

# ARKANSAS BAPTIST HIGH SCHOOL



## ATHLETIC HANDBOOK

2007-2008

“But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary, and they shall walk, and not faint.”

Isaiah 40:31

## **MISSION STATEMENT**

To glorify God by providing a Christ-centered athletic program that develops Biblical character qualities and sports skills in our student athletes and prepare them for Christian living and service.

## **PHILOSOPHY OF ATHLETICS**

At Arkansas Baptist School, we believe that the athletic program is an integral part of Christian education. It is our goal to be Christ-like in every aspect of our lives, including athletics. We have a three-fold desire for our athletic teams:

1. To represent the Lord well
2. To better understand the Christian life, through lessons learned in sports
3. To attain excellence in each sport played

## **To the Parent**

This material is presented to you because your son/daughter has indicated a desire to participate in interscholastic athletics at ABHS and you have expressed your willingness to permit him/her to compete. We believe sports hold a wealth of opportunities and experiences for our students. We are concerned with the development of young men and women through athletics, and we believe that a properly controlled, well-organized athletic program meets the student's need for physical, mental, social and spiritual growth. It is our desire to maintain a program that is sound in purpose and will further each student's overall maturity. When your son/daughter joins one of our athletic programs, he/she commits our staff to certain responsibilities, such as:

1. To encourage physical, mental, social and spiritual growth
2. To provide qualified coaches
3. To provide competitive contests with registered officials
4. To provide adequate equipment and facilities

Likewise, we feel that you and your son/daughter have committed yourselves to certain responsibilities and obligations. This handbook will acquaint you with those responsibilities and obligations. It is the role of the athletic department at ABHS to develop policies, rules, and guidelines that govern the spirit of competition for the school. Parental support is vital to the staff of the athletic program of ABHS.

## **To the Athlete**

Being a member of an ABHS athletic team carries responsibilities that must be maintained. A great athletic tradition is not built overnight; it takes the hard work of many people over many years. 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 families. When

one competes for ABHS, he/she needs to accept the responsibilities that go with being on the team.

### **Your responsibilities:**

1. To the Lord. As a Christian, everything the athlete does is a witness to the Lord. People will view not only the athlete's performance as a player, but also as a Christian, both on and off the court or field. "Let your light so shine before men, that they might see your good words, and glorify your Father who is in Heaven." (Matthew 5:16)
2. To yourself. Your responsibility to broaden yourself and develop strength of character is very important. Your participation in athletics and academic studies prepare you for life as an adult.
3. To your school. By participating in your sport to the best of your ability, you are contributing to the positive reputation of your school. Like it or not, athletes are looked on as leaders. The student body, our opponents, the spectators, and other people judge your attitude, conduct, and effort both on and off the field or court.
4. To others. As an ABHS athlete, you are responsible to your family, your teammates, coaches, and classmates to live up to the rules, policies, and guidelines, and to give your utmost in every practice and game.

### **Character qualities**

These are the character qualities ABHS athletes should strive to attain:

- ◆ *Dependability*: Be at all practices and contests. Do what is expected of you.
- ◆ *Punctuality*: Be on time, not late!
- ◆ *Enthusiasm*: Take an interest in every part of your sport. (I Thessalonians 5:16)
- ◆ *Faith*: Show that the Lord is in control of all circumstances, and He is carrying out His will.
- ◆ *Humility*: Show the attitude that God is responsible for your abilities, talents and success.
- ◆ *Endurance*: You must be able to withstand stress and problems. (Galatians 6:9)
- ◆ *Obedience*: Be obedient and responsive to those in authority over you. (II Corinthians 10:5)
- ◆ *Diligence*: Use your full ability to complete tasks.
- ◆ *Responsibility*: Do everything that is expected of you.
- ◆ *Determination*: Make up your mind that you will accomplish your goals. (II Timothy 4:7)
- ◆ *Confidence*: A good athlete should know that he/she will be a winner in God's eyes.
- ◆ *Intensity*: Give everything you have to complete the tasks.
- ◆ *Love*: Be self-sacrificing and show real concern for everyone.

## **GENERAL RULES AND GUIDELINES**

**Eligibility** - Students participating in athletics must meet the following requirements:

- Student will maintain a passing grade in all classes.
- Student will maintain a 2.0 grade average for all classes.

