



Providence Classical School

Athletic Handbook

*Information, Guidelines, and
Expectations of the PCS Athletic Program*

"Love the Lord your God with all your heart and with all your soul and with all your strength."

Deuteronomy 6:5

To the Athletes and Parents,

On behalf of the Providence Athletics Department, welcome to the 2024-2025 athletic season at Providence Classical School!

Paladin Athletics began in 2000 with a limited number of sports. Since then, this distinguished program has produced multiple state championships, scholarship athletes, and individuals that understand what it means to honor the Lord with their hearts, minds, and bodies. Paladin Athletics remains a thriving program today. Thanks for joining us! We're honored to have you!

Providence's mission is enhanced by the importance of athletics in education. As a result of athletic training and competition, students develop perseverance and resilience while learning how to overcome adversity, work as a team, and value teamwork. Our goal is to set a standard of competition that does not waiver based on external circumstances or results. The goal of our program is to develop an athlete's mindset to perform and play "as unto the Lord" and "with all their heart."

We strive to honor God through our athletic program by encouraging enthusiastic participation, respect, and unity. The process of coming together and supporting one another on the field of play builds our community. As we encourage and praise our athletes in the heat of battle, we develop lifelong relationships and fellowship.

This handbook contains the philosophies, policies, and guidelines which govern the Providence Athletic Program. You will also find the rules and regulations required by the school and governing leagues. Although it is intended to be comprehensive, there will be situations that occur that are not outlined in this handbook. Having a common understanding of these rules and regulations will assist in significantly reducing concerns and unforeseen problems.

Creating a healthy culture within a competitive environment is a complex undertaking. Athletic participation requires a three-way partnership with the Coach, Athlete, and Parent. This is why we ask that you read this handbook thoroughly with your athlete(s). The athletics office must have a current, signed Acknowledgement Form (signed electronically below) on file before an athlete can participate.

I'm looking forward to partnering with you on the journey to excellence. We anticipate another great year in athletics.

Go Paladins!

*Melvin C. Roberts
Athletic Director*

1. ATHLETIC PROGRAM

1.1 Purpose & Philosophy

Athletics can play a vital role in a student's education by teaching the value of self-discipline, commitment, teamwork, self-control, setting and achieving goals, perseverance, fellowship, loyalty, and cooperation. For many, athletic competition is a means to the values mentioned above, and nothing more. One exception is for those who derive or wish to derive their livelihood from athletic performance. While we welcome athletes of such high ability, our program is not intended to develop them to that level. Instead, we wish to use our athletics program to further the mission of the school: to train students to impact their culture for Christ. Consistent with the PCS Mission Statement, it is the objective of the PCS athletic program to teach these lessons as a part of the entire integrated curriculum for those students who choose to participate.

When we lose sight of the fact that athletics is a means to an end, we risk misleading our athletes. When athletics is out of balance, too much emphasis is placed on the outcome. The desire for victory can become so great that we lose sight of any benefit our athletes may gain in defeat. When athletics becomes the end itself, sinful behavior is easily justified. The poor call by a referee or cheating by an opponent may be seen as a wrong that in the name of justice must be addressed, often boorishly. When athletics becomes something to be worshipped, sports are often given too much attention and athletes serve as modern gods for young men and women. To counter these tendencies, we must train not only the athletes but also the parents, coaches and administrators in a healthy perspective on competition and give each clear expectations for conduct on the field, court, sideline and stands. This is not to say that we want our students to enjoy defeat or become passive doormats after every blown call or incident of cheating. Such a response is to replace one set of weaknesses (blown temper, profanity or ugly remark) with another (giving up, quitting or resignation with defeat). Both responses, while typical, are overcome through mature coaching and parenting that seeks to move athletes toward strength of spirit, body and mind.

The positive role of athletics is on display when student's interest in competition and sport is used for the greater good. We are given a great opportunity to capitalize on athletic interest by using it to change and develop our students into mature and godly men and women who are equipped for service and leadership to the glory of God.

