

Philadelphia-Montgomery Christian Academy



Athletic Handbook

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PMCA ATHLETIC HANDBOOK

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Vision Statement

The vision of Philadelphia-Montgomery Christian Academy (hereafter PMCA) is to train ambassadors and disciples of Christ who are thoughtful, responsible, and biblically literate stewards of God's gifts and calling.

The athletic program at PMCA provides an important context for training children to be these disciples and ambassadors. Students are given opportunity to put into practice the principles taught within their homes, schools, and local churches. Athletics offers another means to bring glory to God (I Cor. 10:31), preeminence to Christ (Col. 1:18), and dependence upon the Holy Spirit (Gal. 5:16).

Interscholastic athletics are not just recreational, they are extended curricula. Education through athletics is not only possible but necessary. Athletic activities help students grow in the decisional dimension of learning – the realm of options, choices and commitments. Because children learn by precept and practice, a Christ-centered athletic program guides students to understand, choose and practice personal integrity, cooperation, self-respect, responsibility and perseverance.

Although the structure and design of the athletic program will vary at different developmental levels, the basic tenets will remain the same. Each athletic experience should accomplish the following:

- **Participants will understand that their bodies are an integral part of the total human being created in the image of God.** They will learn to value the body as a God-given, priceless possession through which to live the Christian life.
- **Participants will refine their physical fitness and sports skills.** This refinement will equip athletes to compete in specific sports and will instill in them a desire to pursue health and fitness throughout their lives.
- **Participants will learn to control their emotions and actions in a Christian manner.** They will learn to transfer this self control to non-athletic activities. They will learn the importance of self-discipline by adhering to rules and regulations.
- **Participants will learn the joy of team membership.** They will learn their responsibilities to each other, their coaches, the spectators, the school community they represent, and their opponents.
- **Participants will learn that competition can be enjoyed and should be used to assist in becoming the persons and community the Lord wants them to be.** On the other hand, competition is not to be used to show superiority or to degrade another person.

It is our prayer that participants in the athletic program at PMCA will be able to echo the sentiments of Olympic champion, Eric Liddell, "God made me for a purpose... He also made me fast! And when I run, I feel His pleasure."

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Organizational Affiliation

PMCA is a member of the Bicentennial Athletic League (BAL) and the Pennsylvania Interscholastic Athletic Association (PIAA). BAL members include:

Full Member Schools

Bristol Senior High School
Calvary Christian Academy
Christopher Dock Mennonite School
Devon Preparatory School
Holy Ghost Preparatory School
Jenkintown Middle/High School
Lower Moreland High School
MaST Community Charter School
Morrisville Middle/High School
New Hope-Solebury High School
Philadelphia-Montgomery Christian Academy

Associate Member Schools

Girard College
Lansdale Catholic High School
Perkiomen Valley High School
St. Pius X High School

Sports Offerings at PMCA

Fall	<u>Boys</u>	<u>Girls</u>
	Cross Country (MS & HS)	Cross Country (MS & HS)
	Soccer (MS, JV & HS)	Soccer (MS & HS)
		Tennis (MS & HS)
Winter	<u>Boys</u>	<u>Girls</u>
	Basketball (MS, JV & HS)	Basketball (MS, JV & HS)
	Wrestling (MS & HS)	Cheerleading (HS)
Spring	<u>Boys</u>	<u>Girls</u>
	Track & Field (HS)	Track & Field (HS)
	Baseball (MS & HS)	Softball (MS & HS)
	Tennis (MS & HS)	

Levels of Competition

Athletic ability and the ability to handle competition in a Christian manner depends on a student's level of maturity. Instructing athletes of different ages requires tact, understanding, and awareness of age-appropriate responses to athletes. We believe that creating an awareness of

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sport in the elementary grades is important. At this level we want all children to participate. Opportunities for elementary children come through Field Day, physical education classes, the playground and through camp opportunities.