### **Procedures of Accountability**

- Sponsors of each co-curricular activity (drama, cheerleading, music, athletics, etc.) will check each student's academic progress at the end of each nine-week grading period.
- Students who do not meet the academic requirements stated above in this section will become ineligible to continue participating in all extracurricular activities for four and one-half weeks. At the end of the four and one half week participation suspension or at the time of the mid-quarter reports, the student's progress will be rechecked. If the student has corrected his/her deficiency in the academic requirements, he/she may regain his/her eligibility.
- Students who become ineligible for extracurricular activities may, at the discretion of the sponsor or principal, be required to fulfill additional requirements to remain in the organization on an ineligible basis. These requirements may include, but are not limited to, study hall outside school hours, assignment sheets, weekly progress reports, etc. These extra requirements are intended to provide additional academic supervision, accountability, and motivation for the student to eliminate poor academic performance and regain eligibility for co-curricular activities.

### **Clarifications**

- At the end of the second and fourth quarters, the academic requirement will be calculated according to the semester grade. Nine weeks grades will be used at the end of the first and third quarters.
- If, due to extenuating circumstances, a conflict arises between the Arkansas Baptist High School academic requirement and the Arkansas Activities Association scholarship requirement, the AAA requirement will take priority, if it is more restrictive in nature.
- Students who have been declared ineligible at the end of the fourth quarter may regain eligibility for the first quarter of the following year by meeting all requirements of AAA during the summer through accredited courses as described in the AAA and ABHS handbooks.
- New students to ABHS will be exempt from the ABHS academic requirements for the first nine weeks of school, if they are eligible according to the AAA academic requirement. At the end of this period, new students will be held accountable in meeting ABHS academic requirements.

- Students may not try out for certain activities or teams (drama, cheer, etc.) if the student was ineligible at the most recent 9 week or semester grade period (as stated in clarification #1).

### **Practice participation**

All athletes must have a current (less than one year old) physical exam form on file at school before they may try out or begin practices in any sport.

- Never miss a practice. Make it a priority to attend every practice.
- Never waste time at practice. Use every second to improve.
- Go full speed in everything, to set an example and to please God.
- Be positive, enthusiastic, and encouraging to your teammates.
- Report injuries so they can be properly taken care of.
- Take care of everything you come into contact with.

### **Games**

- Always treat opponents and officials with respect.
- Maintain self-control at all times.
- Always be positive.
- Approach each game with seriousness.

### **Uniforms**

Coaches will assign uniforms at the start of the season. Any player whose uniform is damaged or lost will be assessed a damage fee. Uniforms are to be cleaned regularly. After the last contest of the season, the player has ten (10) school days to return uniform to the coach.

### **Travel**

Athletes should report before the scheduled departure time for out-of-town games. You will be dismissed from school in time to eat a pre-game meal. Be aware of how you dress for road trips; do not appear sloppy. As a general rule, you should travel to games in school dress code or sweat-suit. On return trip, pick up trash before leaving, and leave the bus clean.

Remember: You represent God and ABHS.

### **Booster Club**

The athletic booster club is a support organization for the athletic department. Parents are urged to be supportive of the ABHS athletic department by becoming a member of the Booster Club. Monthly meetings are held throughout the year at the high school. Membership can be attained by joining at various financial levels.

## **Sportsmanship Policy**

The role of the fan is vital to the ABHS athletic department. The athletic department, players and coaches appreciate the support of the parents and fans through prayer, finances, and participation. Also, without financial support, we would not be able to fund the program. As fans, your role is to support the team, not to intimidate the referee. The AAA emphasizes the importance of good sportsmanship, which includes:

- Be courteous to all
- Know the rules and respect the referee's decisions
- Win with character and lose with dignity
- Display appreciation, regardless of the team
- Exercise self-control

Adults are expected to set the example for students. Initial unacceptable conduct will be dealt with by school staff. The next incident will initiate a conference with administrative personnel. Should this behavior continue, temporary suspension will result. If the adult has a student playing, the player may be suspended. If no child is participating, the adult may be suspended from attendance at the activity. The length of the suspension depends on the offense. Consistent with all disciplinary actions, the underlying goal of this policy is reconciliation.

## **Conflict Resolution**

Both parenting and coaching are difficult vocations. By keeping lines of communication open between parents and coaches, many potential problems can be avoided. This begins with clear communication from the coaching staff to the parents and the student-athletes. The following guidelines are in place to help resolve conflicts, if and when they occur, in an appropriate manner that upholds the dignity of the student-athlete, parents, and coaching staff.

A. Communication you should expect from your student-athlete's coach:

1. Philosophy
2. Team requirements
3. Procedure should student-athlete be injured during participation
4. Consequences
5. Location and times of all practices and contests

B. Communication Coaches should expect from Parents/Student-Athletes:

1. Concern expressed directly to the coach. Student-athletes should make this first step. (See Protocol for Conflict Resolution at the end of this section)
2. Notification of schedule conflicts well in advance
3. Concerns about philosophy/expectations BEFORE commitment is made to team
4. Positive role-modeling at contest and practices.

