

FORT BEND CHRISTIAN ACADEMY



Athletic Handbook

Revised December, 2016

TABLE OF CONTENTS

Athletic Vision Statement.....	3
Philosophy.....	3
General Information.....	4
Teams and Sports.....	4
Responsibilities of Coaches.....	5
Responsibilities of Student-Athletes.....	7
Responsibilities of Parents.....	8
Sportsmanship.....	10
Emergency Procedures.....	10
Extra-Curricular Activities - Eligibility.....	17
Transportation/Bus Policies.....	19
Uniforms and Equipment.....	19
Facilities.....	20
Try-outs and Cuts.....	21
Awards Ceremonies/Team Parties.....	21
Lettering Policy.....	22
Multiple Sport and Dual Sport Athletes.....	23
Middle School Sports.....	23
FBCA Athletic Booster Club.....	25

Athletic Vision Statement

The purpose of athletics at Fort Bend Christian Academy (FBCA) is two-fold: first, as an educational institution, athletic competition is part of the overall educational experience. It is as necessary as all other educational elements in the development of all students and should be done with excellence, focus and from a distinctly Christian worldview. Second, the FBCA athletic program provides one opportunity of many for students to build positive habits, develop an ability to work hard, contribute to a collective group (team) and apply their faith in multiple ways as they compete.

Statement on FBCA Coaches:

FBCA recognizes that coaching, like teaching, is a form of discipleship. Therefore, the hiring of coaches is done with the same careful approach as the hiring of faculty. Our desire is to provide quality coaching and competitive athletic experiences from a Christian perspective, all designed to prepare and enable students to grow in Christ as they grow athletically and academically.

Statement on the Athletic/Academic Balance:

FBCA recognizes that a balance must be achieved in regard to academics and athletics. Our commitment to each student and parent is to be sensitive to this balance. We believe that the Lord has called each of us to do all things with excellence; therefore you should expect that same excellence in athletics as you expect in all other areas of the school.

FBCA expects its coaches to coach at a high level, demand hard work and commitment from your student-athlete and prepare all student athletes to excel in competition. FBCA understands the demands of a rigorous academic program, and, therefore, is committed to being flexible in regard to the interaction of its athletic program with the demanding academic program found at FBCA. All FBCA coaches are committed to being sensitive to heavy academic loads, to working in union with teachers, to monitor the academic progress of all of its student-athletes and to communicate consistently with parents in order to give each student athlete the best possible athletic and academic experience. Thank you for trusting us with your student athlete!

PHILOSOPHY

The Athletic program at Fort Bend Christian Academy is a vital part of the school's total education program. Our school's mission statement is to glorify God through excellence in Christian education. Our mission in the athletic department should mirror that philosophy as we glorify God through excellence in Christian athletics.

This commitment means that we value the unique potential that blesses each young man and woman. Our efforts are dedicated to the encouragement, and development of our student-athletes through participation, competition, and application of sportsmanship in a Christ-like environment.

The development of Christian character is the foundation of why we have athletics. Student-athletes should demonstrate leadership, discipline, team work, and sportsmanship at every level both on and off the field of play. Coaches, athletes, and fans must understand that they are ambassadors for Christ to our community.

“Whatever you do, work at it with all your heart, as working for the Lord, not for men, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving.” Colossians 3:23-24

GENERAL INFORMATION

FBCA is a member of the Texas Association of Private and Parochial Schools. TAPPS is the largest private athletic organization in the nation. Currently TAPPS has five classifications. We are in the second highest classification which is 4A. Our region is made up of nine schools in the Metro Houston area. The TAPPS manual, TAPPS directory, and all other information can be found on-line at www.tapps.net.

TEAMS AND SPORTS

Fort Bend Christian Academy offers the following sports:

Fall	Football (Boys) Football Cheerleading Cross Country (Boys and Girls) Volleyball (Girls)
Winter	Basketball (Boys and Girls) Swimming (Boys and Girls) Soccer (Boys and Girls) Basketball Cheerleading
Spring	Baseball (Boys) Softball (Girls) Track (Boys and Girls) Golf (Boys and Girls) Tennis (Boys and Girls)

Many of these sports have junior varsity and freshman teams depending on the number of participants trying out for the sport, practice and game facilities, and the ability to compete with other schools who also field these teams.

RESPONSIBILITIES OF COACHES

All FBCA head coaches are responsible for all teams in their program, including JV, 9th grade, and middle school teams.

