

**2018-2019 BRCS
ATHLETIC HANDBOOK
BEARS**



**100 DINKLE AVENUE
BRIDGEWATER, VA 22812
540-828-2233
ATHLETIC DIRECTOR
DANIEL PADILLA**

Introduction

This handbook establishes procedures for the Athletic Department at Blue Ridge Christian School. It should serve as a convenient reference for coaches, players, and parents concerning policies and procedures governing the Athletic Department. While it is not possible to find answers to every question in this handbook, you should find it to be a useful reference guide.

All questions pertaining to student eligibility and Athletic Department policy should be brought to the attention of the Athletic Director. Questions regarding a specific sport or team can be directed to the head coach.

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Sports Offered

BRCS will look to field the following sports for the 2018-2019 school year: (Open to 6th grade through High School. 5th graders will be allowed to play Middle School Athletics if invited.)

Fall:

Middle School Volleyball
Junior Varsity Volleyball
Varsity Volleyball
Middle School Boys Soccer
Varsity Boys Soccer
Middle School Cross Country
Varsity Cross Country

Winter:

Middle School Girls Basketball
Varsity Girls Basketball
Middle School Boys Basketball
Junior Varsity Boys Basketball
Varsity Boys Basketball

Spring:

Varsity Girls Soccer
Middle School Girls Soccer
Varsity Baseball
Middle School Track and Field
Varsity Track and Field

Mission

To assist parents and evangelical churches by providing a biblically-based athletic program that instills a whole-hearted love of the Lord Jesus Christ, develops Godly character, and emphasizes excellence in athletics.

Philosophy

Our philosophy is based on the Holy Scriptures, and what it teaches us about competition. The following passages will dictate how we run the program and will be presented to our athletes throughout the season to challenge them to grow spiritually within a competitive setting.

Genesis 1:26-27

²⁶ Then God said, "Let us make man in our image, after our likeness. And let them have dominion over the fish of the sea and over the birds of the heavens and over the livestock and over all the earth and over every creeping thing that creeps on the earth." ²⁷ So God created man in his own image, in the image of God he created him; male and female he created them.

Genesis 2:18

¹⁸ Then the LORD God said, "It is not good that the man should be alone; I will make him a helper fit for him."

Proverbs 27:17

Iron sharpens iron, and one man sharpens another.

1 Timothy 4:7-8

⁷ Have nothing to do with irreverent, silly myths. Rather train yourself for godliness; ⁸ for while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come.

1 Corinthians 9:24-27

²⁴ Do you not know that in a race all the runners run, but only one receives the prize? So run that you may obtain it. ²⁵ Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable. ²⁶ So I do not run aimlessly; I do not box as

one beating the air. ²⁷ But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified.

Matthew 22:36-40

³⁶ “Teacher, which is the great commandment in the Law?” ³⁷ And He said to him, “You shall love the Lord your God with all your heart and with all your soul and with all your mind. ³⁸ This is the great and first commandment. ³⁹ And a second is like it: You shall love your neighbor as yourself. ⁴⁰ On these two commandments depend all the Law and the Prophets.”

Hebrews 12:1-2

Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, ² looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.

Revelation 7:9-10

⁹ After this I looked, and behold, a great multitude that no one could number, from every nation, from all tribes and peoples and languages, standing before the throne and before the Lamb, clothed in white robes, with palm branches in their hands, ¹⁰ and crying out with a loud voice, “Salvation belongs to our God who sits on the throne, and to the Lamb!”

Conference

The Blue Ridge Christian Athletic program is a member of VACA (Virginia Association of Christian Athletics). We adhere to the policies and rules governed by them. We must notify VACA at the beginning of each school year of all teams participating in the end-of-season tournament.

