

PHILOSOPHY

The athletic program at Calvary Baptist Day School strives to instill in its participants Christian sportsmanship, fellowship, team work, and character through athletic competitions.

The objective of the athletic program is to also aid in the development of well-rounded students.

Luke 2:52 tells us that Jesus increased in wisdom, in stature, and in favor with God and man.

Calvary Baptist Day School believes that the athletic programs are an important part of Christian education but these activities will not take priority over our emphasis on academics.

Calvary Baptist Day School also strives to set a Christian example before every school with which it competes.

Calvary Baptist Day School Athletic Mission Statement

Calvary Baptist Day School strives to use athletics to develop in young men and women Godly character.

Calvary Baptist Day School Athletic Objectives

Middle School Sports

1. Develop a love for the sport through involvement.
2. Develop the overall student involvement.
3. Develop the basic fundamentals of the sport.
4. Develop the heart and attitude of players.

High School Sports

1. Develop a true sense of commitment and dedication.
2. Develop sportsmanship and a positive testimony for Jesus Christ.
3. Develop and motivate athletes to reach full athletic potential.
4. Develop the heart and attitude of players.
5. Develop leadership skills.
6. Develop sports specific abilities to enable our teams to win at the highest level.
7. Develop desirable health habits.

TABLE OF CONTENTS

1.0 Sports Offered

| | | |
|-----|----------------------|---|
| .01 | Middle School | 1 |
| .02 | Junior Varsity | 1 |
| .03 | Varsity | 1 |

| | |
|--|---|
| 2.0 Practice Schedules and Regulations | |
| .01 Starting Dates..... | 1 |
| .02 Starting and Ending Times | 1 |
| .03 Before Practice | 1 |
| .04 After Practice Transportation | 2 |
| .05 Practice Requirements | 2 |
| .06 Holiday Practices..... | 2 |
| 3.0 Eligibility | |
| .01 Academic Eligibility..... | 2 |
| .02 Attendance Eligibility | 3 |
| .03 Athletic Eligibility | 4 |
| 4.0 School Policies | |
| .01 Uniforms..... | 4 |
| .02 Homework | 4 |
| .03 Discipline..... | 4 |
| .04 Transportation | 5 |
| .05 Physical Education..... | 5 |
| .06 Physicals | 5 |
| .07 Team sizes | 5 |
| .08 Playing Time | 5 |
| .09 Quitting..... | 5 |
| .10 Early dismissal..... | 6 |
| .11 Weather..... | 6 |
| .12 Athletic Hotline | 6 |
| .13 Unsportsmanlike conduct/ejections..... | 6 |
| .14 Additional teams | 7 |
| .15 Alcohol, Tobacco, Drugs | 7 |
| .16 Spectator Guidelines | 7 |
| .17 Booster Club..... | 7 |
| 5.0 Athletic Awards & Varsity Letters | |
| .01 Participation Requirements | 8 |
| .02 Special Awards | 8 |
| 6.0 Recruiting | |

| | | |
|-----|-------------------------------|----|
| .01 | Freshman/Sophomore Years..... | 8 |
| .02 | Junior Year | 8 |
| .03 | Senior Year | 8 |
| | Receiving the Handbook..... | 11 |

**Calvary Baptist Day School
Athletic Director
Susan Steadman
336.714.5459
ssteadman@cbdscougars.com

www.cbdscougars.com/athletics**

1.0 Sports Offered

- .01 Middle School
 - A. Boys'- soccer, basketball, baseball
 - B. Girls'-soccer, basketball, cheerleading, and volleyball

- .02 Junior Varsity
 - A. Boys- basketball and soccer
 - B. Girls- basketball and volleyball

- .03 Varsity
 - A. Boys'- basketball, soccer, cross-country, golf, baseball, and swimming
 - B. Girls'- basketball, soccer, cross-country, golf, volleyball, cheerleading, tennis, swimming, and softball

2.0 Practice Schedules and Regulations

- .01 Starting Dates (Subject to Change)
 - A. Fall Sports: First weekday in August
 - B. Winter Sports: First weekday in November
 - C. Spring Sports: Second weekday in February

- .02 Starting/Ending Practice Times
 - A. Varsity and JV practices begin at 3:30 p.m. and may not exceed 2 hours. Exceptions may apply to certain sports with the approval of administration.
 - B. Middle school practices begin at 3:30 and may not exceed 2 hours.

- .03 Off Campus Practices: each player must be dressed and on the bus by 3:20. Anyone not on time will be left behind. Students may not drive to practice unless granted permission by coach and parents

- .04 After Practice Transportation: Each team member must notify his or her parents of the ending time for practices. Parents should be at the school before the practice ends to assist with student safety. Coaches have other responsibilities when arriving back on campus. Failure to do so could result in limited playing time for the player.

Coaches may amend these at the beginning of the season in writing with approval of Athletic Department and Administration.

- .05 Practice Requirements: All players will be expected to attend all practices through out the season. Players who miss practice will be subject to the limited playing time at the discretion of the coach.
- .06 Holiday practices: Teams may conduct voluntary practice during a holiday period. Students who do not attend these practices may not be penalized in any way. No practice may occur on a holiday.

