

## 2022-2023 Athletic Handbook



*“And in all matters of wisdom and understanding, that the king enquired of them, he found them ten times better than all the magicians and astrologers that were in all his realm.”*

*Daniel 1:20*

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## 2022-2023 ATHLETIC CALENDAR

June 27	First Summer Football Practice
June 27	First Summer Volleyball Practice
June 29	First Summer Basketball Practice
July 6	Basketball Scrimmage @ Lighthouse
August 7	Basketball Camp Fee Due: \$70
August 8-13	Basketball Camp @ Salvation Army
<b>August 19</b>	<b>Football Fee of \$100 due</b>
September 9	First official CBAL football game @ Calvary
<b>September 30</b>	<b>Basketball Fee of \$150 due</b>
<b>October 28</b>	<b>JV Volleyball Fee of \$75 due</b>
<b>October 28</b>	<b>Varsity Volleyball Fee of \$100 due</b>
October 28	CBAL Football Tournament
October 31	First Basketball game
November 4	First official CBAL basketball game
TBD	Kentucky Tournament
TBD	Western States Tournament
TBD	New Mexico Tournament

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## PREFACE

This handbook is designed to inform the athletes at Pacific Baptist School of the philosophy, policies, and procedures of our athletic program. This handbook does not apply to every student at Pacific Baptist School. It applies only to those who choose to participate in our athletic program.

By choosing to participate in the Pacific Baptist School Athletic Program you are choosing to place yourself under the following policies and procedures while an athlete at Pacific Baptist.

## ADMINISTRATION

Steve Meyers	—	Pastor
Charlie Chim	—	Principal
Joshua Esposito	—	Athletic Director

## PHILOSOPHY

Our main goal is not only to win but to also glorify the Lord Jesus Christ while winning. We strive to prepare young men and women for the ministry and the secular world by building the character traits of hard work, teamwork, cooperation, loyalty, and submission to authority. We believe that being a member of our athletic program could help harness these traits when the athlete embraces our philosophy.

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Our athletes represent their Lord, their parents, their church, and their school; they are visible examples on our campus and at athletic events. As a result, there are certain requirements placed on them that do not apply to the overall student body.

Participation in athletics is strictly voluntary. However, adherence to the requirements of our athletes is not. If you cannot live by the requirements, do not fight against them. Simply determine that you will not participate.

You should enjoy your time in the athletic program. Do not make these requirements seem more restrictive than they are. Rather look at them as guideposts in your Christian development. If you have questions about any of these requirements, please ask the Athletic Director or the administration.

### TRADITION

We have labored to build a tradition of excellence at Pacific Baptist School. We attempt to provide the best facilities, equipment, and officials available for our program. We always strive to be the best in every endeavor of our program. As an athlete in the Pacific Baptist School Athletic Program, you should strive to keep that tradition alive.

Participating in the Pacific Baptist School Athletic Program is the fulfillment of an early ambition for many students. The attainment of this goal carries certain traditions and

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responsibilities that must be maintained. A great athletic tradition is not built overnight. It takes the hard work of many people over the years. As a member of our athletic program, you have inherited a wonderful tradition – a tradition you are challenged to uphold.

Our tradition has been to win with honor. We do *not* desire to humiliate our opponents. Our Christian testimony holds more value than a win. We will put our best effort into the field of play. All PBS athletes will strive to win by giving their best and leaving it on the field of play.

It will not be easy to contribute to such a great athletic tradition. When you wear your school colors, we expect that you not only understand our traditions; but also, are willing to take on the responsibilities that go along with them. Whether great or small, be willing to contribute to the program wherever and whenever you can.

### RESPONSIBILITIES OF A PBS ATHLETE

**Responsibilities to Yourself:** The most important responsibility is to develop strength and character in Christ. Your walk with the LORD will do more for you than any physical activity. Your studies coupled with participation in athletics and other extra-curricular

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activities will help prepare you for life as an adult. You should work hard, practice often, and perform exemplary in all you do.