All FBCA coaches are expected to:

- Promote and demonstrate the highest Christian virtue and personal decorum, serving as a Christian role model both on and off the playing field. The coaches should be a positive example to players, parents, fellow coaches while teaching the highest standards of sportsmanship at all times.
- Assure academic and medical eligibility of all students through the athletic department. Make sure all forms are complete before a student participates in practice or games.
- Each coach will, within the past twenty four months, have passed a certified CPR class. TAPPS also requires a 1st Aid Course and Concussion Course.
- Each coach who has not coached in high school for at least five years must pass the NFHS Fundamentals of Coaching class found on-line at www.nfhslearn.com, and your Sport Specific Course. You must take and pass this class before you coach your next season. You must pay for the course and upon passing and completion of the course FBCA will reimburse you for this class.
- Each coach will have the Liability Release form for all participants at every practice, game, and bus trip.
- Physically supervise all practices, games, weight training, and locker room activities.
- Each coach will have a team meeting before the season starts to explain rules, expectations, and guidelines for the upcoming season. Coaches must put in writing any and all team rules above and beyond school rules and appropriate consequences.
- Schedule facilities through the athletic office for all practices, games, and camps.
- Coordinate with athletic office the scheduling of competitions, officials, and transportation.
- Carry out purchases, inventory, storage and care of all uniforms and equipment. This includes your playing fields, courts, and all facilities under your care.
- Provide appropriate publicity for teams and individuals, including cooperation with local media outlets, always coordinating with the school public relations director.

- Conduct try-outs when necessary to select team members, remembering to announce try-out dates, practice schedules, and game schedules as soon as possible so families can plan well in advance. **Please refer to the try-out/cut policies in this manual for further guidelines.**
- Assist players and parents with college advisement and recruiting. This assistance should include meeting with parents and players to discuss goals for college, evaluate student's potential for playing a college sport, communicating with appropriate colleges on student's behalf, and providing information and videos for evaluation purposes.
- Maintain the coaching skills at the highest levels through membership in professional associations and attendance at coaching clinics.
- Each coach will attend booster club meetings as directed by the Athletic Director.
- Read and understand the TAPPS section of rules that pertain to your sport. This would include eligibility issues, recruiting, and practice/game guidelines.
- All head coaches will meet with assistant coaches at the end of the season to evaluate the staff, players, and the program. Each head coach will submit to the athletic director, at the end of the season, the coaching evaluation form and meet with the athletic director to discuss this form.

RESPONSIBILITIES OF STUDENT-ATHLETES

Athletes should be diligent in preparation, give 100% at all times, demonstrate personal discipline, be respectful in all situations, maintain self-control, show humility, and aggressively pursue excellence regardless of the score, opponent, time, referee, or situation. The ultimate and final responsibility rests on the student athlete, for it is the student athlete who is accountable to his/her parents, coach, FBCA, and the Lord.

FORMS

Each student must complete the paperwork before they can practice for their sport. There are no exceptions. The **high school has seven required forms** that need to be signed and turned in are:

- **Sports Physical form**
- **Medical History form**
- **FBCA Athletic Liability Release Form**
- **TAPPS Acknowledgement of Rules**
- **Sudden Cardiac Event form**
- **Concussion Awareness form**
- **FBCA Honor Code form**

These forms can be found on our school website www.fortbendchristian.org and click on Athletics, then High School, then Athletic Forms.

The **middle school** has four required forms:

- **Sports Physical form**
- **FBCA Athletic Liability Release Form**
- **Sudden Cardiac Event Form**
- **Concussion Awareness form**

Each student athlete must have a completed physical prior to participating in work outs or practice. This physical needs to be current during the previous 12 months. FBCA with cooperation of Memorial Hermann will provide annual physicals at a minimal cost each year. These physicals will be done annually in May before school lets out at the end of the year. This will cover you for all summer camps and the entire next school year.

All Physicals and other required forms must be turned in to the athletic office before the athlete can play in an extracurricular activity.

RESPONSIBILITIES OF PARENTS

In order to achieve our goals we need the support and cooperation of each parent. Here is how you can contribute to your student's success and growth as an athlete at FBCA.

Pray regularly for your child, his or her coach and team. Pray specifically for the Lord to be at work in your child's life as well as those of his or her teammates. Pray

especially for the coach. As fallible humans, every coach will make mistakes, but we have the assurance that God can work all things together for your child's good. So be in prayer that all the circumstances of the season will be used of God to teach what He wants your son or daughter to learn.

Be a positive fan. First of all, your son or daughter needs to know that you love and support them in their quest to be an athlete. Whether starting or sitting on the bench, after a score or a miss, your love and encouragement needs to be unconditional.

