



BETHESDA
CHRISTIAN ACADEMY
PREMIER CHRISTIAN SCHOOL

ATHLETIC HANDBOOK

BETHESDA CHRISTIAN ACADEMY ATHLETICS

Athletics can teach young people many lessons that can help them in their Christian lives. It is the goal of Bethesda Christian Academy that its students exemplify Christ-likeness in everything they do. The purpose of this handbook is to maintain consistency and standards within our athletic program. We ask that parents and athletes take time to read this handbook, so they can properly support the school, its Athletic Department, and most importantly, our Lord and Savior, Jesus Christ. Thank you for your support.

Kindra Holden
Director of Athletics

A CHRISTIAN PHILOSOPHY OF ATHLETICS

Christian school athletics exists for the purpose of giving to the Christian athlete a positive Christian atmosphere in which he may develop in physical competition. As this purpose is carried out, it is understood that the athlete is to allow the Holy Spirit to be in control, guiding his spiritual as well as his physical development. Ultimately, a Christian athletic program should produce an enhanced Christian character in the participant as well as in the spectator.

Bethesda Christian Academy is committed to the spiritual development of the whole person. Every part of the student's being is included in God's plan for his life. Competing with one's peers in interscholastic competition provides an important opportunity for growth, both physically and spiritually. The desire to win is a legitimate aspect of any athletic endeavor, because winning indicates a level of self-discipline and accomplishment. It is the fruit of effort, but it is not the only reward, nor the most important one. If one has maximized his athletic potential, glorified Christ, done his best, and given all credit to the Lord, the reward will be more gratifying relationship with Him as well as a more fully developed ability to serve Him effectively.

It is not the purpose of Bethesda Christian Academy to offer interscholastic athletics to provide a launching pad for an athletic career. Education cannot be subordinated to athletics. Sports should be only an adjunct to consistent, quality classroom instruction. To make athletic competition an end in itself runs contrary to a sound philosophy of Christian education, and indeed to properly conceive secular education.

From a positive perspective, athletic competition serves the purpose of providing fellowship opportunities with players and coaches from other schools. If fellowship is overshadowed by rivalry, the competition has become displeasing to the Lord. Furthermore, the competition serves the purpose of giving testimony to the spectators and officials of the "all things have become new" truth in the athlete's personal deportment. If the testimony is not rendered faithfully, the competition has again become displeasing to the Lord. Coaches must insist on the prominence of these two elements, and they must model their importance to the young people.

Testimony is not only a personal but also a corporate responsibility. Parents, relatives, friends

and students who watch games are also expected to conduct themselves in a manner that is pleasing to the Lord. It is essential to maintain a good testimony, and it is delightful when fellowship takes place. "How good and how pleasant it is for brethren (from both schools) to dwell together in unity." Fans who do not accept at least the testimony responsibly will be asked to leave the game site.

Bethesda Christian Academy Mission Statement

Bethesda Christian Academy partners with Christian families to inform the student's mind, to affect the student's heart, and to increase the student's personal talents as they seek to be Ambassadors for Christ.

1 Corinthians 9:24- "Do you not know that those who run in a race all run, but one receives the prize? Run in such a way that you may obtain it..."

Bethesda Christian Academy is committed to building an athletic department of the highest quality. In order to properly accomplish this objective, we must remember that our highest goal is to glorify our Father God in all that we do. **(1Corinthians 10:31)**

It is the mission of the Athletic Department to be instrumental in the development of the strength of character, skill, and performance (academic, athletic, social and spiritual) of each student athlete. **(Galatians 5:22-25)**

BETHESDA CHRISTIAN ACADEMY VISION STATEMENT

Bethesda Christian Academy seeks to be the cornerstone in aiding students to become men and women of God by developing their spiritual, academic, physical, and social gifts.

CODE OF CONDUCT

The BCA Athletic Department requires student athletes to conduct themselves in a manner in which God is glorified and BCA is represented in a positive manner.

Coaches of individual teams at BCA may adopt team rules, with the approval of the Athletic Director. These rules will compliment any pre-existing BCA rules, they will never contradict them. These rules may include a special dress code for game days.

