

NORTHEAST BAPTIST SCHOOL

KNIGHTS ATHLETICS

CHAMPIONSHIP PHILOSOPHY

The goals of the Athletic Department are aligned with the overall goals and mission of Northeast Baptist School. The athletic programs are an extension of the school. Athletics is an opportunity to live out our Christian values, beliefs, character and integrity. Sports provide an opportunity to develop our students to become productive citizens and to develop their abilities and attitudes for success in life. We believe that athletics should be regarded as a crucial part to the total education package of our school and an extension of the classroom. We feel as though developing physical capacities complements the intellectual, emotional, and social development of our students.

We encourage student participation and want to involve as many of our student-body as possible in a Christian-focused, competitive, **Championship-minded** experience. Playing sports at NBS is a privilege, not a right. All participants regardless of ability will have the opportunity to develop their work ethic, social skills, sense of commitment, and athletic skills.

Championship Culture Pledge:

1. I will develop positive, productive academic habits and give my best to my schoolwork.
2. My program habits will include playing procedures, physical conditioning, and a 'passion' for playing the game of the individual sport.
3. I will display excellence, effort, leadership, and good sportsmanship at all times.
4. I will speak well of my team members, school families, community, and myself.
5. I will support the coaches, referees, and others involved in the athletic program.
6. I will develop my personal relationship with Jesus so that I am following his lead in all areas of my life.

PRIORITIES

- Student athletes need to be committed to spiritual growth both at church and personally.
- Always respect your parents and guardians. Listen and follow their guidance.
- Athletes must complete their academic student work.
- Sportsmanship is expected from all associated with NBS Athletics – athletes, coaches, teachers, parents, and spectators. The safety of the athletes should be first and foremost. We will never sacrifice our character or student safety for winning.

Athletic Director

Thomas McBroom - Coach 'Mac'

ALL SPORTS GENERAL GUIDELINES

ATHLETIC ELIGIBILITY

Each student participating in the athletic program will be required to meet and to maintain certain minimum standards in the areas of academics, participation, and attitude.

Coaches have the right to have try-outs before the start of the season when the interest in the sport exceeds our school's capacity to train, coach, or play. (space, uniform and travel limitations). In this case, the coach must present to the Athletic Director how they will be conducting try-outs and any perimeters on how potential team players will be evaluated for making the team.

The students must follow this guideline to become eligible to participate in practice or in games as an athlete or manager/statistician:

Eligibility - You are responsible for your eligibility. You make sure you have taken care of your responsibilities in the classroom and at home.

- Sports eligibility will be determined by the previous semester average of all courses taken. Those semester grades must be a 'C' (2.0) average with no failing grades. Summer school grades may be used to improve the previous Spring semester average. Because NBS has a Repeat/Delete policy, grades may also be deleted and repeated.
- A student with a failing grade or below a 'C' average will be placed on Academic Probation(AP) for a quarter. Students on AP will be allowed to practice.
- The grades of a student on AP will be reviewed on the third Tuesday following the completion of the quarter. If after that review, the grades have improved to above a 'C' average with no failing grades, the student may participate in games again for the following 3 weeks. Their status at that point is Pending Academic Probation(PAP). The grades of that student will be checked again each 3 weeks until the next report card is released. If a student's grades fall below a 'C' average or have any failing grades, that student will return to AP.
- A grade check to determine eligibility will take place just prior to the sport.
- A student must be in attendance a minimum of 3½ hours at school or at Dual-enrollment classes to be eligible to participate in practice or games OR have an excused non-illness absence. (ex. Funeral)

RULES OF CONDUCT

1. **General Guidelines** Do not be involved with any activity that would embarrass the team or the school. Remember everything you do reflects on Christ, Northeast Baptist School, and your family. Think before you speak or act. You are responsible for your choices. Any suspension from school will affect your athletic opportunities.
2. **Athletic Dress** Wear to practice whatever the coach says is the assigned practice clothes. To NBS workouts, wear NBS T-shirts and sport-specific clothing. Your appearance is a reflection on the team so dress neatly, appropriately, and use good hygiene.

