

Portage Christian School

Athletic Handbook

2019-2020



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Verse for the Athletic Program

“Whatever you do, work at it with all your heart, as working for the Lord, not for men.”

Colossians 3:23 NIV

Athletic Mission Statement

“...developing student athletes physically, mentally, socially, emotionally, and spiritually.”

Physically- Our desire is that student athletes develop to be fast, strong, and agile. This comes from hard work in and out of season.

I Corinthians 6:19-20 *“Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies.”* (NIV)

Mentally- Our desire is that our student athletes not only excel in the classroom, but are also students of the sport in which they participate. We desire that each student athlete understand good technique and philosophy of offense, defense, and all other aspects of the sport.

Proverbs 1:7 *“The fear of the Lord is the beginning of knowledge, but fools despise wisdom and instruction.”* (NIV)

Socially- Our desire is that each student athlete understand how to build strong, lasting relationships with others. We desire our student athletes to respect their teammates, coaches, opponents, and referees at all times. They will also be trained how to examine their own abilities so that they may understand and fulfill their role on the team.

Luke 10:27 *“...Love your neighbor as yourself.”* (NIV)

Emotionally- Our desire is that each student athlete learn how to control their emotions at all times. We desire that our student athletes develop confidence that promotes self-image. We will teach the importance of self-control. Anger is likely to be a natural response during competitive sports. Our desire is that each student athlete learn the skill of channeling that anger in a positive manner.

Proverbs 25:28 *“Like a city whose walls are broken through is a person who lacks self-control.”* (NIV)

Spiritually- Our desire is that each student athlete become more like Jesus Christ because of our athletic program. Competitive sports often reveals character. The primary goal of our athletic department is to build Christian character through the teachings and training of God’s Holy Word.

Colossians 2: 6-7 “So then, just as you received Christ Jesus as Lord, continue to live your lives in him, rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness.” (NIV)

Athletic Vision Statement

“...providing athletes with excellent coaching, facilities, and atmosphere with the most conducive arena to grow physically, mentally, socially, emotionally, and spiritually.”

Coaching: We will have godly men and women who are eager to help each student athlete reach their full potential as an athlete as well as grow in their personal relationship with Jesus Christ. Our coaches desire to partner with the parent to aide in the development of the student athlete. Our coaches will not only teach the fundamentals and fair game play, they will also train up godly young men and women. They will lead by example and cause positive change through the training and discipling of our student athletes.

Facilities: We will have excellent facilities that are fully equipped to allow each athlete reach maximum physical conditioning.

Atmosphere: We will have an atmosphere that is not only conducive to learning, but also exciting at home contests. We will have a student body that is excited to support our athletes and teams. We will have a community-centered approach to promote involvement of local businesses in the support of our athletic department.

Athletic Department Core Values

Discipline: The following are four principles of life that we expect from our student athletes: 1.) Be on time, 2.) Be given to detail, 3.) Be given to discipline and 4.) Respect others and their property.

Compliance: We expect everyone who participates in our programs to not only play by the rules but also take into consideration the spirit of the rules as well. We submit to the authority of our school, conference, and the National Federation of High Schools appropriately.

Culture of Excellence: We strive to have excellent coaches, facilities, and atmosphere to allow the best possible opportunities for our student athletes to be successful in athletics and all areas of their lives.

Integrity: We will engage in behavior that is of the highest level of integrity and sportsmanship with our coaches, athletes, parents, fans, and opponents.

Leadership: We will develop leadership qualities in our student athletes so they will be effective leaders in their families, churches, occupations, and communities.

Respect for our history and traditions: We will build a legacy of winning. We will have many historical victories both on and off the floor, and develop long lasting traditions that promote school spirit and relationships.

Statement of Nondiscrimination

Portage Christian School admits students of any race, color, national or ethnic origin, to all rights, privileges, programs, and activities generally accorded or made available to students at the school. It does not discriminate on the basis of race, color, national or ethnic origin in administration of its educational policies, admission policies, scholarship and loan programs, or athletic and other school administered programs.