Secondly, as our society grows increasingly negative, coarse and vulgar, we have the opportunity to be a witness to other teams and their fans by cheering positively at games and respecting officials even when we disagree. We need to be a positive witness for Christ. We realize that this expectation may require our parents to police themselves, not only in self-control but also in reminding and helping each other do our best in this area. We need to ask ourselves, "Would my behavior as a fan make it possible for me to share Christ with those who observed and listened to me in the stands?"

Follow athletic department rules. Each team will have its own rules. However, the following rules are true for all our teams:

- At least one parent must attend the team pre-season meeting. If no one is able to attend, then it is understood that parents will be responsible for and in agreement with the information given at the meeting.
- The coaching staff should be informed in advance of any medical issues that might adversely impact your child's safety or performance.
- If an athlete has a question about what is expected of them or what their role is on the team, the student must first go to the coach for these answers. This is an essential part of the student's growth. If the student is still unclear after speaking with the coach, a meeting with the student, coach and parent(s) will be arranged.
- We will follow the steps outlined in **Matthew 18** to resolve all issues. A parent can talk to a coach about anything except playing time and other

members of the team. These conversations should not take place immediately prior to or immediately following a game or practice. Please email or call the coach to set up an appropriate time to meet. If this meeting does not satisfy your expectations, then the coach, parent, and athletic director will set up a time to meet and discuss the issues.

SPORTSMANSHIP

Players, coaches, parents, and spectators shall at all times, represent Jesus Christ, FBCA, and their families with honor, proper conduct, and good sportsmanship. They shall understand that competitive rivalries are encouraged but that disrespect for opponents is unsportsmanlike and lessens the value of rivalries.

FBCA will not tolerate any spectator, coach or player whose behavior is disrespectful toward opposing players, officials, coaches, or other spectators. Exhibit respect for officials and accept and abide by their decisions whether you agree with them or not. Never taunt or engage in a verbal exchange with an opposing player, coach, official, or other spectators.

Gain an understanding and appreciation of the rules. The necessity to be well informed is essential. The spirit of good sportsmanship depends on conformance to a rule's intent as well as to the letter of a given rule.

Recognize and appreciate skilled performance regardless of affiliation. Applause for an opponent's good performance displays generosity and is a courtesy that should be regularly practiced.

EMERGENCY PROCEDURES

Emergencies will happen periodically during the year in practices and games. We will have an athletic trainer at almost every home event on our campus. Memorial

Hermann is providing FBCA with a certified athletic trainer for twenty hours per week. We are grateful for this donation from them. If one of your players is injured, please notify the trainer so we can start treatment.

- First aid and medical supplies should be available at all athletic events.
- In the event of an injury proper first aid procedures should be initiated by the coach who is present.
- If the injury requires immediate medical evaluation, the coach should contact the parent(s) and help arrange the transportation for that medical attention.
- The coach should stay with the student until a parent can be present with the child. If necessary, the coach should accompany the injured athlete and his/her parent to the preferred hospital, emergency room, or medical facility.
- In the event of a suspected head, neck, or spinal cord injury, the coach should call 911 and wait for EMS professionals before attempting to move or treat the injured athlete.
- All injuries should be reported to the athletic trainer and the Athletic Director ASAP after the injury. An accident report must be filled out and given to the school nurse the following school day.
- All coaches must have liability release forms at every game and practice. This is very important, especially if you cannot contact the parent.
- All full-time and community coaches should have passed a CPR class within the last two years, and meet all other TAPPS requirements.
- Below you will find the Emergency Action Plan for Football, Soccer, Track and the plan for Basketball, Softball, and Cheer.

Emergency Action Plan for: Football, Soccer, Track, and Baseball

Location: Eagle Football Field and Track, Auxiliary Field, Baseball

Emergency Personnel: Athletic Trainer and /or Coach on site, student trainer on site, additional coaches on site, sports medicine staff located inside field house in main athletic training facility

Emergency Contact

- Head Athletic Trainer: Sara Henson (832)913-9955
- Athletic Director: David Roberts (325)200-8340
- Head MS Director: Kelly Carroll (281)799-3906
- Head Girls Soccer Coach: Oscar Larranaga (281)687-2727
- Head Boys Soccer Coach: Herald Zurita (832)654-4232
- Head Track Coach: LeRoy Franklin (281)980-2255
- Head Baseball Coach: Rusty Richards (832)549-8455

Emergency Equipment

- First Aid Kit
- Ice and Ice Bags
- AED (located on the field, front entrance of Eagle Field House, Athletic Training Room Office)

Role of the First Responders:

1. Observe and take control of the scene (gain access to athlete)
2. Provide initial assessment and care to the injured or ill student athlete (determine breathing, consciousness, pulse, major injuries, open wounds, minor injury)
3. Determine if athlete needs emergency medical and/or athletic trainer.
4. **If EMS is needed call 911. Provide following information : Your name; address ; telephone number; individual/individuals injured; condition of injured; First aid treatment; directions and other information requested)**

Venue Directions:

- If EMS is called provide directions: Take 59 South to Sugar Creek/Dairy Ashford exit, right on Dairy Ashford, left on Hwy 90, right at the stop light at Gillingham (the Schlumberger Complex is located on the right and has multiple blue roofed buildings), left at the second street which is Seventh Street. The Football Stadium is behind the baseball field located across the street from the main campus at 1207 Seventh Street.
- Have access gates open.
- Designate individual to meet EMS at the street entrance and at the field house entrance.

Emergency Action Plan for: Basketball, Softball, Cheer

Location: Eagle Basketball Gym, Eagle Softball Field

Emergency Personnel: Athletic Trainer and /or Coach on site, student trainer on site, additional coaches on site, sports medicine staff located inside field house in main athletic training facility

Emergency Contact

- Head Athletic Trainer: Sarah Henson (832)913-9955
- Head Athletic Director: David Roberts (325)200-8340
- Head Girls Basketball Coach: Trey Phillips (832) 443-1563
- Head Boys Basketball Coach: Todd Prince (713)203-5828
- Head Softball Coach: Kelly Carroll (281)799-3906

Emergency Equipment

- First Aid Kit
- Ice and Ice Bags
- AED (located on the field, front entrance of Eagle Field House, Athletic Training Room Office)

Role of the First Responders:

1. Observe and control of the scene (gain access to athlete)
2. Provide initial assessment and care to the injured or ill student athlete (determine breathing, consciousness, pulse, major injuries, open wounds, minor injury)
3. Determine if athlete needs emergency medical and/or athletic trainer.
- 4. If EMS is needed call 911. Provide the following information: Your name; address; telephone number; individual/individuals injured; condition of injured; First aid treatment; directions and other information requested)**

Venue Directions:

If EMS is called provide directions: Take 59 South to Sugar Creek/Dairy Ashford exit, right on Dairy Ashford, left on Hwy 90, right at the stop light at Gillingham (the Schlumberger Complex is located on the right and has multiple blue roofed buildings), left at the second street which is Seventh Street. The High School is on the left, the gym is on the back right side of the building. The softball complex is located behind the gym. Have access gates open.

Designate individual to meet EMS at the street entrance and at the field house entrance.

Weather Safety Guidelines:

Lightning Safety

Since the average distance between successive lightning flashes is approximately 2 to 3 miles, anytime that lightning can be seen or thunder heard, the risk is already present. Weather can be monitored using the following methods:

- **Monitor Weather Patterns:** Be aware of potential thunderstorms by monitoring local Weather forecasts the day before and the day of practice and

or competition, and by scanning the sky for potential thunderstorm activity during events.

- **National Weather Service (NWS):** Weather can also be monitored by radio from the NWS. The NWS uses a system of severe storm watches and warnings.

Management

- **Evacuation:** If lightning is imminent or thunderstorm is approaching, all personnel, athletes and spectators should evacuate to available safe structures or shelters. A list of the closest safe structures should be announced.
- **Thirty Minute Rule:** Competition or practice should be suspended once lightning has been recorded within a 1-8 mile radius or thunder is heard. TAPPS rules state to implement the 30 minute rule, stating once play has been suspended wait 30 minutes after the last lightning strike has been recorded or the thunder has been heard to resume competition. *Any subsequent lightning or thunder after the beginning 30-minute count should reset the clock and another count should begin.*

Heat Safety:

Key Terms and Definitions:

Heat Cramps: Heat cramps are muscular pain and spasm due to heavy exertion and dehydration. Heat cramps usually involve the abdominal muscles or legs, but can occur with any of the muscle groups of the body. It is generally thought that dehydration and/or nutrient imbalance in the muscles is the cause of heat cramps.

Heat Exhaustion: Heat exhaustion typically occurs when people exercise heavily or work in a warm, humid environment where body fluids are lost through heavy sweating. Fluid loss causes blood flow to decrease in the vital organs, resulting in a form of shock. Without proper care and treatment, heat exhaustion can lead to heat stroke.

Heat Stroke: Heat stroke is life threatening. The victim's temperature-control systems, which produces sweating to cool the body, stops working. The body temperature can rise so high that brain damage and death may result if the body is not cooled quickly. Any heat stroke victim must be quickly cooled and referred for advanced medical attention.

