



## BGCA ATHLETIC HANDBOOK

Christian education is a nurturing process that includes the training, body, and spirit through the transmission of knowledge, skills, and values. The athletic program of the school provides a setting in which to practice skills and learn values relevant to social, cultural, educational, and spiritual scenarios.

We are blessed that -our athletics programs are founded on Biblical principles, and these principles are the building blocks for the following athletics policies. Our participation in athletics should be a reflection of these principles and show an obedience and worshipfulness of God.

This handbook is to be read in addition to the basic athletics agreement all parents and athletes sign prior to participating in BGCA athletics.

**"Informing the mind, Shaping the Heart, Serving the World for Jesus Christ."**

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## ATHLETIC PHILOSOPHY

As an athletics program founded in Biblical truths, these principles should be influential in the formation and performance of our teams, coaches, parents, and players. There should be daily differences between our BGCA athletics programs and that of a secular school. These daily opportunities give us a chance to grow in our walk with Christ through the ups and downs of athletics.

### BIBLICAL FOUNDATION

- Whatever your role or sport, you participate with the maximum effort of all your mental and physical abilities-with Jesus Christ as your audience by which to measure said effort. (Colossians 3:23)
- You are to represent Christ as Lord through your behavior, by saying and doing only those things which He would say and do. (Colossians 3:17)
- We believe and compete to win every contest. This winning attitude encompasses both spiritual and physical victory. (1 Corinthians 9:24-27)

These scriptural foundations, in addition to our values and vision as defined in the athletics agreement, lay the groundwork for greatness in athletics as well as life. We win in athletics when we apply Christ-like attitudes and actions to strive to be more like Him.

### CODE OF CONDUCT

Each athlete and coach that competes at BGCA will be expected to reflect Christ through the following:

1. Be committed to Jesus first, then the team. Both come before yourself.
2. Be intense and give 100% effort at all times.
3. Be disciplined, self-controlled, committed, and on-time!
4. Be obedient to authority (coaches, captains, officials, etc.).
5. Leave any locker room, gym, field, vehicle, etc. cleaner than you found it.
6. Strive for excellence and believe in yourself and your teammates.
7. Be an example for others and a witness for Christ through your actions and sportsmanship.
8. Be an ambassador for BGCA by upholding its rules.

### TRANSPORTATION

Unless stated otherwise, all athletes will travel to and from games by parents or coaches with the proper insurance. Athletes may drive themselves to games with permission from their parents and coach/AD approval. In situations when a team vehicle is provided, athletes may return home in a different vehicle (e.g. with parents) with permission from parents and coach/AD. Athletes must be picked up from practices within 15 minutes of practice finishing. Parents, we greatly appreciate your help and communication in this matter, as coaches will be asked to remain until all athletes are accounted for. Special circumstances need to be communicated, as our coaches and other parents are often willing and able to help out.



## SCHOOL ATTENDANCE

Athletes must arrive at school on-time on game days to be eligible to play. If an athlete has a doctor's appointment or other approved excuse, they must attend at least 3 class periods. The Athletic Director has final say in extenuating circumstances.

## DRESS CODE

Athletes must properly represent themselves and BGCA by following the BGCA dress code at all times. Failing to comply with the dress code on game days will result in a 1/2 game suspension. With the coach and Athletic Director's permission athletes may choose to wear team wear on game days.

## ATHLETIC PHYSICALS

Each athlete must have on file a current physical before beginning to practice for the season. Physicals are good for 1 year to participate in athletics.

## NON FULL-TIME STUDENTS/CO-OP STUDENTS

Homeschooled and other non full-time students may participate in sports at BGCA at the discretion of the Athletic Director and coach approval, and may be based on MTAC bylaw decisions. These students must maintain the same standards as BGCA students regarding the following: grades, conduct, physicals, transportation, and eligibility.

## PLAYING TIME AND DISCUSSION

Playing time at BGCA athletics will be based on ability, effort, attitude, and attendance. Playing time is not promised to any player, and not every player will play every game. Our coaches desire to give ample opportunity to each player while still giving our teams the best chance to win. Playing time can be affected by missing games or practices unexcused, or because of negative behavior.

Any desire to speak with a coach regarding playing time or similar conflicts, whether from parent or player, should be done at the appropriate time. During or immediately before or after games and practices is not an appropriate time. Concerns should be brought to the coach or athletic director in private and discussed constructively and in a Christian manner.



## ACADEMIC ELIGIBILITY/SUSPENSIONS

All student athletes will have their academic eligibility checked -this includes homeschooled and co-op students. The following requirements must be met at each nine-week grading period and progress reports:

1. Have an overall "C" or 2.0 average.
2. Have no grades below a 65 in any subject.

If any athlete is ineligible at the end of the grading period or at progress report, they will not participate in any games for a minimum of ten school days. Athletes who are ineligible will be notified by the Athletic Director and after the ten-day period their eligibility will be checked again. The resulting eligibility/ineligibility after the check will remain until the end of the next grading period or progress report. Athletes are expected to continue to participate in all practices and attend all games during periods of ineligibility, but will not dress for games. Any necessary exceptions to practice participation will be allowed at the coach's discretion.