1.2 Guiding Principles

The PCS Athletic Program is guided by the following Scriptural principles:

- *“And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.” Colossians 3:17*
- *“For physical training is of some value, but godliness has value in all things, holding promise for both the present life and the life to come.” 1 Timothy 4:8*
- *“Whoever loves discipline loves knowledge, but he who hates correction is stupid.” Proverbs 12:1*
- *“Each one should use whatever gift he has received to serve others so that in all things God may be praised through Jesus Christ.” 1 Peter 4:10 –11*
- *“Commit to the Lord whatever you do, and your plans will succeed.” Proverbs 16:3*
- *“So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal.” 2 Corinthians 4:18*

For athletics to serve our students in the best possible way, the school must have a vision for what it wants to accomplish. Without such a vision, we are at risk of succumbing to the default positions often taken by sports advocates: either that competition is only about victories, trophies and championships (and therefore requires much time, practice and money), or it is a tool for building the self-esteem of the students (and therefore must be conducted in such a way that students are shielded from unpleasant outcomes such as humiliating defeats).

The following guiding principles flow from the Scriptural principles and support the PCS vision for athletics:

- *Athletics are extracurricular and a student’s participation in athletics will not exempt them from any requirements of the academic curriculum.*
- *The athletic program will support PCS academic standards by maintaining a balanced lifestyle. The program supports the Christian’s priority of faith and family first as well as the school’s priority of academics over athletics by scheduling practices and games (when under the school’s control and as facilities and coach’s schedules permit) in such a way as to have the least possible disruption on the student’s ability to attend church, be with family and study while also competing with excellence.*
- *The athletic program should include individual and team sports.*

- *PCS teams and individual competitors should be known for dedication and great sportsmanship. Athletes, coaches and parents are expected to act honorably toward their opponent, their opponents' supporters, and the game or contest officials, regardless of how the other acts. The program seeks to represent the school community and the cause of Christ well in all its activities. All are expected to act with modesty and graciousness in victory and defeat. All are expected to abide by the letter as well as the spirit of league rules.*
- *We compete to win and make victory in each contest a goal while also keeping in mind higher goals.*
- *The athletic program should help develop a culture of discipline through athletic training. The program seeks to develop athletes' skills, endurance and physical strength through qualified and competent coaching and training programs designed to minimize injuries. Discipline in the form of positive correction, assistance, improvement and prevention is emphasized. Each athlete is expected to commit her or himself to practice and conditioning in season and out in order to compete to the best of her or his ability. As a team player, each athlete should consider self-discipline as a way to support the team.*
- *The athletic program should encourage school spirit and promote fellowship among the athletes and PCS families.*
- *The athletic program should provide the student athlete:*
 - *An appreciation for and development of one's body.*
 - *An ability to handle pressure with confidence and poise.*
 - *A healthy perspective on victory and defeat.*
 - *Knowledge in how to interact with others through team sports.*
 - *Experience in being a leader as well as a follower.*
 - *The will to do one's best, no matter the circumstance.*
 - *Satisfaction that comes from the exercise of creativity within recreation.*
 - *A sense of belonging to something greater than oneself, be it a team or a community.*
 - *A test of one's ability as well as the encouragement to reach beyond perceived limits.*
 - *The discipline that requires one to set a goal, work toward it and see it to completion.*
- *No sport or athletic program will be undertaken unless:*

- *there are a sufficient number of athletes desiring to participate,*
- *there is sufficient funding – fundraising for athletics is governed similarly to other school fundraising,*
- *there are available qualified coaches,*
- *there are appropriate facilities,*
- *there is detailed advanced planning, and*
- *it can accomplish the PCS mission and vision of athletics.*

1.3 Core Values

ATTITUDE – *While a desire to win is valued, it pales in comparison to the value of Christ-likeness. While we cannot control what occurs in competition, we can control the attitude we carry into, throughout, and at the conclusion of each game, match, and meet. PCS coaches and student athletes will be expected to always display attitudes consistent with humility, grace, and gratitude.*

ENERGY – *Extraordinary teams and athletes are developed through desire and effort. Determination and hard work are essential. PCS students will be expected to compete with vigor, passion, and maximum effort at all times.*

EXCELLENCE – *Excellence is achieved through one’s preparation, commitment, hustle, tenacity, and consistency. We urge each athlete to be focused; working hard in practice and in games, in order to reach one’s full potential. Achievement and competitive excellence are the results of people working together. Therefore, each athlete will learn to value every person and form a tight bond with those on his team in pursuit of competitive excellence.*

1.4 Team Level Philosophy

We recognize the normal stages of a child’s development and provide appropriate opportunities in athletics:

At the Grammar School stage (5th - 6th grade), we encourage participation and experimentation and attempt to establish a love for the game. The fundamentals of the game will be strongly emphasized. Try-outs are for the purpose of team placement based on skill and ability. Cuts are highly discouraged but permissible if based on facility or resource issues. Coaches will do their best to provide playing time for every student. Grammar athletics will work to develop skills and technique as well as introduce the concept and critical need of “teamwork”. And finally, athletics at this stage provides first time excitement of wearing Providence school colors in sports.

