

**Providence Classical School
Athletic Handbook
2018-2019**

INTRODUCTION

The purpose of the *Providence Classical School Athletic Handbook* is to provide an understanding and appreciation for athletics and to enhance communication among the coaches, athletes, and parents. This handbook contains policies and regulations that govern extracurricular athletics at Providence. The policies in this handbook are reviewed and revised annually by the Head of School and the Athletic Director.

For a student to participate in any sport at Providence, both the student and the parents/guardians must register online signing an agreement stating that they have read and will abide by the policies, procedures, and regulations in this Athletic Handbook. Participation in sports can be an integral part of a student's educational experience, and Providence Classical School strives to provide extracurricular sports opportunities for all students who wish to participate.

PCS will offer the following sports in the 2018-2019 academic school year:

FALL (Aug-Oct)

Cross Country (5th--11th)

Girls Volleyball (7th--11th)

ORGANIZATIONAL AFFILIATION

PCS is a member of the South Carolina Association of Christian Schools (SCACS). As a member in good standing, we adhere to its guidelines and submit to its authority in all athletics at the Varsity and Junior Varsity levels. More information about SCACS can be found online at www.christianeducation.org.

PCS FACILITY, UNIFORM, EQUIPMENT USE

PCS athletic equipment, uniforms, and athletic venues (gymnasium, multi-sport field) are reserved for use by PCS and official PCS teams/coaches. Coaches who wish to use equipment, uniforms, or athletics venues beyond regular season practices/games should email requests to the PCS Athletic Director at kassie.stiling@pcsrh.org.

ALL SHOES WORN FOR INDOOR SPORTS MUST BE NON-MARKING

Uniform Requirements

All uniforms and warm-ups (if applicable) are the property of Providence and must be returned at the end of the season in good condition. All team sports should abide by the following:

SPORT	School Provides	Parent Provides
XC	Uniform Jersey Top/ Uniform Bottom	Running shoes Water Bottle
Volleyball	Uniform Jersey Top/ Uniform Bottom	Non-marking Shoes White knee pads

Uniform Care

Parents and players assume the responsibility for care during the season. Uniforms should be washed with like colors in cold water and hung to dry (**NEVER** dry school jerseys in a dryer). Parents/Players are expected to replace any Uniform/Warm-up that is lost or returned in unacceptable condition.

ONLINE SIGN-UP

Parents may sign up athletes, sign the waiver, and submit emergency contact information now by visiting the Athletics sign up page on www.providenceclassicalrockhill.com. Instructions and explanations of online sign up are found on the website.

SAFETY

The Athletic Department strives to provide students a safe and enjoyable environment in which to participate. It is vital to understand that participation in athletics involves inherent risks. Coaches and administrative personnel will act prudently to prevent accidents and injuries. All coaches are certified for CPR and first aid through the American Red Cross, and have additional safety training through NFHS.

PARENT RESPONSIBILITIES

PAPERWORK

All players **MUST** have a hard copy of their birth certificate and a current physical exam on file with the PCS Office. Players may not participate in any practices or games until these are submitted.

PRE-SEASON MEETING

Each team's coach will conduct a pre-season parent meeting at the beginning of each athletic season. Specific dates and times for these meetings will be emailed to the parents, who have registered, by the coach at least one week in advance. At least one parent is expected to attend the pre-season meeting for his/her son or daughter to continue as a member of the team. If for some reason, neither parent can attend the scheduled meeting, he/she must schedule a time to meet with the coach as soon as possible.

GAME DAY VOLUNTEERING

Parents are expected to serve in various volunteer capacities for each sports team on which their child participates. These include working the scoreboard, keeping the scorebook, keeping stats, admissions, concessions, preparing team snacks, and various other needs. Each team will have an assigned parent volunteer coordinator who will assess the needs and assign them.

COMMUNICATION

While the Director of Athletics supervises all PCS coaching activities, we ask that parents and players honor the following pattern of communication to resolve any issues that arise.

- 1) Player/Parent → Head Coach (students in grades 9 and up are asked to speak with their coach first)
- 2) Head Coach/Parent → PCS Athletic Director
- 3) Athletic Director → PCS Principal/Head of School

STUDENT SUPERVISION

Players are dismissed to practice after school on practice days. Athletes should be picked up immediately after a practice or game. Please call your coach if you are running late. Please understand that coaches should not be asked to wait for an extended period of time.

TRANSPORTATION

It is the parents' responsibility to arrange for transportation. PCS does not provide/organize transportation to away games. Coaches and parents should organize carpools. Arrival times are discussed in General Policies.

EXPECTATIONS OF NON-PARTICIPANTS

All children not participating in the practice/game must be supervised by an adult. Siblings are not permitted to use PCS sports equipment (e.g. goals, balls, or fields) without permission from the Director of Athletics. During game nights, only players are allowed on the gymnasium floor. Spectators should remain in the bleachers/concession area during the event.

*All artificial noisemakers (e.g. cowbells, clackers, etc) are against NFHS regulations during contest. Contest officials have the right to stop the game, penalize the team, and ask the spectator, in violation, to leave the game site.

ATHLETIC PRACTICE SCHEDULES

Fall sports participants should be prepared to participate in practice starting the first week of August. The Winter Season begins near the first week of October and is interrupted by Thanksgiving and Christmas Holidays. The Spring Season will begin between January and February.

The Athletic Director directly schedules all PCS sports practices and games, and will contact your coach when any scheduled game is canceled. Head Coaches will send out emails to parents during the season with any issues they need to discuss including last minute changes to the practice schedule.

