

CALVARY BAPTIST CHURCH SCHOOL



ATHLETIC HANDBOOK

The athletic staff of CBCS desires to see our athletes glorify God in all that they do. Athletics and physical education are an integral part of a Christian school education but should never be placed above academic or spiritual training. All who participate in athletics will follow the sports guidelines of CBCS. All parents are expected to support the standards and goals of CBCS. Parents should keep the long-range goals foremost in mind when decisions and policies are made that limit or eliminate a student's participation in athletics. The prevailing attitude among all those connected with the sports program at CBCS should be "I want Christ to be evident in my life." Such an attitude will model Christian character. We believe that the following attributes are among many that can be taught through a quality program of athletics.

1. **OBEDIENCE AND RESPECT** – Do what your coaches and others whom God has put in authority over you tell you to do with a good attitude.
2. **DILIGENCE** – Use all your strength and ability to finish the task whether it is drills, conditioning, competing in a game or any worthwhile activity.
3. **RESPONSIBILITY** – Do everything that is expected of you whether directly supervised or not – our staff will not baby sit.
4. **DETERMINATION** – Determination will make an average athlete a great athlete.
5. **CONFIDENCE** – Confidence is a result of quality practice and preparation. Give as much effort to practice as you would a game.
6. **INTENSITY** – Give a "total release" performance at all times. Stay focused on the task at hand.
7. **PERSEVERANCE** – If winning wasn't important, there wouldn't be scoreboards! Winning is the object of competition. If you have done your best, there are NO regrets.
8. **TEAMWORK AND UNITY** – Teamwork is vital to successful athletics. CBCS will not become an arena for self-glorification.

CBCS STUDENT SPORTS PROGRAM

I. INTER-SCHOLASTIC SPORTS OFFERED AT CBCS

A. Fall

JV and Varsity Volleyball
Varsity Soccer

B. Winter

JV and Varsity Girls Basketball
JV and Varsity Boys Basketball
JV and Varsity Cheerleading

II. STUDENT REQUIREMENTS FOR PARTICIPATION

A. Preliminary responsibilities:

1. Each athlete must have an updated physical before each new school year. The athlete cannot compete in try-outs, practices or games without an updated physical. One physical per year takes care of all sports for the year.
2. Anyone interested in trying out for a team must be at the first try-out practice of the season. The coach must be notified ahead of time if he/she is going to miss the first try-out/practice for an excusable reason (illness, death in family, etc.). New students enrolling in School after the initial try-outs may request an individual try-out to be granted at the coach's discretion.
3. Each athlete must return the form in the back of this handbook to his/her coach before he/she will be allowed to participate in his/her first sport of the year.
4. Eligible players may only participate in one sport at a time. There may be exceptions to this rule if players are needed to fill a team. This decision will be made by the Administration.

B. Game and practice attendance/conduct requirements:

1. Once the student has joined a team they have committed themselves to that team until the last game is completed.
2. Players or cheerleaders must be at every practice or game unless excused for one of the following reasons:
 - a. Verifiable personal illness
 - b. Death in family
 - c. Previously scheduled church commitment
 - d. Emergency absence pre-arranged with coach
 - e. Out of town trips during scheduled school vacations
3. Discipline policies for unexcused absences from practice will be administered by the individual coach.
4. All athletes must be on time for practice. The coach will announce the starting time for his/her practice. "On time" means dressed and on the floor or field ready to practice. Every tardy will result in a penalty of extra conditioning after practice. Excessive tardiness can lead to suspension.
5. Discussion with game officials should come from the coaches and team captains and not from individual players.
6. The use of profanity will not be tolerated. The use of profanity on or off the field/court may result in at least a one-week suspension from the team and at least one game missed. Continued use of profanity will result in expulsion from the team.
7. Fighting during athletic events will result in suspension from one or more games. More severe discipline may be enacted depending upon the circumstances.

