

**DENBIGH BAPTIST  
CHRISTIAN SCHOOL**

**ATHLETIC HANDBOOK**

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# DENBIGH BAPTIST CHRISTIAN SCHOOL

## ATHLETIC HANDBOOK

### Athletic Mission & Purpose Statement

To develop godly character and responsible conduct, while integrating biblical truth within the spirit of athletic competition, training the athlete to live a balanced life while bringing glory to The Creator.

An athlete at DBCS has a responsibility to their school, coaches, and teammates. The athlete will be serving as an ambassador of DBCS and therefore, will be held to godly standards of commitment, conduct, and appearance. The athletes must coordinate their responsibilities to God, family, academics, and team, in that, they hold each of these elements to a high priority.

The athlete will commit to serving as an integral part of a team and will manage their time to be at all scheduled practices and games.

The athlete will commit to a conduct code that will be above reproach.

The athlete will commit to present themselves as ladies and gentlemen and their standards of dress and appearance will be high.

### **I. ORGANIZATIONAL CHART**



Please work up this chart when problems occur. Talk to the coach before talking to the Athletic Director, Administrator, or School Board.

### **II. PURPOSE**

Participation in athletics is an honor and a privilege. However, academic responsibilities accompany this privilege. Athletes are students first and athletes second. Athletes should represent DBCS to the best of their abilities, foster pride in the school, and promote and uphold school spirit and good sportsmanship. Athletes should show forth Christ in their lives at all times, not just when in uniform.

### **III. ATHLETIC PROGRAMS OFFERED**

Our Athletic Department offers a wide range of athletic teams for our middle and high school students. We also sponsor elementary school participation / training in our cheerleader programs. The programs we offer are subject to both adequate number of conference provided teams and our student support of these teams. Currently, we provide the following programs to our student-athletes:

A. Middle School (grades 6 – 8):

1. Cheerleading (girls) / Fall & Winter Seasons
2. Cross Country (both girls and boys) / Fall Season
3. Soccer (boys) / Fall Season
4. Volleyball (girls) / Fall Season
5. Basketball (both girls and boys) / Winter Season
6. Soccer (girls) / Spring Season
7. Track (both boys and girls) / Spring Season

B. Junior Varsity (grades 6 – 10):

1. Cheerleading (girls) / Fall & Winter Seasons
2. Cross Country (both girls and boys) / Fall Season
3. Soccer (boys) / Fall Season
4. Volleyball (girls) / Fall Season
5. Basketball (both girls and boys) / Winter Season
6. Soccer (girls) / Spring Season
7. Track (both boys and girls) / Spring Season

C. Varsity (grades 6 – 12):

1. Cheerleading (girls) / Fall & Winter Seasons
2. Cross Country (both girls and boys) / Fall Season
3. Soccer (boys) / Fall Season
4. Volleyball (girls) / Fall Season
5. Basketball (both girls and boys) / Winter Season
6. Baseball (boys) / Spring Season
7. Golf (Coed) / Spring Season
8. Soccer (girls) / Spring Season
9. Tennis (Coed) / Spring Season
10. Track (both boys and girls) / Spring Season

#### IV. ELIGIBILITY

- A. Only full-time students shall participate in athletic functions. A full-time student is defined as one who takes a minimum of five academic courses per semester.
- B. Interim reports issued every 4 1/2 weeks of the grading period will have no effect on a student's eligibility at any time. Quarterly averages determine a student's athletic eligibility. Participation in the fall sports program is determined by the student's academic performance during the previous spring quarter. A student may attend summer school or summer tutoring in an approved program to regain eligibility.
- C. To be eligible to participate in interscholastic athletics, the athlete must maintain a grade average of "C" (76 -84 %) on each quarterly report card. If they receive an "F" on a report card, they can not participate in the applicable sport.
- D. If an athlete receives an Incomplete "I" and fails to complete the work within the allotted time period, it will be considered the same as an "F" on the quarterly report card.

- E. The above policies will also apply to any transfer student entering the school. When determining athletic eligibility, the quarterly grades earned at the previous school will be considered and averaged to determine the athletic eligibility of the transfer student.
- F. Once a student has lost academic eligibility it can not be restored until the culmination of the next grading period (quarter).
- G. A student who accumulates twenty (20) demerits before the end of the fall season will be ineligible for the remainder of the fall season. A student who accumulates thirty (30) demerits before the end of the winter season will be ineligible for the remainder of the winter season. A student who accumulates forty (40) demerits is ineligible to participate in the athletic program for the remainder of the school year.
- H. An athlete suspended from school will be automatically suspended from any practices and/or games during the days of the suspension. These absences are considered to be unexcused.
- I. Students may participate in only one school sport during a season (fall, winter, and spring).
- J. No athlete will be allowed to participate until the parental permission slip is returned. Parents and students alike must read the requirements and guidelines for athletic involvement at DBCS.
- K. These rules of eligibility apply to all team members, and, with the exception of the requirement for the physical, any other positions that may be considered by the athletic director and the administration an integral part of the athletic program of the school.

