

ATHLETIC HANDBOOK

PHILOSOPHY OF ATHLETICS

At BRCS, Christian athletics means more than just a Christian involved in athletics. The emphasis is on Christ-like living *through* athletics. The ultimate goal is not that the athlete must win at all costs or that losing is a tragedy. Key aspects of our athletic program is training students to display the attitudes and actions of our Lord Jesus Christ (Philippians 2:5, Romans 8:39), and that all endeavors are as unto the Lord and not unto men (Colossians 3:23).

Our athletic program provides opportunities for our athletes to put into practice biblical character qualities in real-life situations. When athletes respond appropriately in tough and/or unfair situations, the true test of character is revealed.

Conforming to the image of Jesus Christ does not come naturally; it takes time and daily work. The coaches encourage students to rely on the Word of God and the assistance of the Holy Spirit in daily living. We pray that participation in the school's athletic program will be a time of growth and maturity (physically, mentally, emotionally, and spiritually).

CHARACTER QUALITIES

The following biblical character qualities are the focus of the athletic program. The coaches integrate these qualities into practices, games, and specific devotional/prayer times throughout the each sports season

- Dependability – be at all practices and games unless excused because of some extenuating circumstance. Do more than what is expected in all situations.
- Punctuality – be on time, never late!
- Love – be self-sacrificing by demonstrating a genuine concern for team members, coaches, and opponents. Remember, Christ centered His love on others, not Himself. Love produces action! Love produces a response of love from others.
- Enthusiasm – take an interest in every part of the sport and be glad to quickly encourage a spirit of teamwork (I Thessalonians 5:16).
- Faith – show that you know the Lord is in control of all circumstances and that He is carrying out His will in your life (Hebrews 11:1).
- Humility – demonstrate by words and actions that God is the one responsible for your abilities, talents and success.
- Endurance – you must be able to withstand stress, hard work and the challenges that all Christian athletes experience (Galatians 6:9).
- Boldness – be ready to overtly express what Jesus Christ has done for you. The Christian athlete cannot be one who is timid or gives up (Acts 4:23).
- Obedience – just as Jesus was always obedient to His Father's will, you need to be obedient to the Lord through those who are in authority over you.

- Diligence – use all your strength and ability to complete each part of your task whether in practice, in a game or anywhere else (Colossians 3:23).
- Responsibility – athletes need to do everything that is expected of them. Coaches need to know that athletes are capable of doing things without direct supervision. Take the initiative to work and make intelligent decisions.
- Determination – make up your mind that you will accomplish God’s goals in His time, regardless of the opposition (II Timothy 4:7).
- Joyfulness – show that your relationship with Christ means something wonderful to you. What is on the inside will show on the outside!
- Confidence – athletes should know that they can be winners in God’s sight as they totally give all they have to Jesus Christ.
- Intensity – this word can be summed up as “total release”. Give everything you have at all times, focusing your total attention upon the job at hand and putting forth your every effort to complete it perfectly.

GOALS FOR EACH SPORT

The following are the general goals that we hope to accomplish in each level of our athletic program. Individual coaches may have additional specific goals, depending on the sport:

Elementary (5th and 6th grades) – This program is geared toward teaching the basics of the sport. Since this is the first formal instruction in each sport, the fundamentals are stressed. Students develop their skills through competition in the Suburban Christian School Conference (SCSC). This league provides competition with other Christian schools in the area.

Junior High (7th and 8th grades) – This program is designed to review the basics and increase the athlete’s ability to perform them. At this level, ample opportunity for experience is given. These athletes compete in the SCSC as well. Tryouts are held.

Junior Varsity (9th – 11th grades) – This program is designed to give more exposure and experience to a great number of athletes who are not quite ready for the varsity level. Opportunities are provided to enhance the basics and to begin working on some of the finer skills of the sport to prepare them for the varsity level. Tryouts are held for these teams, and the coaching staff will determine those athletes based upon attitude, skill, and position needs, as well as prospects of being future varsity players.