At the Logic School stage (7th - 8th grade), we strive to further a love for the game, continue to develop fundamental skills, and help athletes begin to understand and execute more advanced level strategies and schemes. If warranted, try-outs are for the purpose of team placement based on skill and ability. Cuts are discouraged but permissible if based on facility or resource issues. Coaches will do their best to provide playing time for every student.

At the Rhetoric School stage (9th - 12th grades), we strive for our students to be the best they can be with a focus on excellence in execution. Players are put in positions to get the most out of their athletic talent, cultivate leadership skills, and understand “team-first” responsibility. Each head coach will put the collective efforts of the team ahead of individual achievement and will take knowledge, ability to execute, attitude, conduct, and safety into consideration when it comes to playing time. While we desire for each student to play, playing time is not guaranteed in every game. Athletes should not assume that they are guaranteed a spot on a varsity team simply because they participated on the same team in previous years.

Creation and size of teams is determined by many factors including but not limited to the number of participants interested in a sport, facility availability, safety, and coaching resources. Whatever we do, we want to do it well. Decisions will be made on a season-by-season, team-by-team basis if we cannot provide a healthy experience for all parties involved.

1.5 Multiple Sports and Activities

We encourage athletes to be well rounded, participating in different activities both athletically and otherwise. Different sports challenge athletes in different ways, and the skills developed through the training methods used in one sport will often benefit the athlete in another sport.

Regarding multiple sport participation, athletes are encouraged to choose one sport per season (fall, winter, spring) but may participate in multiple individual sports at the same time if good, open communication exists between the athlete, his/her parents, the two coaches involved, and the athletic department. An athlete may not participate in two team sports in the same season. For example, both basketball and soccer are winter sports, and both are team sports. Therefore, the athlete may not be on both rosters simultaneously. See Section 3.4 for reasoning.

2. GENERAL POLICIES

2.1 Sportsmanship

During home contests, we serve as hosts to the visiting team, its students, and spectators. They are our guests, and they should be treated accordingly. At away contests, we are expected to act as invited guests. We will treat the home school’s personnel and facilities with care and respect.

As participants and spectators, we want to cheer for our team, not against the opponent, being modest in victory and gracious in defeat. Additionally, we will regard the rules of the game as an agreement, the spirit and letter of which we should not break. Officials will be treated with respect, and we will accept absolutely and without quarrel the final decision of any official, as well as the outcome of any contest. Much like we do not readily credit an official for a win, we will not blame an official for a loss.

Any member of the Providence community who is a participant or spectator at an event and uses profanity or engages in inappropriate behaviors such as fighting or similar misconduct will be dismissed from the event and is subject to disciplinary action by the school.

2.2 Scheduling

The athletic department does its best to schedule games and practices well in advance of the season. Schedule changes will inevitably occur due to circumstances beyond our control. We prioritize providing all schedules and updates in Stack TeamApp.

2.3 Transportation and Travel

Transportation varies based on the nature and distance of an event. The school may provide a vehicle for some events. Transportation will be updated on Stack TeamApp. Athletes are expected to keep all team areas neat and clean at any given venue. "Leave it better than you found it."

Hotel Stays: *When an athlete receives the privilege of staying in a hotel, he or she must treat the hotel room and property with respect. A reasonable noise level should be maintained so as not to disturb other guests. Athletes are to go **out of their way** to be polite to hotel staff and other guests. Athletes will receive a lights-out time from their coach, and they are to adhere to that time by being in their own room with the lights out. **UNDER NO CIRCUMSTANCES** are men to step foot in ladies' rooms, or ladies in men's rooms.*

2.4 Severe/Inclement Weather

Any changes to published schedules due to bad weather will be updated on the Stack TeamApp as soon as a final decision can be made. If lightning is present during an outdoor event, all parties must be moved indoors. The event can only be resumed if 30 minutes have passed since the last visual evidence of lightning. For outdoor practices, heat and humidity are closely monitored. Where possible, practices will be scheduled in the coolest times of the day. Practices will not be held outside in a heat index of 110 or above.