**V. MEDICAL QUALIFICATION**

In order to ensure our students are physically capable to participate in our athletic programs, each athlete must submit an annual physical examination.

- A. Certification is required for each school year (July 1 of current year through June 30 of succeeding year). A copy must be signed and on file in the school office before the first practice for any sport. Fall sport athletes who are new to DBCS will be given a two (2) week grace period. This requirement will be monitored by the athletic department. The required form is available in both the school and athletic department offices.
- B. Coaches will receive a copy of page 4, “Part V – Emergency Permission Form” for their team’s student-athletes. Coaches will have a binder / folder with their respective emergency forms available for all practices and all competitions (home and away).

**VI. SCHOOL ATTENDANCE**

Attendance at school is obviously an integral part of a student’s academic responsibility. Therefore, all athletes are expected to have a good school attendance record.

- A. All athletes are expected to be in class the entire day on the day of a game and the day following a game, unless arranged with the Athletic Director. Absences and tardies the day of a game, or the day following a game, will be strictly monitored by the administration. If any abuse is discovered, the athlete will be subject to discipline, possibly including dismissal from the team.
- B. All class assignments are due as scheduled for athletes on the day of the game and the day following the game. Assignments must be submitted before leaving campus for classes missed

due to early dismissal. Tests and quizzes scheduled during early dismissal will be administered on a subsequent date as determined by the respective teacher.

## **VII. PRACTICE/GAME ATTENDANCE**

Practice is very important to an athletic team. This is the time when the team develops unity, teamwork, skills, game strategies and self-discipline. It is expected that the athlete will place a high priority on practice time.

- A. Each coach will set his or her practice times a minimum of 2 weeks in advance. Practices will begin and end promptly at the scheduled time.
- B. Whenever there is a practice/game, the athlete will be there unless they have permission from their coach to be absent. Excused absences from practice/games will be granted for personal illness, death in the family or special family or church occasions.
- C. Practices/games missed for work and outside functions will not be excused. These events, although valuable, cannot be attended at a time that conflicts with the athletic schedule.
- D. Athletes must attend the entire practice/game. Early dismissals will not be accepted.
- E. Athletes will be permitted 2 unexcused absences. The 3<sup>rd</sup> unexcused absence will result in dismissal from the team. The coach's attendance records will stand as the final authority when computing absences.
- F. Required practices will be held on school days only (fall sports begin on August 1, winter sports begin on November 1 and spring sports begin on March 1). A one hour practice, with approval of the Athletic Director, may be scheduled for Wednesday. Saturday practices are permitted when the team's athletic contests occur predominantly on Saturdays. Otherwise, practices scheduled for vacation days, Wednesdays, and Saturdays are NOT mandatory (exception – August 1 to the first day of school).
- G. Injured athletes who cannot physically participate are expected to attend all practices and games, to support their team. Practice exceptions are for physical therapy or other medical related appointments. During all games, injured athletes will sit on the bench with the team.
- H. Any athlete that will not be able to attend a practice or game due to an excused absence must personally notify the coach as far in advance as possible.
- I. As it is the goal of Denbigh Baptist Christian School to provide a safe and comfortable environment for its students, faculty and staff and to encourage athletic participation in such an environment, no coaches who are of the opposite gender of the team members will be present with the team or its individual members unless the majority of the team is present. At a minimum, no coach will be present with a team of opposite gender with less than 4 members present unless a team mother/father or faculty/staff member of same gender as the team is present. It is the responsibility of coaches to keep records of the adult attendants (when required) to be submitted to the Athletic Director at the end of the season.

## **VIII. CONDUCT AND DRESS**

### **A. Conduct**

The athlete is in a strategic position to give others a picture of our school. That responsibility must not be taken lightly. Athletes are expected to conduct themselves as ladies and gentlemen at all times—on and off the field or court. The athlete is expected to be a testimony of Jesus Christ by their actions and words.

