

**SALEM BAPTIST
CHRISTIAN SCHOOL**

VIKINGS

**ATHLETIC HANDBOOK
2024-25**

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Athletics at Salem Baptist Christian School

We at Salem Baptist Christian School (SBCS) believe that athletics is a means of personal, social, physical, and spiritual growth for student-athletes. Developing a winning attitude focused on every part of the student athlete for competition is key, but creating the right environment in athletics that brings glory to God in that competitive arena is critical to the athletic experience.

The purpose of athletics at SBCS is to bring glory to God through the physical involvement of our students in a competitive atmosphere. Our overall objectives are:

- to provide instruction and guidance in physical skills and spiritual matters,
- to involve the student body, parents, and teachers in developing school spirit and unity,
- to have a Christian testimony with opposing teams, fans, and referees,
- to give team members the opportunity to develop their full physical potential,
- to teach team members to work toward a specific goal,
- to develop respect for rules and authority.

SBCS Students must meet academic benchmarks to qualify for the teams and adhere to strong academic & behavioral standards while members of the teams. Our focus in the athletic department is to give an opportunity to our student/athletes to compete at the highest level possible, while also giving them the opportunity to learn and display Godly character in every situation no matter the score.

It is necessary to understand that interscholastic sports are different from intramural and recreational sports in that playing time is not guaranteed. Playing time is an earned privilege that the coach has been given the responsibility to decide. While an effort to give each player the opportunity to compete in game situations is the goal of the athletic department, it is still not a requirement.

At the middle school and junior varsity level coaches are encouraged to substitute as much as possible, but also to give the team the best opportunity to succeed. Practice is where the best opportunity to develop necessary skills are learned and should be a priority of the athlete to use that time accordingly.

At the varsity level the competition is at a higher level and the expectation of the athlete is also higher athletically, academically and spiritually. JV players are not guaranteed roster positions on the varsity team or playing time just because of their age or former JV status. The student's grade or age is also not a determining factor of playing time. Coaches are supposed to choose the best players for certain situations and games as necessary regardless of their grade.

SBCS does not adhere to a "win at any cost" philosophy, but God does tell us in His Word to do everything to His glory (I Corinthians 10:31). Winning is stressed as a reward for a disciplined work ethic and dedication to the team's success.

Salem Baptist Christian School Athletic Code Of Conduct

ATTENDANCE

All athletes are expected to attend every practice and game. If, for any reason, someone is unable to attend practice/game, he/she must notify their coach with at least 24 hour notice if possible. Athletes who skip a practice/game will be considered unexcused and could be suspended for their next game per the discretion of their coach. If an absence is excused, a player may dress out for a game, but the coach may choose not to start a player who missed a practice preceding a game. If you are injured, you are expected to attend practice unless you have been excused by your coach. Athletes are expected to communicate thoroughly and frequently with their coaches about attendance issues.

BEHAVIOR

Athletes are expected to have a positive attitude both on and off their field of play at all times. Disrespect to coaches, teachers, fans, teammates, parents, officials, and other students will not be tolerated. Poor sportsmanship will not be tolerated. This may include not only words and attitude, but also gestures, verbal language, and body language. Disruptiveness in the classrooms or during practices or games will not be tolerated. Students are expected to well represent SBCS, their families, and Jesus Christ.

CONSEQUENCES

Depending upon the severity of an infraction, students who break the Athletic Code of Conduct may be subject to a range of penalties. At the discretion of the coach and Athletic Director (A.D.), consequences may include suspension from games or dismissal from the team. Additional consequences may be imposed by the school's administration, including detention, in school suspension, out of school suspension, or dismissal from the enrollment of SBCS.