Conference Affiliation

BCA will be a participating member in the **Triangle Middle School Conference (TMSC)**

** Bethesda will compete in "Conference" games with members TMSC. When other schools are played, they will be considered "Non Conference" **

The following schools are represented in this conference:

TMSC
BETHESDA CHRISTIAN ACADEMY "CRUSADERS"
ENDEAVOR CHARTER SCHOOL "PRIDE"
Envision Science Academy "Eagles"
Gorman Christian Academy "Eagles"
Montessori School of Raleigh "Miners"
Rolesville Charter Academy
Wake Forest Charter Academy "Wolves"

The Triangle Middle School Conference has the following sports:

Baseball (male)

Basketball (male and female)

Cheerleading (female)

Cross Country (male and female)

Golf (Coed)

Soccer (male and female)

Volleyball (female)

BCA participates in baseball, basketball, cheerleading, cross country, soccer, golf, and volleyball.

ACADEMIC ELIGIBILITY

Participation in Athletics is a privilege and an added responsibility. Academic achievement is priority over athletics.

To remain eligible for athletics, every student athlete must maintain at least a "C" average in each core class and an overall "C" average in all other classes combined.

Core classes include: History, Math, Science, English and Bible

Grades will be checked the first week each of the following months:

September

October

November

December

January

February

March

April

When an academic violation occurs during a season:

- **1st Violation; Athlete is on Academic Probation for 2 weeks**
- **2nd Violation; Athlete is on Academic Probation for 2 weeks**
- **3rd Violation; Athlete is dismissed from the team**

- **Academic Probation:**
 - This means no participation in practice or games for two weeks. Attendance at practice and games is expected after 30 minutes of study hall each day.
 - The student will be responsible for having an eligibility paper completed at the end of each week with the core teachers. This form may be obtained from the office.
 - An additional grade check will be done at the end of 2 weeks.

- **At the end of Probation Period:**
 - If grades and completed eligibility paper are within eligibility expectations, athlete may rejoin regular team activities.
 - If grades and eligibility paper are NOT within eligibility expectations, athlete may not rejoin regular team activities and will be considered as a 2nd academic probation period.
 - Same probation activities will be expected during the 2nd probation period. If student still does not meet expectations at the end of the 2nd probation period, student will be dismissed from the team.

GRADE LEVEL PARTICIPATION

The players for all interscholastic sports teams must be from the fifth, sixth, seventh, and eighth grades. For the 2021-2022 school year ninth grade players are allowed to participate in conference games for soccer and volleyball as result of a vote at conference meeting on August 10th.

Under the TMSC by laws- the student shall not have reached his/her 15th birthday before October 15 of the current school year. Ninth grade players are an exception.

PHYSICAL EXAMINATIONS

All student athletes must have a physical examination and must be cleared by a licensed medical provider to participate in athletics **PRIOR** to the first official day of tryouts or practice. ***It is a good idea to schedule physicals for student athletes during the summer.***

ATHLETIC POLICIES

Participation Fees

Each student at BCA is charged a \$100.00 participation fee for each sport in which he/she participates. This fee is only charged to the student athletes account who earn spots on the team(s) for which they try-out.

Failure to pay this fee in a timely manner may result in the student athlete losing his/her spot on the team. This fee is NON-REFUNDABLE for any reason. If for any reason, your student cannot continue with the team, this fee will not be refunded.

Uniforms

All teams will use school owned uniforms. These uniforms will be issued to the student athlete prior to the first scheduled game of the season. These uniforms are to be cared for according to the instructions on the uniform tag. These uniforms should not be altered or adjusted in any way. Uniforms must be turned in to the athletic office no later than one week following the last game to be played in that sport.

Any uniform that is lost, not turned in, or deemed unsuitable for reuse by the Athletic Director will be the financial responsibility of the student athlete to whom it was originally issued. It must be paid for before the student will be allowed to participate in any other sports. Occasionally, some teams may decide to purchase "team" items. The individual student athlete will purchase these items. (i.e.) warm-ups, shoes, etc.

Practice and Game Attendance

Student athletes are expected to be present and on time for all practices and games. If a student athlete is tardy or absent, he/she will face the appropriate penalties. These penalties will be at the discretion of the head coach, and may include extra running, loss of playing time, or dismissal from the team. Excused absences and tardiness will not be met with any penalties. Acceptable excuses are things such as illness, medical appointments, death in the family, and special family situations. Please notify the Athletic Director and the head coach prior to the date in question, if at all possible.

Please schedule appointments around the team calendar if at all possible

Practice and Game Transportation Policies

Home Games - Student athletes will be transported to offsite home games in BCA sponsored vehicles. This is due to the early start time for these games. If there is an exception, notice will be sent out as soon as possible. BCA will NOT be providing transportation back to the school after offsite home games. Student athletes are to be picked up by their own parent(s)/guardian(s), at the home game site. Student athletes must check out with their coach before leaving the home game site.