**Responsibilities to Your School:** You have a responsibility as a team member at your school. Pacific Baptist School cannot maintain its position of having outstanding programs unless you do your best in the activities in which you participate. You should participate in athletics to the best of your ability; you are a part of the reputation of your school.

You assume a leadership role when you are in our athletic program. The student body and church members know you and will judge our school by your conduct and attitudes, both on and off the court. Because of this leadership role, your actions contribute greatly to the school spirit.

**Responsibilities to Others:** As a team member, you also have an important responsibility to your home and those looking up to you. You should always strive to make your family proud. Never forget that younger students may look up to you. Your behavior on and off the athletic field should be an example to them that they can emulate. Set good examples for these students.

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**Responsibilities to Your Team:** While in our athletic program, you will be placed on a team that is made up of individuals like yourself. *YOU OWE IT TO YOUR TEAM TO SHOW UP TO EVERY PRACTICE THAT YOUR HEALTH ALLOWS, TO GIVE YOUR BEST WHATEVER THE OUTCOME MAY PROVE, AND TO RESPECT YOUR TEAMMATES WITH THE RESPECT THAT YOU WANT FROM THEM.* Always remember “teamwork makes the dream work.”

### OBJECTIVES

1) **Teamwork** – To work with others in a democratic society, an individual must develop self-discipline, respect for authority, and the spirit of hard work and sacrifice. Athletes must place the team and its objectives higher than personal gains or desires.

2) **Execution** – We want our athletes to execute what they have been taught by their coaches. Putting the plan in place that has been rehearsed at practice shows that our athletes can execute. Bosses want executors at work.

3) **Sportsmanship** – We must treat others as we would have others treat us. A true sportsman has his emotions in check, is honest with others, cooperates with his teammates, and is dependable for his coach. Our sportsmanship should never be determined by our opponent’s sportsmanship or the outcome of the game. A win or



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loss sometimes can be out of our control, but our sportsmanship is always within our control.

4) **Improvement** – Continual improvement is essential to good citizenship. As an athlete, you must establish a goal and constantly strive to reach that goal. Don't be stuck on the same person, athlete, or Christian you were yesterday. Always be looking for ways to improve.

5) **Enjoyment** – Enjoy your time as an athlete at PBS. It's short-lived. Enjoy the trips, the wins, and even the losses. When you stay in line with the program you will maximize your enjoyment here.

6) **Exercise** – To be an active, contributing citizen, it is important to obtain a high degree of physical fitness through exercise and good health habits. A Christian should always look at exercise as an opportunity to be "fit" to serve the King.

### GENERAL ELIGIBILITY

- Team rosters will be turned into the Athletic Office and posted as soon as the team selection is complete.
- No student can participate in an athletic contest before the Athletic Director has declared him eligible.

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- If you are a homeschool student, all registration paperwork must be taken care of beforehand.
- The following items must be turned into the athletic office before the student can participate in any contest:
  1. Athletic Fee – [\$100 for Football] [\$150 for both JV & Varsity Basketball] [\$75 for JV Volleyball and \$100 for Varsity Volleyball]
  2. Physical Exam – Please download the form on the athletic page of the school website or see the athletic office personally for this form.
  3. Signed Signature Page of Athletic Handbook

### ACADEMIC REQUIREMENTS

Students participating in the PBS athletic program in grades 6<sup>th</sup>-12<sup>th</sup> will be declared academically eligible based upon the following:

1. A GPA report will be generated once a month by the athletic department. Any athlete that has a GPA of 2.50 or above will be declared ***fully academically eligible*** until the next report is generated.
2. Any athlete that has a GPA below 2.50 at the time the report is produced will be placed on probation. During

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- probation, an athlete's GPA will be checked regularly and always before a game.
3. Obtaining a GPA above 2.49 will remove an athlete off the probation list and will be declared ***fully academically eligible*** until the next report.
  4. NO ATHLETE WILL BE DECLARED ELIGIBLE IF HIS GPA IS BELOW 2.00.
  5. All new athletes follow under the probational period for their first year in the athletic program.
  6. Homeschool athletes must report their GPA to the athletic office each month and will follow the above guidelines for eligibility.