Varsity (9th – 12th grades) – This is the final step after many years of preparation. In this level, the basics are put to the final test and more difficult strategies and abilities are performed. These teams compete in league competition within the Metro Christian Athletic Conference (MCAA). They also compete in the Missouri Christian School Athletic Association (MCSAA) championships.

We do not want to discourage athletes from participating and giving their best, but it is important to realize that sometimes it is physically impossible to include everyone. Every effort is made to work with those who have the desire to improve. A significant step in improvement is experience, which is the reason that different levels and areas of competition are offered. One of the most difficult aspects of coaching is the tryout periods. We, as coaches, pray over these decisions and would appreciate your prayer and support during those times. The coaches look at the whole person when making their decisions, including spiritual maturity, academics, attitude, skill, and position needs.

GENERAL ATHLETIC POLICIES

The following rules are in effect for all sports. Coaches may add rules concerning their specific sports.

- Use of alcohol, drugs or tobacco is prohibited (365 days a year). Any athlete known to be involved will be permanently expelled from the team immediately, no exceptions (I Thessalonians 5:15, Proverbs 15:1).
- **Attendance at all games and practices is mandatory.** The coach should be notified prior to the absence if an athlete must miss a practice or game. Extenuating circumstances will be considered, but discipline will occur after the first unexcused absence and dismissal after the second unexcused absence.
- Any athlete suspended from school for reasons dealing with conduct will be immediately expelled from the team for that sport.
- Improper or questionable language will not be permitted. Disciplinary action will result after the first offense and expulsion from the team after the second offense. Let your performance talk for you. Areas considered inappropriate include swearing, boasting, taunting, “trash talking”, and disrespect to officials, coaches, teachers, teammates, opponents, and other students. Allow the Holy Spirit to control you, including your tongue (Galatians 5:25-26).
- Maintain school dress and hair codes at all times. There will be times when traveling to games that the coach will inform you otherwise regarding dress. Boys will wear shirts and ties to school on game days. Girls will wear blouses and nice dress slacks. When we look our best, we perform our best.
- Coaches will inform you of the proper practice attire. There will be no inappropriate sayings or logos on T-shirts or shorts. In as many instances as possible, practice jerseys and uniforms will be required. No cut off T-shirts or spandex shorts will be worn (unless under other shirt or shorts).
- Athletes are required to receive plenty of rest – 8 hours of sleep a night or more. Utilize your free time to finish your homework, don’t wait until it’s too late.
- Although we want athletics to be enjoyable, horseplay before, during, and after practice will not be tolerated. Consider the feelings of others at all times. Athletes are not to be in the gym, weight room, etc. unless there is an approved adult supervising them. This includes before school or after game activities (Philippians 2:4).
- Normally scheduled after school practices last for 1½ hours. No practices will last past 5:00 on Wednesdays. Practice schedules will be given out by the coaches.
- No athlete in grades 9-12 will be allowed to practice or participate until a physical examination has been completed by a physician and turned in to the coach for the first sport that they will be participating in. Completed physical forms are kept on file by the Athletic Director for the entire school year.
- Any athlete ejected from a game via red card for soccer or volleyball, or two unsportsmanlike technical fouls in basketball will be ineligible for play in their next interscholastic game. If the game is the final game of a sports season, they will not be eligible for play in the first game of their next sports season.
- A deposit will be required for all students using school uniforms for athletic participation.

DEPOSIT - A deposit is required for all students using school uniforms for athletic participation. Students may not participate in ANY games until this fee is paid. This is a refundable deposit that will be returned at the end of the season when uniforms are returned clean. If your student participates in more than one sport, the deposit rolls over to the next sport.

Deposit Fees are as follows:

Elementary = \$10 Junior High = \$25 High School = \$50

SPORTS PARTICIPATION FEE – The Sports Participation Fee helps pay for all that goes into providing the sports programs here at the school. It helps pay for referees, paint to mark the field, coaches, lights, heating and air conditioning, etc. These fees are non refundable.