Away Games – When appropriate transportation and resources are available, BCA will provide transportation for student athletes to and from all away games. On days when personnel or vehicles are not available, parents will be responsible for arranging transportation for all athletes. Student athletes who are not leaving the away game sites with their parent(s)/guardian(s) must ride back in BCA provided transportation if provided and be picked up at BCA immediately upon return from the game. Student athletes must check out with their coach before leaving the home game site.

Dismissal procedures:

1. Each coach will have a team roster showing all student athletes who are a part of that team.
2. The coaches will expect that all athletes will be riding the bus back to the academy for away games unless a parent checks them out by seeing the coach and initializing that the student is leaving the property. Students should not leave the playing area without permission from their coach.
3. Each athletic coach will complete a check list for every away game indicating if the student was placed on the bus to return to the academy or if they were checked out by their parent.

Practice - All practices will be held either at BCA or at an off-campus location. Student athletes must be picked up from their off-campus practice location when the practice is scheduled to end. There will be no transportation provided back to the school from the off-campus practice location. Practices are generally scheduled from 3:30-5/5:30 on all days EXCEPT Wednesdays and game days. Students not picked up from practice held at BCA at the appointed time will be sent to after-school care. All practices are closed to anyone who is not associated with the team unless the coach has given prior permission.

Pick-up Policy - Student athletes must be picked up by their own parent(s)/guardian(s). A student athlete may be picked up by another adult, either from games or practice, ONLY when prior written permission has been granted by the parent(s)/guardian(s) of the student athlete in question and the Athletic Director and coach have been notified. When a student athlete checks out with his/her coach, the coach must see the parent(s)/guardian(s) OR the adult with whom the student athlete will be leaving.

Detention – Students who have after school detention will not be provided transportation to practice or games. Discipline for missing practice or games due to detention will be determined by the coach.

School Attendance - Any student athlete that is absent more than half the school day is not eligible to participate in any athletic events scheduled for that day. This includes games and practice.

School Work - Student athletes are to be exemplary in their schoolwork. All classwork and homework should be completed and turned in on time. Student athletes are responsible for obtaining class and homework assignments before leaving school early for an athletic event.

A student athlete should never use an athletic event as an excuse for not completing assigned work on time.

Suspensions and Dismissals - The BCA Administration may suspend or dismiss a student athlete from the team for failure to comply with athletic department or team guidelines or other extreme actions. A warning and/or extra work may be given in an attempt to correct the situation if the situation allows. Parent(s)/Guardian(s) will be notified if a suspension is needed or a student is dismissed from the team. If the problem is not corrected by the suspension, the student athlete in question will be dismissed.

Dismissal from a team is a permanent condition.

Quitting a Team - Any student athlete who quits a team will not be allowed back on that team for the remainder of that season. The Athletic Director and the head coach may decide to grant the student athlete a second chance to be on the team, should the student athlete desire one. In the event that a second chance is granted, there will be certain conditions, specific to the case in question, that the student athlete must comply with, before reinstatement to the team can occur.

Playing Time - Being on a team **IS NOT** a guarantee of having playing time in actual games. Just as a student athlete must earn a spot on the team, a student athlete must earn playing time **DURING PRACTICE**. Each student athlete must learn his/her role on the team. Each student athlete must learn to put the good of the team ahead of any personal goals or pursuits. Practice must be treated very seriously. This is where the student athlete proves to the coach the sincerity of their intentions to play with one hundred percent of their effort.

YOU WILL PLAY IN A GAME THE WAY YOU PRACTICE!!!

Communication - Any concerns or issues about the athletic department at BCA, whether about coaches, policies, or student athletes, should be addressed to the proper people. It is important that the proper channels of communication are followed, in order to keep things running as smoothly as possible at BCA. Any concerns should be taken directly to the head coach, in a private and timely manner. If a meeting with the head coach does not help, a meeting with the Athletic Director and the head coach is the next step. If that meeting does not help, a meeting with the Athletic Director, the head coach, and the Principal is the next step.

Playing time will not be discussed at any time! If this becomes an issue, the student-athlete will be dismissed from the team.

Internet and Social Media – Anything written on the internet or posted to a social media site that is against the mission, vision, or code of conduct described in this Handbook is subject to discipline and/or dismissal from a team.