2.5 Lost and Found

All athletes are expected to be good stewards of all equipment, facilities, and uniforms entrusted to them. All areas utilized for the purpose of athletics are expected to be neat, clean, and left better than they were found. Should an item be lost, it may turn up in the lost and found.

3. ATHLETES

3.1 Requisites for participation

Participation in athletics is a privilege and is contingent on the following:

- 1) Clearance from Previous Sport – Athletes must be cleared from their prior sport before they can begin competing in a sport in the next season.*
- 2) Good academic and moral standing – Athletes may not participate in practices or games if they have failed to achieve the minimum academic requirement or are suspended from school. (See Parent-student Handbook for details).*
- 3) Practice and Game attendance – Once in season, practice is mandatory for all team members. All requests and/or needs for absences should be communicated to, and cleared by, the coach. If an athlete misses more than half of a day of school on the day of a contest, he or she will not be eligible to participate in the game or contest.*
- 4) Documentation – Each Providence High School athlete (grades 9-12) desiring to participate in athletics must have an up-to-date TMS Account and sign the PCS Athletic Handbook found at www.pcsclassical.org/athletics before the first day of participation in any given sport. Up-to-date TMS accounts include a specific TAPPS physical form, which needs to be completed by a physician or physician’s assistant and uploaded to the student’s TMS account at www.tms.tapps.biz.*

Each Providence Middle School athlete (grades 5 –8) desiring to participate in athletics must submit a completed physical to the athletic department and sign the Athletic Handbook found at www.pcsclassical.org/athletics before the first day of participation in any given sport. Physical forms must be completed by a physician or physician’s assistant. The athletic department can provide a physical form if needed. Any sports physical will be accepted. If documentation cannot be completed before participation, the Athletic Department should be provided with an update.

3.2 Age/Grade & Tenure of Eligibility

Students are eligible to participate if (1) he/she has not reached 19 years of age prior to September 1, of the current school year; and (2) initially enrolled in the ninth grade not more than four years ago nor in the tenth grade not more than three years ago. A student may participate in TAPPS contests during a normal program of high school courses over a period of four consecutive calendar years after the student first enrolls in the ninth grade.

3.3 Academic Eligibility

PCS desires to work with parents in supporting students' academic success. Extracurricular activities are an important part of students' overall education and personal development; however, participation in extracurricular activities must not interfere with students' ability to succeed academically. These requirements are intended to encourage students to steward their time and resources well so that they are able to balance and be successful in both their academic and extracurricular activities.

Every athlete participating in the PCS athletic program will be required to meet certain minimum standards for eligibility. Please note that our minimum academic standards are more stringent than those of the Texas Association of Private and Parochial Schools (TAPPS). This serves two purposes: 1.) It ensures that our participating athletes will always be eligible per TAPPS regulations; 2.) It ensures that our athletes will be held to a high standard of academic achievement while participating in the PCS athletic program. These standards apply to athletes, managers, and statisticians. The student must meet the following guidelines to be eligible:

Character requirements – Students participating in extracurricular activities are expected to be in good standing with the students, faculty, and administration of PCS, and to model the self-discipline and behavior consistent with the expectations of PCS students. The administration reserves the right to remove a student from extracurricular participation if warranted. If a student is suspended from school for disciplinary reasons, he or she will be ineligible for participation in extracurricular activities during the suspension and until they have returned to classes.

*Academic requirements – All Providence Classical School students must pass all classes in order to participate in extracurricular activities. The Athletic Department will be responsible for monitoring students' eligibility for any athletes currently in competition seasons and communicating with the appropriate coaches and families. **Eligibility reports will be run***

every two weeks beginning the third week of the first grading period. If a student is failing a class (grade of 69 or below) at the time of an eligibility report, the student and parent(s) will be notified that the student is at risk of becoming ineligible for athletic participation. If the student is still failing a class (the same or a different class) on the next eligibility report or on a report card, the student will be ineligible to participate in extracurricular activities for a minimum of two weeks. All athletes in grades 5 through 12 may practice during the initial period of ineligibility. Should a student continue in an ineligible status at the next eligibility report, the student may forfeit the ability to participate in practices. Clearance to return will be determined by the Athletic Department and Upper School Leadership.