CANCELLATION OF GAMES

Athletes should always come to school prepared to play or practice that afternoon. It is better to be prepared than not. Do not assume a cancellation based on the weather in the morning. Cancellations of games due to inclement weather will normally be made after 1:00 pm. Decisions about cancellations after 3:00 pm will be made at the game/practice site. Announcements concerning the status of athletic events will be on our website (www.providenceclassicalrockhill.com) via our Twitter account @pcsrh.

GENERAL POLICIES

Practice/Game Attendance

Players are expected to attend ALL practices and games. Every attempt should be made to schedule medical appointments around the scheduled practice/game sessions. Since academics are the priority of this school, it is expected that student-athletes take responsibility to complete their assignments in a prompt manner that does not conflict with the team's schedule. It is the **student's** responsibility to inform the coach and athletic director of other obligations (employment, etc.) that may interfere with practices or games **BEFORE** the season begins and receive permission from the coach and athletic director to participate on the team.

Team Selection/Tryouts

The makeup of each individual team is at the discretion of the athletic director and head coach. Many factors are considered when assigning teams: extracurricular activities, athletic ability, and "best fit" for a player. If the number of student athletes exceeds available roster spots a tryout day will be scheduled. Each coach will meet individually with players who do not make the team and will explain the reason why they were cut, answer any questions the athletes might have, and offer suggestions to help the athletes improve in the sport. In some instances, players who

are cut may be invited to be a manager and help with practices. Parents are asked not to attend tryouts or evaluations.

Playing Time

At the JV and Varsity levels, playing time is not guaranteed. Coaches are tasked with being as competitive as possible and work to receive the highest postseason seeding as possible.

Practice Apparel

Players should wear modest and proper athletic attire to all practices. Athletes are expected to come prepared to all practices. Forgetting shoes, water bottles, or athletic apparel on a consistent basis will result in less playing time.

Game Time Arrival and Athletics Dress Code

All athletes should arrive at their game sites with sufficient time to warm-up. Varsity players should arrive 45 minutes before game time. Players should arrive at the venue in uniform with appropriate outerwear (PCS spirit wear). The only parts of the uniform that should still require attention at the game site are shoes and/or protective gear.

Class Attendance/Academic Standing

To participate in an athletic contest, students must be present at school unless they have permission from the administration. Student athletes in junior high through varsity must maintain a 2.50 G.P.A. to be eligible for play. The AD and Principal will check G.P.A. on a bi-weekly basis. A student with a GPA below 2.50 will be given one week to raise his/her G.P.A. If still below a 2.50 G.P.A. the student is ineligible for practices and games until G.P.A. is above 2.50. The same restrictions apply if a student has a G.P.A. below a 2.0 in any individual class.

Quitting athletic teams

PCS students accept the responsibility of maintaining compliance with all the handbook policies when they agree to participate on our athletic teams by signing the statement of commitment. Therefore, we hold our athletes accountable for their commitment to their teammates, coaches, and school. Students may not quit a team to join a different team. Placement on future athletic teams (especially for teams where tryouts are needed) will be jeopardized if a student quits an athletic team during the season. Extenuating circumstances will be assessed by the Head of School, Principal, and Athletic Director.

ATHLETIC SCHEDULES & DIRECTIONS

The athletic department maintains the schedule for all practices and games. This schedule will be emailed to parents after it is finalized. Additional changes to the schedule may be made during the season, and parents will be notified of any changes.

Some schools that we play do not have a set facility for competition, so directions will be sent as needed. It is recommended that any new player/family either carpool or caravan with a player/family who has been to the site before.

PHILOSOPHY OF ATHLETICS

We desire to provide the opportunities for your student to develop athletic skills, teamwork, self-discipline, and sportsmanship as we field competitive teams in various sports. The experiences in the athletic arena can teach us how to win with grace and handle defeat with dignity. In addition, the natural competition inherent to sports allows many opportunities for growth for players both physically and emotionally.

PCS offers a program of interscholastic sports designed to:

- Glorify God with the physical talents/abilities with which He has blessed us.
- Provide a unifying activity open to the entire school community through participation as team member or spectator.
- Provide an atmosphere for personal growth/development among students.
- Contribute to the development of school spirit.

At PCS, athletic excellence shall include the following personal benefits:

- Develop the concept of teamwork, placing cooperation & team goals ahead of personal achievement.
- Develop confidence and the ability to deal with adversity.
- Develop control of emotions in tense situations.
- Develop the ability to handle success and failure with class and humility.
- Provide athletes with a thorough knowledge of fundamental skills and impress the value of consistent preparation and effort.

SPORTSMANSHIP

The athlete should:

- Trust and follow the decisions made by the coach, even if he/she does not fully understand or agree with them.
- Be courteous to visiting teams and officials.
- Respect the integrity and judgment of officials and accept their decisions.
- Respect the facilities of the host school and extend hospitality to those visiting our facilities.
- Encourage his/her teammates and speak highly of them when talking to others.
- Not give up, quarrel, cheat, or grandstand (showboating).

The coach should:

- Demonstrate the highest ideals and attitudes in personal behavior and good habits of courtesy, and expect the same standards of the players.
- Maintain self-control at all times demonstrating to players how to work with officials and opponents to improve performance without being disrespectful.

The spectators should:

- Be supportive and encouraging of athletes, coaches, and officials.
- Respect the judgment of officials, honoring the fact that decisions are based on their vantage point.
- Understand that good sportsmanship involves applauding good team play, individual skill, outstanding examples of sportsmanship, and fair play exhibited by either team.
- Treat visiting teams and officials as our guests, extending every courtesy to them.