Membership in this conference shall be limited to current membership and to other independent Christian schools elected according to the method prescribed in the Constitution. Current membership includes:

1. Blue Ridge Christian School
2. Christian Heritage Academy
3. Dayspring Christian Academy
4. Faith Christian Academy (Hurt)
5. Faith Christian School (Roanoke)
6. Fresta Valley Christian School
7. Grace Christian School
8. Mt. Carmel Christian Academy
9. New Covenant Schools
10. Parkway Christian Academy

11. Pathway Christian Academy
12. Regents School of Charlottesville
13. Ridgeview Christian School
14. Roanoke Valley Christian Schools
15. Smith Mountain Lake Christian Academy
16. Southwest Virginia Homeschool
17. Stuart Hall
18. Temple Christian School
19. Timberlake Christian School
20. United Christian Academy
21. Westover Christian Academy

All athletic contests are operated under the rules and regulations governing the Virginia High School League and the National Federation of State High School Associations.

Sports Academy (2nd-5th grade Developmental Sports Program)

Fall: Boys and Girls Soccer, Girls Volleyball

Winter: Boys and Girls Basketball

Spring: Boys Baseball and Boys and Girls Track and Field

The BRCS Sports Academy will be our developmental sports program for grades 2nd through 5th. Emphasis will be placed on technical and tactical (actions planned to gain a specific end) skill, age-appropriate skill training, along with integration of skill application. This format benefits the younger athletes by providing skills and fundamentals training for game conditions while providing more “touch time” with the ball, etc. All skill levels will benefit from the academy format. While this is not guaranteed, the Athletic Department will reach out to other schools and try to play their 2nd-5th graders. If those plans do not work out, we will try to schedule a scrimmage against each other. In those scrimmage settings, athletes can expect to get equal playing time amongst their teammates.

No Refunds after athlete has participated.

Middle School Athletics

The Middle School Athletic program is the foundational of all BRCS athletics. This stage of development is the most important level of learning:

1. Spiritual emphasis (developing Christian character)
2. Respect for authority (coaches, teachers, parents, etc.)
3. Developing a consistent work ethic
4. Preparing athletes to work together as a team (team concepts)

- a. Encourage
- b. Motivate
5. Fundamentals (individual skills)
6. Learning the game (terminology)
7. Preparing BRCS athletes for Junior Varsity, or Varsity programs
8. Teaching healthy competition (learning how to be aggressive within the rules of the game)
 - a. Competing for a position
 - b. Competing for playing time

Junior Varsity Athletics

Our focus for junior varsity athletics is to refine the concepts learned in middle school. However, the demands of excellence, competition, and the complexity of the game will intensify. Therefore, the athletes must be prepared to compete for positions and playing time. Our goal is to prepare our athletes for the demands of our varsity programs, to make the transition from junior varsity to varsity as smoothly as possible. Our athletes should know the system and be ready to contribute immediately, while continuing to develop their skills. Decisions related to playing time are made solely at the coach's discretion.

Varsity Athletics

It will be a privilege for an athlete to represent the school as a varsity athlete. The athlete must be prepared to compete for a position and playing time. Once an athlete has solidified his/her position he/she must work to keep it. Seniority of a player is not a factor. Players will be judged on athletic ability, work ethic, attitude, and knowledge of the coach's strategy/strategies when determining playing time. Competing to win is strongly emphasized, without sacrificing the display and the development of Christ-like character. The athletes are expected to act accordingly to their roles on the team, and the coaches expect athletes to contribute unselfishly in accordance with their abilities. Playing time will be determined solely by the coach/coaches.

Conference Participation Information

This is an excerpt from our Conference bylaws that our entire community should be aware of in light of athletes being asked to "playing up."

Section II

Players in their junior and senior years are only eligible for varsity participation. Players in the tenth grade and younger are eligible to participate on both the JV and varsity levels. Players in the 8th grade and below are eligible for MS play.

Section III

Limitations for players playing on 2 teams.

Basketball: In district play or tournament play once a player has declared a team (this will be done by VACA roster), that player has 4 quarters of play for that team. That player may **PLAY UP** for 2 quarters to a higher team.