Elementary Sports Participation Fee:

One Sport = \$15 Two Sports = \$25 Three Sports = \$30

Junior High Sports Participation Fee:

One Sport = \$25 Two Sports = \$40 Three Sports = \$50

High School Sports Participation Fee:

One Sport = \$50 Two Sports = \$80 Three Sports = \$100

SPECIFIC SPORT GUIDELINES

The following are the guidelines for each sport offered at BRCS. Coaches may add additional guidelines for their sports.

Volleyball

- There will be a maximum of 12 girls suiting up for any level game
- Teams will be divided up in this manner:
Junior High (Grades 7 – 8) – may be divided up into “A” and “B” teams for league purposes
Junior Varsity (Grades 9-11) and Varsity (Grades 9-12) – In some instances the coach may have a player(s) who will play on both Varsity/JV. These decisions will be determined by roster needs and will be the top players from the lower level team moving up. They will be limited to 3 matches per day.
*Note – JV level emphasis will be 9th and 10th grades, 11th graders included in some situations.
- There will be 2 manager/statisticians allowed for each team. There may also be a manager assigned for videotape purposes. All managers must be of the same gender as the team members. They will be instructed by the coach to keep charts, books, take care of uniforms, equipment, balls, etc. The teams will dress and warm-up together. The coach will give instructions as to when the teams should be dressed and ready to play.
- Practices for junior highers will be held during the last hour of the school day. Junior Varsity and Varsity practices will be held after school (some days will be alternated so that one team may practice later for full court time). Coaches will inform athletes of practice times on a monthly basis. The earliest times for after school practices will be 3:45.

Soccer

- There will be a maximum of 18 players traveling with the soccer teams. There may be instances where more could be suited up for home games, but for traveling and tournament purposes the limit will be 18.
- Teams will be divided up in this manner:
Junior High (Grades 7 – 8) – may be divided up into “A” and “B” teams for league purposes.
- Junior Varsity (Grades 9-11) and Varsity (Grades 9-12) – In some instances the coach may have a player(s) who will play on both Varsity/JV. These decisions will be determined by roster needs and will be the top players from the lower level team moving up. They will be limited to 3 halves per day.
*Note – JV level emphasis will be 9th and 10th grades, 11th graders included in some situations.
- There will be 2 manager/statisticians allowed for each team. There may also be a manager assigned for videotape purposes. All managers must be of the same gender as the team members. They will be instructed by the coach and will keep charts, books, take care of uniforms, equipment, balls, etc. that the coaches feel are necessary.
- The teams will dress and warm-up together. The coach will give instructions as to when the teams should be dressed and ready to play.
- Practices for junior highers will be held during the last hour of the school day. Junior Varsity and Varsity practices will be held after school (some days will be alternated so that one team may practice later for full court time). Coaches will inform athletes of practice times on a monthly basis. The earliest times for after school practices will be 3:45.

Basketball

- There will be a maximum of 12 players suiting up for games on any basketball squad.
- Teams will be divided up in this manner:
Junior High (Grades 7 – 8) – may be divided up into “A” and “B” teams for league purposes
Junior Varsity (Grades 9-11) and Varsity (Grades 9-12) – In some instances the coach may have a player(s) who will play on both Varsity/JV. These decisions will be determined by roster needs and will be the top players from the lower level team moving up. They will be limited to 3 halves per day.
*Note – JV level emphasis will be 9th and 10th grades, 11th graders included in some situations.
- There will be 2 manager/statisticians allowed for each team. There may also be a manager assigned for videotape purposes. All managers must be of the same gender as the team members. They will be instructed by the coach and will keep charts, books, take care of uniforms, equipment, balls, etc. that the coaches feel are necessary.
- The teams will dress and warm-up together. The coach will give instructions as to when the teams should be dressed and ready to play.
- Practices for junior highers will be held during the last hour of the school day. Junior Varsity and Varsity practices will be held after school (some days will be alternated so that one team may practice later for full court time). Coaches will inform athletes of practice times on a monthly basis. The earliest times for after school practices will be 3:45.