Upon entering middle school, expectations change slightly. While there is still a primary emphasis on participation, we also promote a greater awareness of competition. For example, at the middle school level students may be “cut” from an athletic team. While cuts are painful for coaches, for those who try out and for their parents, it is sometimes recognized that there is not enough playing time and positions available for a large number of players. Coaches take care to speak with students who have been cut to explain reasons for the decision. At the middle school level it is a goal to play each member of a team in each regular season game. However, there is no guarantee of how many minutes each athlete will compete. (It should be noted that everyone participates fully during practice sessions at each level.)

At the junior varsity level competition takes on greater significance. At this level there is no guarantee of playing in every game and cuts are made. The team is typically made up of 9th and 10th graders. In some cases students from 11th and 12th grades may play on junior varsity teams. To allow for a middle school student to play on a high school team, permission must be granted by the majority of the administrative team as well as by the parents.

The varsity level is our highest level of competition. PMCA expects varsity athletes to recognize that each contest is one in which they attempt to achieve at the highest team level. However, that goal will not circumvent our responsibility to show utmost respect for our opponents and must never result in exaggerating a victory or overly agonizing in defeat. Our goal is to represent the Lord faithfully, with each athlete working within the context of team play so that the team has the best opportunity to achieve its ability level.

Players who are cut from a team

Coaches determine which players will make up a team. There are maximum numbers of players allowed on each team at all levels of play. When the number of players trying out for a team exceeds the maximum we do make a “cut” which means some players will not make the team. It is the responsibility of each coach to meet individually with players who are cut, explain why the cut was made, and answer any questions the student-athlete may have at the time.

Playing time

Athletes often wonder how much time they will get to play in each athletic contest. Determining such matters is up to each individual coach; however there are some general principles to which we adhere. Since active participation is one of our chief concerns at the middle school level, it is a goal to see our student-athletes participate in as many contests as possible. At the high school level we realize dealing with competition and role playing within a team setting will result in some athletes not playing in contests. We do, however, strive to play athletes according to the coach’s best judgment.

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Sportsmanship

Hand in hand with the vision for our athletic program is our understanding of sportsmanship. Sportsmanship is a measure of the understanding one has for the contest and his/her commitment to fair play, ethical behavior, and integrity. Good sportsmanship is required of everyone associated with PMCA, including our fans. Athletic participants and spectators should come to appreciate all good plays, whether by our team or our opponent's team. Loud, positive and aggressive enthusiasm directed toward our own team is welcomed and expected.

Coaching Policies

Hiring coaches

When hiring coaches, PMCA first considers full-time employees of the Academy who meet qualifications required for coaches. After considering full-time employees, we then consider part-time employees followed by members of our school family and finally members of the Christian community. All individual coaches must be approved annually by both the Head of School and Athletic Director. Coaches must attend required meetings as identified by the Athletic Director.

Training coaches

We believe it is important to have well-trained coaches at PMCA. To foster an environment that will produce excellence, we require that:

1. Varsity coaches seek out coaching clinics in their area of expertise.
2. Varsity coaches gather with other coaches in the same sport at PMCA, as often as the Athletic Director deems necessary, to go over program philosophy, style of play, expectations of skills to be taught at each level of participation and other general information.
3. The Athletic Director completes an evaluation of all coaches.
4. All coaches attend a PMCA sponsored clinic on the prevention and care of injuries.
5. Varsity coaches are required to attend a P.I.A.A. rules committee meeting at designated time.
6. There will be a preseason coach's meeting with the Athletic Director(s) and/or Principal in order to go over items of importance for the upcoming season.

Coaches bear a great responsibility to teach a Christian perspective on athletic competition. We compete to win, but remember that the prize does not have eternal significance, nor should the search for a prize be at the expense of Christian commitment.

Co-Curricular Eligibility Requirements

At the conclusion of each week, teachers will report all grades to the guidance counselor. As per the P.I.A.A. ruling, a student who is not passing four full-credit subjects in any given week may not participate in interscholastic competition until the next weekly report comes out. The administration will make the final decision on co-curricular eligibility.

