

Bellevue Christian School



2019-2020

**Student/Parent Athletic
Handbook**

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Bellevue Christian School, a private educational institution, admits students of any race, color, national, or ethnic origin to all rights, privileges, programs, and activities generally accorded or made available to students at the school.

I. Athletics at Bellevue Christian School

If students choose to participate and represent Bellevue Christian School in co-curricular athletic activities, they are required to meet basic academic, Christian citizenship, and athletic training standards.

Junior High

Bellevue Christian Junior High School is a member of the Cross-Town Middle School League. Schools in the league also include Bear Creek, Bush, Cedar Park Christian, Forest Ridge, Northwest, Overlake, Seattle Academy, Shoreline Christian, and University Prep.

The Junior High participates in four sports seasons, and offers the following:

Fall

Boys Soccer
Girls Volleyball
Girls Soccer
Boys and Girls Cross Country

Winter I

Boys Basketball

Winter II

Girls Basketball
Boys Wrestling

Spring

Boys & Girls Track and Field

Participation in Bellevue Christian School Junior High Athletics is limited to BCS Junior High students.

Senior High

Bellevue Christian Senior High School is a member of the 1A Nisqually League. Schools in the league include Annie Wright, Cascade Christian, Charles Wright, Seattle Christian, and Vashon.

Sports Offered by Season:

Fall

Boys Cross Country
Girls Cross Country
Cheer
Football
Girls Soccer
Volleyball

Winter

Boys Basketball
Girls Basketball
Wrestling
Cheer

Spring

Baseball
Softball

Boys & Girls Golf
Boys & Girls Track and Field
Boys Soccer

Participation:

Only Bellevue Christian School students are allowed to participate and compete on BCS teams. If BCS does not offer an athletic team, BCS students may participate in their local high school athletic program and are subject to that school's participation guidelines.

Eligibility standards apply to all students who represent Bellevue Christian School in co-curricular activities. All rules and guidelines are in accordance with the WIAA and WIAA Guidelines.

II. Academics

The WIAA gives member schools a minimum eligibility standard for academic eligibility. This allows member schools to have standards higher than the established minimum. Bellevue Christian School has chosen to have a higher standard.

Grade Checks

Bellevue Christian School has a grade check system – there are seven grade checks over the course of the school year. At the time of those grade checks, no students may be failing (below a 60%) any of their classes. If a student is failing a class at that time, they will not be allowed to participate in games or contests for two weeks. Please refer the Grade Check and Eligibility Dates handed out each year for specifics.

Athletics for Academic Credit

1. Four semesters of physical education are required for graduation. Two of the PE credits may be earned by participation in BCS after-school interscholastic sports during any grade.
2. The two credits that can be met by participation in BCS after school interscholastic sports may also be satisfied by participation in after school interscholastic sports at other local high schools for sports not offered at BCS. In these cases, the student will submit a letter of completion from the Athletic Director of the local high school where the student participated, and the credit will be listed as "P/F" on the BCS transcript.
3. In order to receive academic credit for participating in a sport, a student must complete all requirements of that sport. Each sport comes with different requirements. Coaches for individual sports will set the criteria for academic credit; this will be approved by the Athletic Office. Injuries and extended sickness are evaluated on an individual basis by each coach and the Athletic Director. *NCAA Eligibility Requirements – for NCAA eligibility requirements please refer to the BCS Secondary Academic Handbook.* Christian Citizenship

1. The possession, use, or distribution of, tobacco/nicotine products (vaping products), alcohol, legend drugs, or controlled substances are violations of this eligibility standard.

2. Violation Consequences:

a. When a student athlete violates this eligibility rule, he/she will be ineligible for 1/5 of the contests allowed by the WIAA in that sport. The ineligibility by sport is as follows:

- *Baseball, Softball and Basketball* – 20 game seasons – 4 game suspension
- *Soccer, Volleyball and Wrestling* – 16 match seasons – 3 game/match suspension
- *Golf* – 12 match season – 2 match suspension
- *Cross Country, Football, and Track and Field* – 10 meet/game season – 2 meet/ suspension

b. If any portion of the suspension period is at the end of the sports season and goes into post-season play, the season is over for that student-athlete. No student will regain eligibility for that specific season after the regular season has ended.

c. A student-athlete who has violated this rule will be ineligible for 1/5 of the contests (listed above by sport), provided the student-athlete participates in an assessment, and completes a pre-approved, prescribed program. The 1/5 of the season ineligibility period will start after an assessment has been completed and a program has been started.

