

Portsmouth Christian Upper School



*Developing Christ-Centered Lives
and Character Through Athletics*

Athletic Handbook

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The Portsmouth Christian Upper School Athletic Handbook

OVERVIEW

PORTSMOUTH CHRISTIAN SCHOOLS MISSION STATEMENT

Portsmouth Christian Schools exists for the following reasons:

- To lead the student to acknowledge Jesus Christ as his Lord and Savior
- To declare God's truth and guide the student's experience so that he may develop into a mature Christian individual
- To provide an environment in which each student can achieve academic excellence in all fields of study and develop his God-given potential to the highest degree (II Timothy 2:15)

PORTSMOUTH CHRISTIAN SCHOOLS PHILOSOPHY

Portsmouth Christian Schools, a private non-profit institution, exists to provide a Christ-centered, Biblical education. The school is dedicated to educating the whole child spiritually, mentally, socially, and physically in a supportive Christian environment. Families are obligated to enter into a covenant agreement with the school's mission, vision and philosophy. Realizing that not all homes are Christ-centered, it is our school's mission to instill the value of Christ within the home, as well as be a reinforcement to the Christian family.

Portsmouth Christian Schools believes the Bible is God's message to mankind expressing salvation, theology, doctrine and instruction for living. We believe God has protected His Word and delivered it inspired and without error. Therefore, we cannot ignore Deuteronomy 6:6-7 which says, "And these words, which I command thee this day, shall be in thine heart: and thou shalt teach them diligently unto thy children, and shall talk of them when thou sittest in thine house, and when thou walkest by the way, and when thou liest down, and when thou risest up."

We believe that all Scripture is related and relevant. Therefore, all truth is based upon the Word of God. True education is provided from a distinctive Biblical foundation and perspective. God is central, and everything exists in relation to Him (Col. 2:2-3). Every facet of Portsmouth Christian Schools, whether life training, academics, or extracurricular, is to be viewed in relation to God and His inerrant Word. Portsmouth Christian Schools was founded for the purpose of training young people according to God's standards and principles of Scripture. Philippians 1:27 tells us to let our

conversation (lifestyle) be as it becomes the gospel of Christ. Biblical principles must thread like a tapestry through every action of life, and it is our duty as Christian educators to set this example for students to follow.

Because of the school's foundation upon God's Word, the administration, faculty and staff must be born-again, Bible-believing Christians who are active in a local, gospel-preaching church. God places a serious warning before teachers in James 3:1 as He says, "Be not many masters (teachers), knowing that we shall receive the greater condemnation." We take it as a very serious matter to accept the role of a teacher.

In doing this, it can truly be said, "Portsmouth Christian Schools - Where Christ Makes the Difference."

PCS ATHLETIC DEPARTMENT MISSION STATEMENT

Pursuing Athletic Excellence and Developing Christian Character

PCS ATHLETIC DEPARTMENT VISION

The Department of Athletics at Portsmouth Christian Schools seeks to develop Christian character and pursue athletic excellence in our student athletes. As a complement to the academic side of the "Patriot Experience", our athletic programs provide an environment for character building to take place. Our goal is to present an athletic program that demonstrates the intentional pursuit of Christ-centered and character driven athletics at PCS.

"For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come."

I Timothy 4:8

PCS ATHLETIC DEPARTMENT VALUES

THE PATRIOTS WAY

The word PATRIOT signifies a person who loves his or her country and is ready to boldly support and defend it.

In the context of Portsmouth Christian Schools, a PATRIOT is one that loves his or her school and is ready to boldly support and represent it in a manner that glorifies God and brings honor to all of those who came before us to build PCS into what it is today.

In order to do that, we must boldly embody the values that make up THE PATRIOTS WAY

- ★ **PERSISTENT** - We will never quit in our walk with Jesus, our relationships with family, friends or teammates. When the going gets tough, we step up.

“Though a righteous person falls seven times, he will get up, but the wicked will stumble into ruin.”

Proverbs 24:16

- ★ **ACCOUNTABLE** - We are accountable to God and each other. We accept feedback and strive to be better.

“Iron sharpens iron, and one person sharpens another.”

Proverbs 27:17

- ★ **TOTALLY COMMITTED** - We are 100% in on everything we set our sights on. We come prepared. Nothing will stop us.

“Whatever you do, work heartily, as for the Lord and not for men.”

Colossians 3:23

- ★ **RESPECT** - We will respect others at all times; to include our opponents regardless of the outcome.

“Therefore, whatever you want others to do for you, do also the same for them.”

Matthew 7:12

- ★ **INTEGRITY** - We will do the right things, even when we think no one is watching.