### GENERAL REQUIREMENTS

1. Attend the following church services in ***their entirety in person on the church campus weekly***: Sunday school, Sunday morning service, Sunday evening service, Midweek evening service, and any special meetings. ***Students will miss one quarter or set for each service missed.*** When traveling to tournaments this rule still applies. Please make appropriate travel arrangements so that no services are missed from travel.
2. Attend and participate in a soul-winning ministry every week. ***Students will miss one quarter or set for not going soul winning each week.***

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- Athletes must travel to and from the game on the bus or vehicles that they were assigned unless approved by the athletic director.
- Athletes will handle all grievances properly through proper channels. **Coach » Athletic Director » Administrator**
- Be on time for all practices, games, and bus departures.
- Attend all scheduled practices including summer practices. An athlete should only be absent from practice due to poor health or being out of town. *In either case, always follow your coach's guidelines for missing practices if practice will be missed.* If an athlete will be absent from a scheduled practice the coach must be notified 24 hours in advance.
- Athletes that collect 50 or more demerits in a quarter will be ineligible for the remainder of the quarter.
- Athletes will not bring unnecessary attention to themselves in dress or accessories. *(Wristbands, hair color, etc.) Male athletes are never allowed to wear necklaces, wristbands, or bracelets.*
- Athletes are required to be in school for at least five class periods on the day of a game to play. In the case of Friday being a half-day, athletes must be in school all day.
- ATHLETES SHOULD AT NO TIME BE SEEN TAUNTING THE SPECTATORS OR OPPOSING TEAMS NOR ARGUING WITH GAME OFFICIALS AT ANY TIME DURING A GAME. RESPECT FOR ALL AUTHORITIES ON AND OFF THE COURT IS EXPECTED BY ALL PBS ATHLETES.**

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11. Players removed from athletics by their parents are ineligible for the remainder of the athletic season. The athletic fee will not be refunded.
12. CD players; iPods; MP3 players; cellphones; or any other apparatus capable of playing music **WILL NOT** be allowed on the team bus; in privately owned vehicles used to carry the team; or on school/church campus, nor at any sporting event or practice.
13. Portable game systems; laptop computers; and playing cards **WILL NOT** be allowed by athletes on the team bus; in privately owned vehicles used to carry the team; or on school/church campus, nor at any sporting event or practice.
14. *CELLPHONES ARE NOT ALLOWED ON ATHLETIC TRIPS WITHOUT PRIOR WRITTEN PERMISSION FROM PARENTS. IF PERMISSION IS GRANTED THE CELLPHONE MUST BE TURNED INTO THE ADULT CHAPERONE. CELLPHONES SHOULD ONLY BE USED FOR PARENTS TO TRACK THEIR LOCATION AND FOR ATHLETICS TO NOTIFY PARENTS UPON THEIR ARRIVAL BACK FROM THE TRIP. ATHLETES SHOULD NEVER BE ON CELL PHONES WHILE SITTING IN THE GYM WAITING FOR THEIR GAME. ANY "CELLPHONE PRIVILEGES" MAY BE REVOKED AT ANY TIME.*
15. Only those on the current roster and academically eligible may travel with the team. This would include but is not limited to any tournaments.

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16. *Regarding out-of-state or out-of-town tournaments, any payments made towards the tournament will not be refunded under any circumstances.* A credit towards an existing or future fee may be given so long as prior purchases for hotels, flights, van rentals, and tournament fees have not been made.
17. Athletes are responsible for all missing schoolwork due to travel associated with athletics. It is not the responsibility of the teachers to get that information to our athletes unless our athletes or their parents ask for it from their teacher.

### DRESS CODE REQUIREMENTS

These requirements are in addition to those already listed in the PBS Student Handbook. All PBS dress code rules apply as well.