The Principal, along with the HS school counselor, must approve the program prior to enrollment, and may closely monitor the program until it is completed. The Athletic Director may work closely with the school counselor and HS Principal and alert the involved parties when the ineligibility period starts.

3. A student who conducts themselves in a manner that discredits themselves, others, or the school may be declared ineligible. Examples include but are not limited to: all forms/apps/message boards of social media; negative attitude towards school (staff or students); trancies; bullying; harassment; theft; vandalism; inappropriate language; poor sportsmanship,, violation of civil and/or criminal law; etc. Each of these will be evaluated on a case by case basis and suspensions from games/contests and/or practices will coincide with school discipline.

General rules regarding eligibility

- A student on suspension may not participate in, or attend any co-curricular activity (practice or contest) during the time of his/her suspension.
- An ineligible student may try-out for, practice with, and be a member of a co-curricular group, but may not participate in a contest or performance.

III. Athletic Training Standards

Physicals and Insurance Information

1. A complete physical is required at the beginning of 7th grade, 9th grade and 11th grade.
2. The Insurance/Uniform Waiver & the Emergency Medical Information form must be filled out each year a student participates in athletics. This is now a part of the re-enrollment process.
3. Physical examinations are valid for 24 consecutive months.
4. Physical forms must be signed by a physician.
5. New students to BCS need to contact the Athletic Department and may need to get a new physical depending on when their last physical occurred or what sports/activities they participated in at their previous school.
6. BCS reserves the right to request additional physical examinations based on need.

Practices

All students participating in a sport at the High School level must participate in 10 practices before playing in a game, match, or meet.

Athletic Fees

All JH and HS students participating in a BCS sport must pay an athletic fee. The charge is \$150 for one sport and \$300 for two or more sports. All athletic fees are placed on the student's tuition statement about 2 weeks after the season starts.

Uniforms and Fees

1. Uniforms for HS and JH students will not be given to students until uniforms from previous sports seasons have been returned.
2. Uniforms for all sports teams are the property of Bellevue Christian School. It is each athlete's responsibility to care for their uniform. If any uniform is lost or damaged, the student will be asked to pay the full replacement cost.

Transfer Students

Transfer students in 10th, 11th, and 12th grade from another Eastside/Seattle school need to complete eligibility forms from WIAA before they can participate in any sport. These forms can be picked up in the Athletic Office.

School Attendance Requirements

A student must be in school to participate in after school activities. Students must be in school by 11am to participate in after school athletic activities unless the absences are excused by the Junior High or Senior High school office. If students are too sick to attend school, they're asked to stay

(cont.) home and recuperate; they should not attend practices or games. If a student goes home during the school day, they are ineligible to practice or participate in any contest that day.

Web Sites with helpful information for BCS athletes and parents:

Bellevue Christian School: www.bellevuechristian.org/athletics

Nisqually Athletics: www.nisquallyathletics.com

Track & Field: www.athletic.net

Washington Interscholastic Activities Association (WIAA) www.wiaa.com

IV. The BCS Athletic Vision

The BCS Mission Statement states “Our goal is to prepare young people to live fully for God in a rapidly changing world, with the ability to understand, evaluate and transform their world from the foundation of God’s unchanging values.” The BCS athletic vision affirms these principles. BCS is committed to educating both the heart and the mind of the student athlete.

Athletics are a vital part of the Christian educational experience. As teacher/coaches, we believe in educating the whole person through mind, body, heart and spirit. In athletics, we actively integrate faith, learning and character in our students.

The BCS athletic program enhances the quality of life in the individual participants, the school culture, and the greater community. It affords students an atmosphere of hard work and discipline, as they explore their own unique God-given gifts.

The BCS Athletics Office affirms:

- Academic aspirations of students
- Good sportsmanship
- Giving, receiving and rewarding maximum effort
- Fair opportunities for men and women
- Encouraging all students to participate in athletic activities as athletes or spectators
- Appropriate levels of competition for each developmental stage
- The desire to reach personal and team excellence when measured against ones “best self.” (1 Corinthians 9:24-27)
- The value of competition inherent in sports

As in other area of Christian life, athletics tests our perspective. Contrary to the attitude of the culture around us, we affirm that our athletes should participate in a manner that enriches living, highlights sportsmanship, builds fellowship and shares God-given gifts.