Track

- There is no limit as to the number of athletes on a given track team (although not all athletes can be included in all meets). Coaches are encouraged to take a minimum number of athletes for travel purposes.
- Teams will be divided up in this manner: Junior High (Grades 7 – 8) and Varsity (Grades 9 – 12).
- There will be a maximum number of managers allowed for each team. All managers must be of the same gender as the team members. They will be instructed by the coach of stats to keep, uniform care, and equipment care.
- Practices for junior highers will be held during the last hour of the school day. Varsity practices will be held after school. Coaches will inform athletes of practice times on a monthly basis. The earliest times for after school practices will be 3:45.
- Junior High athletes will not be allowed to run in varsity meets (exception: the MCSAA track championships will allow junior highers to run). These athletes will be recommended by the Junior High coaches and will then be selected by varsity coaches. These athletes will be used only to fill needs that are open for those events.

Golf

- There will be no limits as to the number of athletes on a given golf team. The coach will determine if students are at a competition level. The maximum number of golfers that can compete in a match is 6.
- Teams will be divided up in this manner: Varsity (Grades 9 – 12).
- All teams will practice together after school. These practices will run from 3:45-5:30 except Wednesdays, which will end at 5:00. Coaches will inform athletes of practice and match times prior to the beginning of the season.
- Athletes must have their own set of golf clubs to compete.
- Athletes will be required to pay a portion of their green fees and practice fees.

Cheerleading

- Squads will be divided up in this manner:
Junior High (Grades 7 – 8)
Junior Varsity (Grades 9 – 11)
Varsity (Grades 9 – 12)
- Junior High practices will be held the last hour of the day. Junior Varsity and Varsity practices will be after school beginning at 3:45.
- Cheerleading sponsors will inform squads of practice times on a monthly basis.
- Cheerleaders must be available for all practices and games to be eligible for lettering.
- All other athletic guidelines and requirements will be in effect for cheerleaders.

ACADEMIC PROBATION/ELIGIBILITY (Grades 5 – 12)

Any student receiving any of the following at the middle of a nine-week period or at the end of a nine-week period will be placed on academic probation:

- Two D's
- One F
- One D in Bible

Students who are on academic probation may not participate in athletics, cheerleading, public drama or music activities, or other extra-curricular activities for three weeks. The probationary period for all students carries over from the fourth quarter of one school year to the first quarter of the new school year. If a student becomes ineligible more than once during a particular sports season/activity, he/she becomes ineligible for the remainder of the season/activity.

- Athletes wanting to participate on competitive teams outside of school will be discouraged, but not disallowed. Athletes will not be allowed to compete outside of school on the same sport team in which they are currently competing at BRCS.
- If an athlete desires to compete on a non-school team, he/she must first check with the school's coach. If the coach gives approval, the athlete will be allowed to compete with the understanding that the school's team schedule has priority over a non-school team schedule. If an athlete misses the schools' scheduled activity for another team's games, he/she will be immediately expelled from the school team. There will be no allowance for missing school practice because of non-school games.

Athletes placed on attitudinal probation (normally a 2-week period) will be ineligible for that period. They will be allowed to practice with the team, but will not be allowed to participate in any games, matches or meets. Students who are placed on attitudinal probation a second time during that sport, will be dismissed from the team.

BRCS follows the MCSAA guidelines listed below for student eligibility. Student athletes must be enrolled at BRCS as a certified student.

A certified student is one who is:

- enrolled as a full-time BRCS student earning 6-7 credit hours per school year and will receive, if successfully completing courses, a graduation diploma from the school. This includes juniors or seniors who provide documentation of being dually enrolled in college courses and are taking at least 3 core classes.
- paying tuition and fees commensurate with the school's published tuition schedule.
- meeting eligibility standards and is a student in good standing.