#### Men

1. Regarding all games excluding tournaments: Guys must wear any PBS, PBC, or PBBC shirt with any casual pants that are not worn (damaged and shabby), torn, or faded; and tennis shoes. No flip-flops, sandals, crocs, skater shoes, or skater “look-a-likes” are allowed. This would apply to travel to and from the game. A male athlete may choose to wear his school uniform if he does not want to wear the above attire.
2. Regarding all tournaments: All players must wear “business casual.” A collared shirt with nice casual pants (jeans that are

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not worn, torn, or faded will be acceptable) and tennis shoes.

No joggers, sweats, or shorts may be worn. No flip-flops, sandals, crocs, skater shoes, or skater “look-a-likes.”

3. ***WHEN SHORTS ARE WORN, THE SHORTS MUST GO TO THE BOTTOM OF THE KNEECAP WHEN STANDING AND BE WORN ON THE WAIST. NO SAGGING OR PULLING UP SHORTS IS ALLOWED FOR ANY SPORTS EVENT OR PRACTICE.***
4. An undershirt must be worn for any sleeveless jersey.
5. No facial hair
6. ***HAIR SHOULD BE NEATLY COMBED TO THE SIDE. UNLESS THE HAIR IS TOO SHORT TO BE COMBED, IN WHICH CASE NO GEL, STYLING, ETC. MAY BE USED.***
7. The following are not allowed on school or church campus or traveling to athletic events: skateboard apparel, tight shirts, skater shoes, or any other apparel not listed but is listed in the PBS handbook.

### Ladies

8. Regarding all games: Ladies may wear any PBS, PBC, or PBBC shirt with a modest casual skirt (jean skirts will be allowed) with tennis shoes. All clothes must not be worn (damaged or shabby), torn, or faded. No flip-flops, sandals, crocs, skater shoes, or skater “look-a-likes.” This would apply to travel to and from the game. A female athlete may choose to wear her school uniform if she does not want to wear the above attire.

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9. Regarding all tournaments: All players must wear “business casual.” A nice modest blouse with a nice modest skirt (jean skirts that are not worn, torn, or faded will be acceptable) and tennis shoes. No flip-flops, sandals, crocs, skater shoes, or skater “look-a-likes” are allowed.
10. Make-up must abide by school handbook rules.
11. You must wear modest culottes that cover 2-inches below the knees (*the bottom of the kneecap*) while standing for all games and practices.
12. An undershirt must be worn under your uniform always.
13. Black capris (leggings) need to be worn under your culottes and above your knees. ***WHEN WEARING LEGGINGS, BLACK SOCKS MUST COVER THE BOTTOM LEGGINGS IF THE LEGGINGS WILL BE SEEN.***

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14. Practice uniforms will be PBS-issued P.E. uniforms or team-issued practice shirts. Sleeveless shirts are NEVER to be worn at practice or games nor may any athlete alter his shirt in any way to make it sleeveless.
15. No fad, punk, spiked or questionable hairstyles are permitted. ***HAIRSTYLES THAT WE WOULD CONSIDER WORLDLY ARE ALSO NOT ALLOWED. HAIR MUST BE NEATLY KEPT. BOYS MAY NOT PERM THEIR HAIR. NO MIDDLE PART IS ALLOWED ON MALE ATHLETES.***



## ***DISCIPLINE POLICY***

FAILURE TO FOLLOW ANY OF THE GUIDELINES LISTED ON PAGES 11-16 WILL RESULT IN THE FOLLOWING:

- 1) FIRST OFFENSE = SCHOOL DISCIPLINE
- 2) SECOND OFFENSE = SCHOOL DISCIPLINE PLUS MISS ONE QUARTER OR SET
- 3) THIRD OFFENSE = SCHOOL DISCIPLINE PLUS MISS ONE GAME
- 4) FOURTH OFFENSE = SCHOOL DISCIPLINE PLUS SUSPENSION FROM THE TEAM PENDING AN ADMINISTRATION REVIEW

## **COMPETING ON NON-SCHOOL TEAMS IN THE SEASON**

A PBS athlete's first commitment is to the school program and the team. If conflicts arise between the non-school team and school team, athletes are required to compete on the school team.

