



ATHLETIC HANDBOOK

*"And whatsoever ye do, do it heartily, as to the
Lord, and not unto men."
Colossians 3:23*

2016-2017 School Year

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This handbook is designed to inform the athletes at Pacific Baptist School of the philosophy and rules 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 athletics.

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 character, as well as in performance. As a part of the Pacific Baptist School athletic program, you should strive to keep that tradition alive.

PHILOSOPHY

Our philosophy of athletics is not the same as the philosophy of most schools. Our main goal is not to win games, but rather to glorify the Lord Jesus Christ and to prepare young men and women for the ministry. We believe in hard work, teamwork, cooperation, and submission to authority. Learning these principles now will make your transition to adulthood easier.

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 by our athletes is not. If you cannot live by the requirements, do not fight against them. Simply determine that you will not participate.

The bottom line is that 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.

ADMINISTRATION

Dr. Joseph Esposito	—	Pastor and Founder
Kyle Beck	—	Administrator
John Esposito	—	Athletic Director

OBJECTIVES

- 1) To learn 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 desires.
- 2) To have fun – the main reason people participate in athletics and games.
- 3) To develop a desire to excel. We do not always win, but we succeed when we continually strive to do so. You can learn to

2016-2017 Athletic Calendar

August 5	Football Fee (\$100) due
September 7	1 st day of classes
September 9	1 st official CBAL football game
September 29-30	Grandview Baptist FB Tourney
October 14	Basketball Fee (\$100) due
October 28	CBAL Football Tournament
November 1	First official BB practice starts
November 11	Volleyball Fee (\$100) due
November 28	First official CBAL BB game
February 2-3	PBBC Invitational
February 17, 21, & 24	CBAL Basketball Tournament
March 6	First official CBAL VB Game
May 4-5	CBAL Volleyball Tournament

Dates are subject to change

ATHLETIC CODE OF CONDUCT AND HANDBOOK

STUDENT/PARENT CONSENT AGREEMENT

Student Name _____ Grade _____

AS A STUDENT:

• 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 with everything in this handbook. If I refuse to sign that means that I will not be participating in athletics.

Student Signature _____ Date _____

AS A PARENT/GUARDIAN:

I have read and understand 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.

Parent or Guardian Signature _____ Date _____

accept defeat only by striving to win with earnest dedication. Develop a desire to excel.

4) Sportsmanship – To accept success and defeat like a true sportsman, knowing you have done your best. We must learn to treat others as we would have others treat us. We need to develop desirable social traits including emotional control, honesty, cooperation and dependability.

5) To improve – Continual improvement is essential to good citizenship. As an athlete, you must establish a goal and constantly strive to reach that goal. Try to better yourself in the skills involved and in those characteristics set forth as being desirable.

6) Enjoy athletics – It is necessary to acknowledge all of the privileges that are gained from athletics and to sufficiently give of ourselves in order to preserve and improve the program.

7) To develop good health habits – To be an active, contributing citizen, it is important to obtain a high degree of physical fitness through exercise and good health habits.

RESPONSIBILITIES OF A PBS ATHLETE

Participating in the Pacific Baptist School athletic program is the fulfillment of an early ambition for many students. The attainment of this goal carries with it certain traditions and 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 desire to win, but only with honor to our Lord, our athletes, our school and our church. Such a tradition is worthy of the best efforts of all concerned.

It will not be easy to contribute to such a great athletic tradition. When you wear your school colors, we assume that you not only understand our traditions, but also are willing to assume the responsibilities that go along with them. However, your contributions should be personally satisfying to you.

- **Responsibilities to Yourself** - The most important of these responsibilities is to broaden yourself and develop strength and character in Christ. Your studies and your participation in other extra-curricular activities, as well as in athletics, prepare you for life as an adult. You should practice and play to the best of your ability every day.

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 school site.

Team members are strictly forbidden to drive automobiles transporting other team members to an athletic event or to be driven by another student to an athletic contest or practice site.

1. Under certain circumstances or in exceptional situations where it creates an inconvenience for the family, athletes may be excused from riding to or from an athletic event in school-authorized transportation.
 - a. Should a parent approach a coach at any away contest and request that his/her athlete ride home with him/her, the coach may agree.
 - b. An athlete will not be allowed to ride home with another student unless they are related.
2. Food and beverages are permitted, but leftovers and empty containers must be discarded and the bus cleaned.

- b. Criteria used to select the team.
 - c. Number of students to be selected.
 - d. Practice commitment for those who make the team.
 - e. Game commitments.
3. Team Selection Procedure

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.

1. 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. School wear (exceptions noted in #2).
2. An athletic team member may wear his uniform top on the day of a home game only. Normally, the wearing of school athletic items will be reserved for special occasions.

- **Responsibilities to Your School** - Another responsibility you assume as a team member is to 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. You should always strive to make your family proud. You must measure up to all of the training rules. The younger students in the school are watching you. They will copy you in many ways. Set good examples for these students.

ELIGIBILITY

General eligibility rules are as follows:

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

- If you are a homeschool student, all registration paperwork must be taken care of beforehand.