Athletic Department Chain of Command

Athlete/Parent  Coach  Athletic Director  Administrator School  Board

COMMUNICATIONS “The Matthew 18 Principle”

THE MATTHEW 18 PRINCIPLE

1. Portage Christian School is made up of parents, administrators, teachers, board members and students; and just like any other institution in which you have a large group of people, the potential for misunderstanding, disagreement, and even wrongdoing exists. Nevertheless, it is God’s will that we work in harmony to always give a “good report” and constantly work for “unity.” When misunderstanding or strong disagreements occur, the following principles should be the guidelines in solving people-to-people problems. These principles are based on the spirit of Matthew 18:15-17.
2. KEEP THE MATTER CONFIDENTIAL - The very pattern of sharing the problem with only those directly involved establishes the principle of confidentiality. This is important because it stops gossip and statements that can hurt.
3. KEEP THE CIRCLE AS SMALL AS POSSIBLE - The first step, and usually the only step needed in solving a person-to-person problem, is for one of the two people involved to initiate face-to-face dialogue. Most problems are solved at the two people level.

4. BE STRAIGHTFORWARD - Sometimes it is very difficult to be straightforward in telling someone the very heart of the matter, but restoration and improvement can only come when the issues are lovingly and clearly presented.

5. BE FORGIVING “... *if he shall hear thee, thou hast gained thy brother.*” This implies that once the matter is resolved, you should wholeheartedly forgive and restore the person who is at fault.

6. ...BUT IF THE PROBLEM HAS NOT BEEN RESOLVED, THE PARENT AND TEACHER SHOULD AGREE TO SHARE THE MATTER WITH THE PRINCIPAL AND/OR ADMINISTRATOR - “...*take with thee one or two more, that in the mouth of two or three witnesses every word may be established.*” An open and honest discussion among people who are sensitive to godly principles will most often reach an amiable solution.

7. ...BUT IF IT HAS NOT BEEN REACHED - The Administrator should explain the problem to the Chairman of the School Board; the Chairman will then have input on how the matter will be presented to the Board or resolve the issue with the Administrator and others involved and then report to the Board at the next meeting. Depending upon the complexity of the problem, it may be appropriate for the Board to request a special board meeting. The goal of such a high level meeting is the following:

- a. Have a clear understanding of the problem.
- b. Offer a solution or solutions for resolving the problem.
- c. Give reproof and correction if necessary.
- d. Give forgiveness and wholehearted restoration to those who made amends.
- e. Share with the student body in Severe Discipline cases.

8. In summary, the Matthew 18 Principle requires that parents speak with teachers concerning student problems before they speak with administrators. Also, in-house problems should be discussed with individual staff members before speaking with administrators. If the matter is unresolved at the two-person level, it is moved upward in the school organizational structure in a prayerful and orderly manner.

9. A prayerful systematic approach to any problem that involves people can help to improve any situation, even if it does not solve the problem completely. PCS is a Christian school; therefore, we need to handle our problems the best way possible with the guidelines that lead us to a “good report.”

Pre-Season

1. Under no circumstances will an athlete be allowed to participate in any sport, at any phase or level, including practice, until we have all the following forms on file, including the athletic Fee.

- IHSAA Physical Evaluation Form (by an authorized doctor)

- Authorization to Consent to Medical Treatment Form
- Athletic Permission Slip
- Athletic Handbook Acknowledgement/"SMS" Messaging Form
- Athletic Fee
- Statement of Faith (Homeschool Athletes Only)

Physicals are good from the beginning of the fall sports season through the following summer. A new physical must be turned in before participation in the new fall season, which begins with the first mandatory practice. For example: All physicals from the 2015-2016 school year expire on the first day of mandatory practice for the 2016 fall season.