BCS will continually work to maintain a balanced perspective, ensuring that the competition inherent in sports complements all of a student's education. As representatives of Jesus Christ and BCS, each person involved in athletics will approach competition with the values of honesty, fairness, respect and humility, realizing that it is a privilege and honor to be a representative of Jesus Christ. The aim of this document is to address the goals and objectives of the athletic program at Bellevue Christian School.

#1 Goal: Athletics will be one of many integral building blocks of a quality BCS education.

BCS values athletics as one integral part of a student's educational experience, but not all encompassing.

It provides an additional arena where students can take risks, make mistakes, and be accepted whether they succeed or fail. The value comes in the challenge for the individual to pursue performances that would otherwise be difficult to achieve, while aspiring to the ideals of fair play, commonality of purpose and the concept of team over self. Our athletic program develops athletes who accept victory with humility and defeat with grace.

Objectives

The Bellevue Christian School Athletics program will promote the following actions to maintain the value of sports programs while keeping them within the proper perspective of a quality education:

- Create an atmosphere where our student athletes see themselves as reflecting God's image through their participation and development.
- Encourage students to participate in multiple sports as well as non-athletic activities – so they can fully develop their God-given gifts.
- Encourage students to set aside daily study time.
- Reduce as much out-of-class time as possible in scheduling competition.
- Expect students to submit assignments on time and take tests as scheduled.
- Our position is that school activities (of which sports are just one) should come after God, family and studies, but before outside "select" level activities/sports. Parents and children need to be assured that the near obsessive importance of sports in modern society is not the only building block in preparing themselves for post-high school days. We believe it is important for students to experience many different activities in order that they have an opportunity to discover and unwrap their God-given gifts and talents.

The BCS program will consistently strive for balance and counsel parents and athletes that athletics is only a part of developing the entire student. It is just one building block in the preparation of our students to live fully for God in a rapidly changing world.

#2 Goal: Success of the BCS Athletic Programs will be measured through a reasonable combination of player/ team development, improved competition and wins/losses.

BCS will always play to win while demonstrating individual intensity and respectful competitiveness. We believe that winning must be redefined from what our popular culture calls “winning.” The Scoreboard should never be the only indicator of success. The effort to prepare, and the desire to compete, must take precedence over a comparative score. Success is not based on the number of games won or lost, but rather on the basis of what each individual does in relation to his or her own ability and how the team has progressed as a cohesive group. BCS defines success as the self-satisfaction that comes from knowing that coaches and athletes did everything within their power to develop themselves physically and spiritually.

Objectives:

The Athletic Department will measure an athletic team/program’s success by a combination of player and team development (physical, emotional and spiritual), student participation and team enthusiasm along with the overall team record.

Our coaches will:

- Strive for winning and excellence through preparation while constantly building positive character strengths in every athlete.
- Have a personal philosophy that allows athletes to meet all challenges, whether favorable or unfavorable, with calmness, grace and composure.
- Model correct behavior toward opponents & officials, including offering apologies as appropriate.

Our athletes will:

- Prepare to the best of their ability to become a “player of skill”
“Whatever you do, work heartily, as for the Lord and not for men, knowing that from the Lord you will receive the inheritance as your reward. You are serving the Lord Christ.” Colossians 3:23-24
- Dedicate themselves to a total release of all that they are mentally, emotionally and physically able to achieve and to become like Christ in every athletic situation - whether practice or competition.
- Accept favorable or unfavorable decisions, as well as victory and defeat, with equal grace.

Our students, parents and fans will:

- Respect the decisions of officials and coaches.
- Respect and honor the abilities and best efforts of the student/athletes on both teams.

- Model their game behavior with a Christ-like attitude, and positively encourage all involved in the competition.
- Value the game over winning or losing.

#3 Goal: BCS athletes, students, parents and fans will exhibit an attitude of sportsmanship that reflects our Christian values.

At Bellevue Christian School we believe that our behavior and attitudes should model those of Christ. Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves. Each of you should look not only to your own interests, but also to the interests of others. Your attitude should be the same as that of Christ Jesus... Do everything without complaining or arguing, so that you may become blameless and pure, children of God without fault in a crooked and depraved generation, in which you shine like stars in the universe. (Philippians 2:1-15)

We should strive toward the highest of standards, that is, a Christ-like attitude. Athletics provides a tremendous opportunity and responsibility to model our beliefs in the public arena. Whether it is fair or not, everyone involved in athletic competition is under constant scrutiny because of the performance aspect of sport. Choosing to be involved in the athletic program at Bellevue Christian School as an athlete, coach, or spectator means choosing to represent Christ above all else.