(Example: a MS player may play 4 quarters for MS and 2 quarters for JV or Varsity (age permitting)).

Soccer: In district play or tournament play once a player has declared a team (this will be done by VACA roster), that player has 2 halves of play for that team. That player may **PLAY UP** for 1 half to a higher team.

Volleyball: In district play or tournament play once a player has declared a team (this will be done by VACA roster), that player has 1 match of play for that team.

That player may **PLAY UP** for 2 games on a higher team.

For future reference: the rationale behind this policy was to limit our conference schools from playing an older player (or better athlete) **DOWN**. For example an athlete playing 4 quarters as a varsity player and 2 quarters as a JV.

It was further understood that once a MS or JV season was over (tournaments complete) this rule is void. A JV could play all 4 quarters in a varsity game the following week.

Summer Camps (6th grade and above)

Here is a list of summer camps we offer (more details will be given closer to Winter/Spring):

Girls Volleyball

Boys and Girls Soccer

Boys and Girls Basketball

Boys Baseball

Boys and Girls Football

No Refunds after athlete has participated.

Requirements for Participation

All athletes must be full-time students in order to participate in sports. Homeschoolers and Part Time Students will be considered in sports that are allowed through VACA. Please see the Home School Student Section.

Physicals

Every high school athlete that plays sports at BRCS must have a physical exam before the season begins. This is your responsibility. You may NOT compete or practice until you have a physical turned in and on file in the athletic office. Middle School athletes and younger are allowed to turn in a “Hold Harmless” Form in place of a physical. A physical or Hold Harmless agreement is good for 365 days from the date completed. We recommend that the physical/ Hold Harmless be completed after May 15 for the upcoming school year. The form will then cover the athlete for the entire school sports season.

Athletic Fees

Middle School -- Full-Time Student - \$75 per sport (except XC)
Middle School -- Homeschool Student - \$175 per sport
Junior Varsity -- Full Time Student - \$80 per sport (except XC)
Junior Varsity -- Homeschool Student - \$200 per sport
Varsity -- Full Time Student - \$95 per sport (except XC)
Varsity -- Homeschool Student - \$225 per sport
Cross Country - \$60 - All Levels
All Levels -- Part time Student - \$100 per sport

Team Participation

Based upon our philosophy and Christ’s love, each athlete has a tremendous amount of value. It is important that our athletes understand once they have agreed to play on a team, they have made a season-long commitment. In the unlikely scenario that an athlete desires to quit, they must schedule a formal meeting with their coach and the athletic department. There will be no refunds of athletic fees if an athlete decides to quit.

Practices and Games – Attendance

The Christian athlete must learn to be accountable and to honor commitments. In order to participate on a Blue Ridge Christian School team, we will ask for both. Knowing that you can be counted on is just as important as your talent. All athletes who are on a team are expected to be at all practices and games for the duration of that sport’s season. If you cannot make practices or games, you should not come out for the team. Unless there is an extreme emergency, you must be at both practices and games.

In-Season:

Middle School teams will have practices/games 3-4 days per week

Junior Varsity teams will have practices/games 4-5 days per week

Varsity teams will strive to have practices/games 5 days per week

Blue Ridge Christian School values the importance of the local church and the importance of being affiliated within the local body of believers. We will always honor Sundays as having no practices or games during the school year, and in an effort to fulfill our school's mission, we will strive to not schedule practices or games on Wednesday nights. The only exceptions to this rule would be: during the playoffs, and if a game is needed to be rescheduled due to cancelation. Practices and games may be scheduled on Saturdays. Practices scheduled over extended holiday breaks will be optional for those who will be traveling and out of the immediate area.

Unexcused and uncommunicated absences from practices and games may be subject to consequences determined by the coach.

Attendance – School Day – Practices/Games

Athletes must be at school no later than 3 hours after school starts unless there are extenuating circumstances in order to be able to practice or participate in a game.