In addition, MCSAA requires that each student:

- must not be 19 years of age prior to September 1st in order to participate in all sports for that entire school year.
- has 4 consecutive years of eligibility beginning with their 9th grade year.
- may be in 7th grade or above to participate in MCSAA events. Students must be 12 years old by September 1st and in 7th grade.

FACILITIES - The Lord has richly blessed BRCS with facilities that include a beautiful gym, locker rooms, weight room, soccer field and soon to be completed track. As good stewards of these facilities, we want to make sure that we take care of them as well as we can. Always leave the area cleaner than you found it. Misuse or destruction of school property is prohibited.

- All articles left in the locker room or gym will be taken to the “lost and found”. If there are valuable articles such as jewelry, purses, etc., they will be locked in the school office.
- Under no circumstances are street shoes allowed on the gymnasium floor. Tennis shoes will be required for all activities in the gym. Shoes with soccer or track spikes are not allowed in the school building at any time.
- All athletes should be out of the building 20 minutes after practice is completed. The coach will not be allowed to leave athletes unattended in the building. Once the coach leaves and secures the building, no one will be allowed to reenter it. Please make arrangements to be picked up within this time frame.
- No one is to enter the building unless the coach or designated adult is present for supervision. We will not allow students into the building unsupervised at any time.
- In the time between school being dismissed and scheduled games, the gym is to be unused except for scheduled practices. It is not open gym time for students waiting after school. When a team is practicing, only those team members should be in the gym – no one else is allowed! Please be considerate of this time for all teams.
- Lockers are available in both locker rooms for your use. The Athletic Director will check out locker room lockers to students. You may bring a lock for that locker as long as you register the combination with the PE teacher. These are not storage for books, coats, etc, but for your valuables as you practice. Do not leave your bags in the locker room unprotected.
- At no time is there to be anyone hanging on the basketball rims. There is no situation in which anyone should be jumping off of any apparatus in which to dunk. There will be no tolerance for abuse of the rims and backboards.
- The gym, soccer field, and track are not available for non-school practices, games, etc. Any use of the facilities must be secured through the Superintendent’s office.
- Track equipment that is not put away daily (i.e. pole vault pit) is not open for use. There is never to be a time that athletes are to be high jumping or pole vaulting without adult supervision. The equipment is not to be used for any purpose other than the intended.
- Please report any misuse of facilities to the school administration. It is our responsibility to keep everyone accountable for what God has provided.

PHYSICALS - Every athlete in grades 9-12 is required to have a physical prior to the start of practice. Athletes will not be allowed to practice or tryout for a sport without the physical being completed by a qualified physician and the form submitted to the coach or Athletic Director.

A Medical Information Form and Eligibility Form must also be filled out by the parent or guardian. Although it is not required for 7th and 8th graders, it is recommended that they receive a physical as well. Physicals are for your protection as an athlete and for your peace of mind as a parent.

INJURIES - All injuries must be reported to the assigned coach so that the proper first aid or treatment may be given. The school must have the Medical Information Form on file before any athlete will be allowed to participate. All athletes must have insurance to cover them in case of accident.

- The best treatment for injuries is prevention. Many injuries can be prevented with proper conditioning. Conditioning is the student's responsibility prior to the start of each sports season. Students should make sure they are physically ready to withstand the physical stress of practice. They should begin slowly and work up to a high level in their conditioning. Each athlete must have had at least 2 weeks of practice before competing in games.
- Each coach will treat injuries to the best of their ability. Under no circumstances will they try to replace your doctor. If we feel medical attention is necessary, we will recommend it; although we encourage you to take your child to your doctor if you feel that it is best.
- If an athlete is not allowed to practice due to a medical condition or injury, please submit written documentation from the student's doctor and give it to the coach. An athlete may not participate who is under medical recommendations not to so.