Sportsmanship must be a priority at Bellevue Christian School. It must be taught, modeled and expected from athletes, coaches, the student body and adults. Cooperation is a key component of a successful athletic experience. We discredit the Lord and lose credibility with members of our community when we fail to show good sportsmanship. Officials are an essential part of the game and must be honored authority figures. Although they are not perfect in judgment and action, officials are serving our athletes; their efforts must be valued and respected.

Our competitors are not our enemies. Rather, they are what sharpen us as Iron Sharpens Iron (Proverbs 27:17). They have similar goals, having prepared as diligently as we have, and God loves them as much as He does us. The stronger the opponent, the better chance we have of producing our best performance.

For those students observing as fans, the school's teams are, in a fascinating way, an extension of themselves. There is a special institutional connection which motivates our fervent support and rewards steadfast loyalties in a great variety of ways. By the same token, they must exhibit the same Christ-like expressions as players, coaches and parents.

Objectives:

The game of life holds some great disappointments. Christians have God's wisdom, which James describes as "peaceable, gentle, willing to yield, full of mercy and good fruits, without partiality and without hypocrisy." James 3:17

When we let Christ control us, we can lose with grace because we are hoping in God. Keeping this in mind as a school, we must hold all of ourselves to the following expectations:

Expectations of a BCS Athlete:

In the heat of competition, an athlete should continue to remember the second greatest commandment of God in the words of Matthew. 22:39, Love your neighbor as yourself. The expectation for BCS athletes is that their conduct be honoring to God in words and actions. They should strive to learn and live the life-lessons inherent in a positive “athletic attitude”: honesty, integrity, dignity, obeying rules, attentiveness, learning from mistakes, giving his/her best effort, being coachable, self-discipline self-directed work habits, mental toughness, punctual, quiet confidence, humor, enthusiasm, focus, perseverance, humility, encourager, unselfish, gracious in victory and defeat.

Athletes will:

- Show respect to officials, coaches, teammates and competitors. Show respect for opponents by shaking hands with them
- Accept the decisions of contest officials
- Display a Christ-like modesty in victory and graciousness in defeat
- Submit to the disciplinary actions of the coach
- Respect rules as guides to protect the team relationships
- Win and lose with dignity

For BCS Parents:

Parents should set an example in conduct and behavior with their children in all of their athletic endeavors echoing the words of Proverbs 22:6: “Train up a child in the way he should go: and when he is old, he will not depart from it.”

- Be positive with your child. Let him/her know they are accomplishing something by simply being part of the team. Assure them that his/her role (no matter how much they play) is extremely important to the team
- Support your student’s coaches. Publicly criticizing judgments made by a coach is detrimental to the program. Remember to follow the Matthew 18 principles.
- Encourage your child to follow team rules set by the coach. A coach should expect more from their athletes than from a typical student. The more sacrifice one makes for the team, the more that team means to the student. Parents need to appreciate this and help motivate their child to succeed.
- Support your student in doing their best in the classroom
- Be team players - parent jealousy can and will devastate a team. Strive to understand the importance of the “team.” You as parents are a vital part of our program. When the coaches,

players, parents and administration (with Jesus at the center) are all supporting each other and believing in each other, all things are possible!

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- Be an enthusiastic Viking fan! Always display a Christian attitude at ALL events. Display Viking pride Don't degrade officials or opponents
- Expect your student to take responsibility for his/her actions. Give credit when things go well
- Hold him/her responsible when mistakes are made. We can only learn from our mistakes when we are held responsible for our actions

For BCS Fans:

“But the wisdom from above is first pure, then peaceable, gentle, open to reason, full of mercy and good fruits, impartial and sincere.” (James 3:17)

- Participate in cheers and applaud good performances
- Work cooperatively with contest officials and supervisors in keeping order
- Refrain from crowd booing, disruptive foot stomping or making negative comments about officials or participants
- Stay off the playing floor or contest area at all times
- Respect public property
- Show the same respect for injured competitors as you would for BCS team players. Love your neighbor as yourself. (Matt 22:39)

#4 Goal: The BCS coach will model a Christ-like attitude and approach in his/her daily work.