3.0 Eligibility

- .01 Academic: Student athletes must maintain proper academic standing in all classes to be eligible for athletic participation. The approximate middle of each quarter (see established calendar below) will mark a checkpoint where student athletes' grades will be evaluated. At **midpoint**, if a student has more that one "D" or any grades lower than, they are automatically ineligible from participating in athletics for a least one week and will be placed on a monitored, weekly grade report. Once the grade report indicates the student has improved the grade(s) to a C or better, he/she will automatically be reinstated.

The next checkpoint will be at the **end of the quarter**. If a student has at least one "D" or lower, they are automatically ineligible from participating in athletics for at least one week and will be placed on a monitored, weekly grade report. Once the grade report indicates the student has improved

the grade to a C or better, he/she will automatically be reinstated.

Reports for all checkpoints will occur on Fridays. Full reinstatement can begin on Monday of the following week. This information will be communicated to the student-athlete and their parents, coaches, and school administration by the athletic director. If any additional communication needs to occur, it should be initially directed to the athletic director.

Students who are academically ineligible can continue to practice with their teams but for no more than one hour each day; cannot travel on away games; cannot be dismissed early for home games; but can join the team on the bench in street clothes for home games.

Report Schedule:

| <u>Qtr:</u> | <u>1st Checkpoint</u> | <u>2nd Checkpoint</u> |
|----------------------|---|---|
| 1 st Qtr: | 9/26/08 | 10/17/08 |
| 2 nd Qtr: | 11/21/08 | 12/19/08 |
| 3 rd Qtr: | 2/6/08 | 3/13/08 |
| 4 th Qtr: | 5/1/08 | N/A |

- .02 Attendance: Students absent *more than half a day* will not be able to participate in a game or practice for that day unless due to a medical emergency. The Athletic Department or school administration reserves the right to weigh each situation. Students absent from school cannot participate with the team in practice or games. Student athletes are expected to attend school at regular time on days following scheduled games. Arriving tardy because of a late game the previous night will not be excused.

- .03 **Athletic:** To be eligible to participate in interscholastic varsity competition season, students must be enrolled in grades 7 through 12. No player shall have reached his/her 19th birthday on or before August 1 of the current academic year. No student who has already received a diploma from a school in the United States is eligible unless every team in any conference in which that student competes endorses his/her eligibility. A student must be a full-time student which is defined as follows: is successfully progressing toward graduation with the expectation of meeting all graduation requirements; ordinarily, taking the majority of his/her courses at the school where he/she is participating in athletics; under special circumstances, may take approved college courses while pursuing his/her high school diploma.

4.0 School Policies

- .01 **Uniforms:** Athletic and cheerleading uniforms are not to be worn to classes during the school day unless granted permission by administration. Athletes will be held responsible to hand in all uniforms following the season to the appropriate coach or athletic director. Athletes will need to pay for any lost or damaged equipment or uniforms.
- .02 **Homework:** During the athletic season, students are expected to complete class responsibilities as assigned. An exception can only be made by the administration.
- .03 **Discipline:** The rules and regulations for students set forth in the “Middle School and High School Handbook” apply to athletes both after school and at all away games. The only exceptions are the rules that apply to dress. However, a coach may require his or her team to dress in a certain way on game days.

- .04 Transportation: No fans will be permitted to travel with the team to or from away games unless granted special permission. No team members will be permitted to drive to any away game unless unusual circumstances exist and permission is granted by the parent and school. Players must have written permission to ride home with other parents following away games.
- .05 Physical Education: All athletic team members who are enrolled in physical education classes are expected to dress out and participate in class activities. Any athlete who misses physical education class due to an illness or injury will not be allowed to participate in a team practice or game on that day.
- .06 Physicals/Insurance: Any student participating in sports will be required to have a physical by a physician prior to the first day of tryouts. Physicals are good for one year from the date in which they were taken. Also, all students must fill out an emergency medical release form that will include the family's medical insurer, policy number and signature of one parent or, guardian. Athletes' parents must provide evidence of insurance.
- .07 Team sizes will be determined by the administrator, coach and athletic director.
- .08 Playing Time: The amount of playing time is up to the discretion of the coach. Each coach will do what is best for the team, and will take practice, attitude, conduct, etc. into consideration when it comes to playing time.
- .09 Quitting: Once a student has been selected to be on a team or squad, he/she will not be allowed to quit without a parental conference with the head coach or athletic director, unless the athlete suffers from a serious injury or is seriously jeopardizing academic considerations.