## **ATHLETIC TEAM SELECTION**

### **1. Team Selection – Philosophy**

Per our philosophy of athletics and our desire to see as many students as possible participate in the athletic program at Pacific Baptist School, we encourage coaches to select as many students as they can without compromising the integrity of their sport. Time, space, facilities, equipment, athletic ability, and other factors will place limitations on the most effective squad size for any sport. However, when developing a procedure in this regard; coaches will

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strive to maximize the opportunities for student-athletes without diluting the quality of the programs.

### 2. Team Selection – Responsibility

Choosing the members of the athletic teams is the sole responsibility of the coach. Junior Varsity and Varsity coaches must take into consideration the policies established by the head coach in each program when selecting team members.

Before trying out, the coach should provide the following information to all candidates for the team:

- a. The extent of the tryout period.
- b. Criteria used to select the team.
- c. The number of students to be selected.
- d. Practice commitment for those who make the team.
- e. Game commitments.

### 3. Team Selection – Procedure

The selection of the team will be determined by the coach. Parents should never try to sway the coach's decision in this matter. As much as you as a parent would love to give your opinion on the makeup of the team, please trust the coach. Every coach has been vetted with the team's best interest in mind.

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### USE OF ATHLETIC EQUIPMENT

It is important to emphasize to all student-athletes their responsibility as team members to take good care of school equipment and report any abuse to their coaches or Athletic Director. Replacing or repairing equipment can be expensive.

Athletic Department-issued wearable equipment is to be worn only during practice and athletic contests. At no time are student-athletes to wear school-issued equipment or uniforms for:

- a. Physical education classes.
- b. Work or job.
- c. Social events.
- d. Schoolwear

### TRANSPORTATION

Pacific Baptist School will provide transportation for all athletes, support staff, and coaching personnel of athletic teams in authorized school vehicles when the contest or practice has been scheduled away from the local area.

When it creates an inconvenience for the family, athletes may be excused from riding to or from an athletic event in school-authorized transportation. Parental permission must be granted, and the coaches and athletic department notified if the athlete will be traveling with a non-relative.

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Food and beverages are only permitted when the driver allows them, but leftovers and empty containers must be discarded from the vehicle.

### ATHLETIC FEES

Listed below are the athletic fees and due dates. Please keep in mind that all fees are due on the given due date. Fees may change based upon participation. We don't charge a late fee, nor do we tend to in the future, but all fees must be in on time. This will allow our athletic program to run as smoothly as possible.

<u>Sport/Item</u>	<u>Fee</u>	<u>Due</u>
Football	\$100	July 29
Basketball Camp	\$70	Aug 7
Basketball	\$150	Sept 30
JV Volleyball	\$75	Oct 28
Varsity Volleyball	\$100	Oct 28
Kentucky Tournament	~\$500	Dec 1
New Mexico	~\$300	Mar 1
Unreturned Jerseys	up to \$150	TBD

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## | ATHLETIC CODE OF CONDUCT AND HANDBOOK |

### | STUDENT/PARENT CONSENT AGREEMENT |

Student Name \_\_\_\_\_

Grade \_\_\_\_\_

#### AS A STUDENT-ATHLETE:

- I understand and agree that participation in athletic activities is a privilege that may be withdrawn for violations of the Athletic Handbook.
- By signing below, I agree to abide by this handbook. If I refuse to sign that means that I will not be participating in athletics.

Signature \_\_\_\_\_

Date \_\_\_\_\_

#### AS A PARENT/GUARDIAN:

- I have read and understood the responsibilities of my son or daughter as a participant in athletic activities at Pacific Baptist School.
- I understand and realize that there is an assumed risk of injury involved for my son or daughter as a participant in athletic activities.

Signature \_\_\_\_\_

Date \_\_\_\_\_

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