Early Dismissal

Students are responsible for all work (notes, tests, quizzes, etc.) missed due to early dismissals. If an athlete is to miss a class, he/she must contact the teacher to receive class assignments before leaving. Athletes may not decide the time at which they will be dismissed. The Athletic Department will provide this information to the teams and teachers.

Equipment and Uniforms

It is the students' responsibility to care for the equipment and uniforms issued to the athlete. All uniforms are turned into the athletic department, at the conclusion of sports season. If items are lost or damaged beyond what is considered normal wear and tear, the student will be billed for replacement costs. Coaches will determine the type of practice uniform he/she desires you to wear.

Middle School athletes receive tote bags the first season participating for BRCS athletics; all high school athletes receive BRCS athletic warm-up shirt.

Some equipment will not be required to be returned (baseball hats, soccer socks). However, please keep them in good condition for use in the following season. If the athlete has damaged or outgrown the equipment, replacements will be provided. If you lose those items, you will need to purchase them from the athletic department.

Student Conduct

As a member of an athletic team, you are high-profile representatives of Blue Ridge Christian School. You are expected to act in an appropriate manner. The following behavior is inappropriate and will not be tolerated:

- Fighting
- Profanity
- Use or being under the influence of alcohol, tobacco, or drugs
- Destruction of property/equipment
- Rude or disrespectful behavior
- Dressing inappropriately for practices (Skins and Shirts)

Students who exhibit any of the above behaviors may be suspended from athletic competition, dismissed from the team, and face school disciplinary action. The rules of the school apply to all athletic contests.

Communication with Coaches

Athletes and parents are asked to communicate concerns to their coach. If you have a concern or question, please contact the Head Coach first. If you need further assistance after communicating with the coach, please feel free to contact the Athletic Director. Please do not take your concerns to the Head of School prior to speaking with the athletic director. Please approach coaches after practice rather than before. Communicating concerns with a coach during or immediately after a game is not acceptable. Please observe the 24-hour rule – we do not want the emotions of the game to impact your discussion. Please wait until the next day.

Academic Eligibility

Participation in extracurricular activities is a privilege. With the privilege comes the responsibility of earning and maintaining a minimal level of academic achievement. All athletes' report cards will be reviewed after each quarter to determine his/her eligibility to participate in his/her team sport. Students with one F or with more than one D are ineligible to play in games for a period of one week. An ineligible athlete may

not practice with the team and should use that time to improve their academic status. Eligibility will be checked on Monday of each week. Once the athlete has no Fs and no more than one D, he/she will be considered eligible again. All athletes' grades will be reviewed at the midpoint of the quarter, and the same process above will apply. Any exceptions to this policy will be made at the discretion of the Athletic Director, High School Principal, and/or Academic Dean.

Homeschool Students

Blue Ridge Christian School Athletics can partner with homeschool students and families for athletic participation. The following is a list of requirements and policies concerning our homeschool families and athletes.

- **A new homeschool athlete must complete and submit the Homeschool Participation Application form to the Athletic Director.**
- **Families and homeschool students for athletic participation will be interviewed by the Athletic Director.**
- **Homeschool student athletes may participate if the optimum number of roster spots has not been filled – this decision will be made by the Athletic Director in conjunction with the head coach for each sport.**
- **If tryouts are necessary to meet the optimum number of participants, a homeschool student cannot be placed ahead of a full time BRCS student.**
- **Once the team is established, the homeschool student will be treated no differently than the BRCS student player and playing time will be solely at the coaches' discretion.**
- **Homeschool athletes that are in High School must attend at least 50% of the chapels during the season. Currently they are scheduled on Thursdays from 11:09-12:09. Athletes are welcome to stay for lunch afterwards.**
- **The Homeschool Athletic Fee must be paid before the athlete can participate**
- **All Homeschool families and athletes will be asked to follow the policies and procedures of the athletic manual and Blue Ridge Christian School policies.**
- **Our conference stipulates how many Homeschool Athletes we are allowed to have in its constitution: “Schools may choose to use homeschool players (eligible by earlier stated standards); however the following restrictions apply per sport (if a school chooses to use more than the cap, the school may play**

an “undeclared” season forfeiting VACA tournament play). Southwest Virginia Homeschool is grandfathered to not be held to this rule.