3. **Positive** Be positive. Complement others. Encourage others. Be courteous. Use 'please', 'thank you', and 'yes sir'...etc.
4. **Pay Attention** Look at the coach or person speaking to the team. Be courteous. Athletes will show respect, support for coaches, teammates, and officials.
5. **Unselfish** The TEAM always comes first. The coach will make decisions that are best for the team. Respect their decisions. Don't complain about not getting to play. Do your best and trust the process of improvement. Celebrate great effort by your teammates. Taunting, fighting, pushing, and trash talking will not be tolerated.
6. **Paperwork** Before participating in any sport, the following forms must be on file with the Athletic Secretary in the main office: Emergency Contact Form, Medical Release Form, Doctor's Physicians Release Form (physical), and Concussion Form.
7. **Clean Dressing Rooms** The dressing rooms and all team areas will be kept clean.
8. **Social Media** All student athletes will be held responsible for what is on their social media accounts.

ATTENDANCE

An athlete is expected to attend all scheduled practices, meetings, and contests, regardless if school is in session. If school is not in session, the student should inform the coach of their reason for not attending. The Head Coach must be notified by the player or parents if it is necessary to miss (no messenger system). If 'cuts' are made, an athlete will know the procedure for being dismissed from the team. An athlete will know what is expected of him/her in order to receive an athletic award.

Excused absences will include: illness, death in the family, extremely severe weather, unavoidable events, family vacations that are planned and reported to the coach prior to the absence.

Unexcused absences are determined by the Head Coach. An unexcused absence for a practice just prior to a game can make the athlete ineligible for that game. All non-emergency absences from games or practices will be considered unexcused. All unexcused absences or lateness will require some form of make-up or penalty by your Head Coach. Athletes may be dismissed from the team after 2 unexcused absences.

Injured athletes who are able to attend school are expected to attend practice sessions. Only the coach may excuse an injured player from attending practices or games. An injured athlete will wear coach assigned / NBS approved non-uniform street clothes to the game.

VARSITY LETTER JACKETS

To earn a Varsity Letter Jacket, an athlete must meet these requirements:

1. Student athletes must have participated in at least 4 quarters of playing time in a varsity level game for a minimum of one year. (9th – 12th)
2. Participating in a varsity sport as an 8th grader or younger does not qualify a student for a letter jacket.
3. Jackets may be ordered at the end of the 1st year of playing a Varsity sport.
4. Any varsity sport that the NBS athletics department fields an official team. {Band and cheer students may also order letter jackets.}

PRACTICE UNIFORMS

All students must be appropriately covered when they arrive and leave practice: Shorts shall not be more than 5" from the floor when kneeling. Shorts shall not be rolled at the waist. T-shirts shall have a 7" sleeve. Sleeves shall not be rolled up or tucked shorter than the 7" length sleeve.

Athletes are required to dress in the full practice uniform including proper footwear at all scheduled practices. The practice uniform will comply with the NBS guidelines: Shorts shall not be more than 5" from the floor when kneeling. Shorts shall not be rolled at the waist. T-shirts shall have a 7" sleeve. Sleeves shall not be rolled up or tucked shorter than the 7" length sleeve.

This includes all after school, weekend, and holiday practices. These practice uniforms shall be left at the school and laundered by the staff. The practice uniform should be neat and well kept. Students failing to comply with practice uniform guidelines will not be allowed to practice which will result in an unexcused absence.

Boys' basketball, football, and boys' soccer will have approved practice uniforms.

Girls will have an approved practice uniform for volleyball, basketball, soccer, and softball. Any shorts and shirts tucked into under clothing shall not change the required short length or sleeve length. The shirt shall be loosely fitted and have t-shirt length sleeves (approximately 7").

ATHLETIC SEASONS

Success in an athletic event depends on cooperation and support from everyone in the school, not just athletes.

The athletic season will run from the date of the first scheduled school work-out until the last mandatory meeting called by the Head Coach. Coaches are allowed to have some open practices before the season begins where students may participate in practice to see if they are interested in joining the sport before the first official practice.

Fees for each sport should be paid before the 1st official game. Participants must complete the entire season to be eligible for awards and honors. Participants are expected to commit for the entire season's program in the sports they select, including tournaments and playoffs.

Participants will be required to adhere to any other rules or requirements adopted and enforced by the coach, and approved by the AD and Principal.

GAMES

It is expected that each player will do their part to work as a team and look like a team.

Players shall follow the uniform protocol as set by the coach. Shorts shall not be more than 5" from the floor when kneeling. Shorts shall not be rolled at the waist. Any shorts and shirts tucked into under clothing shall not change the required short length or sleeve length. T-shirts shall have a 7" sleeve. Sleeves shall not be rolled up or tucked shorter than the 7" length sleeve. Under garments that are seen under the uniform will have colors and choices specified by the coach.