“Whoever walks in integrity walks securely, but he who makes his ways crooked will be found out.”

Proverbs 10:9

★ OWNERSHIP - We own our victories and our defeats. We make no excuses. We own it!

“Whoever conceals his transgressions will not prosper, but he who confesses and forsakes them will obtain mercy.”

Proverbs 28:13

★ TRUSTWORTHY - We can be trusted to do what’s right on the field, in the classroom or at home.

“Lying lips are an abomination to the Lord, but those who act faithfully are his delight.”

Proverbs 12:22

★ SERVANT - We are servants of God and others. We think of others as higher than ourselves and look for ways we can continue to serve them.

“For you were called to freedom, brothers. Only do not use your freedom as an opportunity for the flesh, but through love serve one another.”

Galatians 5:13

Requirements and Responsibilities

Membership and Affiliation

Portsmouth Christian School maintains full membership in the Virginia Independent School Athletic Association and the Metro Athletic Conference. As such, we will function under the guidelines provided by the VISAA and the Metro Conference.

Academic Eligibility Requirements

Portsmouth Christian School follows the eligibility requirement of the VISAA, which states: “The student athlete must maintain a cumulative 2.0 grade point average on a 4.0 unweighted scale.” In addition to this, students must meet the academic guidelines of Portsmouth Christian Schools which include: “The student must maintain a cumulative grade point average of 2.0 and may have no more than one failing grade (F) in any subject on their report card.

A student who does not meet the eligibility requirements as described above will be suspended from participation in athletics until the grade averages are acceptably raised. If a student’s GPA falls below the mandated 2.0 at the end of a nine weeks or semester, that student will not be allowed to participate. A student losing eligibility for academic failure may regain eligibility status at progress report time, if all academic requirements are met. Failure by any student to adhere to the provisions of the Athletic Handbook may be grounds for suspension from participation as determined by the school’s administration.

Students must be in school for at least 4 periods to participate in practices or games that day, unless arrangements have been made with the administration.

Early Release

Because of travel, it is sometimes necessary for teams to leave school prior to the normal dismissal time. It is the responsibility of the student athlete to arrange with their teachers to make-up any missed work.

Attire

Student athletes are expected to dress appropriately while traveling to and from athletic events. Exceptions may be made at the discretion of the coach or Athletic Director. These include riding home with parents after away events.

Uniforms

The athletic department will purchase all team uniforms and collect all uniforms at the conclusion of each season. Student athletes are responsible to take proper care of uniforms and return them in good condition. Lost or damaged uniforms must be replaced by the student athlete. Uniforms are to be worn only for games.

Statement of Commitment

All PCS student athletes and their parents will be required to read and sign a statement of commitment (included at the end of this document). The purpose of this form is to ensure that all student athletes and their parents have considered the level of commitment that PCS requires of its student athletes. While considering this document, parents and athletes should discuss all of its facets. These include:

- Practice and game attendance
- Physical requirements
- Effort and attitude
- Injury and playing-time issues
- School behavior
- Eligibility and attendance requirements
- Uniform maintenance
- Penalties for quitting a team

Athletic Participation Fees

The following one-time fees will be charges for athletic participation:

- Varsity Football: \$200.00
- JV Football: \$200.00
- All Other Sports: \$ 75.00

The Portsmouth Christian Coach

Because we believe one of the most influential people in a High School Athlete's life is often his or her coach, it is our intent to carefully select excellent coaches. Our desire is to have a "Program Building Coach" leading each of our sports programs. A program building coach is: a self-starter, highly motivated and has a passion for and excellent knowledge of his or her particular sport. Coaches will be selected by the PCS Athletic Director with approval of the administration.

The following lists the basic expectations for all PCS coaches:

Expectations for Portsmouth Christian Coaches

Coaches must work to develop a program that brings glory to God, not men; and that keeps athletics in proper perspective. We value athletics but our commitment is to "do all things to the glory of God." We must strive at all times to be the best we are capable of being.

We are not ashamed of wanting to win. Christians should lead the way in all areas of life.

We are not ashamed of losing, if we give our best effort. Giving less than our best is unacceptable.

We must model Christ-like behavior and demonstrate mature judgment at all times. Coaches have the unique opportunity to demonstrate a Biblical worldview while in the arena of competition.

Coaches must be thoroughly knowledgeable in their chosen sport and able to impart this knowledge to their athletes.

Coaches must organize and run a disciplined program.

Coaches must be able to motivate athletes to work hard. Our goal is to develop athletes who are diligent in preparation, relentless in effort, disciplined in execution, self-controlled in action, respectful to all and humble in spirit, without regard to their opponent or the score.