2. Fees for PCS students for the school year are as follows:

- First Sport = \$100
- Second Sport = \$75
- Third Sport = \$50

There will be additional charges according to which team/sport. This additional charge will be for items that are required for participation but are kept by the player at the end of the season. (For example: game socks, game shoes, etc)

3. Fees for home school participants for the school year are as follows:

- First Sport = \$200
- Second Sport= \$150
- Third Sport = \$100

There may be additional charges depending on which team/sport. This additional charge will be for items that are required for participation but are kept by the player at the end of the season. (For example: game socks, game shoes, etc)

4. The support of parents is vital to the success of our athletic program. There are several areas where we depend on our parents to volunteer. Parents will be scheduled to take money at the gate and work in the concessions at home games. We also need the parents to help with transportation to and from away games. Other areas for volunteers to serve: stats, score book, team mom, audio-visual technicians, line judges, etc. These hours can also count towards the mandatory service hours for the school. If you fail to meet the volunteer requirements of the PCS Athletic Department, there will be a charge of \$50.

5. Parents may not confront a coach during a contest, 24 hours prior to a contest or 24 hours after a contest. This confrontation has proven to be unhelpful and cause more harm than good. If a parent would like to speak with a coach they may do so by setting up a meeting with said coach. The athlete must be present during this meeting. In this meeting the parent may not question coaching tactics, game planning, why or why not their athlete isn't playing more, or bring up any other athlete on the team. They may discuss for example... how the athlete can make a bigger impact on the team.

6. Although athletes may ride with other parents, athletes may not drive other athletes to or from any athletic contest or practice unless written permission from the parents of both the driver and passengers is given to the coach or athletic director. Every volunteer driver will fill out appropriate paperwork prior to driving. This paperwork is available at the pre-season meeting and in the athletic office. Directions to all away contests may be obtained from the PCS Athletics page.

(portagechristianschool.org)

7. A picture day will be scheduled for each sport. All athletes are required to be present. Each athlete will receive a data disc with an individual and team picture at no additional cost.

8. You consent to the use of all photography and video taken by the PCS Athletics staff and PCS ABA staff. These will be used on social media outlets (i.e. Facebook, Instagram, and Twitter) as well as our athletic website. This property is solely owned by PCS Athletics.

9. Commit yourself to prayer for the upcoming season. His strength is demonstrated best in our weakness.

In-Season

1. An athlete may participate in more than one sport during the same season if approval has been obtained from both coaches involved and the athletic director.

2. No athlete removed from or who removes him/herself from an athletic team will be permitted to begin practice with another sport until the final contest has been played by the team on which he/she was involved, unless special permission to do so has been granted, in writing, by the head coaches of the two sports involved and the athletic director.

3. A coach will encourage athletes to attend open gyms, summer leagues, competitions, camps, etc. during the off-season.

4. Attendance at all practices and games is mandatory. If you expect to play, you must practice. If you are unable to attend, you (not a teammate) must contact one of your coaches prior to practice. It is to the discretion of the coach and/or the athletic director as to whether or not the absence is excused or unexcused. Please attempt to schedule all appointments around our practice and game times. Unexcused absences from practices may jeopardize retaining a position on the team, and/or playing time at the discretion of the coach. Excused absences from practices may impact playing time, not as a punitive measure, but for the safety of that individual, fairness to the rest of the team, and strategic reasons.

5. An athlete coming late to practice from a detention or other unexcused reasons will be penalized in some form (i.e., extra running). Consistent tardiness to practice or missing of practice will require a more severe penalty. If a coach feels that a more severe penalty is necessary for an athlete for any

reason, a conference will be scheduled involving the coach, athlete, parent(s) and the athletic director to determine the status of the athlete. Dismissal from the team may result.

6. Practices are CLOSED to the public for all sports. Coaches will arrive to practice at least 15 minutes early. Players will be allowed to enter the building at that time with their coach. They will then change and stretch in the hallway until it is their practice.

7. Athletes must dress in a modest and appropriate manner at all times.

8. If a practice must be cancelled, the coach and athletic director will inform the athletes here at school and a "SMS message" will be sent to all those who have requested these types of notifications. Cancellation of practices will only be due to emergencies. Every effort will be made to avoid such cancellations.

