



Parent and Student Athletic Handbook

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“And whatsoever ye do, do it heartily as to the Lord and not unto men.”

Colossians 3:23

***All Athletes are required to abide by the rules and guidelines in this handbook as well as the Parkview Christian Academy Student Handbook and Code of Conduct. A student is considered an athlete if they participate in any of the following sports: Football, Volleyball, Basketball, Baseball, Softball, Track, Cross Country, Powerlifting or Cheer.**

Requirements:

We believe that our athlete’s participation develops them mentally, socially, physically, and spiritually. The activities of the athletic department at PCA are a part of the total education program to challenge your student’s potential. Athletics can also teach you many life lessons in ways that cannot be achieved in a classroom setting. Parkview Athletic Department has a vision of excellence. We want to provide a competitive experience that breeds athletic and academic success; most of all, Christ-like character. We are a Christ-centered community and we, first, must honor Christ in everything we do. We are not created to be mediocre! Secondly, we must have a respect for the sport. Thirdly, we must have a commitment to our team. We want to pursue excellence and be “The Team to Beat”.

All PCA sports are governed by the rules of the Texas Christian Athletic Fellowship (TCAF)

REQUIREMENTS:

1. Ensure that all required paperwork is on file in the School Office
 - a. Obtain an annual Physical Exam
 - i. This may be performed by a personal physician or at the PCA Physical Night
 - b. If transferring from another high school, turn in signed TCAF Player Participation Form.
 - c. Signed Athletic Covenant page from this handbook as well as a signed Parent/Student Acknowledgement of the PCA Student Handbook & Code of Conduct page from the PCA Student Handbook
 - d. Pay all athletic fees before the 1st regular season game of the sport you are participating in
2. Maintain academic eligibility as outlined in the PCA Handbook. (Homeschoolers must submit grade reports every 9 weeks.)

***NOTE:** Students WILL NOT be allowed to participate in games until they have completed and turned in all the above items to the School Office

POLICIES

Athletic Period

All athletes, no matter what sport they are currently in, will participate in an organized athletic/workout period during the semester in which the sport they are participating in takes place. Senior athletes who are off campus must report back at 2:30pm if their sport is in season.

Discipline

Discipline will be bestowed upon the coach of each sport in which the student is competing. Each coach will have their own expectations for the team and individual roles. Discipline will be enforced to teach responsibility, good conduct, and respect.

Eligibility

Staying eligible is an important factor in our athletic program. We desire that all students do well in their studies. When students do not meet the required grade point average, the ineligibility rule plays as a reminder to students to keep a balance between their education and other activities.

SCHOOL AND ACEDEMICS ALWAYS COME BEFORE ATHLETICS!

Attendance

Students must be in attendance the FIRST 4 hours of the scheduled school day in order to participate in practice or games. Exceptions may be made for prescheduled doctors appointments, but the student must turn in a signed doctors note upon their arrival to school.

Ineligibility Rules/Guidelines

1. If at the end of 4.5 weeks a student has any failing or incomplete grades, he/she must still attend practice, but will have to sit out at games until the next testing week (week 6).
2. After testing at 6 weeks, if the student is passing and has no incomplete grades he/she is eligible to participate in games, but if a student is again ruled ineligible, he/she may not participate in any athletic games or practice until eligibility is rechecked at the end of 9 weeks.
3. Ineligible players may not ride with his or her team to extra-curricular activities.
4. Ineligible players may not leave early from school to watch his or her team play.
5. Students that have been suspended from school may not attend any PCA events or games while on suspension.

(a) **Academic Eligibility Periods:** The first eligibility period will begin 4.5 weeks after school begins. Grades should be checked every 4.5 weeks thereafter. Any student failing the grading period will be ineligible for a period of three weeks. Ineligibility shall begin no later than the following Wednesday after progress reports or report cards are issued. After 1.5 weeks, grades will be checked again. If student is not passing all subjects or has any incomplete grades, the player will remain ineligible for the remainder of the nine week period. If said student is passing all classes, they will once again be eligible for play. Any student or coach violating this rule will be a subject to sanctions, forfeitures, or expulsion.

(b) **Accelerated Christian Education Schools:** All students must be progressing toward graduation on a credit basis and on a passing (70) basis with a regular checking procedure by each school to assure they are in good academic standing. If a question of eligibility arises, a school may be required to present the student's academic records concerning eligibility to the state office.

Freedom to Participate

Students that have made a commitment to a team that are academically eligible and have not been suspended by the school or athletic department are expected to fulfill their commitment to all practices and games. Please do not hold your child out from competing because of grades or other discipline at home if they are eligible by school/athletic rules. PCA encourages you to come to the Athletic Director, that we might work together, rather than punish the whole team. In some cases, your athlete's non-participation may cause the season to end.

