

PULLMAN CHRISTIAN SCHOOL

2014-2015 ATHLETICS HANDBOOK

PURPOSE

- I. Athletics competition provides a unique opportunity to express Christian values. Students, parents, faculty and fans are expected to participate with a level of character, intensity, enthusiasm and sportsmanship that is consistent with our Christian faith and honorable to our Heavenly Father. Sports is an excellent medium for good Christian coaches to train children in such godly values as discipline, dedication, determination, teamwork, respect, preparation, self-denial, self-sacrifice, sportsmanship, perseverance, and graciousness. Athletics, like other areas in life, requires willingness to give an all-out effort, showing grace under pressure and ability to embrace both victory and defeat. These are some of the character and experience benefits a player can extract from playing sports.
- II. PCS is a member of Mountain Christian League, enjoying competition and relationship with other members of the league.
- III. Those who take part in athletics are expected to maintain high behavioral standards.

GRADE & AGE PARTICIPATION

- I. Students enrolled in grades 7-12 are eligible for participation in the athletics program.
 - A. Students must be enrolled in at least four full-time courses, inclusive of PCS approved additional academic offerings such as Running Start. Seniors may petition the administration for reduced eligibility requirements, depending on remaining graduation requirements.
 - B. Homeschool students need to be enrolled at PCS in at least one credit per year, and to demonstrate at least three more credits via home schooling to participate.
 - C. Students who have graduated are not eligible.
- II. For Mountain Christian League contests, a student must be less than 19 years old on August 31 in order to participate.
- III. Selection of team members may be based on a number of factors beyond ability including Christian character, effort, attitude, teamwork and attendance.

ELIGIBILITY

- I. Academics
 - A. Students are required to make adequate progress according to the student's course enrollments to maintain eligibility. Students enrolled in a full schedule (no study halls), who are failing more than one class will be ineligible for one month. Students enrolled in less than a full schedule (at least one study hall per week), who are failing any class will be ineligible for one month. Eligibility will be determined at the end of each month.
 - B. Students are required to fulfill additional PCS requirements such as the completion of Bible memory.
 - C. Discipline problems or poor classroom performance, regardless of grades or grade point average, could result in ineligibility.
 - D. Students transferring to PCS must be declared eligible prior to participation

- E. Ineligible students may participate in practices if the coach approves, but may not participate in contests, travel with the team to away contests or sit on the bench during home contests.
- II. Paperwork
- A. Before a student may participate in any sport, the following forms must be completed and on file with the PCS administration:
 - i. Assumption of Risk Form
 - ii. Athletics Handbook Agreement Form
 - iii. Emergency Treatment Consent Form
 - iv. Safety Guidelines Form (for each sport as applicable)
 - v. Travel Permission Form
 - vi. Concussion Information Form
 - vii. Physical Examination
 - viii. Declaration of Insurance Form
 - B. All paperwork will be valid for one school year, except for the physical examination, which is valid for 24 calendar months.
 - C. To resume participation following an illness or injury serious enough to require medical care, a student must present to the Athletic Director a physician's written notification clearing the student for participation.
- III. Fees
- A. Students participating in sports will be required to pay participation fees as listed in the current fees schedule available from the PCS office.
 - B. Fees will not be refunded to students who become ineligible, who are suspended from participation or who quit.
- IV. Amateur Status & College Athletics
- A. Students must maintain amateur status to remain eligible for participation. An amateur athlete is one who participates not for any source of financial reward.
 - B. Students may not participate on any college, junior college or university athletic team while in high school.
 - C. Students who hope to participate in NCAA or other college athletics should contact the PCS Athletic Director for information on eligibility requirements for high school graduates and for rules governing amateur status according to the NCAA.

ATTENDANCE

- I. Students will not be allowed to participate in an athletic contest or practice unless they attend four or more classes on that particular school day. Students who fail to attend four classes on a Friday will not be allowed to participate in an event scheduled for Friday or Saturday. Exceptions may be granted if prior communication is given to the Athletic Director, at the discretion of the Athletic Director and/or Principal.
- II. Truancy will disqualify a student from attending any practice or contest that day, and Saturday if the truancy occurs on Friday.
- III. Attendance at all practices and games is mandatory. Students are expected to arrive at all practices and games on time, dressed appropriately and ready to participate. Failure to attend practices or games will result in consequences of the coach's choosing. Repeated absences may result in suspension or dismissal from the team.
- IV. If missing a practice or contest is unavoidable, the coach must be notified in advance as outlined in the team rules.