C. Appropriate Concerns to discuss with Coaches:

1. Treatment of your student-athlete, mentally and physically
2. Ways to help student-athlete improve
3. Concerns about student-athlete's behavior
4. College options and recruiting

D. Concerns Not appropriate to discuss with Coaches:

1. Team Strategy
2. Play Calling
3. Other Student-Athletes
4. Playing Time

\*\*Do not attempt to confront a coach before or after a contest or practice. Meetings of this nature rarely promote resolution. Therefore, the "24 Hour Rule" will always be in effect. This rule simply allows for time of reflection and prayer, as well as emotionalism to ebb so rational, facts-oriented discussions can take place.

One of our goals is to instill in our student-athletes a sense of ownership and responsibility for their actions. Therefore, it is important that student-athletes learn necessary communication skills and learn how to resolve conflicts in a God-honoring way. Please note the order of the conflict resolution policy:

**Protocol for Conflict Resolution**

1. Player – Coach (discuss role, improvement, etc.)
2. Parent – Player – Coach – Athletic Director
3. Parent – Player – Coach – Athletic Director – Principal

If the final meeting provides no resolution, further steps can be determined.

**Participation in two sports**

An athlete may not be allowed to participate in *two team sports* at the same time. It is recommended that the athlete participate in *one team sport* (softball, baseball, soccer) *and one individual sport* (track). The student is required to work out the practice and game schedules with the respective coaches.

### **Information for college athletes**

If the student /athlete plans to enroll in college as a freshman and wishes to participate in NCAA Division I or II sports, he/she must be certified by NCAA Initial Eligibility Clearinghouse and must meet academic guidelines. Please see the ABHS guidance counselor for details.

### **Conclusion**

It is an honor to be chosen to represent ABHS; therefore, the player is expected to possess Christ-like character to the best of his/her ability. This conduct should exist at all times, both in and out of the classroom or playing field.

### **Registration and Waiver Form**

The following needs to be filled out and returned to the school office. Everyone must have this form in order to participate in athletics. Also, the athlete must have proof of physical on file in order to participate. The student's family is responsible for medical insurance coverage for injuries acquired during participation in ABSS athletics.

**REGISTRATION AND WAIVER FORM**

In consideration of the acceptance of participating in the ABSS athletic program, I/we agree to the following: I/we, intending to be legally bound, hereby for myself, my heir, executors and administrators, waive and release any and all employees of the ABSS for any and all damages which may be sustained and suffered by my student in connection with my/our association with or entry into this athletic program. If any injury should occur during the travel to participating in or returning from the athletic event, I/we agree to pay all costs, present and future, through my/our medical insurance policy and/or personal finances. The athletic coaches and/or trainers are here by given permission to administer emergency first aid if needed. By signing this form, I understand and accept the conditions set forth.

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Student's First Name	Middle Initial	Last Name	Grade
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Address	City	Zip
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Home Phone	Cell Phone	Work Phone	Birthday
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Doctor's Name and Phone Number	In case of emergency, what is your hospital preference?
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Any special health problems we need to know about? Please explain.

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Signature of Parent/Guardian	Date
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**MARTIN, BOWEN AND HEFLEY PATIENT AUTHORIZATION FOR USE AND DISCLOSURE OF PROTECTED HEALTH INFORMATION:** By signing this authorization, I authorize Martin, Bowen and Hefley Orthopedics to use and/or disclose certain protected health information (PHI) about me to the Athletic Department Staff at Arkansas Baptist School Systems. This authorization permits Martin, Bowen and Hefley Orthopedics to use and/or disclose the following individually identifiable health information about me: information concerning the condition and treatment of injuries sustained at school sports functions to include athletic department activities, cheerleading, drill team, and band. The information will be used for the following purpose: Athletic Sports Program. The purpose is provided so that I can make an informed decision whether or not to allow release of the information. This authorization will expire one year from the date of the student's physical exam.

I do not have to sign this authorization in order to receive treatment from Martin, Bowen and Hefley. In fact, I have the right to refuse to sign this authorization. When my information is used or disclosed pursuant to this authorization, it may be subject to re-disclosure by the recipient and may no longer be protected by federal HIPAA Privacy Rule. I have the right to revoke this authorization. This practice may in some cases receive payment for disclosing this patient's protected healthcare information. My written revocation must be submitted to: Joy Sharp, Office Manager, Martin, Bowen and Hefley, 5 St. Vincent's Circle, Little Rock, AR 72205 or may be faxed to 501-663-4877.

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Signature of Parent or Guardian	Relationship to Student
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Student's Name	Date
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