Parent Coaching

Coaches need freedom to teach athletes the skills and techniques they feel necessary to better our program. Please allow our coaches this freedom without negating the things they are teaching. Please allow coaches to do their job. If you have a question about technique or why something is being taught a certain way, please go see the coach and they will be glad to discuss it with you. Disagreeing and/or teaching your child something different is never good and always causes problems.

Please do not coach your kids from the bleachers. This creates a dilemma for the athletes and the coaches. The athletes don't know who to listen to and this creates problems on the court and/or field of play.

Please do not try and discuss playing time or game strategy with a coach right before or after a game or in public areas. We will be glad to meet with you and discuss any issues you have, but at the correct time and place. Our coaches are instructed to ask the parents to wait until the next day to set up a meeting. They are not "putting you off" or ignoring your concern, but following athletic policy.

Quitting/Dropping Sports

We want our athletes to learn to finish what they start. With this in mind we take quitting very seriously. If an athlete "quits" during an athletic season they will not be allowed to play another sport for one calendar year. Reasons for quitting might be: disagreeing or not liking the coach, playing time, the sport is too hard, etc.... Quitting is much different than "dropping" a sport.

In order to drop a sport a meeting must be arranged between the Administrator, Athletic Director, parents, student athlete, and coach. If a student "drops" a sport it is because the administration, coaching staff, athlete, and parents have all agreed that it is in the best interest of the student at that time.

Practice

Practices are not voluntary! They are a part of being on a team. If an athlete is going to miss practice, they need to let the coach know before practice begins. Any athlete that misses practice without letting the coaching staff know beforehand will be handled as an unexcused absence. Excused absences need to be a rare occasion, but we understand they do happen. **Any missed practice**, excused or unexcused, must be made-up before the athlete may participate in a game. Missing practices could affect playing time as well as position on the team.

****Covid Guidelines for missed practice****

Any student missing practice due to a positive Covid test will not be required to make up missed practices BEFORE playing in games. The student MUST make up the practices but will be able to make up one practice per practice day until all practices are made up. Example: Student misses 10 practices due to Covid. The student returns to school on a Monday, there is a game on Tuesday. The student will make up one practice on Monday, be allowed to play in the game Tuesday, and then continue to make up one practice a day Wednesday, Thursday, Friday and so on, until all practices are made up.

If a student tests positive for Covid, they must provide a doctors note stating when they can return to school. If someone in the household tests positive for Covid, we ask that the student quarantine from practice for 48 hours to ensure no symptoms develop. If no symptoms are found, the student may return to campus.

Dress Code for practice

All Jr. High athletes must wear knee-length black shorts and a gray t-shirt to every practice. All varsity athletes must purchase and wear the designated PCA athletic practice clothes. Failure to do so will result in the following discipline:

1st offense: warning, must sit out of practice (counted as an 1 excused absence), athlete must make up missing practice the next day.

2nd offense: after school detention, must run after practice for being late to practice.

3rd offense: after school detention, must run after practice for being late to practice, suspended for first half of the next game.

4th offense: after school detention, must run after practice everyday for a week, suspended for 1 full game.

5th offense: must run after practice for 3 weeks, suspended for 3 games.

Guidelines for Student- Athletes

- Treat others as you wish to be treated.
- Treat officials and opponents with respect.
- Accept without quarrel the final decision made by any official.
- Honor visiting teams and spectators as your guest and treat them as such. Likewise, behave as an honored guest you visit another school.
- Be gracious in victory and defeat. (Learn to take defeat well)
- Be as cooperative as you are competitive.
- Conduct yourself in a way that brings positive recognition to God, Parkview, your team, your sport and yourself including what you post on social media! (see social media guidelines below)
- Honor the PCA Handbook and all rules and guidelines therein. Any major offense (ie. Stealing, drugs or alcohol use, fighting or aggressive behavior, vandalism, profanity, skipping school, lying) may result in removal from the team.

Ejections

Any student ejected from a game will incur a fine from TCAF. The first ejection will be \$50.00. The fee for any ejection thereafter will be decided by the TCAF board of directors. All ejection fees must be paid by the athlete's parent/guardian. All ejections will result in future game suspension.

Guidelines for Parents

- We shall conduct ourselves in a way that brings positive recognition to God, Parkview, their team, their sport and themselves.
- We shall provide positive support for our children during the game.
- We shall remember that the only instruction our children should receive during a game or practice should be from the coaches.
- We shall support the drills, techniques, and strategies taught by the coaching staff.
- We shall respect our opponents in all that is said and shouted on and off the court/field.
- We shall respect the officials and their decisions
- We shall remember that coaches are not infallible evaluators of talent and potential. We should always feel free to discuss with our coach how our child can get better, but never ask why another player is getting more playing time.
- We shall not place our child between the coach and ourselves. We shall support the coach in front of our child.
- We shall wait to solve any problems or address concerns at times other than immediately before or after a game or practice. If we would like to speak to our coach, we shall schedule an appointment.
- If we have an issue or concern with a coach, we shall first speak with the coach (Matthew 18) before going to the next level of authority.