Awards-

At the sports banquet, the coach will present 3 athletic awards for each team. While it is our desire to honor each child on the team, we choose to do that through the season-long experience of building friendships and growing closer as a team with love and support. The end of season awards are used to highlight only the 3 athletes for the sport that excelled during the athletic season in some way. The coach along with the Athletic Director will choose who on the team gets an award. Any student that was on academic probation or suspended from the team will not get an award.

ROLE OF PARENTS

Philosophy - The BCA athletic Department acknowledges and appreciates that the parents of the student athlete serve as God's main instruments for teaching the student athlete how to be like Christ. Parents have a unique opportunity when their child is a participant in athletics. They, along with the coaches, must be aware that issues of self-discipline and teamwork are key to the development of the individual character of the student athlete. Parents are encouraged to demonstrate these traits by supporting the coaches and their decisions regarding things such as playing time, game strategy, etc.

Conduct – There are several areas in which parents can help diffuse potential problems. Therefore, the BCA Athletic Department would like to encourage parents to adhere to the following codes of conduct:

1. Parents should show proper respect for game officials.
 - a. Do not belittle or yell at officials during games.
 - b. Do not approach officials after games with arguments or complaints. (See Rom. 13)

2. Parents should show proper cooperation with the coaches at BCA.
 - a. Do not go onto the court or field of play during pre-game or halftime warm-ups.
 - b. Do not go to the bench area during a game. (Unless there is an emergency that requires your presence) In some sports, this could result in a penalty from the referees.
 - c. Do not attempt to coach your student athlete from the bleachers.

3. Parents should show proper respect for both the coaches and the student athletes, especially in the time immediately following a game. The moments following a game are often emotional, for both the coaches and the players. This is not the time to discuss any issues or problems surrounding the game that has just ended.
 - a. If you need to talk with a coach, please call the Athletic Office the day after the game and schedule an appointment with the coach. Any coach at BCA would be glad to speak with you regarding any concerns or questions you may have.
 - b. If you need to talk with your student athlete about his/her behavior or performance, please allow him/her time to relax before any discussions take place.

4. Parents should show proper respect and consideration for the other student athletes and their families. Please do not engage in unnecessary conflicts with either the student athletes or the parents of our opponents. Avoid things like name calling or negative remarks concerning ANY of the student athletes.

The following are strictly prohibited at all BCA athletic events: fighting, the use of profanity, and the use of alcohol or tobacco products. Any abusive or violent behavior towards anyone in/at the facilities being used for BCA athletic events may result in the removal of the guilty parties from current events or future events. We do reserve the right to deny entrance and/or participation to anyone who does not adhere to our behavioral policies.

Guidance for COVID-19

Mask guidelines for fall athletics- please know and understand that these guidelines may change based on any updates by the governor, state, CDC, etc.

- Outdoor athletics (XC, soccer, tennis)- masks are recommended, however, they are NOT required to be worn at any time.
- Indoor athletics (volleyball)- masks are required to be worn during play or when engaged in physical activity. Masks ARE required when not actively engaged in practice or play such as sitting on the bench during a game.
- Spectators- spectators are welcome but must abide by the above mask guidelines. Recommended, but not required for outdoor athletics; required for indoor athletics (unless otherwise informed).
- Coaches while indoors wear mask during games/practices.

Please Note- we will be required to follow any guidelines/protocols put in place by our opponent's campus we are traveling to and the facilities we are renting. Although the above guidelines are put in place, all athletes will be required to have a mask on hand (make this a part of their equipment/attire bag) just in case our opponents and/or facilities we are traveling to require masks to be worn as they may have their own and, in some cases, stricter, policies.

Recommendations

1. All coaches, athletes, spectators and other participants wear a face covering when indoors.
2. Designate and arrange specific equipment for use that is properly spaced at 6 feet apart.
3. Group activities should be spaced out six feet apart.
4. Consider workouts in groups/pods of individuals with the same group to limit exposure should someone become sick.

Requirements

1. Individuals are not to shake hands, give high fives, or fist pumps before, during, or after the game or practice.
2. Coaches, officials, and others should modify communication and avoid up close face to face communication.
3. Wash/sanitize hands immediately prior to and following events (sanitizer will be provided).
4. Limit sharing of equipment when possible.
5. Disinfect all shared equipment (cleaner will be provided).
6. Remind individuals to bring their own water bottles, and that those water bottles are not shared.