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Behavior & Academic Requirements

Please refer to the Parent-Student Handbook section “Restriction/Probation” which outlines consequences for students having problems in the areas of attitude, behavior, or academics.

Required Forms

PIAA Comprehensive Initial Pre-Participation Physical Evaluation (6 sections // 7 sections for wrestlers)

All athletes are required to return this form to the office before they are allowed to practice or play in any contest in a new school year. Section 1 is personal and emergency information; sections 2-4 are for the doctor’s physical; section 5 is to be filled out for each additional sport; section 6 is only needed if the principal deems it necessary; and section 7 is for wrestlers. The form will normally be made available via the school web site or if needed through the Athletic Director’s office.

Code of Athletic Responsibility

Every student who participates on an interscholastic team at PMCA is required to co-sign along with their parent(s) a compliance with the standards of our athletic code. (See Appendix A) Coaches will explain the code to their players and help hold them responsible for it. This must be turned into the office along with the P.I.A.A. Comprehensive Initial Pre-Participation Physical Evaluation.

Tryouts

Students will be informed of pre-season tryouts through the daily announcements. Any interested student is eligible to try out. Contact the Athletic Director’s office for starting dates.

Practices

The coaching staff realizes that players have other responsibilities in life besides participating in athletics. They will strive to be reasonable in demands on energy, time, and enthusiasm. All athletes are expected to be at practices called by the coach during the school week (Monday through Friday) throughout the regular season.

Saturday practices

There will be no Saturday practices without the approval of the Athletic Director. (We do not allow practices on Sunday under any circumstances.) If approval is given for a Saturday practice, the athlete is expected to be in attendance. If the athlete is involved in a family, church, or work-related activity, he/she will be excused without penalty if prior notice is given.

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Off-season/summer practices

During the off-season/summer, athletes have a wonderful opportunity to improve their skills, a practice PMCA encourages. Thus, each athlete is expected to attend off-season/summer practices that are called by the coach. If the athlete is involved in family, church, or work related activity he/she will be excused without penalty from such a practice.

Holiday season practices

These are practices held anytime during the school year when classes are not in session. Please refer to the off-season/summer practice policy. That policy applies to holiday practices.

Length of practices

The length of practices will be determined by each coach and communicated to the student-athlete in advance. Practices typically will not exceed two hours.

Dual-Sport Participation

As a general rule, student athletes are encouraged to commit to and compete in only one sport per season. Under special circumstances, a request to participate in two sports during a particular season may be considered. Please see the Dual-Sport Athlete Application form for specific details and regulations. (Appendix B)

Summer Camps

PMCA encourages student-athletes to participate in individual summer camps. However, they are not mandatory and will not preclude an athlete from trying out for an athletic team during the upcoming year. There will be non-mandatory team camps PMCA participates in as well. It will be up to individual coaches to determine whom they invite to team camp since there are only a limited number of players allowed for each team. The Athletic Director must approve all team camps and all school-sponsored individual camps. Participation in all camps falls under the authority of PMCA as outlined in the Parent-Student Handbook.

Transportation

After practice

It is the parent's responsibility to arrange for transportation following practices. Athletes are expected to be picked up immediately after a practice session. Please be prompt. Coaches are required to supervise their athletes until the last one has left the school premises. The Fall and Spring pick-up time is 5:00 p.m. Winter practice session times vary. The coach will notify you of the precise time for pick-up.

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After games

The school will provide transportation to and from all away competitions. Athletes are expected to take the transportation provided to and from the game; however, the athletes will be allowed to ride home from the game site with his/her parents (guardians). Coaches will notify their players of the precise time for pick-up. Again, please be prompt.

PMCA requires that all students wear a seatbelt when riding in one of PMCA's vans. Drivers of the vans will enforce this rule. We will not carry more players than our seatbelts will accommodate.

Locker Room

Each athlete will be assigned a lock and locker for daily use. A \$5.00 refundable deposit is required. Students are strongly encouraged to keep their valuables safely locked away.