- .10 Early Dismissals: Early dismissals will be kept to a minimum. Students are responsible for all work missed due to early dismissals.
- .11 Weather: In the event of inclement weather, the athletic director will make a decision by 1 p.m. concerning the cancellation of practices or home games and notify the coach and administration. It will be the responsibility of the student to inform his/her parent of the decision. When school is canceled or closed early due to inclement weather, there will be no practice or game.
- .12 Athletic Hotline: Starting times for all athletic contests as well as estimated time of return from away events and any changes or cancellations of athletic contests will be made available to you via the athletic hotline. To reach the athletic hotline, dial 659-3520 x5327.
- .13 Unsportsmanlike Conduct/Ejections: Any athlete receiving a conduct technical foul in basketball, a caution in soccer (yellow card), a caution in volleyball (yellow card), or a verbal caution in baseball or any other sport will necessitate the student's removal from the game/match for a period deemed necessary by the head coach. If, at the discretion of the principal, athletic director and coach an athlete displays a consistent attitude or behavior which is contrary to the purpose of the athletic program at CBDS, he/she may be removed from a team or squad for a game(s), a period of time, or the entire season.

If any player is ejected or disqualified from any contest, he/she will not be allowed to participate in the next scheduled contest, but may sit on the team bench. If the same player is ejected a second time from any contest, he/she will not be allowed to participate in the next two scheduled contests but may sit on the team bench. If the same player is ejected from any contest a third time, he/she

will not be able to participate in or attend any sport until the beginning of the next school year.

Any CBDS student who is a spectator, who engages in fighting, use of profanity, or similar misconduct is subject to suspension and/or removal from the school as determined by the administrator.

- .14 Additional Teams: Additional teams in the programs will be established when the following criteria can be met:
- Sufficient interest in the sport. This would necessitate a full team plus a minimum of three extra players.
 - Financial support for the sport. This may be determined through the need for specialized facilities or equipment as well as sufficient funds for uniforms and referees.
 - Coaches and practice facilities are available. All new sports should be coordinated through the athletic director.
 - Sufficient number of teams to compose a season.
- Competitive sites should be within the framework of the extracurricular policy.
- .15 Alcohol, Tobacco, Drugs: Athletes who engage in alcohol consumption, smoking or drugs will be removed from an athletic team for the remainder of the season.
- .16 Spectator Guidelines:
- A. Cheer the effort of your team's players.
 - B. Do not address the players by name or number when he or she makes a mistake.
 - C. Taunting, gesturing & jeering is not allowed.
 - D. Respect the referees' decisions, even if you disagree.
 - E. Maintain a Christ-like attitude.
- .17 Booster Club
- A. It's the expectation that parents of athletes join the booster club. There are two levels of memberships to join from: Gold or Elementary. This membership is in effect for the entire year.

5.0 Athletic Awards

- .01 Requirements for Varsity Letters
 - A. Athletes must complete the entire season with the team.
 - B. Athletes that quit or are removed from the team for disciplinary reasons will not receive a varsity letter.

NOTE: An athlete must complete the entire season to be eligible for a letter.

- .02 Special Awards
 - A. Awards are issued at the athletic banquet at the end of the year
 - B. Conference and state awards may be presented.

6.0 Recruiting

- .01 Freshman & Sophomore Years
 - A. Coaching staff may evaluate you in accordance with NCAA recruiting regulations.
 - B. No in-person, off-campus contact, no telephone calls and no correspondence to prospects (or the prospects' parents or legal guardians).
 - C. You can make unlimited unofficial visits to institutions any time but during a dead period.
 - D. You may call coaching staff at your own expense. However, they may not call you.
 - E. Coaching staff may send only the following materials: camp or clinic brochures, NCAA educational materials and questionnaires.
- .02 Junior Year
 - A. Coaching staff may send you general correspondence and other permissible recruiting materials after September 1st of your junior year (i.e., letters, emails, one media guide, etc.)
 - B. You and your parents/legal guardians can make collect/toll-free calls to coaching staff
 - C. Coaching staff may evaluate you in accordance with NCAA recruiting regulations.

D. You can make unlimited unofficial visits to institutions any time but during a dead period.

.03 Senior Year

- A. Coaching staff may call you or your parents/legal guardians once a week (Sunday-Saturday) on or after July 1st after the completion of your junior year.
- B. Coaching staff may contact (face-to-face meeting off campus) you or your parents/legal guardians on or after July 1st after completing your junior year.
- C. You can take a total of five official visits (only one per institution) beginning with your first day of classes but not during a dead period.
- D. All other recruiting activities *(evaluations contacts, telephone calls) are permissible as mentioned above, subject to NCAA regulations. Remember that coaches have seven recruiting opportunities **(except basketball) with a perspective student-athlete with no more than three of them being in person, off-campus contacts.

**Exception- once you sign a National Letter of Intent, the coaching staff can make unlimited telephone calls, evaluations and contacts with you.*

***Division I basketball coaches have five recruiting opportunities during the academic year and not more than three of them may be in person, off-campus contacts.*

Important Websites/Phone Numbers

National Collegiate Athletic Association (NCAA) (317) 917-6222

NCAA Initial-Eligibility Clearinghouse

www.act.org/ncaa

(319) 337-1492

RECEIVING THE ATHLETIC HANDBOOK

I have received, read, and understand the Athletic Handbook for the school year, and I agree to abide by its guidelines.

Parent(s) or Guardian signature

Date: _____

Athlete's signature

Date: _____

Please cut along dotted line, both guardian and athlete sign and date the form, and return it to Athletic Department.