LETTERING REQUIREMENTS – Letters will be given for Junior High, Junior Varsity, and Varsity level competition in each sport. In order to be eligible for a letter, the student must:

- strive to maintain the character qualities outlined in this handbook
- meet academic standards and attend all scheduled games
- complete all requirements for the sport
- not have been dismissed from the team for any reason
- not be a discipline problem – coach's decisions and regulations have been followed
- meet the following participation requirements in each sport. (subject to adjustment in case of short seasons or cancellations)

Junior High Girls

Volleyball – appear in 8 matches
Basketball – appear in 10 quarters
Track – earn 6 points
Soccer – appear in 6 halves

Junior Varsity Girls

Volleyball – appear in 10 matches
Basketball – appear in 12 quarters

Varsity Girls

Volleyball – appear in 14 matches
Basketball – appear in 20 quarters
Track – earn 14 points
Soccer – appear in 10 halves
Golf – participate in 5 matches

Junior High Boys

Soccer – appear in 8 halves
Basketball – appear in 10 quarters
Track – earn 6 points

Junior Varsity Boys

Soccer – appear in 10 halves
Basketball – appear in 12 quarters

Varsity Boys

Soccer – appear in 14 halves
Basketball – appear in 20 quarters
Track – earn 14 points
Golf – participate in 5 matches

AWARDS – Each year the school recognizes certain athletes who display exceptional performance in some area. These are given for each sport, and all those who meet lettering requirements become eligible. Awards are decided upon by the coach of that particular sport, and certificates and letters are awarded at the Sports Honors Night held at the end of each season. Athletic awards are as follows:

- Mighty in Spirit – given to the athlete who best demonstrates spiritual leadership on and off the field or court

- Total Release – given to the athlete who demonstrates the best intensity in their performance. They must unselfishly give all they have as unto the Lord (Colossians 3:17, 23).
- Hustle – given to the athlete who demonstrates the most desire and determination in their effort.
- Most Improved – given to the athlete who through hard work and effort has demonstrated the most improvement over the course of the season.
- Most Valuable Player – may be given to the athlete who, in the coach’s opinion, best contributed to the success of the team through consistent hard work and attitude.

The highest honor that an athlete may attain is the Nichols Award. This award is given in honor of Joe Nichols who gave his all for his Lord and was called home to glory. This award is given to the senior athlete(s) who, in the coaching staff’s opinion, best exemplifies the following phrase – “offering the full potential of one’s talents for His praise and honor is God’s evaluation of a winner”.

DRESS CODE FOR ATHLETIC TEAMS AND MANAGERS

Dress code for school on game days (all sports):

- Girls – Blouses and nice dress slacks. Cheerleaders, as an entire squad, may wear their cheerleading uniforms to school.
- Boys – dress pants, collared dress shirt, and tie. This must be worn for the entire day, including all team members and managers.

Dress code for games (all sports):

- Girls – dresses or nice slack outfits must be worn to all away games. For home games, girls may wear nice jeans or slacks. There may be times when the team wears uniforms and warm-ups to games. This will be done as a team and all team members must dress in that manner.
- Boys – dress pants, collared dress shirt, and tie to all games. If the game is the last one of the night, they may wear nice jeans home. For travel to away games, there may be times when the coach has the team wear school dress or uniforms and warm-ups. This must be done as a team and all team members must dress in that manner.
- All team members must wear only the approved uniforms for games. No other extra items that would protrude from under the uniform should be worn. Coaches will establish a uniform sock style and color that shall be worn by each member of the team. Jerseys must be tucked in whenever worn. Teams shall be uniform in appearance during warm-ups prior to each game as well.

TEAM MANAGERS OR STATISTICIANS – Team managers, statisticians, and video managers are an important part of any athletic team. In order to fulfill the duties required each individual must be faithful in serving and assisting team members and coaching staff. Below is a general list of responsibilities for these positions. Coaches or teams may have more specific responsibilities in addition to the list below. Carefully consider these responsibilities before making a commitment to the team:

- Demonstrate accountability to the head coach of the team. They are to follow the directions given to them by the coach. They are not the servants of players.
- Insure that all uniforms and equipment are prepared and ready for game time.
- Insure that the bench area is clean following games. This includes disposing of all trash and storing balls and equipment.