Athletic Eligibility and Tryouts

- In order to participate in athletic events, the athlete must have the following completed forms on file with the Athletic Department and will not be eligible until the forms are turned in:
 - *SBCS Athletic Code of Conduct* form
 - *SBCS Athletic & Activity Liability Waiver* form
 - *NCISAA Consent to Participate* form
 - *NCISAA Pre-Participation Physical* forms
 - *Student-Athlete & Parent Concussion Information* form
 - *Athletic Handbook Acknowledgement* form
- No student-athlete shall have reached his/her 19th birthday on or before August 1st of the current school year; middle school (MS) athletes cannot be 15 on or before August 1st.
- All students in grades 9th - 12th are eligible to try out for varsity athletics.
- 7th - 8th grade students can try out for a varsity team if there is no JV or MS team available or by special invitation from the varsity head coach with approval of the A.D.
- All students in grades 7th - 10th are eligible to try out for junior varsity teams offered.
- Students in grades 9th - 10th who do not make the varsity team will be considered for the junior varsity team and 11th graders by invitation from the A.D.; no 12th graders may play JV.
- Students in grades 5th - 8th are eligible to try out for middle school teams.
- All teams will have a one or two-day tryout period. Students trying out must be present both days unless cuts are made the first day. (The A.D. will make only rare and special exceptions to that rule). Coaches may elect to have a staggered cut meaning some cuts after each day of tryouts.

Athletic Seasons and Player Commitment

- The school athletic year consists of three seasons: fall, winter, and spring. Students are prohibited from leaving one athletic team to join another during the current season. The first contest for the team marks the official start of their roster time for that season. Students are limited to one sport per season. If a student-athlete personally elects to quit during their team's athletic season, they may not be permitted to play a sport in the subsequent season - if this occurs in the spring season, the A.D. will determine eligibility for the following athletic school season.

Academic Eligibility

- Students are expected to maintain a strong academic standing while participating in athletics.
- Students may not use athletics as an excuse for poor schoolwork or lack of time for schoolwork.
- Athletic eligibility checkpoints will be held regularly and consistently throughout each athletic season.
 - High school student athletes must maintain a minimum 2.25 GPA to be eligible for athletic practices and games. Student athletes in grades 7 & 8 who participate on a JV/Varsity level team will fall under these eligibility requirements.
 - Middle school students who receive (2) D's or (1) F will be ineligible to participate in practices and games until sufficient improvement has been shown. Student athletes in the 5th grade who participate on a middle school team will fall under these eligibility requirements.
 - Players declared academically ineligible will not be permitted to participate in practices or contests; they are suspended from team activities.
 - Eligibility may be re-gained throughout the season; any student-athlete declared academically ineligible will be monitored on a weekly basis by the A.D. to monitor progress. There must be an effort shown to improve the grades to regain eligibility and playing status.
- The athletic department will communicate all decisions about student academic probation through a meeting with the student and an *Academic Probation Letter* that will be emailed to the student, parent/guardian, Upper School Principal, and the respective Head Coach.
- Discovery Learning students will be evaluated by the DL director and the administrator. These athletes are subject to the above guidelines.

Discipline/Conduct Eligibility

- Students must maintain exemplary conduct as they represent their school and the Lord at all athletic events.
- Student-Athlete Behavioral Eligibility - the following will impact athletic eligibility along with repercussions from the individual team policies set by coaches:
 - *Detentions* - Any athlete who receives a detention will not be eligible to participate in their team's next scheduled competition. If an athlete is required to serve a second detention during their team's season, they will be ineligible to participate in their team's competitions for one week. If the detention falls on a practice time, the athlete is responsible for communicating their absence with their coach; this is considered an unexcused absence.
 - *Suspensions* - any athlete that receives an in-school suspension (ISS) from school will be ineligible to participate in any athletic event for one week to begin the first day of the suspension and eligibility will be reviewed by the A.D. and Upper

School Principal before returning to participation.

- Any student athlete that receives a second ISS or one out of school suspension (OSS) during their sport's season will be removed from the team for the remainder of the season. Further athletic participation for the school year will be evaluated on a case by case basis for that individual.
- Fifth (5th) grade student athletes - behavioral eligibility decisions will be evaluated by the Athletic Director and Lower School Principal for participation in all athletic activities.
- Players who are ejected from a game are subject to the NCISAA policy of game suspensions and school discipline, even if the game is against a non-NCISAA opponent.