1. No electronic equipment of any kind is allowed at any athletic competition (i.e. cd players, midi players, gameboys, etc.).
2. If any athlete willfully damages the property of DBCS or any opposing school, that athlete is liable for the damage and will be subject to the appropriate disciplinary actions.
3. The athlete will show proper respect for their teammates, coaches, officials, and fans at all times.
4. No taunting or disrespect toward the opposing players, coaches, fans, or referees will be tolerated at any time.

### **B. Dress**

Because the athlete represents Jesus Christ and DBCS, the athlete should take pride in their personal appearance.

1. As a minimum, the athlete will adhere to the DBCS dress code at all home and away games as defined in the student handbook. Student athletes arriving from other athletic events (games or practice) are permitted to remain without having to change clothes.
2. Individual coaches may set special standards for special situations (such as tournaments) with the approval of the Athletic Director.

## **IX. SPORTSMANSHIP CODE**

As in all areas of athletics, it is expected that our athletes and fans conduct themselves in a Christ-like manner. Our faculty and administration are committed to promoting a high level of sportsmanship in such a way that avoids belittling others. Uncompromising respect for referees and officials is the standard. A focus to win is best tempered by an attitude of mutual respect. It is understood that watching any DBCS athletic contest is a privilege and not a rite. The following guidelines will be adhered to during all athletic competitions:

- A. Be reverent during prayer and the national anthem.
- B. Cheer for our team and not against anyone. Do not “boo” or make degrading remarks to anyone (i.e. opposing players, opposing fans, referees). Be positive!
- C. We should avoid anything that tends toward destructiveness or misuse of property, such as beating on the sides of the gym or banging on the bleachers.
- D. During basketball free throws for either team, do not make any disruptive noise.

- E. Remain off the playing floor or field, including before the contest begins, during halftimes or other breaks in the action, and after the contest is over.
- F. Pick up and properly dispose of your own trash.
- G. Radios, tape players, etc. are not to be played in the gym except as approved by the athletic director.

Abuse of any of these spectator guidelines may result in removal from the premises.

## **X. DISCIPLINARY ACTIONS**

Participation in athletics is an honor and a privilege as our athletes are a public example to other students. Violation of the guidelines in this manual will result in disciplinary action (i.e. game suspension or team dismissal). The Athletic Director, Administration, and head coach meeting together have the authority to remove an athlete from any team when necessary.

- A. Technical Fouls / Cautions / Ejections. Any athlete receiving a conduct technical foul, unsportsmanlike caution (yellow card), or a verbal caution will result in a discussion with the head coach as deemed necessary. Any athlete receiving a caution or technical in two consecutive games will be immediately removed from that game / match for a period of time as deemed appropriate by the head coach. Any additional conduct fouls / cautions will result in a meeting with the coach, the athlete, the parents, and the athletic director.
- B. Detentions / Suspensions / Probation. Any athlete receiving a detention will adhere to the school's policy regarding detentions and will serve their detention on the days reserved for detention hall. Any student receiving a school suspension for any reason will not be allowed to participate in any competitions during the suspension period.

## **XI. UNIFORMS, EQUIPMENT, and FEES**

Good stewardship is a command from God. We must take care of what the Lord has provided us. Therefore, all equipment must be handled with respect.

- A. Uniforms will be used for games only. Uniforms are the property of DBCS and will be returned clean at the completion of every athletic season. In the event a uniform is not returned, a fine will be billed and the next term's report card will be held by the school office until the fine is paid in full.
- B. Equipment will be issued and used only in the way intended for that particular sport. (Example: basketballs are not soccer balls.)
- C. An athletic participation fee will be charged for each sport during the year. This fee (as determined annually by the school board) will be billed once the roster is established.

## **XII. PLAYING TIME POLICY**

It is assumed that parents will instruct and prepare their children for a competitive interscholastic program at DBCS. The students need to be prepared for the fact that they may not make the team or if they do, being a member of the team does not guarantee playing time. Valuable lessons are learned by simply "being a part of the team". Success is not synonymous with playing time, but rather is contributing to the benefit of the team with the abilities God has given each one of us.

- A. At the Middle School level, each athlete will play in every game. However, no minimum amount of playing time is guaranteed.
- B. At the Jr. Varsity and Varsity level coaches will choose a starting lineup and develop their substitutions / rotation plans accordingly. Generally, the players that best unite as a team will receive the majority of the playing time. Substitutes may be played at the coach's discretion. At these two levels we follow the Lord's leading to do our best as individuals, as a team, and as a school. Psalm 20:5 tells us, "We will shout for joy when you are **victorious** and will lift up our banners in the name of our God. May the LORD grant all your requests."
- C. Quitting: No athlete will be allowed to quit any team once they have been selected without a parental conference with the head coach. Students should not consider lack of playing time as a reason to resign from a team.

