



**Providence Classical School
Athletic Handbook
2019-2020**

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, s/he must first attend tryouts. After tryouts, students who are invited to join the team must be registered online by their parents/guardians. In addition to online registration, PCS requires a copy of the student's birth certificate, a Pre-Participation Physical Exam form, and a signed copy of the Student Athlete/Parent Covenant. 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.

Teams are referred to hereafter by appropriate age divisions:

Juniors (boys basketball only)	5th-6th Grades
Middle School	5th-8th Grades
Junior Varsity	6th-10th Grades*
High School / Varsity	7th-12th Grades*

If there is enough student interest, PCS will offer the following sports in the 2019-2020 academic school year:

FALL (Aug-Oct)

Coed Cross Country (5-12)

Coed Soccer (5-12)

Girls Volleyball (5-12)

WINTER (Oct-Feb)

Boys Basketball (5-12)**

Girls Basketball (5-12) ***

SPRING (Feb-May)

Coed Tennis (5-12)

Coed Golf (5-12)

Coed Flag Football (5-12)

*A waiver must be signed by the parents of all sixth-grade athletes participating in JV sports and by the parents of all seventh-grade athletes participating in High School/Varsity sports.

**Fourth Graders may tryout for the juniors basketball team only if there are not enough 5th-6th grade participants. A waiver must be signed by the parents of all fourth-grade athletes.

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 humility. 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 a 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 and 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.

ORGANIZATIONAL AFFILIATION

PCS Athletics are governed by separate Middle School and High School leagues. All Middle School events are organized through the Charlotte Gaston Athletic Association (CGAA), and all High School events are organized through the Metro Area Athletic Conference (MAAC). As members of both organizations in good standing, we adhere to their guidelines and submit to their authority in all athletics at the Middle School (CGAA) and Junior Varsity/High School (MAAC) levels.

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 and/or teachers who wish to use equipment, uniforms, or athletics venues beyond regular season practices/games should email requests to a PCS Athletic Directors at kassie.stiling@pcsrh.org or justin.dutton@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 athletes 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 Water Bottle
Soccer	Uniform Jersey Top/ Uniform Bottom	Cleats Shin Guards Water Bottle
Basketball	Uniform Jersey Top/ Uniform Bottom	Non-marking shoes Socks (white for home games/black or navy for away games) Water Bottle **All undershirts/shooting sleeves, wristbands, etc. must be SOLID white for home games and SOLID navy for away games.
Flag Football	TBA	TBA
Golf	TBA	TBA
Tennis	TBA	TBA

* Students who do not adhere to the guidelines above will be considered out of uniform for a contest and might not be able to participate in that event.

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 REGISTRATION

Parents may register athletes, sign the waiver, and submit emergency contact information now by visiting the athletics registration page on www.providenceclassicalrockhill.com. Instructions and explanations of online registration 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 have some level of safety training through NFHS.

PARENT RESPONSIBILITIES

PAPERWORK

All players **MUST** have a hard copy of their birth certificate, a current physical exam, and a student athlete/parent covenant form 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 **mandatory** pre-season parent meeting at the beginning of each athletic season. Specific dates and times for these meetings will be emailed to parents of players on the team 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, collecting admission fees, working concessions, and various other needs. Prior experience with scorebooks is not required, and training will be given to those who are keeping the scorebook. Sign-ups will take place at the pre-season parent meeting.

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 above are asked to speak with their coach before sending a parent to meet with the coach)
- 2) Head Coach/Parent → PCS Athletic Director
- 3) Athletic Director → PCS Principal/Head of School

STUDENT SUPERVISION

Parents are responsible to transport their student from school to the practice location. Athletes should be picked up immediately after a practice or game. 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 practices or games. Parents should organize carpools with other students on the team if desired. 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 Athletic Directors. 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 in October and is interrupted by Thanksgiving and Christmas Holidays. The Spring Season will begin between January and February.

The Athletic Directors schedule all PCS sports practices and games, and will contact your coach when any scheduled game is cancelled. 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 practice or compete 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. We will do our best to communicate cancellations as quickly and as early as possible. 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. Coaches should be alerted as early as possible if a student is going to miss practices or games. Students who have missed two or more practices in the week leading up to a game are not permitted to start in that game, but may still participate based on the discretion of the coach.

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.

At the Junior and Middle School levels, the coaches will attempt to play all eligible players in every game, provided players are regularly attending practice and abiding by team rules, using their own discretion when determining how much a player plays in a specific game. *During tournament play, the coaches will attempt to win as many games with the team as possible. Playing time should not be expected.*

Practice Apparel

Players should wear modest and proper athletic attire to all practices. Athletes are expected to come prepared to all practices, and will be dismissed from practice if they do not have proper attire. Forgetting shoes, water bottles, or athletic apparel on a consistent basis could result in less playing time or being dismissed from the team.

Game Time Arrival and Athletics Dress Code

All athletes should arrive at their game sites with sufficient time to warm-up. Coaches will alert parents as to how much time is needed for adequate warm-ups. 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 practice or contest, students must be present at school for the majority of that day, unless they have permission from the administration. Student athletes must maintain a 2.50 G.P.A. to be eligible for play. The AD and Principal will check G.P.A. on a 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 or club. 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 and posted on the school website 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.

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 all 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.