Coaches must work to develop relationships with and build up our fan base.

Coaches must be ambassadors of our program to the community.

Coaches must take a sincere interest in the spiritual, academic and social growth of athletes.

Coaches must be willing to organize and lead our athletes in off-season conditioning and skill development.

Guidelines for Coaches

1. Coaches will attend ALL practices and games. If unable to attend, the Athletic Director must be informed in advance and a suitable substitute provided.
2. Coaches are to dress in appropriate attire for practices and games. PRACTICE ATTIRE will allow the coach to participate, as needed, to teach and demonstrate. GAME ATTIRE should be in alignment with a professional appearance in the particular sport.
3. Coaches are to handle all discipline situations themselves when possible. The Athletic Director should be notified if:
 - a. Parents are contacted by the coach due to a discipline situation;
 - b. A coach is considering suspending a player from a team
4. Coaches are to notify the Athletic Director when any injury occurs that requires medical attention.
5. The coach should notify the student athlete's parents if an injury occurs that may require medical attention.
6. Coaches are to notify the Athletic Director if technical fouls, cardings or ejections occur in any game.
7. Coaches are to enforce all general PCS Athletic Department guidelines and may supplement these with specific rules for their team. Copies of additional rules must be on file with the Athletic Director.
8. Coaches are responsible for the distribution, collection and proper storage of all uniforms. A list of all uniforms must be created and filed with the Athletic Director.
9. Each coach is to plan a regular occurring Team Devotional Time (at least once per week). Coaches are encouraged to lead devotions themselves, though team members may be used. Coaches are also encouraged to use "Teachable Moments" to encourage spiritual growth.
10. The Athletic Director will arrange all transportation to away games. Coaches are to supervise players on away trips and make sure that all vehicles are cared for and cleaned upon return.
11. School vehicles will normally be ready for use. If it is necessary for a coach to purchase gas, a receipt should be turned in to the PCS Financial Office for reimbursement.
12. All vehicle keys must be returned to the Athletic Director immediately upon return.
13. Coaches may not make purchases without prior approval from the Athletic Director.

Coaches Signature: _____

Date: _____

Scheduling and Practice Guidelines

1. All scheduling will be done by the Athletic Director. Varsity coaches will be given the opportunity to have input into scheduling for their sport. Priority will be given to schedule contests with schools having quality programs that are located in our geographic area.
2. Practices will be scheduled by each coach. The Athletic Director will work with coaches to schedule practices when limited facilities are shared by several teams.
3. Practices are not to exceed 2 hours. Wednesday practices must end by 5:00 p.m.
4. Coaches are responsible for players at all practices and games and must not leave until all players have been picked up.

Facilities and Equipment

1. General repair and upkeep of both indoor and outdoor facilities will be provided by the school. Coaches are expected to work with the Athletic Director to prepare and maintain facilities.
2. Coaches are encouraged to have team members participate in facility maintenance, set-up and take-down.
3. Coaches and team members should always leave both home and away facilities clean.
4. Coaches are to make sure facilities are properly secured prior to leaving the area. This includes turning off lights and locking doors.
5. All equipment will be purchased by the Athletic Department. Coaches should keep the Athletic Director informed of all equipment needs.
6. All equipment should be properly secured after usage.
7. Athletic equipment should not be loaned to outside groups without the permission of the Athletic Director and may not be taken off campus.

Facilities Use Policy

The athletic facilities of Portsmouth Christian School are intended to meet the Physical Education and athletic needs of our students and school families. Use of the facilities will be prioritized as follows:

1. PCS Physical Education Program
2. PCS Athletic Program
3. PCS extended family (i.e. faculty, staff, etc.)
4. General community use

The following will apply to all facility usage:

1. Physical Education classes must be supervised by an approved adult at all times.
2. Athletic teams must be supervised by an approved adult at all times.
3. Use of all facilities, other than for physical education classes, will be scheduled by the Athletic Director.
4. If the facility is used by an outside group, an approved adult must be designated by the Athletic Director to oversee all activities.
5. Outside groups who use the facilities must provide their own equipment unless prior arrangements have been made to use PCS equipment.
6. Proper shoes must be worn during use of facilities.
7. All outside groups are subject to a rental fee as determined by the school administration and must comply with the school's general use policy.