If students are passing all classes at the subsequent eligibility report, they will be allowed to return to full participation. If not, ineligibility will continue in two-week increments until students are passing all classes. Any students who fail a course for the year will be ineligible for extracurricular competition the following academic year until the first eligibility report is run. If the student is passing all classes at this time, the student will be eligible for full participation in any extracurricular activities. If not, the student will remain ineligible until all grades are passing on an eligibility report.

School Absences for Athletic Competition – A student who misses school due to an athletic competition is responsible for keeping up with his/her schoolwork. Any work that is due during a period that the student will miss should be submitted before the class period. Any tests that the student will miss should be taken ahead of time if allowable. Otherwise, the student is responsible for working out an arrangement with the teacher ahead of time for making up the test. Under no circumstances should a student fail to talk with a teacher whose class he/she will miss at least a day ahead of time.

3.4 Time Commitments

In the spirit of being more Christ-like, seeking to honor others above ourselves, a decision to participate in a team is a commitment that must not be taken lightly. A team cannot function properly with an ever-changing roster, as it would be unfair to both coaches and fellow teammates. All athletes are expected to commit to the entire season of a given sport once it begins. This includes all practices, contests, tournaments, playoffs, and any other team activity. Failure to do so could result in forfeiture of eligibility for awards, all-state honors, and letterman's honors.

Regarding all sports levels at PCS, there is a maximum of six days a week commitment. The maximum practice length for all sports is 2 hours. Practice times may be altered due to different circumstances. However, every effort will be made to minimize those occurrences and communication with the team and parents will be made in a timely manner. No team related events will be held on Sundays. Practices and/or games may be held on Saturdays. No teams will have mandatory practices over school holidays. However, voluntary practices may be held during breaks.

3.5 Discipline Policies

All policies for student behavior adopted by Providence Classical School apply to interscholastic athletics. The following policies include academic probation and discipline. Discipline includes positive encouragement and nurture of athletes as much, or more, than punitive measures. The same consequences for disobeying the discipline standard of the school will apply toward misbehavior during interscholastic athletics.

When discipline is necessary, the coach may administer any of the following options (while not limited to these options):

- *Suspension from a game*
- *Suspension from multiple games, with the approval of the Athletic Director*
- *Suspension from the team, with approval of the Athletic Director*

Parents will be notified of all major disciplinary actions. The coach is responsible to immediately notify the parents and the Athletic Director of any disciplinary actions taken. Athletic fees will not be refunded.

3.6 Ejections

Any ejection from a game by an official could result in a suspension from the next game. This applies to coaches, students, and parents. Providence Classical School parents should not approach an official or coach to discuss any issues before, during, or after a game or match. Appeals will be processed through the Athletic Director. Any ejection decision by an official will be adhered to by the coaches, parents, and athletes.

3.7 Departure from a Team

There are three types of departure from a team:

1. *Leaving a team – season ending injury, poor health status, family emergency or academic performance all may lead to permissible departure from the team only after being discussed between parents, the head coach, and/or Athletic Director. The athletic fees will not be refunded if the athlete has competed in one or more games or competitions.*
2. *Quitting a team – quitting for any reason, a player must inform the coach of their decision to quit. The athletic fees will not be refunded if the athlete has competed in one or more games or competitions.*
3. *Being dismissed from a team – regardless of reason, any player who is dismissed from a team for misconduct, rules infractions, or disciplinary reasons will not be eligible to play in the following season sport. Athletic fees will not be refunded.*

3.8 Injuries

Providence Classical School has partnered with Memorial Hermann to provide certified trainers at its home contests. The trainer should be notified in the event of any injury incurred during competition and will make the appropriate recommendations for treatment. Injuries incurred at away contests are typically addressed by the opposing school's trainer. For injuries that occur in practice or otherwise, families should proceed to the emergency room and/or their primary care physician. Coaches should be notified of all injuries. Injured athletes must be medically cleared by their doctor prior to returning to practice or competition. Written clearance should be submitted to the Athletic Department. No treatment and/or rehabilitation program should be discontinued unless authorized by a doctor.

Injured athletes are required to attend practices unless being treated and/or rehabilitating an injury, or as approved by the Head Coach. It is the player's responsibility to communicate with the coach.

3.9 Athletic Uniform and Dress Code

Athletes are issued team uniforms and are expected to be excellent stewards of them. If a uniform is lost, another uniform will be issued (if available) once the lost uniform has been paid for in full. Damaged uniform pieces will need to be replaced at the expense of the athlete. The replacement cost of each uniform piece (top or bottom) is a minimum of \$50. Athletes should make every effort to return all uniform pieces.