School Attendance

- If a student is dismissed from school due to an illness on the day of a game or practice that student will not be eligible to play in a game or attend practice that day.
- Students who arrive at school later than or leave before 11:25 without returning will not be eligible to participate in team activities that day.
- Students returning late from a game will not be excused for tardiness on the next school day. Assignments and tests given the next day will not be postponed or excused.
 - A student who comes in late on the day after a game must have a note from their parent explaining why he/she is tardy, or he/she will not be able to play in the next game.
 - Repeated lateness or absences after games will result in game suspensions and require a doctor's note to be excused.
 - Assignments and tests given the next day will not be postponed or excused due to athletic participation.
- Athletes are expected to turn in all assignments prior to leaving for athletic events. Athletics is not a valid excuse for late work. Excessive tardiness or late work can carry game suspensions at the administration's recommendation.
- With all games/competitions, the student-athletes are responsible for communicating with their teachers about coordinating make-up work or rescheduling a test if necessary.

Parent Responsibilities & Commitments

- Parents are to support their athlete and SBCS with a positive and Christian attitude.
- Parents are encouraged to attend as many games as possible.
- Parents are encouraged to address any problems during athletic competitions to the proper SBCS representatives first in order to facilitate appropriate action.
- Parents should make an effort to pick up athletes from practice and games within 15 minutes of the scheduled end of the event.
- When offered, one or both parents must attend the meeting with the coaches and athletic director prior to the beginning of each season.
- Each individual athletic team will be required to staff every home game through the dedicated volunteer efforts of the team families. A Parent Team Coordinator can be designated from the team families to help organize & schedule the necessary volunteers.
- Parent/Guardian/Spectator Behavior
 - As representatives of SBCS at sporting events, we must set an example for our students and exhibit Godly character and behavior in all situations. If a parent/guardian fails to set a good example for our students, he/she may be asked to discontinue attendance at SBCS athletic events. Parents/Guardians that are ejected from a game by an official or host school administrator will be suspended the following game for a first time offense. Second time offenders will be suspended for the remainder of the season. Third-time offenders will be banned for the remainder of the year with additional restrictions that may be applied depending on the severity of the incident/issue.
- Respectful Communication with Coaching Staff
 - Please direct concerns or comments directly to your coaches first. We ask that you follow the proper chain of command: Coaches first, then Athletic Director, then the Upper School Principal, then the Head of School.
 - Call or email coaches to schedule an appointment. Please do not attempt to confront a coach before or after a contest or practice. These can be emotional times for all parties involved; meetings of this type do not promote resolution. Please give coaches 24 hours before contacting them following a contest. Please communicate in an honest and respectful manner with the coach and refrain from negative talk with others who are not part of the solution.

GENERAL ATHLETIC INFORMATION

Practices

- All team members are expected to be at all scheduled in-season practices.
- All of the student's personal appointments should be scheduled around and not conflict with SBCS athletic practices and games.
- Students will not be allowed to participate in a practice if they did not come to school that day (see section on page 6)
- All practices/workouts are closed to ALL non-team members and parents/guardians are not to attend any of these sessions.
- Any absence (excused or unexcused) should be communicated to the coach prior to practice; preferably a 24 hour notice if possible.
- There are no practices on Wednesdays or Sundays. With Athletic Director approval, a team may be able to practice on a Wednesday under a special situation such as preparing for a state playoff game on Thursday; if approved the practice must be over by 5:30 PM.
- Practice schedules will be communicated during the first week of the season.
 - At the discretion of the coach and Athletic Director, practices may be held on days when school is out; practices over holiday breaks will be deemed optional. If this occurs, parents will be notified a week prior. Students will not be penalized for failing to attend practices during holidays.
- Transportation to off-site practices will be provided by the school and all team members are expected to ride with the team unless other transportation is necessary and approved by the coach or athletic director and parents.
- No athlete may "hang around" prior to his or her practice time without permission and supervision by their team coach. They must leave school and return at the appropriate time. Other arrangements must be made if that is not possible.