Uniform Rotation

PMCA strives to ensure that all of the athletic teams represent the school well in appearance as well as performance. To accomplish this goal we have placed all teams on a rotation for the purchase of new uniforms. This allows us to keep all our teams well- equipped. With this policy in place we do not allow individuals the latitude of purchasing uniforms on their own. The purchase of accessories such as socks, shoes, shorts, etc. are the responsibility of the individual athlete and must coordinate with the rest of the team according to standards established by the coach. All team uniforms must be cleaned and returned to the athletic office after the last game of the season. Students may not play another sport until their uniforms are returned or paid for.

Awards Night

There will be three seasonal Athletic Awards Nights. They will be held shortly after the conclusion of the Fall, Winter, and Spring sports seasons. Athletes and their families are invited to attend this evening of celebration during which PMCA recognizes the athletic teams and individuals for their accomplishments. All athletes are expected to come dressed in special event dress code as described in the Parent-Student Handbook.

Parent Involvement

Parent meeting

After the teams have been determined, the coach will call a parent meeting to go over logistical matters. This meeting will usually occur following one of the initial practices of the season. During this meeting the coach will go over his/her expectations for athletes and desires for parents in regard to the athletic season at hand. Parents will also be given opportunity to ask questions of the coach.

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Booster club

PMCA has an active athletic Booster Club. The members of the Booster Club give organizational and financial support to our program. The Booster Club is comprised of all parents who have athletes participating in a sport at PMCA.

Concessions

Parents of athletes are expected to serve the athletic program by either selling concessions at home games or by occasionally taking admission. The Booster Club sets up a rotation and mails the schedule to the parents of each athlete informing them of the date, time and responsibility they will have for a given contest. In the event of a scheduling conflict, it is the parent's responsibility to arrange for a suitable replacement.

Prayer Support

Rest assured that your child will be loved and prayed for during his/her time of membership on a PMCA sports team. The coaching staff earnestly requests parental prayer support as well. Remember, it is our desire to bring glory to God, preeminence to Christ and live in dependence upon the Spirit.

Appendix A

PHILADELPHIA-MONTGOMERY CHRISTAIN ACADEMY CODE OF ATHLETIC RESPONSIBILITY PART I

At Philadelphia-Montgomery Christian Academy (PMCA) we feel that athletics are an integral part of the educational program and that each student should have the opportunity to participate in some form of competitive athletics. We know that the athletic program complements the total school program and is another avenue of personal Christian growth and commitment.

All of the objectives of the athletic program must be directed toward the positive development of each of the participants. These objectives are sought and directed by committed and dedicated and competent coaches. The objectives of the athletic program are:

1. Development of Christian qualities, physical fitness and skills

Participation in athletics under qualified coaches serving as models of Christian maturity will improve a participant's physical condition and cause him/her to develop physical skills. Success and achievement in competitive sports will often influence better academic achievement.

2. Development of moral qualities

Athletics will help to develop a sense of responsibility to Jesus Christ, the school, the team, the coaches, and to their fellow teammates.

3. Development of social qualities

Boys and girls participating in athletics develop self-respect, sportsmanship, a sense of co-operation, teamwork, confidence and positive Christian traits as they depend on God for their strength. Many fine friendships are often developed with other members of the team, some lasting into adult life.

4. Development of emotional maturity

Each athlete learns self-control and self-discipline. An athlete becomes conditioned to emotional situations and is better able to face them and similar conditions without falling apart or quitting. It teaches how to lose as well as how to win.

5. Development of academic qualities

Each athlete is expected to do his/her best in each academic subject. In order to participate the athlete may not be failing more than two subjects. Athletes must also realize they represent Christ in the classroom conduct as well as their conduct on the field of play. Continual misconduct may result in action by the athletic board (code II e).