Games are not the time for the players to learn the plays or how to play. That is one reason practice is so important. No player is promised to play in any games. All playing time depends on the situation. All players will be focused on the game and the goals of the team.

All players will be expected to ride to and from the games with the team. Players will have assigned seats on the vehicle as issued by the coach. Any player that is not in their assigned seat will be punished appropriately before the next team practice.

A player who misses a team bus, game or scrimmage for an unexcused reason shall be punished and possibly be dismissed from the team.

All class work missed due to leaving early for an away game will be made up.

Parents will not be allowed on the sidelines of any games unless invited by a coach.

DISCIPLINE

Discipline problems include but are not limited to the following: bad attitude, unexcused absences from practice or games, not having proper equipment ready for practice or game, foul language, inappropriate critical remarks of players or coaches or officials, unsportsmanlike plays, leaving the dressing room area messy, OR not following practice protocol.

When infractions of the above rules occur, the coach of the sport shall notify the AD. The coach may then place the student on probation (meaning they will miss a contest) or suspension (meaning practices and contests) until the matter is resolved. Parents shall be notified by the coach of the incident and punishment.

In addition to classroom teacher discipline, athletes may be held responsible by their coach for classroom behavior and academic performance. Coaches may discipline with running or plyometric activity, duck walks, or other forms of physical activity.

TRAVEL

All students are expected to travel to and from all games and practices in transportation outlined by the coach. Other arrangements must be approved by the coach. A student who wishes to ride home with any one beside their parent, must provide a note with their parent signature giving permission to do so.

Athletes traveling must wear school approved attire. (Appropriate length shorts, no tank tops, etc.)

Electronic devices are only allowed with coach permission. Only NBS approved magazines and any non-related school materials will be allowed in vehicles designated as a school travel vehicle. Inappropriate music will not be allowed on headphones or over the car speakers or on personal listening devices.

All students will obey the adult driving the team vehicle.

Additional riders (non-team members) will only be allowed if they are approved by the coach.

PLAYER EXPENSES

The athletic program at NBS is supported by fees, concession stand sales, gate income, fundraising, and donations. The student athlete's parents are therefore, required to work the concession/gate/clock at least two times per student per sport. If they are unable to work these assignments, they will be charged a fee of \$25 per assignment.

The athletic department supplies the uniforms for football, basketball, volleyball, softball, and soccer. Cheerleaders purchase their own uniforms. Athletes are responsible for shoes, socks, sliders, gloves, shin guards, and 'underarmour' type gear. Each coach outlines what the personal items the player must have to complete their uniform.

Athletes may be asked to bring additional money to purchases meals on the road.

The fee to play each sport per student is as follows:

8-Man Football \$175	Cheerleading \$150 plus uniforms
Boys & Girls Basketball \$75	Soccer \$75
Volleyball \$75	Softball/baseball \$75
Elementary Basketball \$50	Spirit Squad \$50

The cost for a lost uniform will be the current value of replacing the uniform piece that is lost.

NBS GYM RULES and USAGE

1. Only players, cheerleaders, coaches, and referees allowed on the court.
2. Only tennis shoes worn on the court.
3. No one is allowed upstairs, in the weight room, around, either set of stairs or in the football dressing areas unless supervised by a coach or teacher.
4. All children must be supervised by an adult.
5. No one allowed behind the bleachers or behind barrier walls.
6. NBS is a drug free environment. No alcohol, tobacco, or e-cigs are allowed.
7. No profanity.
8. All music must be school appropriate.
9. No pets are allowed in the gym.
10. Notify the coaches of any damage, broken items, or non-working bathrooms.
11. Students should not eat their snacks on the gym floor. Students should eat their snacks from the bleachers or the concrete floor area. All trash goes in the trash cans.
12. Leave the gym cleaner than you found it. Do not re-arrange chairs or scorer's table.
13. Students and guests shall stomp off any mud from their shoes while OUTSIDE.
14. No persons are allowed to climb on the bathroom walls between the stalls. No persons are allowed to crawl under the stall walls.