Game Days

- Schedules will be posted online and made available at the beginning of each season. Every attempt will be made to keep those schedules as up to date as possible. Weather and other circumstances do cause changes that are unavoidable. The website calendar is the most updated and accessible calendar.
- No games will be scheduled on Wednesdays (unless a conference makeup game) or Sundays.
- Occasional tournaments or regular season games may be played on Saturdays, but these are kept to a minimum.
- Athletes will be told of return times and given the opportunity to call parents to notify them. Parents who are frequently late to pick up athletes after games may result in these students not being allowed to travel to away games.
- All team members are expected to be at all scheduled games. Athletes who skip a game

will be considered unexcused and could be suspended for their next game at the discretion of their coach. Subsequent unexcused absences could result in dismissal from the team. (Only sickness and family emergencies are excused)

Uniforms and Dress Code

- Uniforms may be worn only during athletic competitions/games unless otherwise designated by the Athletic Director.
 - Game uniform items shall not be worn during the school day for any reason.
- Athletes are required to wear shirts at all times, including practices.
- Game day dress code will be determined at the beginning of each season and communicated by the coach to the team.
- After games, students must be dressed according to the school's dress code or in matching, school-approved team clothing.
- Girl's shorts must be a minimum of fingertip length. Girls found to be out of dress code are subject to game or match suspensions. Girls' shorts must also fall below the hem of their practice t-shirts.
- Boys and girls must wear appropriate undergarments for each athletic event.
- Dress code violations can result in suspensions or removal from teams.

Transportation

- Athletes must accompany the team to all away games on the provided transportation; this includes practices if the training facility is off campus.
- No student-athlete is permitted to drive themselves or any other players to practices or contests.
- Parents are encouraged to watch games that are at other sites, but team members must ride with the team and the coach unless given permission earlier by the athletic director due to a special circumstance. After the competition is over parents may take their child with them after notifying the coach.
- Students must have an *Athletic Transportation Liability Waiver* filled out ahead of time to ride home with another parent and this must be pre-arranged prior to the game day.
- Boys and girls are not to sit together on the bus for any reason in any section of the bus.
- Electronic devices (iPod, laptops, phone etc.) are only to be taken off the bus into any gymnasium after receiving permission from the coach.

Tournament Hotel Accommodations

- Regular Season - Players/Families are responsible for the cost of the hotel room and meals while on the trips; every effort will be made to limit costs.
- Teams that qualify for NCISAA state tournaments that require them to stay overnight will be paid for by the school, meals will be the player's responsibility. Individual state tournament participants will have only their room paid for by the school.

Player Fees

- There are player fees associated with each sport that aid in the operation of the athletic program. These fees help cover the cost of coaching salaries, field rental, referees, uniforms, equipment, transportation, etc.
- During a season (fall, winter, or spring) a family is only required to pay a maximum of two athletic fees if they have more than two children playing the same season. They must pay the higher of the athletic fees if they are different.
- An individual student only pays a maximum of two fees during a school year. If a person plays fall, winter, and spring sports they only pay for two teams. They must pay the higher of the athletic fees if they are different.
- A student cannot play on a team if they have an athletic fee from a previous season unpaid.
- The fees are as follows:
 - Varsity Sports \$150
 - JV Sports \$150
 - MS Sports \$125
 - Cross Country \$100

Fundraising

- Team Fundraising opportunities may be considered and encouraged throughout the year to help offset the costs associated with an athlete's team at SBCS.
- Typical fundraisers offered are sponsorships and advertising opportunities for local businesses.
- All fundraising opportunities must be approved by the Athletic Director ahead of time.

Athletic Awards

- An awards ceremony will be held at the end of the school year.
- Team members, coaches, SBCS faculty/staff, and the Athletic Director will help in the selection of the award recipients.
- Each coach will present a team Most Valuable Player award. Coaches may also present sport specific awards after conferring with the Athletic Director for eligibility.
- NCISAA and CCISAA/FAC awards are also presented at this year-end event.
- Parents/Guardians are invited to attend the ceremony; tickets will be required for attendance.
- One male and one female will receive the Student-Athlete of the Year award. To be eligible, the student-athlete must have attended 2+ years at SBCS, be a multi-sport participant, and maintained high SBCS academic and disciplinary standards. In addition, the athlete must have been selected as an MVP in at least one of their sports.