9. An athlete must never leave early from practice or game without notifying the coach in advance.

10. Academic eligibility is based on the following:

- The MS/HS Principal will check grades every Wednesdays.
- If a season starts in the middle of a 9 weeks grading period we will take the students cumulative grades at the time of the season starting and not the grades at the end of the previous 9 weeks.
- Student athletes enter into a "Probationary Period" of 2 weeks if they receive an "F" or 2 "D's" during which time they will be permitted to practice with team but may not participate in games.
- If an athlete ends the school year ineligible they will start the next school year in the Probationary Period with the opportunity to practice immediately but they must have acceptable grades prior to being allowed to play. (Exception: if credit recovery during the summer months is accomplished they will not be placed on Probation.)

11. Players on probation are expected to participate in all practices and team meetings. If a player/parent/teacher deems it necessary for the player to miss practice in order to concentrate on academics, communication with the coach/athletic director/principal is mandatory. These absences, although agreed upon by the coach and player/parent/principal, may not allow the player to be prepared to play in the games at the point that the player becomes eligible. Ineligible players are not allowed to dress in uniform for any games home or away. Ineligible players are not allowed to leave school early for any away games.

12. If an athlete is suspended from school (out of school suspension), the athlete may not attend practice or a game during the day of his/her suspension. If an athlete serves an In-School suspension they are expected to be at any scheduled team function. An expulsion from school will obviously result in the withdrawal of that student from the sport and there will not be a refund of any fees.

13. Age Limit

- If the age of 15 years is attained on or after August 1, and the 8th grade is not completed, the student shall be eligible to participate in 6-8th grade junior high.
- If the age of 19 years is attained on or after August 1, and the 12th grade is not completed, the student shall be eligible to participate in 9-12th grade varsity team.
- Once a student athlete is declared as a 9th grade student, he/she has 8 semesters of eligibility.

14. Home School Students: For a home school student to be eligible for participation on a PCS athletic team according to the following:

- Home school students are welcome to join a PCS team as long as there are open spots on the roster. The maximum number of roster spots is different for each team. If need be, there will be a try out date for home school students.
- All paperwork and fees are turned in as with PCS student athletes.
- The student is in accordance with player age limitations (see #13).
- Parents are to give a report of academic standings of each homeschool player on a regular basis. This will be determined by the parents and Athletic Director.
- All Homeschool Athletes are expected to follow all the standards for PCS Students that are given in the "Parent/Student Handbook" such as hair, social media, etc.

15. Athletics is not intended to take away from academics, family, and his/her spiritual life. It should enhance all of these. As a result, Wednesday practices may or may not be scheduled at the coach's discretion. Mandatory practices may be held over a school break; however, no practices will be scheduled on a PCS recognized holiday or Sunday.

16. All injuries, no matter how minor in nature, will be documented using the forms available from the coach and/or athletic director. The completed documentation should then be given to the athletic director. If an athlete must see a physician for an injury; the athlete will not be allowed to resume practicing or competing without a physician's consent. However, an athlete should make every effort to attend practice and games even while injured.

"Portage Christian School demands sportsmanship to be demonstrated by all coaches, athletes, and spectators. Failure to do so will result in swift discipline up to and including your child's removal from the team."

Post-Season

1. You will be required to turn in all uniforms and other school-owned equipment to the coach or Athletic Director within a given time. Any athlete who loses or damages a uniform or equipment will be fined appropriately.

2. An awards night will be scheduled for all sports. Proper notification of the date, location, and time will be given to parents and all those involved. All players MUST attend the awards ceremony for the sport that they played.

3. Information on opportunities for athletes to improve during the off season will be provided by their coach or the coach that the athlete will have the following season. Opportunities may include summer camps, open gyms, summer leagues, weight training, etc. Although these opportunities will not be required, it is highly encouraged.

Requirements to Receive a Varsity Letter

Any student athlete who participates in 90% of the varsity team practices, games, and team meetings will receive a varsity letter for that sport. Managers for each sport must follow the same team rules as the athletes. A manager attains a manager's letter by attending at least 90% of the team practices and games. "Game night" camera operators, statisticians, helpers, etc. will not earn a letter unless they are also managers.