Of the three heat related syndromes mentioned above, heat cramps is usually the mildest and heat stroke is the most severe. The syndromes do not always happen in a sequential order, so hydration and monitoring the core temperature of the body in hot temperatures and physical activity is very important.

Dehydration: when fluid loss exceeds fluid intake.

Effects of Dehydration:

- Dehydration can affect an athlete's performance in less than an hour of exercise—sooner if the athlete begins the session dehydrated.
- Dehydration of just 1-2% of body weight (only 1.5-3lbs for a 150lb athlete) can negatively influence performance.
- Dehydration of greater than 3% of body weight increases an athlete's risk of heat illness (heat cramps, heat exhaustion, or heat stroke).

Warning Signs of Dehydration:

- Thirst
- Irritability
- Headache
- Weakness
- Dizziness
- Cramps
- Nausea
- Decreased performance

Temperature Safety For Games:

As stated by TAPPS rules, In the event the outside temperature or heat index reaches 100 degrees as determined by the home team or event host, interschool contest shall not be played without the mutual consent of all teams involved in contest. In the event the outside temperature or chill factor reaches 32 degrees as determined by the home team or event host, interschool contest shall not be played without the mutual consent of all teams involved in contest.

Coaches or event host, are to practice extreme caution when practicing or competing in temperatures above 95 degrees. Steps to prevent heat illness should include:

- allowing climate acclimatization (a period of 7-10days)
- Wear light weight or light colored clothing
- Provide frequent periods of rest and hydration, allowing adequate fluid replacement
- Schedule practice at cooler times of the day

Temperature Safety for Practices: (this section adapted from FBISD heat policies)

The following are guidelines for coaches and trainers to help prevent heat related illnesses and emergencies. These guidelines should be strictly followed; failure to do so could result in serious illness or death.

To decrease the risk of heat illness/emergencies:

- **Gradually Acclimatize Athletes** – get them accustomed to working out in the heat.

For example: Football – the first 3-4 practices should be in shorts, the next 2-3 in shells, and then proceed to full pads. Cross Country – these athletes MUST be monitored closely at all times. Running distances should be increased gradually. Monitor weather conditions closely with Staff Athletic Trainers as outlined below. Volleyball and Basketball (indoor sports) – coaches should be aware that heat problems could occur indoors if the athletes are not properly hydrated. If the indoor sports coaches choose to practice outdoors, they should be aware of the weather conditions. These athletes will not be accustomed to the heat outdoors. They MUST be monitored very closely and water should be readily available. The first 3-4 practices (indoors or out) should not be overly strenuous. Soccer, Track, Tennis, Baseball and Softball – the first 3-4 practices should not be overly strenuous. Overuse/friction injuries will be dramatically decreased in these sports if these athletes start workouts at 50% and ease up to a full 100%. This usually takes two to three weeks for track athletes. Golf – weather conditions need to be monitored daily.

- **Identify Susceptible Athletes** – those athletes who are obese or have a larger muscle mass tend to have more heat related problems. Keep a close eye on these athletes.
- **Uniforms** – use lightweight, breathable jerseys/pants in hot weather months. Watch for athletes wearing unnecessary extra clothing.
- **Allow Fluid Replacement** – athletes should have unlimited access to cold water at all times. DO NOT RESTRICT WATER AS A FORM OF MOTIVATION!
- **Encourage a Good Diet** – athletes MUST eat lunch to workout in extreme heat. Fat intake should be somewhat decreased. Salt intake can be slightly increased. Athletes should stay away from carbonated beverages in season.
- **Trainers will have necessary supplies on the field/court for hydration and cooling of the athletes.**
- **Alter Practice Schedule according to temperature/humidity/heat index readings.** We will use instrumentation at the campus level in conjunction with the national weather service to determine what precautions need to be taken. Practices may be altered according to the following conditions:

TEMPERATURE BETWEEN 90 and 99 AND/OR A HEAT INDEX BELOW 109:

Football – athletes will receive a 5 minute break every 30 minutes with water available. Athletes should be closely monitored. Helmets will be allowed to be removed during breaks or instructional non-contact drills.

Cross Country/Track – athletes will receive a 5 minute break every 30 minutes with water available. Athletes are to be monitored closely.

Baseball/Softball/Soccer/Tennis/Golf – athletes will receive a 5 minute break every 30 minutes with water available. Athletes are to be monitored closely.

Off Season Programs – 45 minutes total heat exposure with 1 water break.

Indoor Sports – coaches must have athletic trainer’s approval to practice outside.