Home Events Supervision - Critical Situations Policy

1. The Athletic Director will administrate all home events or designate another staff member to do so in his absence.
2. Basic set-up for home events will be arranged by the Athletic Director with the assistance of the coach and maintenance staff.
3. The administrator in charge of an event will secure the facility prior to leaving.
4. In case of an emergency the following will occur:
 - a. Professional medical advice will be sought from among spectators.
 - b. The administrator on duty will work with coaches and parents to determine if emergency assistance should be called.
 - c. Emergency assistance will be called if any doubt exists as to the seriousness of the injury.
 - d. The administrator will stay in the vicinity of the injured player and designate others to make necessary calls.
 - e. The administrator will designate an adult to accompany the injured player to the hospital if the player's parents are not in attendance.
 - f. Immediate effort will be made by the administrator to contact the parents of the injured player.
 - g. The administrator will work with the family to coordinate any help they may need to provide for other children or to notify family members.
 - h. Coaches will continue involvement in injury situations via phone or by going to the hospital when the game is concluded and his team responsibilities have been met.

Athletic Awards

There will not be a major emphasis on individual awards at PCS. This is based on our commitment to emphasizing the concept of the team as opposed to the individual. The following awards will be given each season:

JV Team Awards

Each JV athlete will receive a certificate of participation. In addition, each coach will select and present the following trophies: Most Improved Player and Coach's Award.

Varsity Team Awards

Each Varsity athlete will receive a varsity letter upon completing his/her first year of varsity participation. At the conclusion of each additional season of varsity participation the appropriate pin or bar will be presented.

Each Varsity coach will select and present plaques for the following: Most Improved Player, Most Valuable Player Award, Coach's Award, Best Defense. Coaches may substitute award titles with the Athletic Director's approval. All JV and Varsity awards will be presented at an awards night program. The awards night program will include light refreshments provided by parents and the PCS Booster Club.

The Athletic Director will arrange for all awards to be prepared and available for presentation.

Award Definitions:

Most Valuable Player - This award, while based heavily on statistical performance, should also reflect the player's positive traits such as hard work, leadership and commitment to his/her teammates.

Coach's Award - This award may be defined and used by each coach to recognize any particular trait that he/she wants to see developed in his/her players.

Most Improved Player - This award should recognize improvement in skills related to the particular sport and to the understanding of the sport.

Best Defense - This award should recognize the hard work and sacrifice that is required to play good defense.

Volunteers

PCS Athletics depends on volunteers to offer assistance with game day operations, concessions and overall support to ensure successful seasons for each PCS sports team.

Athletic Funding

The PCS Athletic Booster Club provides funds for the general operation of the athletic program. These funds are generated by many sources including: the sale of advertising, student participation fees, some concession revenues and occasional fund raisers. Additional funding for budgeted items such as transportation, officials, and tournament entry fees will be generated through admissions and concessions by Portsmouth Christian School.

Admission Policy for Home Events

PCS teachers, staff and their spouses will be admitted free to all home events. (This excludes state series games and conference tournaments).

Admission will be charged to all adults and students. Admission prices will be published prior to the beginning of each school year.

Concessions

Concessions will be available at most home events. The Athletic Director will work with the PCS Booster Club to arrange for the purchase and sale of concession items as well as the staffing of the concession area.

Athletic Booster Club

The Athletic Director will work with selected parents to organize and maintain the PCS Athletic Booster Club. The purpose of this organization will be to support and encourage the coaches and athletes of Portsmouth Christian. All Booster Club activities must be approved by the administration and coordinated with the PCS school calendar.

Team Pictures

The Athletic Director will schedule a picture day during each sports season. Information about picture day and an opportunity to purchase pictures will be provided to the family of each student athlete.

Guidelines for Players

The following rules shall be followed by all Portsmouth Christian Student Athletes. Coaches may supplement these with additional rules. A copy of all team rules must be on file with the Athletic Director and written team rules must be provided to each player and to all parents.

1. All players are required to attend all practices and games unless given prior permission by their coach.
2. Missing a practice or game without prior permission may result in removal from the team. Repeated offenses will result in removal from the team.
3. Players will make up excused missed practices and games in a way to be determined by each coach (i.e. running laps for missing a practice or sitting out for part of an upcoming game).
4. Players are to be on time for practices, games and team meetings. Coaches are to penalize tardiness.
5. Players are to attend all end-of-the-year activities. Players who do not attend may forfeit individual awards.
6. Players must maintain academic and behavioral eligibility as outlined in this handbook.
7. Players are to follow team dress standards as established by each coach.
8. Players are responsible for the proper care and return of uniforms. Players will be charged for damaged or lost items.
9. Players who quit after accepting a spot on a team, without the approval of the coach and Athletic Director, will not be eligible to participate in a PCS sport during the following season or to participate the next year in the sport they quit.
10. If a player is required to miss practices or games because of a doctor's instructions, a note from the doctor is required prior to his/her return.
11. If a player needs to get academic help after school at a time which would make him/her late to practice, he/she must get prior permission from the coach.
12. Missing practice because of detentions will result in disciplinary action determined by each coach.