For the purpose of promoting our home game/competition attendance, athletes will be permitted to wear sport team uniform jersey to school on Home Game days. If a team is continuing on to play in the playoffs, Regionals, State, etc., jerseys may be worn even though these competitions may not necessarily occur at home. All team members will be expected to wear the same top and dress in accordance with the PCS school dress code. ONLY a plain white or plain black T-shirt may be worn under the athletic jersey of any sport. Violation of these rules will result in the same consequences as other dress code violations.

All team members should look the same when entering away contests. All practice wear should be school-appropriate. Athletes are expected to be neat, clean, well-groomed, and in proper uniform whether at school, practice, competition, or traveling with a team.

3.10 Lettering Policy

Varsity Letters are earned for significant contributions to a varsity team (not sub-varsity) either in playing time or servant-leadership. Being on a varsity roster does not mean that a varsity letter will be earned. Athletes in grades 9-12 can earn a varsity letter in a sport under these qualifications:

- Playing/Participation Time – varies by sport as agreed upon by the Varsity Head Coach and Athletic Director. These requirements will be communicated to athletes and their parents at the beginning of each sport season.*

OR

- Servant-Leadership – for those team members who may not meet the minimum playing time requirement or who serve in a capacity of team manager or statistician, may qualify for a varsity letter under servant-leadership by demonstrating commitment, positive attitude, and enthusiasm and serving the team in a significant way throughout the season, as decided by the Head Coach.*

AND

- Completion of season – a team member must complete the season on the team’s roster. If a player quits a team or is dismissed from a team, he or she will not qualify for a varsity letter. If an injury or season-ending injury impacts the minimum playing/participation time qualification, then it is up to the discretion of the Varsity Head Coach and Athletic Director to determine whether or not the playing/participation time qualification would have been met based on to-date contribution at the time of the injury.*

Letter jackets may not be purchased prior to an athlete earning his/her first varsity letter, regardless of season in which they earned it. The Athletic Department keeps on-file a list of athletes that qualify for varsity letters and will notify athletes and their parents within one week of the end of the sport season in which he/she participates who has qualified for a varsity letter.

3.11 Off-Season Expectations

We cannot have successful athletic programs without a strong commitment to strength and speed training. High school athletes are expected to work hard on improving strength and speed throughout the school year, whether they are in or out of season. Program Directors (Varsity Head Coaches) will, in accordance with league rules, provide both voluntary and/or mandatory workouts for athletes to train throughout the year. Open Weight room hours will be communicated regularly.

Athletes are expected to give the in-season sport in which they are participating priority and are not expected to train for another school sport during that season. Any organized training for another sport during the season in which an athlete is participating (such as an open facility or league) should be cleared with the current in-season head coach. Regardless of in-season versus out-of-season status, an emphasis will be placed on strength and speed training, both of which are highly encouraged for all 9th-12th grade athletes throughout the school year.

During the summer, all athletes are expected to work on and develop their athletic abilities, understanding that family and personal time take priority. There are various opportunities (at school and outside of school) for athletes to train when they can. If a athlete is in town and not committed to a family activity, they are encouraged to be engaged in some sort of personal strength and speed development program.

3.12 Locker Room Guidelines

- *Locker rooms are to remain locked until the coach/locker room supervisor is ready to supervise. Locker Rooms are locked again once all athletes are out.*
- *Supervising may occur inside the locker room if necessary.*
- *Belongings left behind in the locker room may be discarded or taken to lost and found.*
- *Providence Classical School is not responsible for lost or stolen items.*

- *Always shower and change as quickly as possible honoring others above yourself.*
- *Dry off before leaving the shower area to avoid tracking water.*
- *Comments made about others' bodies whether in jest or not will not be tolerated.*
- *Overuse of body spray, deodorants, or perfumes will not be permitted.*
- *Share the mirrors.*
- *Phones and other electronic devices including any type of headphones are not permitted. PCS is legally obligated to report any videos or pictures taken in a locker room or bathroom to the police.*
- *Only water is permitted in locker rooms. All other food, gum, candy, and beverages are not.*
- *Horseplay, running, fighting are not permitted in the locker room. This includes towel snapping, throwing objects, standing on or climbing benches, etc.*

4. PARENTS

4.1 General Statement

Without a doubt, parents are the most influential models for young athletes. From a parent's conduct to the place sports plays in the family order of life priorities, parents make the biggest impact on a young person's athletic experience. Not only are parents influential, they are critical to the success of our athletic programs. The Athletic Department depends on parents to come alongside all the sports teams to serve in one or more of a variety of volunteer positions throughout the year. Team parents, travel coordinators, drivers, overnight chaperones, statisticians, scoreboard operators, videographers, concessions, admissions, field/gym preparation or close down are just a few of the opportunities that provide much needed help and good community time between parents. Serving within the Athletic Department also sets a good example for our athletes.