- Take care of uniforms following the game. They should collect and put them in the designated area on hangers.
- Hang up all warm-ups following the game and put them in the designated area.
- Attend practices as designated by the head coach. Failure to do so will result in expulsion from the team.
- Follow the same guidelines as players including academic requirements, dress, character qualities, etc.
- Carry out their assigned duties during games (i.e. shot charts, statistical charts, video taping etc.).
- Oversee and take care of video equipment. This includes proper set-up procedures. All equipment must be put away properly in a secure location following the games.
- Remain after the game until all equipment and uniforms have been properly put away. The head coach will dismiss them.
- Insure that for away games that all equipment is returned to the bus and then removed from the bus and put away upon arrival back at school.
- Help with overnight trips by assisting the coach in getting uniforms ready for the next day's games. This includes collecting uniforms, hangers, etc. washing the uniforms, and hanging them up to dry.

UNIFORMS AND EQUIPMENT – The coach will take care of all uniforms unless otherwise specified. The athletes are responsible to return their uniforms to the manager or coach following each game. They will be washed by the coach or designated person in preparation for the next game. Managers will assist the coach at away games by washing uniforms.

A deposit will be required for all students using school uniforms for athletic participation (see Sports Participation Fee). The responsible party must pay for lost or damaged uniforms and equipment. No team balls should ever be used outside. They are designed for indoor use only. Anyone wanting to check out balls or equipment for overnight use must do so through the athletic director. Not all equipment is available, and those that are would only be for overnight or weekend use.

Treat all uniforms and equipment with care. If you are responsible for some piece of equipment, make sure that it is correctly stored when returned. It is the school's desire to utilize the equipment, yet keep it in the best condition possible.

TRANSPORTATION – The head coach or athletic director will arrange transportation to and from away athletic activities. All athletes are required to ride with the team in the school-arranged transportation unless a note from their parent designates otherwise. Under no circumstance will students be allowed to drive themselves and/or take other students with them.

- Students who are not team members will not be allowed to travel with the team unless they are traveling on official school business (i.e. using merit dollars). If a student desires to use merit dollars to go on an athletic trip, reservation must be made 2 weeks prior to the trip. The administration reserves the right to refuse the student's request if accommodations are not available. Students who are not team members will not be dismissed from school early to ride or leave with the team without parental permission.

- When returning from games, athletes are to ride in the transportation in which they rode to the game. If they are to ride with someone else, the coach must receive written authorization from a parent or guardian specifying the driver.
- Riding to and from games provides time for athletes to prepare themselves for the upcoming contest. When boys and girls are riding together in the same vehicle, they are only allowed to sit together when in the front third of the vehicle. There is to be no physical contact while seated together. The coach or athletic director may waive the privilege of sitting together.
- Vehicles that are used for transportation must be cleaned on the inside upon return. The coach will appoint or assign designated clean-up crews to sweep, take out trash, etc.

Drivers for athletic trips will enforce the rules enacted by the Missouri State Highway Commission:

- The driver is in charge of the students and the vehicle. Students must obey the driver promptly and cheerfully.
- Students must keep their head, hands, and arms inside the bus at all times (even when it is parked). No gestures should be made to people in other vehicles.
- All students are to remain seated at all times, facing the front. Changing seats is not allowed except at an established stop. Students must not at any time try to get on or off the vehicle or move about within the vehicle while it is in motion.
- Unnecessary or prolonged conversation with the driver is prohibited. Remember, your safety is in his/her hands.
- Outside of ordinary conversation, classroom conduct is expected. This includes no shoving, fighting, yelling, or throwing objects.
- No eating on the bus without permission. Suckers, sunflower seeds, or peanuts may not be eaten on the bus at any time.
- Students must not throw waste paper or other rubbish in or out of the vehicle. The vehicle should be kept clean at all times. Please do not leave trash on the vehicle.
- Students must not cut, slit, or deface the vehicle seats in any way. Any damage to the vehicle is to be reported at once to the driver, and the student(s) responsible for the damage are also responsible for restitution.