GYM CHECKLIST AFTER USE

1. Restrooms, concessions, bleachers, and locker rooms free of trash.
2. Concession stand clean.
3. All trash containers are empty and trash taken to dumpster.
4. Scoreboard must be switched off and returned to the storage closet.
5. All air/heat turned off: Locker rooms, Girls Bathroom, Concession stand, Both main units.
6. All lights turned off.
7. All doors locked and secure.

Concussion Form

To be Sent Home With Each Student-Athlete

(Required by MAIS Annually)

Concussions - Signs & Symptoms to Observe

Concussion Symptoms

- 1 Headaches 12 Amnesia
- 2 "Pressure" in Head 13 "Don't feel right"
- 3 Nausea or vomiting 14 Fatigue or low energy
- 4 Neck pain 15 Sadness
- 5 Balance problems or dizziness 16 Nervousness or anxiety
- 6 Blurred, double or fuzzy vision 17 Irritability
- 7 Sensitivity to light or noise 18 More emotional
- 8 Feeling sluggish/slowed down 19 Confusion
- 9 Feeling foggy or groggy 20 Concentration or memory problems
- 10 Drowsiness 21 Forgetting game plays
- 11 Change in sleep patterns 22 Repeating the same question/comment

Signs Observed by Teammates, Parents & Coaches

- 1 Appears dazed 8 Slurred speech
- 2 Vacant facial expression 9 Shows behavior or personality changes
- 3 Confused about assignment 10 Can't recall events prior to hit
- 4 Forgets plays 11 Can't recall events after hit
- 5 Unsure of game situations 12 Seizures or convulsions
- 6 Moves clumsily uncoordinated 13 Change in typical behavior/personality
- 7 Answers questions slowly 14 Loses consciousness

IMPORTANT!!!

The student-athlete and one parent must sign the attached "Verification Form" that accompanies this list of signs and symptoms. The form should then be turned in to the Athletic Director to keep on file. Thanks.

Concussion Form

To be Sent Home With Each Student-Athlete

(Required by MAIS Annually)

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly. In other words, even a “ding” or a bump on the head can be serious. You cannot see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:

- Headaches Amnesia
- “Pressure in head” “Don’t feel right”
- Nausea or vomiting Fatigue or low energy
- Neck pain Sadness
- Balance problems or dizziness Nervousness or anxiety
- Blurred, double or fuzzy vision Irritability
- Sensitivity to light or noise More emotional
- Feeling sluggish or slowed down Confusion
- Feeling foggy or groggy Concentration or memory problems
- Drowsiness (forgetting game plays)
- Change in sleep patterns Repeating the same question/comment

Signs observed by teammates, parents and coaches include:

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily or displays incoordination
- Answers questions slowly
- Slurred speech
- Shows behavior or personality changes
- Can’t recall events prior to hit
- Can’t recall events after hit
- Seizures or convulsions
- Any change in typical behavior or personality
- Loses consciousness

(Continued on next page)

What can happen if my child keeps on playing with a concussion or returns too soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often fail to report symptoms of injuries. Concussions are no different. As a result, education of administrators, coaches, parents and students is key to a student-athlete's safety.

MAIS Concussion Policy:

- An athlete who reports or displays any symptoms or signs of a concussion in a practice or game setting should be removed immediately from the practice or game. The athlete should not be allowed to return to the practice or game for the remainder of the day regardless of whether the athlete appears or states that he/she is normal.
- The athlete should be evaluated by a licensed, qualified medical professional working within their scope of practice as soon as can be practically arranged.
- If an athlete has sustained a concussion, the athlete should be referred to a licensed physician preferably one with experience in managing sports concussion injuries.
- The athlete who has been diagnosed with a concussion should be returned to play only after full recovery and clearance by a physician. Recovery from a concussion, regardless of loss on consciousness, usually takes 7-14 days after resolution of all symptoms.
- Return to play after a concussion should be gradual and follow a progressive return to competition. An athlete should not return to a competitive game before demonstrating that he/she has no symptoms in a fully supervised practice.
- Athletes should not continue to practice or return to play while still having symptoms of a concussion. Sustaining an impact to the head while recovering from a concussion may cause Second Impact Syndrome, a catastrophic neurological brain injury.

Remember, it is better to miss one game than to miss the whole season.

I have reviewed this information on concussions and am aware that a release by a medical doctor is required before a student may return to play under this policy.

Student-Athlete Name Printed

Student-Athlete Signature

Date

Parent Name Printed

Parent Signature

Date