Volunteer positions will be filled on a first come-first served basis. If volunteer positions are not filled, they will be assigned by the Athletic Department to a family on the roster. That family would then be responsible for finding a replacement if needed. Be sure to sign up early and often.

4.2 Presence at Games, Practices, or Tryouts

Attending Athletic Events: Sporting events are great times for developing a sense of community among our families at PCS, but they are also a critical time for parents to keep an

eye on their children, especially the very young. With the size of our school, everyone who attends cannot know everyone else at our sporting events, so it is imperative parents watch their children. Appropriate behavior from young children is expected. Please do not allow your children to run freely in the gym or across the field or anywhere else on PCS property before, during, or after sporting events or programs.

The coach's classroom is the court, field or track, usually with undefined walls, making it easy for parents to naturally move close to the action. Parents should be interested, supportive observers from a distance. The coach needs room to be able to instruct, and the players to perform, without distraction from the stands. Distractions only yield poor results. Cheer them on, yes! Coach or yell at them, no! It is important to athletes that, if possible, parents are present at games, both home and away. A parent's attendance tells the child that he/she cares and that they want to share in the joys and frustrations which are a part of competition. It also gives parents an opportunity to develop a bond with their child and other parents and to observe their progress made throughout the season. Practices and tryouts, which are considered valuable instructional and evaluation time, are closed to all non-team or program personnel, unless previously approved by the Head Coach. Invited guests are expected to refrain from disrupting tryout or practice sessions, and from interacting with players and/or coaches.

Providence Classical School parents are expected to display team spirit, loyalty, and good sportsmanship.

Coach as Leader: Each coach is prayerfully and thoughtfully considered, interviewed and hired and therefore has the authority over our children in each given sport. Parents and athletes must trust that coaches try to make the best decisions for the team as well as the individuals that make up the team. Coaches are with the team daily in practices and in competition, evaluating character and performance, and therefore will make judgment decisions based on what they feel is in the best interest of the team. Playing time, players' positions, and strategy should be left to the discretion of the coach. Parents should help their child understand that being a team member means accepting the coach's decisions even when he or she may not agree.

It is also important to remember that neither coaches nor parents are infallible evaluators of talent, nor are either perfect game strategists. A team does not function well with non-coaches

trying to coach. Parents should not place a child in a tough spot of having to decide who they are going to listen to, their coach, or their parent. Yielding to authority is a biblical lesson that our children will learn from for years to come.

4.3 Communication – Internal

Direct communication between the coach and players is very important and is usually the best way for any questions to be answered or conflicts to be worked through. Inevitably, there will be times when a meeting between a parent and a coach is warranted. Please send a private message on Stack TeamApp or e-mail the coach to arrange a convenient time for a phone conversation or meeting. We request that the 24-hour rule be exercised – wait 24 hours after a game or competition before speaking to or sending messages to coaches or the Athletic Department.

In accordance with the biblical principles found in Matthew 18 and James 3, Conflicts should be carefully and respectfully handled with a belief that all involved are motivated by good intentions. A meeting with the coach is an opportunity to exchange information and respectfully discuss any concerns or questions that you may have. Ideally, the meeting will promote better understanding and communication, but the meeting should not be viewed as an opportunity to convince the coach that your child should be playing more, playing a different position, or that the coach should be employing a different strategy. After the meeting, just as before the meeting, your support of the team and the coach is expected. If there is a significant issue that you believe requires additional discussion, then the Athletic Director, coach, and parent can meet to resolve the issue.

If issues cannot be resolved after meeting with the Athletic Director, an additional meeting including the Head of School, along with the Athletic Director, coach, and parent will take place.

4.5 Communication – External

Parents should never contact opposing schools, officials, or the TAPPS office to voice complaints over athletic contests, opposing players, coach or fan behavior, or officials. All concerns and/or opinions should be communicated directly to the Athletic Director.