### **XIII. SCHEDULING INFORMATION**

DBCS belongs to the Metropolitan Association of Schools (METRO). Scheduling of conference games is handled by the Association, with additional games scheduled by the Athletic Director as the schedule permits. Normally, no more than two games a week will be scheduled (this does not apply to tournaments).

### **XIV. ATHLETIC INSURANCE POLICY**

Our students risk of injury increases with their participation in interscholastic athletics. Therefore, all students participation in the athletic program at DBCS must be covered through their parents medical insurance. DBCS will not assume any financial liability for injuries received while students are participating on an athletic team. Proof of insurance must be provided before the start of the season's practices. This information will be provided on page 4 of Appendix 2, the Athlete Participation / Parental Consent / Physical Examination Form

### **XV. INCLEMENT WEATHER POLICY**

Games are often cancelled due to inclement weather or poor field conditions as a result of inclement weather.

- A. Authority to Cancel Games: The athletic director makes the final decision of cancellation regarding games.
- B. Authority to Cancel Practices: The team head coach will make the final decision regarding canceling practice.
- C. Announcement: During school hours, information will be passed to the classrooms as well as a sign posted on the gymnasium and FLC main entrance doors. Additionally, the cancellation will be posted on the DBCS Website Athletic page.

### **XVI. TRANSPORTATION GUIDELINES**

- A. School transportation will be provided for all athletes to practices and games if required.
- B. **THE SCHOOL INSURANCE POLICY DOES NOT COVER TRANSPORTATION BY PRIVATE VEHICLE.**

- C. All athletes must ride school-provided transportation to away games. The athlete may return home by a different means, if they have parental permission and have made arrangements with the coach.
- D. All athletes must ride the bus to and from practices that are not held at the school unless they have parental permission and have made arrangements with the coach.

## **XVII. AWARDS AND RECOGNITION**

Awards are important in a person's life and we recognize our student-athletes for their God-given ability and achievement and as a means of motivation. God has promised awards for Christians who excel in areas of Christian life.

### **A. AWARDS**

1. Letters and pins are earned according to the following guidelines.
  - a. Varsity letters are earned by reaching goals set by the coach.
  - b. When lettering for the first time, the athlete receives a letter and a pin. When lettering goals are reached thereafter, the athlete receives the appropriate pin.
2. A certificate of recognition is given to all athletes who complete a season.
3. One athlete from each DBCS team (MS, JV, & Varsity) will receive the **Christian Character** award. Varsity coaches will award additional trophies at their discretion with the approval of the Athletic Director.
4. **Senior Plaques** are given to each senior, listing the sports in which they participated.

B. Athletic Awards Ceremonies: Each sport will conduct an end of the season awards ceremony to recognize the team for their collective and individual achievements.

C. Pep Rallies: Pep rallies will be scheduled throughout the year so our student-athletes can be recognized among their peers for their achievements and as role models for our younger student body.

## **XVIII. DBCS WEBSITE**

The athletic department maintains an athletic section with team pages on the DBCS website. The website can be found at [www.dbs4christ.com](http://www.dbs4christ.com). All sports events, cancellations, coach's information to athletes and parents will be updated, as required, on our athletic pages.

## **XIX. CHANGES**

NO CHANGES TO THESE RULES AND GUIDELINES MAY BE MADE WITHOUT THE CONSENT OF THE SCHOOL BOARD.

**Appendix 1:** Athlete / Parent Acknowledgement Page

**Appendix 2:** Athlete Participation / Parental Consent / Physical Examination Form

**Appendix 1: Athlete / Parent Acknowledgement Page**

**Denbigh Baptist Christian School  
Student-Athlete Athletic Agreement**

I have read the entire ATHLETIC HANDBOOK and agree to abide by its standards and policies. I agree to support them in both spirit and practice.

**Student-Athlete's Name:** \_\_\_\_\_  
*Print* *Signature* *Date*

**Parental Agreement**

I have read the entire ATHLETIC HANDBOOK and fully support the enforcement of its rules and guidelines. I agree to support the coaching staff and their decisions, as they are the delegated authority in my son or daughter's participation in Denbigh Baptist Christian School athletics.

**Father's Name:** \_\_\_\_\_  
(Guardian) *Print* *Signature* *Date*

**Mother's Name:** \_\_\_\_\_  
(Guardian) *Print* *Signature* *Date*