Coaching is both a privilege and responsibility and should never be entered into lightly. Coaches at Bellevue Christian School build lifetime Christian character traits in young people. The Christian coach focuses on the example we have in Jesus Christ, and lives an attitude that is glorifying to God in all that they do (Col. 3:17, 23, and 24).

The coach must develop a team that displays unity, hard work, ethical behavior, goal oriented and self-discipline. These traits show the teams love and respect for each other and their opponents. Coaches help athletes understand the difference between right and wrong behaviors, how to work to achieve a goal, and how to accept positive discipline. These actions best express love for the athletes.

The coach assists the student-athlete in developing the skills necessary to contribute to the success of the team and skills which are age and ability appropriate to the team. The coaching staff is responsible to bring these skills together to compete at a level compatible with the team's developmental level (JH/HS) and ability.

Objectives:

BCS coaches must exemplify the same Christ-like attitude that is expected of athletes, parents, and fans as stated in Philippians 2 (servant attitude). The coach will provide a firm foundation for how student athletes will approach life after BCS.

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A BCS Coach must:

- Model Christian values
- Provide a positive learning environment (Train your child in the way he should go; and when he is old, he will not depart from it. Proverbs 22:6)
- Honor athletes with respect and dignity
- Model emotional control and sportsmanship in all circumstances
- Communicate openly and honestly with athletes and parents
- Select a team that will represent BCS well, using physical skills, behavior and attitude as a criteria for team membership
- Establish and maintain high ethical standards for behavior – expect and accept only good sportsmanship and behavior during all practices, games, on buses and while visiting other schools
- Teach fair play, and appreciation of the other team’s players, coaches, parents, and officials
- Teach how to win and lose with dignity
- Follow school policies and communicate effectively with the Director of Athletics and Activities

#5 Goal: Athletes will be encouraged to participate in as many sports as possible while maintaining eligibility and team selection standards.

Objective:

Multiple Sport Participation

Students are encouraged to participate in as wide a variety of activities as they can successfully manage. Athletes benefit physically, intellectually, emotionally and spiritually by being involved in multiple quality athletic and non-athletic activities. Acceptance of this “full participation” model means that occasional conflicts between activities will occur.

The Director of Athletics and Activities will:

- Schedule contests in coordination with other school programs
- Recognize athletes who participate at the varsity level in more than one sport and work to ensure they are given the opportunity to do this
- Mediate a resolution process if needed when a sports program and other school activity compete for the time of a BCS student
- Work to reduce or eliminate out-of-class time as much as possible in scheduling competitions

Coaches will:

- Recognize athletes who are involved in multiple activities and the time commitments required
- Make an effort to coordinate schedules with the other school activities
- Limit the expectation for participation in “out of season” activities (i.e. open gyms, preseason conditioning programs etc.) by students involved in other sports or activities

- Establish a cooperative agreement with the “in season” coach when sharing athletes
- Support and promote other sport and activity programs within the school
- Encourage participation in a variety of activities rather than specialization in one activity

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Team Selection

Every student should have the opportunity to try out for athletic teams. If team size must be limited due to availability of staff, facilities, schedules, or the safety of players, decisions to cut will be made by the head coach of that program working with the Director of Athletics and Activities.

We respect each student’s right to participate as well as their decision/right not to participate.

The Junior High will continue to keep the “no-cut” policy as long as the safety of students is not jeopardized. All students who turn out will be placed on a team and will be expected to attend practices and adhere to all team expectations. The focus of the program is broad participation, development of skills and knowledge/understanding of teamwork. Teams may be separated by age, skill level, or group dynamics, as determined by the Director of Athletics and Activities, based on league makeup, scheduling opportunities and coach consultation. Each player will have some playing time in each contest.

High School programs are more competitive in nature. Coaches will select their teams each year using the following criteria:

- Attitude, effort and behavior
- Size and availability of the practice and game facilities
- Total number of minutes per competition and potential playing time for each athlete being considered
- Need at the JV or Varsity level for players to perform specific roles to complete the team.
- Maximum manageable size of a team during a practice
- Physical skills, conditioning, strength and knowledge of the game

If cuts are necessary, the coach will counsel those who don’t make the team in a timely manner about the rationale of the decision, the player’s strengths and areas for growth. The coach will also recommend alternative sports programs available in the school or community to encourage further development. The coach will communicate clearly the reasoning and process used in all team selections.