CONDUCT

- I. Students, parents, coaches and fans must always conduct themselves in a Christ-like manner and according to school policies. The Golden Rule (Matt. 7:12 & Luke 6:31) and the Greatest Commandment (Matt. 22:37-40) are the guiding Scriptures for behavior.
- II. Student athletes are expected maintain high standards of behavior on and off campus. Students whose behavior violates the “Standards of Conduct” section of the Pullman Christian School Handbook may face athletic program discipline in addition to the consequences a non-athlete would receive.
- III. Students may appeal discipline decisions to the PCS Steering Committee.
- IV. Coaches may impose additional team rules or regulations for their particular sport, such as dress standards, curfew, practice procedures, etc. Violations of team rules may be handled by the coach or by the PCS administration.
- V. Students who are suspended from athletics may participate in practices if the coach approves, but may not participate in contests, travel with the team to away contests, or sit on the bench at home contests.

EQUIPMENT

- I. A uniform will be issued to each student for the season. A uniform will be given to the student before each contest and returned afterward for washing at the school. Any damage that has occurred to the uniform should be reported to the Athletic Director.
- II. Students may be required to provide normal additional uniform components such as PE shorts, socks, shoes, etc.
- III. Students are required to wear clothing and uniforms designated by the coaching staff or PCS administration to all practices and games.
- IV. Students may not wear PCS athletic uniforms at non-school events unless approved by the coaching staff or PCS administration.
- V. Loss of equipment or damage to equipment will be the student’s financial obligation.
- VI. If a student damages PCS or LFF property as a result of negligence or misuse as distinguished from normal wear and tear, the student must repair or replace the damaged property.

TRAVEL

- I. All students must travel to and from contests with the team and in transportation provided for this purpose.
 - A. A student who misses the team transportation will not be allowed to participate in that contest even if they travel with a parent or guardian.
 - B. Only upon pre-arranged written request by a parent or guardian will this be waived to allow a student to travel separate from the team, and then only with an adult.
- II. Each team member will remain with the team and under the supervision of the coaching staff when attending games.
- III. In some cases, spectator students may be allowed to ride with the team to attend away games. A permission slip is required, and the student will have no special considerations for classes missed. There must be a supervising adult other than the coaching staff willing to assume legal responsibility for the student.

MEDICATION

- I. Excepting asthma medication and epi-pens, no student may self-administer, nor may any coach staff member administer any medications, prescription or over-the-counter, without written, dated and signed physician authorization.
- II. If a student needs to take medication during athletics events, an “Authorization for Administration of Medication at School” form must be completed and turned-in to the school office, as described in the Parent-Student Handbook.
 - A. Excepting asthma medication and epi-pens, all other medications must be checked-in to the school office in its original container with the original label and are not allowed to remain in lockers or backpacks.
 - B. Students who suffer from motion sickness are advised to take appropriate precautionary action to reduce the symptoms while traveling.

AWARDS

- I. Scholar Athlete
 - A. At the end of each sports season, the school will review a progress report reflecting the student’s grades in all current classes.
 - B. Students whose current class GPA is 3.70 or higher will receive a Scholar Athlete Certificate recognizing excellence in academics while participating in athletics.
- II. Athletics letters
 - A. Athletics letters will only be presented to a student who completes the entire season for a given sport, unless the participant started but was unable to complete a season due to illness or injury.
 - B. Athletics letters will be presented only to varsity-level participants who are enrolled in high school classes.
 - C. Coaches will announce the requirements for lettering at the beginning of the season.
 - D. Coaches have the right to recommend that any student receive or not receive an award for reasons separate from the general requirements.
- III. PCS awards letter certificates and activity pins. Pins may be obtained at the school office if desired. Students may purchase a designated PCS chenille letter or letter jacket if desired.
- IV. Upon voluntarily dropping out of an activity or being dropped from the squad for disciplinary reasons, a student automatically forfeits any awards for that activity.

CREDIT

- I. PCS offers health and fitness credit for participation in varsity athletics.
- II. Students may earn ½ credit (pass/fail) for lettering in two sports seasons.
- III. Students are responsible for notifying the school office when they receive a letter for participation in a sport at another school.