External communication such as social media posts, advertisements for events, etc. will be designed, created, and communicated by the PCS Athletic Department and Marketing Department.

4.6 Financial Expectations

Expenses for athletic programs fall into two categories – athletic participation fees and “other” expenses. Athletic participation fees vary by sport. Athletic fees do not cover the full expense of any athletic program. Fees assist in supplementing coaches’ stipends, outside facility rentals, uniforms, tournament fees, officials, entry fees, travel, and lodging for overnight events.

Other expenses are personal expenses that might include additional equipment, garments or shoes that the athlete may want in order to participate, pre- or post-game meals, end-of-season coach’s gifts, yard-signs, post-game celebrations, and possible overnight travel.

5. LEAGUES

5.1 TAPPS

Providence Classical School participates in the Texas Association of Private and Parochial Schools (TAPPS) for grades 9 through 12. Chartered in 1978, the Texas Association of Private and Parochial Schools (TAPPS) serves to organize, stimulate, encourage and promote the academic, athletic and fine arts programs in an effort to foster a spirit of fair play, good fellowship, true sportsmanship and wholesome competition for boys and girls. From a humble beginning of 20 member schools, TAPPS has grown to a membership of over 230 schools with a combined enrollment of over 40,000 students.

Parents must provide PCS a signed consent form each year to allow their son/daughter to participate in any TAPPS event. This consent is provided by keeping an up-to-date TMS Account each school year.

Parents may film any game in which their son/daughter participates, but the film/videotape may not be viewed by the athlete or coaches until the game is over. Parents may not film any contest in which their son/daughter is not participating.

No member of the Providence community should engage in the inducement of non-Providence students for the sole purpose of athletic participation. Inducement includes but is not limited to providing or arranging the payment of tuition, lodging, transportation, payments of cash or promise of a college scholarship.

5.2 HAPS

Providence Classical School participates in the Houston Area Private Schools (HAPS) for grades 5-8. HAPS is an athletic league for middle school aged students from Houston area private schools. HAPS is comprised of ten different schools and associations whose goal is to provide the best opportunities for youth to participate fairly and safely in sports.

6. WEIGHT ROOM RULES

- 1. A coach must be present when students are in the weight room.*
- 2. The Weight Room is for PCS Upper School students, employees, and approved guests.*
- 3. Employees and approved guests exercise at their own risk.*
- 4. Weight Room orientation is required before first use.*
- 5. No horseplay, pushing, hanging out, or distracting other athletes.*
- 6. Proper attire must be worn (modest apparel, shirts, closed-toe shoes, no cleats).*
- 7. Student use of electronic devices is prohibited in the weight room.*
- 8. Music is selected by the coach.*
- 9. Only water is permitted. All other food, gum, candy, and beverages are not.*
- 10. Spotters and collars are required at free lifting stations (bench and squats).*
- 11. No slamming or dropping weights.*
- 12. Weights must be put away immediately.*
- 13. Wipe down equipment after use. "Leave it better than you found it."*
- 14. Bags must be placed in their designated area.*
- 15. Report any injuries or equipment failure to the coach.*

Providence Paladin Athletics Acknowledgement of PCS Athletic Handbook

The following are the expectations for athletes and parents at PROVIDENCE CLASSICAL SCHOOL:

Participation in athletics (as in any extracurricular activity) is strictly a privilege. Therefore, high academic and behavioral standards must be maintained by students. It is important to remember that we and our students represent Christ first and foremost, and that conduct must be reflective of our relationship with Christ and one another. Therefore, if a student does not maintain these standards, he/she will not be permitted to participate in athletic competition until humble repentance is exhibited. The content of the Athletic Handbook is an effort to maintain those standards in a way that would honor our Savior and His finished work on the cross, namely, that He has called us unto Himself as image bearers. Let us reflect His image accurately.

The guidelines provided in this handbook are designed to promote leadership qualities and the pursuit of excellence, and to ensure that Providence Classical School athletic programs demonstrate high standards and a distinctly Christian culture and way of life that reflects well upon our school and our Savior.

By affixing our signature(s) below, we acknowledge that we have read and understand the guidelines set forth in this Athletic Handbook. We further agree to adhere to these guidelines because they are consistent with the vision of the school and are important qualities to instill in our athletes.

Click here to acknowledge reading and understanding this document.

<https://forms.office.com/r/SAWGuE7FER>