8. Any athlete receiving a technical foul for conduct (attitude, arguing with officials, etc.) will automatically sit out the first half of the next game.
9. Any and all technical fouls or red/yellow cards must be reported to the athletic office the following morning.
10. Athletes are to be good representatives of Christ and CBCS on all road trips. Failure to do so may result in suspension or dismissal from the team.

C. Rules for Eligibility for Participation in Practices and Games*

1. To be eligible for a game, an athlete must attend at least a half-day of school on a game day.
2. If a student makes an “F” in any subject on a report card or progress report, he/she will be declared ineligible until the next report card or progress report.
3. Students must maintain a “C” average in core subjects on each report card or progress report or he/she will be declared ineligible until the next report card or progress report.
4. Evaluation:
 - a. Grades will be evaluated in the Principals Office after teacher grades are due.
 - b. The Principals Office will email a report of ineligible players to teachers.
 - c. Teachers must respond before progress reports or report cards are issued.
 - d. Once report cards or progress reports are issued eligibility is final, unless an incomplete is listed for a subject.
5. One or more incomplete grades in core courses – no participation until work is completed. Consideration may be given for incompletes due to extended consecutive day absences.
6. At the end of a semester, athletic eligibility will always be based on the average from the just completed nine weeks grades not the semester average.
7. Each athlete starts the new season with full privileges.
8. An athlete on academic probation is to attend all practice sessions and attend all home games and sit on the bench with the team dressed in game day dress.
9. Eligibility will be issued in the morning and take effect that school day.
10. If an athlete becomes ineligible twice in the same season, that student will not be allowed to participate with the team for the remainder of the season. This includes post-season tournaments.

**Any exception to this policy is at the discretion of the administration.*

D. Quitting

1. Character is not built by quitting. Trying times are not times to quit trying.
2. A student may drop off the team anytime before the third practice without penalty. After that period of time, no student may quit the team without penalty. There should be a strong sense of belonging to the teams even when personal injuries would restrict the individual’s participation in practices and games.
3. Any athlete who quits a team will sit out the next consecutive sport season, plus the next season of the sport he quit. For example, if an athlete quits the basketball team, he/she would have to sit out of the fall volleyball/soccer and the next basketball season. Very rarely there might be an unusual circumstance that would deem it necessary for an athlete to leave a team. In this scenario, the decision would be left to the discretion of the Athletic Director and Administration.
4. Any player who quits will be removed from the team roster and forfeits any postseason awards.

E. Transportation

1. This policy applies to all off-campus games and tournaments when the school provides transportation. It does not apply to activities for which the school does not provide transportation.
2. Adequate school owned or rented transportation will be provided for all athletic activities. All team members, cheerleaders, managers, statisticians and scorekeepers must travel to the game on the school-provided bus or vehicle. No one other than the driver or coach’s immediate family may ride on the players’ bus. The only exception to this rule would be at the discretion of the Administration.
3. A team member may ride home from an off-campus game with his/her parents or legal guardian provided the coach has been notified prior to leaving the game.

4. An athlete may ride home from an away game with a friend's parents if the athlete's parents have provided the coach with a signed consent form authorizing their student to ride with that driver. Form must be turned in on the day of the game.
5. Only a DMV-approved driver, 21 years old or older, will be allowed to drive athletic transportation.
6. No portable music players are to be taken on trips. Cell phones may be used for calling, but not as music players. No headsets are to be taken.
7. All cell phones will be collected upon entering the bus and will be returned when bus arrives back at the school.
8. Parents will be called when the bus is within 30-45 minutes from the school. Please make sure your child's ride is here upon arrival of the team.