If a student is suspended from or at school they will also be suspended from any games or competitions during that time. A second suspension within a semester will result in additionally missing the next game after suspension. Suspended students will follow the same practice and game attendance policy as ineligible students.

## SPORTS OFFERED

| <u>Spring</u>  | <u>Fall</u>   | <u>Winter</u>   |
|--|---|---|
| Golf (Boys and Girls 5 <sup>th</sup> -12 <sup>th</sup> )   | Football (Boys 8 <sup>th</sup> -12 <sup>th</sup> )      | Basketball (Boys 5 <sup>th</sup> -12 <sup>th</sup> )      |
| Tennis (Boys and Girls 5 <sup>th</sup> -12 <sup>th</sup> ) | Volleyball (Girls 5 <sup>th</sup> -12 <sup>th</sup> )   | Sideline Cheer (Girls 5 <sup>th</sup> -12 <sup>th</sup> ) |
| Baseball (Co-op with Homeschool)                           | Cheerleading (Girls 5 <sup>th</sup> -12 <sup>th</sup> ) |   |

## SPORTS FEES

Your sports fees are covered by the "activities fee" that all BGCA parents pay. Whether or not each individual student plays sports, their success benefits the school as a whole and therefore each student. Occasionally upon beginning a new sport fees may be incurred, but the athletic committee will make every effort to cover costs through fundraising and sponsorships.

*Fees may be reduced or increased at Athletic Director/Committees discretion to accommodate for things such as shorter seasons, gas, etc. Items such as gas, hotels, and food for away games will not be covered by the sports fee.*



## PRACTICE

Practices will be held before or after school hours on weekdays. Exceptions may be made for summer offseason training programs. Practices are mandatory to be eligible to play in games. Coaches will have final say for special circumstances and excuses.

## UNIFORMS

All uniforms issued by the Athletic Department are the property of BGCA and should be cared for as such. Athletes will be issued their uniforms and be responsible for laundering and reporting any damages. Any athlete who loses or destroys a uniform will be charged for a replacement. Practice jerseys will follow the same guidelines.

## TRY OUTS

Try outs may be instituted at the coach and/or AD's discretion for any and all applicable sports.

## VARSITY LETTERS

To earn a varsity letter in a sport, an athlete must:

- Be a full-time high school student at BGCA
- Complete the entire season on the active varsity roster
- Attend all games and practices unless excused by the coach
- Exhibit Christian character and sportsmanship as defined in the Athletics Agreement
- Maintain academic eligibility throughout the entire season
- Have no school or team disciplinary action that results in missing an entire game
- Pay all team and athletics fees
- Participation in 50% of game play

Additionally, coaches and the Athletic Director may award a varsity letter to an athlete or manager who:

- Has participated in the sport for four years
- Has made a special contribution to the team through commitment and sacrifice
- Has been prevented from meeting specific criteria due to injury

Letterman's jackets must be purchased by the player/parents with approval of the Athletic Director.





## ATHLETE HANDBOOK CONTRACT

I, \_\_\_\_\_, understand and commit to the following rules and their consequences as stated in the handbook and as a participant in BGCA athletics.

1. I will attend all practices and games. I will notify my coach if there is a conflict in my schedule. I understand that I must accept the consequence of not starting in games for missing practice beforehand. I also understand the possibility of being removed from the team for excessively missing practice.
2. I will maintain academic eligibility. I will seek help if I am falling behind or having problems with my classes. I understand the requirements set forth in the handbook.
3. I will take proper care of equipment, uniform, and facilities. I will assist in maintaining locker room order and report and damages to the Athletic Director.
4. I will abide by the dress code on game days. I understand the consequences for failing to maintain proper dress code.
5. I will represent my school in a Godly manner through my words and actions. I will respect the authority put over me.
6. I will strive to maintain the code of conduct at all times.
7. I will follow Jesus' example by being an encourager and being compassionate to my teammates. I will seek to use the BGCA athletics programs as an opportunity to grow closer to God.
8. I will maintain my physical health throughout the year by staying active, eating healthy, getting sufficient sleep.

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Athlete's Signature

Date

## PARENT/GUARDIAN HANDBOOK CONTRACT

I will do the following to help my child be successful in BGCA athletics:

1. Pray and encourage daily. I will give Godly counsel in resolving conflict.
2. Provide balanced meals each day.
3. Attempt to keep scheduling conflicts with practices and games to a minimum.
4. Support the program my child is involved in by volunteering to help as needed by the coach and AD.
5. Be a positive Christian role model at all games in words and actions.

I also acknowledge and accept the risk of injury to my child inherent in sports participation. I have read and signed the athletics agreement form and made sure my child has a physical on file, and give consent to treat my child according to the judgment of the attending coach, trainer, or physician. I have a copy and understand the athletics handbook.

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Parent/Guardian Signature

Phone #

Date