DIRECTIONS FOR AWAY GAMES – Directions to away games are available on the Sycamore website and in a folder outside the school office. These will be placed there the Friday prior to the next week's games. Please do not call the school office.

OVERNIGHT TRIPS – Varsity athletes and in some cases junior varsity athletes will be involved in travel which involves an overnight stay. We try to keep this to a minimum, as we understand the financial hardship that it puts on parents, as well as the academic hardship that it presents to students. The cost of these trips will be divided among the athletes who will be attending. These costs include lodging expenses, transportation costs, sponsor costs, and any other expenses that might be involved. The athletes will also be responsible for the cost of their meals.

Under no circumstance should the cost of a trip prohibit an athlete from attending. If the need arises, please contact the Athletic Director to set up possible financial assistance.

We encourage parents to travel to the away games and tournaments. Parents of athletes will receive phone numbers of where the team will be staying. Parents are welcome to make their own reservations at those motels. The school does not make reservations for parents' rooms.

BRCS ATHLETIC PARTICIPATION AGREEMENT

[This is a sample of the agreement given out by each coach, each season, for each student]

It is the school's desire to have a positive working relationship between the home, school, coach and athlete. By understanding and agreeing to the school's athletic policies, this partnership will be strengthened:

SUBMISSION

I understand that I must be submissive to all those to whom God has given authority over me, whether or not they are a representative of BRCS – including all referees, school officials, administrators, teachers and coaches.

I agree to be fully compliant with, and supportive of decisions made by the coaching staff.

I recognize my responsibility to privately take any questions that I may have to the coach in a submissive spirit so that problems of rumors and gossip are effectively avoided.

RESPONSIBILITY

I acknowledge that my first responsibility is to God and will therefore strive to participate in a manner that reflects my desire to serve Him above all.

I realize that I have a responsibility to the school as a student-athlete to give a consistent effort in the classroom and will cheerfully complete class work as the high priority it ought to be, even when my athletic schedule might make that more difficult.

I confirm that I have a responsibility to my coaches and teammates to:

- attend and be prompt to all practices, games, and other activities. If I am late to practice, my playing time during games will be reduced. If I miss the last practice before a game, I will not be eligible to start in that game.
- extend my best effort regardless of my role with the team at the time—from a starter to the end of the bench substitute.
- be a good steward of the team's equipment, uniforms, practice jerseys, and warm-ups. This includes their punctual return at the season's end.
- be a positive influence for the cause of Christ both on and off the field or court.

STANDARDS

I am aware that the team will have dress standards that must be followed in order to be a participant.

- Practice jerseys must be worn to every practice when provided.
- For boys, a collared dress shirt and tie and dress slacks are to be worn on game days and to games when traveling out of town. At games, school dress must be worn.
- For girls, dress slacks and blouses are appropriate for traveling.
- Team uniforms and warm-ups are to be worn for games and pre-game warm-up, as well as white socks (unless team colors are chosen). Extra clothing that detracts from team look are not appropriate..

I understand that upon receiving a third ninth hour in one quarter during the season, I will be ineligible for the first half of our next game. (I am responsible to inform the coach when this happens).

I understand that upon receiving a fifth ninth hour during a quarter, I will be dismissed from the team.

I understand that if I receive a technical foul for inappropriate attitudes and/or actions, I will be ineligible for the next 2 quarters of play. If I receive a second, I will be ineligible for the next game.

I understand that if I miss 5 practices during the season, (except in cases of injuries) I may forfeit my letter for the sport.

I know that any behavior that is determined to be detrimental to the testimony of the Lord Jesus Christ, my school, or my team may result in the immediate dismissal from the team. I agree to abide by the terms of this agreement with a clear understanding that it is intended to foster excellence in my athletic participation.