TEMPERATURE IS BETWEEN 100 and 102 AND/OR A HEAT INDEX BELOW 109:

Football – athletes will be in shorts/shoulder pads/helmets. Athletes will receive a 5 minute break every 30 minutes with water available. Athletes should be closely monitored. Helmets will be allowed to be removed during breaks or instructional non-contact drills. Practice will not exceed 2 hours of total exposure. **MS Football must be in shorts and helmets only.**

Cross Country/Track – athletes will not be allowed to run off campus (coach must not lose eyesight). Athletes will receive a 5 minute break every 30 minutes with water available. Athletes are to be monitored closely. Practice will not exceed 2 hours of total exposure.

Baseball/Softball/Soccer/Tennis/Golf – athletes will receive a 5 minute break every 30 minutes with water available. Athletes are to be monitored closely. Practice will not exceed 2 hours of total exposure.

Off-season programs – 45 minutes total heat exposure with 2 water breaks.

Indoor sports – no outside practices.

TEMPERATURE IS BETWEEN 102 - 105 AND/OR A HEAT INDEX IS BETWEEN 110 - 115

Middle Schools – all outdoor practices limited to 1 hour with 2 water breaks of 5 minutes. Shorts and t-shirts only.

Football – athletes will be in shorts, t-shirts, and helmets only. Athletes will receive a 5 minute break every 20 minutes with water available. Athletes should be closely monitored. Practice will not exceed 1.5 hours of total exposure.

Cross Country/Track – Athletes will not be allowed to run off campus. Coach must not lose eyesight of any athlete. Athletes will receive a 5 minute water break every 20 minutes with water available. Athletes are to be monitored closely. Practice will not exceed 1.5 hours of total exposure.

Baseball/Softball/Soccer/Tennis/Golf – athletes will receive a 5 minute break every 20 minutes with water available. Athletes are to be monitored closely. Practice will not exceed 1.5 hours of total exposure.

Off Season Programs – 30 minutes total heat exposure with 1 water break.

Indoor Sports – no outside practices.

TEMPERATURE IS GREATER THAN 105 AND/OR A HEAT INDEX IS GREATER THAN 115:

NO OUTDOOR PRACTICES

Concussion Guidelines:

As written in the by-laws or TAPPS constitution:

1. Each TAPPS athletic director and coach will receive training in Concussion Management on an annual basis.
2. Each student/parent should read and acknowledge the TAPPS Concussion form.
3. Any player who shows signs, symptoms, and behaviors associated with concussion
 - a. Must be removed from the contest or practice

- b. May not return to play on the same day
- c. May not return to until cleared to play by an appropriate health-care professional as determined by the school administrator.
- d. Written clearance must be obtained from the appropriate health care professional prior to student participation in any
 - i. Practice
 - ii. Scrimmage
 - iii. Athletic contest
- e. A report of all concussions will be made to the TAPPS office.

EXTRACURRICULAR ACTIVITIES

ELIGIBILITY:

Academic: Fort Bend Christian Academy’s co-curricular policy is “no pass, no play.” Eligibility will be determined each nine-weeks grading period. If a student has a failing grade at the nine-weeks reporting period, he or she will be ineligible to compete or perform for a period of two weeks. The student will be allowed to practice during this time, but will not be allowed to travel with the team/group, dress for games, or sit with the team/group at competitions or performances. Grades for students who are ineligible will be rechecked two weeks following the reporting period. If the same student is still failing any class, he or she will remain ineligible, and have grades rechecked in another two weeks. If the student is eligible (no failing grades in any class), he or she may return to the team/group. The removal from the co-curricular activity will be effective on Monday following the day grade reports are issued.

Conduct: Extracurricular eligibility will be determined each nine-week grading period. If a student has a “U” in conduct or two “N’s” from different teachers, he or she will be ineligible until the next Academic Check period. If, at that time, the same student still has one “U” or two “N’s” from the same or different teachers, he or she may not return to the team/group. The removal from the extracurricular activity will be effective on the Monday following the day grade reports are issued.

CONFLICTS WITH NON-ATHLETIC EXTRA-CURRICULAR ACTIVITIES

An individual student who attempts to participate in several extracurricular activities will undoubtedly be in a position of conflict of obligations. The Athletic Department recognizes that each student should have the opportunity for a broad range of experiences in the area of extracurricular activities, and to this end, will attempt to schedule events in a manner to minimize conflicts.

Students have a responsibility to do everything they can to avoid conflicts. This would include being cautious about belonging to too many activities with which conflicts may occur. It also means notifying the faculty/sponsors/coaches involved immediately when a conflict does arise.

When a conflict arises, the sponsors/coaches will work out a solution so that the student does not feel caught in the middle. Once the decision has been made, and the student has followed that decision, he or she will not be penalized by either faculty sponsor or coach. If it becomes obvious that a student cannot fulfill the obligation of a school activity, he/she should withdraw from that activity.