6. Development of the life style that is reflected in Hebrews 12:1-3

“Therefore, since we have so great a cloud of witnesses surrounding us, let us also lay aside every encumbrance, and the sin which so easily entangles us, and let us run with endurance the race that is set before us, fixing our eyes on Jesus the author and perfecter of faith, who for the joy set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God. For consider Him who has endured such hostility by sinners against Himself, so that you may not grow weary and lose heart.”

**PHILADELPHIA-MONTGOMERY CHRISTAIN ACADEMY
CODE OF ATHLETIC RESPONSIBILITY
PART II**

In view of the distinctly Christian commitment of PMCA, it must be recognized that any person representing our school in athletic activity must accept responsibilities toward God, himself, his team, and his school. Each athlete is, therefore, enjoined to practice the following:

- A. Realizing that man's primary purpose is to glorify God in everything he does, your participation in athletic activity must also witness to this fact.

- B. Realizing that your bodies are temples of the Holy Spirit, you must endeavor to maintain yourself in excellent condition by:
 - 1. Proper rest
 - 2. Proper diet
 - 3. Achieving through conscious all-out effort, the strengthening of the skills and endurance necessary to compete at the highest level of your potential
 - 4. Abstaining from the illegal consumption of alcoholic beverages, from using tobacco products or illegal narcotics, or from misusing legal substances
 - 5. Abstaining from any activity detrimental to your physical, mental, or spiritual welfare

- C. Realizing that you will be involved with others, either as teammates, competitors, or spectators, the following is applicable:
 - 1. In all competition, exhibit good sportsmanship and courtesy. Other teams are not the enemy, but rather fellow students trying to do their best as you are.
 - 2. Show proper respect for officials regardless of personal feelings on the validity of a decision.
 - 3. Abstaining from all forms of profanity on and off the athletic field.
 - 4. Encouraging others by word and deed, both in practice and in competition, to achieve the goals we have set forth.
 - 5. Attend each and every practice session unless excused.
 - 6. After making a commitment to any athletic team you should consider membership permanent. Any player who quits a team will not be eligible to participate in another cocurricular sport for that season and may face additional disciplinary action.

- D. Realizing that you are in a unique position to influence the student body and the community, you should remember that you are representing the school and therefore should make it your desire to uphold its good name and the goals it sets forth.

- E. An Athletic Board, consisting of all coaches plus the Athletic Director, has been formed to deal with violations of the Athletic Code.

PHILADELPHIA-MONTGOMERY CHRISTIAN ACADEMY

35 Hillcrest Avenue
Erdenheim, PA 19038

To: All Philadelphia-Montgomery Christian Academy Athletes

Re: Code of Athletic Responsibility and Application of the Code

To signify your acceptance of responsibility for the program and your commitment to it, we ask that you carefully read the statement and sign that you accept it on the form provided. Please note that parents are required to sign this form as well; indicating that they have read the Athletic Handbook and will endeavor to encourage their son/daughter to comply with the standards found within and also will comply with these standards themselves.

Philadelphia-Montgomery Christian Academy
Athletic Board

I have read and accept and agree to live up to the standards of my school's athletic code.

Student printed name

Student signed name

Date

Parent(s) printed name

Parent(s) signed name

Date

Sport(s) participating in

Appendix B

PMCA Athletic Department
Dual-Sport Athlete Application
(For participation in two sports during the same season)

Last Name: _____ Grade: _____

First Name: _____

Primary Sport: _____ Secondary Sport: _____

I recognize the commitment I have made to the above named sport programs and the expectations placed on me by my coaches.

Student-Athlete Signature: _____

I approve of my child's participation in the above listed sports. I have discussed with my child's coaches the expectations that will be placed on my child.

Parent/Guardian Signature: _____

I am willing to work with the student-athlete and my coaching colleague to provide an opportunity for this student-athlete to participate as a dual-sport athlete.

Primary Coach: _____

Secondary Coach: _____

**Coaches must compose a practice/game schedule for the athlete indicating where the athlete should be each day.

Approved by Athletic Director: _____ Date: _____

Approved by Head of School: _____ Date: _____

Not Approved (Reason): _____