Sportsmanship

Good sportsmanship is at the top of our list of priorities at Portsmouth Christian School. This would be true, even if we were not a Christian school. But, as a Christian school, it is even more important for us to maintain excellent sportsmanship. This commitment brings us back to our basic emphasis of “Pursuing Athletic Excellence - Developing Christian Character.” It is proper to want to excel, but we must always remember that the development and demonstration of Christian Character is an even higher calling. The following Athletic Creed is something we must all consider and work toward:

Portsmouth Christian Student Athletes will:

RESPECT parents, coaches, teammates, officials and opponents

PERSONIFY commitment and a positive attitude

REPRESENT their school with honor and pride

Portsmouth Christian Parents will:

SUPPORT the team and coaches in public and address concerns in private

ENCOURAGE 100% individual effort and 100% team loyalty

PROVIDE positive reinforcement to all student athletes

Portsmouth Christian Coaches will:

INSPIRE their athletes by personal example both on and off the field or court

TEACH athletes to play hard, but to win or lose with equal grace

TREAT all people with dignity and respect

With this Athletic Creed in mind, the following should be considered when it is necessary to deal with any conflict situation in the PCS Athletic Program:

1. Commit the situation to personal prayer, seeking God’s direction in dealing with it.
2. Go directly to the person involved. Go with the proper spirit, seeking mutual resolution to the conflict. This is a Scriptural mandate (Matthew 18:15 - 17).
3. If resolution does not occur, take your concerns to the next level.
4. Resist the natural temptation to talk to other people about the situation. This often falls under the Scriptural warning to avoid the stirring up of dissension (Proverbs 16:6 - 19).

Resolution will occur most readily when all parties involved are committed to the following:

1. Being willing to yield
2. Being open to reason
3. Not abandoning personal principles

STATEMENT OF COMMITMENT

I, _____, as a member of a Portsmouth Christian athletic team, do agree to abide by the following rules and Standards of Conduct. I realize that athletic involvement is a privilege, and not a right, and it carries with it certain responsibilities. I further acknowledge that there will be consequences for misconduct or not fulfilling my commitment.

- A. I agree to attend and be on time for all practices, meetings and games. This includes awards programs, team parties and all other team functions. Though I may have outside activities, I will not allow them to interfere with my PCS commitment.
- B. I agree to provide a current physical prior to the beginning of tryouts for a team.
- C. I agree to personally gain prior permission from my coach if extenuating circumstances arise where I must be late or miss a team function (i.e. academic help, family emergency, etc.).
- D. I agree to give 100% effort during practices and in games.
- E. I agree to inform my coach of an illness or injury that I feel may affect my ability to participate fully. I recognize that lack of practice due to an injury may limit my playing time and that I am still responsible to attend practices and games when injured unless excused by my coach. I understand that if excused from practices or games by a physician, I must supply a physician's written release to resume participation.
- F. I agree to keep an attitude of encouragement towards my teammates in every situation.
- G. I agree to refrain from smoking, drinking and profanity anytime and anywhere. According to the scriptural mandate to flee from even the appearance of evil, I agree to avoid situations (parties, informal gatherings, etc.) where alcohol and drugs may be present.
- H. I realize that being late due to a detention will not be tolerated, and I will avoid actions/attitudes that may lead to detention.
- I. I agree to maintain my academic eligibility as outlined in the Student and Athletic Handbooks and to inform my coach of any academic problem that I may encounter, such as: term paper due or upcoming tests, which may necessitate help in managing my time properly or include tutoring.
- J. I agree to take care of any uniforms or equipment that may be issued to me and will return them when I am asked. If any damage occurs during my possession, I agree to pay for repair or replacement. I agree to not use any school issued equipment for any outside activities unless approved by my head coach and or the Athletic Director.
- K. I agree to remember who I represent as I wear the name PORTSMOUTH CHRISTIAN PATRIOTS on my uniform.

L. I understand if I am not in attendance in school for four (4) periods, I will not be allowed to participate, unless arrangements have been made with the administration.

M. I understand that if I break my commitment to my teammates, coaches and PCS by quitting a team, my participation on PCS teams will be restricted as outlined in the Athletic Handbook.

I have read and understand the Portsmouth Christian School Athletic Handbook. In signing this document, I agree to do my best to abide by its guidelines.

Student-Athlete Signature

Date

Parent Signature

Date

METRO ATHLETIC CONFERENCE



Portsmouth Christian Schools

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