1. Soccer – no more than 4 per team
2. Volleyball – no more than 3 per team
3. Basketball – no more than 3 per team
4. Baseball/softball – no more than 4 per team
5. Golf – no more than 2 per team
6. Cross country – no more than 3 per team (passed 4.29.15)

No homeschool student may be enrolled in three or more college classes and still compete in the VACA.”

Part Time Students

Blue Ridge Christian School Athletics can partner with part-time school students and families for athletic participation. The following is a list of requirements and policies concerning our part-time school families and athletes.

- Must be enrolled in at least one class at BRCS (1 credit) to be considered a part-time student.
- Families and part time students for athletic participation will need to be interviewed by the Athletic Director.
- Part-time school student athletes may participate if the optimum number of roster spots has not been filled – this decision will be made by the Athletic Director in conjunction with the head coach for each sport.
- If tryouts are necessary to meet the optimum number of participants, a part-time school student cannot be placed ahead of a full time BRCS student.
- Once the team is established the student will be treated no differently than the BRCS student player and playing time will be solely at the coaches’ discretion.
- The Part-time school athletic fee must be paid before the athlete can participate.
- All Part-time school families and athletes will be asked to follow the policies and procedures of the athletic manual and Blue Ridge Christian school policies.

Website Functions

Below are the different tabs under “Athletics” on the BRCS Website.

(<http://brcschool.org>) Below are details that explain the purpose of each tab and how you can navigate through them.

- 1) **Athletic Calendar** – The Athletic calendar will keep you up-to-date and informed about all athletic practices, games, academies, camps and activities. The calendar shows all events at one time when it opens. You can filter events to display Middle School Sports, Junior Varsity Sports, Varsity Sports, and Other Activities. You can do this by clicking the small arrow beside the agenda tab and uncheck boxes you want to hide. Middle School Sports involves all middle school practices, games and events. Junior Varsity Sports involves all Junior Varsity practices, games and events. Varsity Sports involves all Varsity practices, games and events. Other activities section involves all other athletic activities (academies, summer camps, pep rallies, banquets, meetings etc.). By clicking on a game, you can locate the address to the location of the event. Note that all things on athletic calendar are tentative and can change at anytime. **Please refer to the website before contacting the office with questions you may have concerning practices and games.**
- 2) **Athletic Staff** - This is where you can stay updated with the coaching staff for the current year. All emails will be included by the coaches' names and pictures.
- 3) **Athletic Photo Gallery** - This is where you can go and view photos of our athletes for all sports. The photostream is a list of all of the photos taken. To look at the photos by team, click on albums and select your desired team. **These photos are not to be downloaded, screenshot or used for any reason without the permission of BRCS.**
- 4) **Athletic Manuals and Forms** - This is where you will find all documents needed regarding athletics. All parents and athletes are expected to read **Athletic Manual** and then read and sign **Athletic Contract**. All athletes are expected to have **Physical Forms** completed between May and August for the coming athletic year. Academy and camp athletes without a physical must have a **Hold Harmless Agreement Form Completed**. All coaches are expected to read **Coaching Manual**. All homeschool athletes are expected to read **Homeschool Athletic Policies** and complete **Homeschool Athletic Participation Application**. The gym and soccer fields are always available for rental. **Gym/Rental Form** must be completed and turned in to Bridgewater office.
- 5) **Athletic Max Preps** – Max Preps is where you can go and print schedules a little easier than the athletic calendar. Max Preps lists all games for all sports and anyone can print these games, time and opponents for their records. Simply click on your team on the left hand side, followed by clicking on schedule.