TRANSPORTATION/BUS POLICIES

Providing safe and reasonable transportation to and from athletic events is an important responsibility of the Athletic office and our coaches. Coaches must ensure that their student athletes are transported in a safe, timely, and organized manner and that every precaution is taken for the health and well-being of every child.

- School buses should be used whenever possible in transporting students to games and events.
- Every student must return to school with the bus unless they are riding home with their parent or have permission to ride home with the parent of another player. Students may never ride home with another student. A parent must sign out a student if they are not riding the bus back to school.
- Only team members may ride the bus.

- Coaches or bus drivers must have liability forms of each student on the bus.
- In the event we do not have buses available, parents will be responsible for their child's transportation to and from the game.

UNIFORMS AND EQUIPMENT

- Uniforms are the property of Fort Bend Christian Academy.
- Our colors are forest green, white, and Vegas gold. Black may be used.
- Our athletic logo is the Philadelphia Eagle head or the new "FB".
- Please use new "FB" Logo. We want to have a logo identity that everyone will associate with our school. **See the acceptable logos at the end of this handbook.
- We generally purchase new uniforms every three years. It should be noted that uniforms should be passed down to JV teams as these uniforms are generally not worn out after three years.
- Player packs - Any item that the student/athlete will keep should be purchased by the student athlete. Any items that the student or parents need to purchase should be written out and information given to athletes and parents before practice begins.

FACILITIES

The FBCA campus, classrooms, athletic fields, gymnasiums, and facilities are for the use of our school and its students in achieving our mission of Christian education and personal development for young people. The FBCA parents, families, alumni, faculty, and staff may also be permitted to use school facilities, but the highest priority for our campus will be to support the educational and athletic programs designed for our students.

Due to the high demands placed on our facilities by our comprehensive programs, use of our facilities by outside groups, community organizations or athletic teams is

usually difficult and **should not** be encouraged. Any requests must be made and approved through the Athletic Department and Athletic Facilities.

LOCKER ROOM REGULATIONS

Locker rooms are provided for the benefit of athletes. Locker rooms are to be used for preparation for practices or games. The following regulations are meant to maintain a safe environment and may, if not followed, lead to suspension of participation:

1. Rough housing, horseplay, and throwing towels or other objects is not allowed in the locker room.
2. Only coaches, managers, and in-season athletes are allowed in locker rooms after school.
3. Hazing of other players is not allowed.
4. All showers must be turned off. The last person to leave the shower room is expected to check all showers.
5. No glass containers are allowed in the locker rooms.
6. All spiked or cleated shoes must be put on and taken off outside of the school. No metal or hard plastic spikes/cleats are allowed in the locker rooms or in any other part of the building.
7. Do not do anything that has the potential to break a ceiling tile. If a ceiling tile is broken, the person responsible will pay \$25.00.

TRY-OUTS AND CUTS

SQUAD SELECTION AND CUTS

In accordance with our philosophy of athletics and our desire to see as many students as possible participate in the athletic program, coaches are encouraged to keep as many students as they can while maintaining the integrity of their sport. Time, space, facilities, equipment, and other factors can place limitations on squad size.

Choosing the members of athletic squads is the sole responsibility of the coaches of the squads. Prior to trying out, the coach shall provide the following information to all candidates for the team:

1. Extend of tryout period
2. Criteria used to selected the team
3. Number to be selected
4. Practice commitment and game commitment if athletes make the team

QUITTING A TEAM:

FBCA discourages athletes from quitting athletic teams after the first week of practice. Student athletes who quit will be restricted from joining other teams during that same season, and will not be allowed to begin working out with other teams until the conclusion of that sport's season (the sport that they quit). The Athletic Department reserves the right to review all cases individually.

AWARDS CEREMONIES/TEAM PARTIES

Awards ceremonies will be done at the conclusion of each season. Each sport will decide how, when and where they will do this.

Plaques will be provided by the school. Each coach will be able to give out a minimum of three awards (maximum for JV) and a maximum of five-six awards for varsity, depending on the number of participants on the team.

- Each sport will also award one plaque per grade (9-12) for outstanding **Scholar Athlete**. This plaque will be provided by the Booster Club.
- The Booster Club will also be providing patches (one per year) for all players/managers with an A average during the season.
- If an athlete letters in a Varsity sport they will receive an FB letter pin from the Athletic Department for their letter jacket.

The middle school will have their end of the year sports awards program on one night at the end of the year and recognize all teams and athletes at one setting. The dress code is the same for middle school. The dress for this event will be slacks (no jeans),

collared shirt for boys. Slacks (no jeans), dress, or skirt for girls. No tight fitting, low cut, or inappropriate dress is allowed for this event.