F. Uniform and Equipment

1. The student is responsible for any equipment or uniforms issued to him/her and should be returned in good condition.
2. Equipment or uniforms that are lost or damaged due to negligence will be charged to the athlete.
3. School athletic uniforms are only to be worn for games and no other occasion.
4. Students may be responsible for washing and drying their uniform after each game. Wash the uniforms in cold water using a mild detergent and no bleach. Allow to drip dry. Do not wash with other clothes to avoid the risk of fading.
5. All uniforms and equipment must be returned to the coach within three days after the last game of the season.
6. Any athlete who does not return the school uniform or equipment may have his report card held and cost for replacement charged to his school bill. An athlete will not be allowed to participate in another sport until all overdue uniforms and equipment has been returned.

IV. CHEERLEADING

- A. Tryouts for cheerleading squads will be held in the fall. The coach will announce the tryout dates several weeks in advance.
- B. The cheerleading coach will determine the judging procedure to be used during the tryouts for all squads.
- C. Each cheerleading coach will determine the number of positions available per squad. It may vary from year to year.
- D. The process for selecting captains will be determined by the coach of each squad.

VII. A WORD TO PARENTS AND SPECTATORS

Calvary Baptist Church School students are all aware of the standards set forth by our school, but you may be unaware of what we expect from our spectators. Therefore, we have listed a few things to keep in mind when you attend a CBCS athletic event.

- A. CBCS's goal is to present a positive testimony for Jesus Christ at all times. This is especially true during our competitions with other schools whether Christian, private or public. The word Christian means "Christ-like". It is your responsibility as a parent, fan or spectator to properly represent Christ and CBCS at all times. This certainly applies to all athletic events at home or away.
- B. As difficult as it may be for some, comments and remarks to game officials and opposing team's coaches or players should be positive. Antagonizing, acoustical remarks hurt our school's testimony as well as our team's relationship with the officials.
- C. Please do not coach our athletes from the bleachers. We have good, capable coaches who are trained for that job.
- D. Do not criticize! As fans you may sometimes feel that you are able to do a better job than the coach. Despite your feelings you must realize that coaching is not your responsibility.



ATHLETES' MINIMUM DRESS REQUIREMENTS

SPORT	DURING SCHOOL	TRAVEL AND ARRIVING AT GAME	LEAVING GAME
Volleyball	School attire	Uniform or school attire	Uniform or school Attire
Soccer	School attire	Uniform or school attire	Uniform or wind pants with School shirt
Cheerleading	Uniform	Uniform	Uniform
Basketball (Girls)	School attire	School attire or uniform team warm-ups	School attire or team warm-ups
Basketball (Boys)	Dress shirt, tie School pants	School attire or uniform, team warm-ups	School attire or team warm-ups

ATHLETIC HANDBOOK FORM

This form is to be turned in to the coach before an athlete participates in any CBCS sport. I have read and understand the rules, regulations and guidelines in this handbook. I agree to abide by these rules, regulations and guidelines.

Parent's/Guardian's Signature Date _____

Athlete's Signature Date _____

Dear Parents,

Having made a sports team, your child will be making numerous team trips to opposing schools both in and out of the New Bern area. All of these trips will require your athlete to be transported to the game and back, sometimes arriving back at CBCS quite late in the evening. Some trips, especially State Tournaments, may require an overnight stay.

Your child will always be adequately supervised and cared for to the best of our ability on these trips. We are asking you as parents to sign this one-time permission request for your athletes to participate in all school sanctioned trips. In case of an emergency and you cannot be reached, this signature will give the coaching staff permission to act and/or make decisions on your behalf.

Thank you for your cooperation.

Sincerely,

Robert Tucker
CBCS Principal/Athletic Director



I give _____ permission to travel to and from
(Student's Full Name)

any sports trip on school provided transportation. In case of an emergency, I understand that every effort will be made to contact the athlete's parents or guardians. In the event that I cannot be reached, I hereby give permission to the physician selected by the chaperons to hospitalize, secure proper treatment for, and/or order injection of anesthesia or surgery for my child.

Parent's/Guardian's Signature _____

Home Phone # _____

Emergency Phone # _____