- The following items must be turned in to the athletic office before the student can participate in any practices or games:

1. Athletic Fee of \$100
2. Physical Exam
3. Signature Page

ACADEMIC REQUIREMENTS

Students participating on sports teams in grades 7th-12th must meet the following guidelines:

- The student must have a GPA of 2.50 to be eligible for any sports contest. *Grades will be determined initially from the most recent report card. We will also be checking every other week before grading period ends.*
- Those students who have been considered ineligible will be put on probation and reviewed on a weekly basis.
- The student must be in good standing with all of his or her teachers in regards to classroom behavior.

GENERAL REQUIREMENTS

1. Athletes should have the highest standards (including in their appearance) in the school.
2. Attend the following church services in it's entirely weekly: Sunday school, Sunday morning service, Sunday evening

ATHLETIC TEAM SELECTION

COMPETING ON NON-SCHOOL TEAMS IN SEASON

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.

1. Philosophy

In accordance with 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. Obviously, time, space, facilities, equipment, athletic ability, and other factors will place limitations on the most effective squad size for any particular sport. However, when developing procedure in this regard, coaches should strive to maximize the opportunities for student athletes without diluting the quality of the programs.

2. Team Selection-Coach's 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 particular program when selecting team members. Prior to trying out, the coach should provide the following information to all candidates for the team:

- a. Extent of the tryout period.

9. Girls must be in a nice modest skirt or dress to all games.
10. Make-up must abide by school handbook rules.
11. You should wear modest knee length culottes for all games.
12. An under shirt needs to be worn under your uniform at all times.
13. Capris (leggings) need to be worn under your culottes and above your knees.

Both

14. Sun glasses are not permitted.
15. Game jerseys will be tucked in at all times (guys and girls).
16. Practice uniforms will be PBS P.E. uniforms. Sleeveless shirts are **NEVER** to be worn at practice or games.
17. No fad, punk, spiked or gay hair styles are permitted. Hair styles that we would consider worldly are also not allowed.
18. Tennis shoes may be worn for return bus trips. These shoes must be well maintained, laced, tied, and clean.
19. Flip-flops are not permitted at practice, after games, during games, or at any time an athlete is wearing a PBS uniform.
20. No hats are allowed when traveling on the team bus and/or attending athletic activities.
21. Failure to follow any of these guidelines will result in the following: 1) first offense you will miss one quarter, 2) second offense you miss whole first half and 3) third offense you miss the whole game.

- service, Thursday evening service and any special meetings. Students will miss one quarter or set for each service missed.
3. Attend and participate in a soul-winning ministry every week. Students will miss one quarter or set for not going soul winning each week.
4. Athletes are to demonstrate a positive school attitude at all times. Disrespect to teachers, coaches, or any other staff will NOT be tolerated.
5. Athletes must travel to and from the game on the bus or vehicles that are assigned unless approved by the athletic director.
6. Athletes will handle all grievances in the proper way through proper channels. **Coach » Athletic Director » Administrator**
7. Be on time for all practices, games, and bus departures.
8. Attend all scheduled practices. If the athlete will be absent from a scheduled practice the coach must be notified 24 hours in advance. *This applies to summer practices.*
9. Athletes that collect 50 or more behavior demerits in a semester will be ineligible for the remainder of the semester.
10. Refrain from inappropriate language (cussing, ghetto language, and “Christian” cussing).
11. Athletes will not bring unnecessary attention to themselves in dress or accessory. (Wristbands, hair color, etc.)

12. Athletes are required to be in school for at least five class periods on the day of a game in order to play. In the case of Friday being a half day, athletes must be in school all day.
13. Have a physical examination within a year of the first practice of the season. Proof of the physical must be turned in to the athletic office.
14. Athletes should at no time be seen taunting the spectators or opposing teams and arguing with game officials at anytime during a game.
15. Players removed from athletics by their parents are **ineligible** for the remainder of the athletic season. *The athletic fee will not be refunded.*
16. Audio cassette players, Walkmans, CD players, MP3 players or any other apparatus capable of playing music **WILL NOT** be allowed on the team bus (or in privately owned vehicles used to carry the team) or school/church campus.
17. Portable game systems, laptop computers, and playing cards **WILL NOT** be allowed by athletes on the team bus or school/church campus. If caught, you will miss one quarter of the game and the device will be taken away and given to your parents. 10 Demerits will also be given.
18. Athletes are responsible for all missing work 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 REQUIREMENTS

Note: These requirements are **in addition** to those already listed in the PBS Student Handbook.

Men

1. Guys are required to wear a shirt and tie to all basketball games. Jeans, cargo pants, tight pants, shorts, and sweats are **NOT** allowed when traveling to games. *At no time should guys be in the bleachers wearing their uniforms or warm ups.*
2. No beards or mustaches should be worn.
3. Hair should be combed to the side **AT ALL TIMES**. Unless hair is too short to be combed, in which case no gel, styling, etc. may be used.
4. No skateboard apparel on campus and/or at any school or church activities.
5. No tight shirts allowed on campus and/or at any school or church activities.
6. No skate shoes on campus and/or at any school or church activities.
7. Hands and fingernails should be cleaned and properly cut.

Ladies

8. No denim is allowed to be worn to games.