LETTERING POLICY

Only varsity athletes may earn a varsity letter. Each varsity coach should establish what the requirements are for lettering in his/her respective sport.

While lettering requirements vary somewhat for each sport, in general they include the following criteria:

- Good practice habits
- Sportsmanship and coachability
- Knowledge of and compliance of rules
- Regular attendance at practice and games

Some guidelines might be to participate in a minimum number of quarters, halves, innings, or games, earn a certain number of individual points, and/or complete the season in a manner worthy of a varsity letter. A student must complete a sports season in order to be eligible for a letter or other awards. Physical injury or emergencies may create exceptions to this requirement. Athletes who have earned a varsity letter are eligible to purchase a FBCA letter jacket. Jackets are available for purchase at the end of each sports season.

MULTIPLE SPORT AND DUAL SPORT ATHLETES

FBCA is unique because we are a small school and we offer a full athletic program. These two words “small” and “full” are contradictory in the world of school athletics. We want to encourage our athletes to use their gifts to excel in many sports.

Coaches should never claim ownership of any athlete, nor place the student in conflict between coaches who might vie for his/her participation. Our students should be encouraged to try different sports, and no coach should encourage strict specialization in a single sport.

In-season sports will always have priority. An athlete participating in one sport should not start training for the following season's sport until his/her season is complete.

Students who play multiple sports should, with the consultation of all coaches involved, and parents, develop a plan for practice and competition. This would include off-season, pre-season, and summer training. The student-athlete should never be placed in a situation where a choice must be made between sports. The Athletic Director should be advised if problems arise in the implementation of a workable plan for the students.

FBCA offers the unique opportunity for exceptional athletes to participate in more than one sport in a single season. The strenuous physical, mental, and time demands of practice and competition, along with the same demands of a student at FBCA, should only be encouraged for the exceptional student-athlete. Participation in only one team sport will be allowed at a time. A second sport should only be chosen from those that involve individual competition. The student athlete should choose their main sport and discuss with both coaches the daily schedules, including practices and games.

MIDDLE SCHOOL SPORTS

Middle school athletics differs in some aspects from high school athletics. The same character traits should be encouraged as the high school teams. These would include, but not limited to leadership, team work, discipline, and sportsmanship. We will do all we can as a school and coaches to encourage participation in as many sports as possible. Middle school is a time where students should try many sports and discover where their talents might lead them in the future. We are not, however, in a position to keep every student who tries out for a team. We will keep as many players as we can with consideration of team size and facility restrictions. Once a student makes a team, every player should expect to play in every game, excluding the season ending tournaments. This does not mean every player will get equal amount of playing time, but coaches should be aware that we are trying to create enthusiasm and interest in each sport.

The Middle school competes in the Greater Houston Athletic Conference, which is made up of 16 schools in the Houston area. Middle school athletes compete in the following sports:

- Fall** Football (Boys 6/7/ 8th grade team)
 Cross Country (Girls and Boys, grades 6, 7, 8)
 Volleyball (Girls 7th grade and 8th grade team)
 Football Cheerleading (Grades 7 and 8)
- Winter** Basketball (Boys and Girls 7th and 8th grade teams – due to
 facilities restrictions and time.)
 Soccer (Boys and Girls)
 Swimming (Boys and Girls, Grades 6, 7, 8)
 Basketball Cheerleading (Grades 7 and 8)
- Spring** Baseball (Boys, Grades 6, 7, and 8)
 Softball (Girls, Grades 6, 7, and 8)
 Track (Boys and Girls, Grades 6, 7, and 8)

FBCA ATHLETIC BOOSTER CLUB

The FBCA Athletic Booster Club is the parent’s booster organization specifically designed to enhance and support the athletic department at FBCA. Membership is open to all parents of students attending FBCA who wish to support the school’s athletic programs, athletes, and coaches. Parents who are involved truly make a difference in promoting spirit and unity among our athletes, student body, staff, coaches, families, and community.

Our purpose is to support our athletes and our athletic department by providing financial resources and constant prayer. Our prayer is that every athlete would learn Christ-like characteristics that will stay with them for the rest of their lives.

Meetings are held on one Wednesday of each month, in the high school Eagle Café, when school is in session.

All parents are encouraged to join and support the FBCA Athletic Booster Club. You can find the membership brochure on our website www.fortbendchristian.org under athletics.

The content of this handbook is subject to change by Fort Bend Christian Academy when deemed necessary to meet the evolving circumstances or needs of students, families, and the school.