too many activities where conflicts are bound to occur. When a conflict does arise, you are responsible for notifying the coaches and faculty members involved.

If it becomes obvious that you cannot fulfill the obligation of a school activity, you should withdraw from that activity

### **BONA FIDE TEAM RULE - MPA Rule**

A member of a school team is a student athlete who is regularly present for and actively participates in team practices and competitions. Bona fide members of a school team are prevented from missing high school practice or competition to compete or practice elsewhere (AAU, Soccer Clubs , Etc.)

## **Parents' Responsibilities**

It is important that parents show support towards the athletic program and the coaches. This can be done several ways.

### **Practices and Games**

Please see that your child is at practice on time. Also, please be familiar with the game schedule and encourage your child to be prepared for home and away games. Frequently missed practices can result in minimal playing time and/or removal from the team.

### **Addressing Coaches**

Parents with questions or concerns are to make an appointment to speak with the coach. Please do not attempt to confront a coach before, during, or following a contest or practice. These are emotional times for both the coaches and parents, which may cloud objective analysis of the situation.

Appropriate concerns to discuss with the coach include:

- treatment of your child, mentally and physically
- skill improvement and development
- concerns about your child's behavior

Topics inappropriate for discussion with the coach Include:

- playing time
- team strategy
- play calling
- other student athletes

If you cannot resolve a concern with the coach, call and set up an appointment with the athletic director to discuss the situation.

### **Sportsmanship**

Sportsmanship is probably the clearest and most popular expression of morals at an athletic event. Therefore, Bangor Christian Schools insists that its parents exhibit exemplary sportsmanship.

Parents should set an example not only to the student body, but also to our community, which judges our school by the actions and attitudes of both our athletes and our parents. It is without apology that the administration expects parents to abide by the same standards of sportsmanship placed before the students. The administration politely, yet firmly, ask parents who violate these standards to leave the athletic event.

### **Spectators should :**

Let the Players, Play

Let the Coaches, Coach

Let the Officials, Officiate

Any Jeers toward any of the above, will result in you being politely asked to leave from the game.

### **Patriot Athletic Club**

The Patriot Athletic Club is organized to assist the school and providing funds and equipment for all athletic programs. The Patriot Athletic Club needs help from parents. Please join and become an active member in this important organization.

## **Coaches Responsibilities**

### **You are required to provide your team members with the following:**

- game and practice schedules
- specific training rules and regulations
- your coaching philosophy
- your expectations for your students, both as athletes and as students
- requirements such as fees, special equipment, and offseason conditioning

### **You are also responsible to:**

- notify athletic director and/or secretary if practice plans change
- notify the athletic director and the parents if a student is injured
- notify the parents if a student is removed from the team for discipline problems
- complete an accident report if accidents occur during practice or games within 24 hours of incident

### **Student risk of participation**

All athletes and parents must be made aware of the risk of serious injury, which may result from athletic participation

Coaches are to conduct a parent / athlete meeting prior to the start of the season to fully explain the athletic policies and to advise, caution, and warn the parents and students of the potential for injury.

### **Guidelines for determining the number of participants and their playing time**

The size of any team is determined by the administration and influenced by the Maine Principal's Association regulations, as well as league and conference regulations. Additionally, transportation logistics, number of uniforms, coach to player ratio, availability of facilities for practices and games, and finances must all be considered.

It's our intention to involve as many players as possible in competitive play; however, playing time is not a guaranteed. Playing time is something to be earned, and is left to the coaches' discretion.

### **Practice guidelines**

After each practice, please make certain that all of the equipment has been gathered and stored appropriately. Coaches are responsible for the conditions of the gym/field after each use. Practices on Wednesday night should not to go beyond 5 p.m. Coaches should never leave campus until every student has either been picked up. Children who must stay after practice until a parent finishes work must go to aftercare. He/she may not be left unattended.

**Education and Training**

The athletic director will make coaches aware of courses and seminars available on the most up-to-date techniques and skills in each sport. High school coaches must meet the MPA coaches requirements. (See the athletic director for a copy of those requirements.)

**Student Conflict in Extracurricular Activities**

The student will declare a primary sport at the beginning of the season. If a conflict cannot be resolved with the criteria, then the declaration will determine the priority.

When a conflict in extracurricular activities arise, you are to work with the student and other faculty to work out a solution so that the student does not feel in the middle. A solution shall be based upon the following, but not necessarily in the order given:

- A. the relative importance of each event
- B. the importance of each event to the student
- C. the relative contribution to student can make
- D. how long each event has been scheduled
- E. The parent's perspective

Once the decision has been made and the student has followed that decision, the student is not to be penalized in any way by the faculty or Coach.

**Admission**

Bangor Christian Schools charges admission to all high school home basketball games. When renting a facility for soccer/ baseball games, admission will also be charged

**Varsity Letter Requirements and Athletic Awards**

Athletes will receive a letter, pen, or bar in the varsity sport upon meeting the following criteria:

Soccer	participation in 50% on the playing time
Basketball	participation in 50% on the playing time
Softball	participation in 50% on the playing time
Baseball	participation in 50% on the playing time
Cheering	participation in 50% on the playing time
Cross Country	Top 7 runners
Golf	Top 5 players
Indoor Track and Field	Score 10 or more points or qualify for championship meet
Spring Track and Field	Score 10 or more points or qualify for championship meet

Additionally, any senior completing two seasons in a varsity sport will receive a letter.

Only those team members who complete the season may receive a letter, pen, or bar in the varsity sport and participate in the athletic awards ceremonies. An exception would be leaving the team for medical reasons.

Typically, coaches present three awards to their respective team players - most valuable player, most improved player, and Coach's Award. In addition, each season the athletic director and coach present a scholar athlete award to varsity players who have at least a 93 academic average. Academics count for 75 percent of their score; the other 25 percent is based upon their rating as a player.

### **Hazing**

Hazing is defined as doing any act or causing another to do any act that creates a substantial risk of causing mental or physical harm for the purpose of initiation into any team or organization.

Hazing activities of any type are inconsistent with BCS standards and are prohibited at all times. No student, administrator, faculty member, coach, or other employee of the school shall encourage, permit, condone, or tolerate any hazing activities.

### **Handbook Violations**

The importance of enforcing all the regulations in this book as well as the BCS student handbook should be apparent. A firm and fair policy of enforcement is necessary to prevent a travesty being made of the regulations. Bangor Christian Schools maintains that high standards of conduct in citizenship are essential to a sound program of athletics. In the event of an athlete failing to comply with the Student Handbook or this athletic handbook, the athletic department will assume the athlete does not have sufficient desire to participate in the athletic program. Therefore, the athlete will be denied the privilege of participating. The precise period of participation denial will depend on the violation as well as the attitude of the athlete and parents. Repeated or flagrant violations may result in total denial of participation from the interscholastic athletics program.

### **Homeschool students**

Homeschool students are not allowed to participate in middle school or high school team sports. Special consideration will be given to homeschool students requesting to participate in an individual sport at the middle school level. Homeschool students may participate in Pee Wee programs.