SOCIAL MEDIA/ELECTROIC MEDIA GUIDELINES

The following definitions apply for the use of social media/electronic media for PCA:

Electronic Media/Social Media includes all forms of social media such as text messaging, instant messaging, electronic mail (e-mail), web logs (blogs), wikis, electronic forums (chat rooms), video-sharing websites (e.g., YouTube), editorial comments posted on the internet and social network sites (e.g., Facebook, Twitter, LinkedIn, Instagram, Snapchat).

Electronic media also includes all forms of telecommunication such as landlines, cell phones, and web-based applications.

We recognize the role and importance of social media in today's student culture. We embrace and affirm social media's role in helping students socialize, evangelize, encourage, and maintain friendships over distances. Unfortunately, social media outlets (Facebook, Twitter, Instagram, etc.) also provide students with unavoidable temptations. Because of these temptations, we first and foremost encourage parents to take an active role in monitoring their children's usage and presence on social media sites.

As a secondary precaution, we ask that students adhere to the following guidelines in order to help maintain appropriate social media behavior:

1. Be responsible for your behavior and comments when communicating on social media and do not disrupt the rights of others by interfering with learning atmospheres, educational programs, or school activities.
2. Remember, you should post only what you want the world to see. Essentially, once you share something it is likely still available even after deletion
3. Be cautious when you use exaggeration, colorful language, guesswork, derogatory remarks, humor, or characterizations because it is difficult for readers to determine the seriousness of a post just by reading.
4. Students should refrain from:
 - posting inappropriate or threatening messages about or to another student, faculty member, or administrator
 - misrepresenting, criticizing, or denigrating the school or its employees in any way
 - posting explicit photographs or videos of themselves or another student. (be aware that posting explicit online photographs or videos may be viewed as a criminal act and subject to a police investigation.)

Students who chose to misuse social media may be given Service Hours, suspension, or expulsion for their actions. Severity of punishment will be determined by the school board.

SOCIAL MEDIA/ELECTROIC MEDIA GUIDELINES REGARDING FACULTY AND STAFF

PCA employees are not permitted to solicit or accept "Friend" requests from enrolled PCA students on any personal social media account. This includes student's accounts and PCA employee personal accounts. The only exception to this rule is in the case that a student is a family member or a member of the same organized church congregation. In the case that an employee claims an exception not based on these terms, written permission from the parent must be provided. The written consent shall include an acknowledgement by the parent that:

- a. The employee has provided the parent with a copy of this protocol
- b. The employee and the student have a social relationship outside of school via either family or church membership
- c. The parent understands that the employee's communication with the student is an exception, and deviates from the school regulations

- d. The parent is solely responsible for monitoring electronic media communications between the employee and the student.
1. PCA employees are not allowed to encourage (K-12) enrolled students to create social media accounts of any kind.
2. All PCA employees who choose to utilize Facebook, twitter or Instagram or any other social media platform to provide classroom information to students and parents must create an approved “teacher” page. Posts must be exclusively about classroom or school activities.
3. “Text” messaging between a student and faculty/staff member of PCA is prohibited unless used as a source of communication with the following protocol: The employee shall include at least one of the student’s parents or guardians as a recipient on each text message to the student so that student and parent receive the same message.

STAFF-STUDENT RELATIONS

Employees are prohibited from establishing personal relationships with students that are unprofessional and thereby inappropriate. Examples of unprofessional relationships include, but are not limited to:

1. Employees fraternizing or communicating with students as if employees and students were peers such as writing personal letters, e-mails, or texts.
2. Texting students about personal matters without following the protocol outlined in the social media/electronic media guidelines regarding faculty and staff section of this handbook.
3. Calling students on cell phones or allowing students to make personal calls to them unrelated to homework, classwork, or practice.
4. Sending inappropriate pictures to students
5. Discussing or revealing to students personal matters about their private lives or inviting students to do the same (other than professional counseling by a school counselor).
6. Engaging in sexualized dialogue, whether in person, by phone, via internet, or in writing.

Transportation

Transportation will be provided by the school for all game travel. Transportation is a privilege, and all vehicles must be taken care of with the utmost respect. Students who ride school transportation become the responsibility of the school. Therefore, the following regulations must be observed:

1. Students are to remain seated while vehicle is in motion.
2. Students are to remain orderly at all times.
3. Students who ride to an activity with the school must return from the activity with the school. Only parents and sponsors can interrupt the round trip transportation of a student. Any other arrangements must be made in advance and in writing.

The following guidelines are to be followed at all times:

- NO FOOD, CANDY, GUM OR DRINKS (except water) are allowed on the buses
- All trash must be placed in the provided trash can which must be emptied each time the bus is used
- Upon return from any game or event, all seats must be retracted and all seatbacks put in the upright position
- All personal items must be removed from over-head bins
- All windows must be closed and locked.

Neglect of any of the vehicles may result in the suspension of transportation privileges.