- 6) **Athletic Mile Split** – Mile Split is where you can find results for our Cross Country and Track and Field Teams. An account must be created to have access to this. Simply click on the team and you can see all details for that school.

Important Logistics

Game Film – A few games will be recorded to give coaches an opportunity to coach athletes on errors during a game. Visuals are always easier to learn from than words. This will help our athletes grow mentally in their sport.

Game Jerseys To Class for Home Games – Being an athlete is a privilege at BRCS and student athletes will have the honor of wearing their jerseys to class on home game days to establish school pride. A t-shirt must be worn under all jerseys. Athletes can wear their warm-ups to school as a replacement, but all members of the team must agree for that to occur.

Fall, Winter and Spring Pep Rally – A pep rally will introduce our BRCS Athletes to the school and faculty. Athletes must wear jerseys to school. High School pep rallies will be held at the Dayton campus, and middle school pep rallies will be held at the Bridgewater campus.

Fall, Winter and Spring Banquet- Athletes from multiple sports in the same season will gather together to be recognized for their accomplishments. Families of athletes will be invited also and served a meal during this celebration.

Pre-Game Meals/Team Bonding Activities – Parent volunteers will be needed for each sport to prepare pre-game meals/activity at least once a month unless otherwise specified by the team's coach. The Athletic Department highly encourages parents to volunteer to help the team parent and coach with the organization of this event. Coaches or the team parents will communicate Pre-Game Meal or team activities times and dates. Middle school meals should be more like a snack (sandwiches, fruit, etc.). Junior Varsity and Varsity meals should be a little more filling. The Athletic Department will have a Crockpot, George Foreman and Rice Cooker available at the school to use, if needed.

Transportation

Transportation for practices days will be provided via a shuttle from the Dayton Campus to the Bridgewater campus. Parents are required to sign up their student for this service at the Athletic Department meeting at the beginning of that season.

Athletes will be transported to home and away games via school bus driven by a school-approved and CDL-licensed driver. In addition, athletes may be transported in private vehicles driven by parents/school staff when necessary. Parents must be school approved and on file in the office to serve as a driver. Please see Marsha Knott in the Bridgewater office for this paperwork.

If a student is to ride home with someone other than a parent or legal guardian, we must have written permission beforehand. Athletes are to let their coaches know if they are riding home with someone other than the coach on the bus.

Admission Prices 2018-2019

Regular season entrance to home volleyball and basketball games for the 2018-19 year will be:

Current BRCS Students and Faculty	- Free
Non-BRCS Students (5 and under free)	- \$2
Adults	- \$4
Family Pass (4 or more)	- \$10

Sports Passes will be available to purchase for the season. The passes will be \$32 for 10 games. Please contact the athletic director for purchase.

Athletic Awards:

All winners of these awards will be invited to spring banquet, where these awards will be distributed.

Male and Female Athlete of the Year – We want athletes to conform to the image of Jesus Christ and to have His character qualities. Therefore, this award will be based on how well the athlete shows these characteristics. This award will go to one male and one female athlete. The characteristics and requirements of the winner of this award are as follows:

- Participated in at least two sports at BRCS**
- Demonstrated a proper Christian testimony at games and practices**
- Showed intensity in his/her performance and displayed exemplary effort at practices and games**
- Exhibited best all-around character, ability, and accomplishments**

- Represented Blue Ridge Christian School in a way that honored the athlete's peers, teachers, family, and God.

Male and Female Athlete Scholar - This award will be given to the senior athlete who participates in at least two sports seasons at BRCS and has the highest GPA through the end of the 3rd quarter.

3 Sport Athletes – To honor the commitment to the BRCS Athletic Department, a special presentation will be made. Any high school 3 sport athletes are recognized who competes all four years of their time at BRCS will be presented with a BRCS athletic light jacket. For each individual sport an athlete participates in, he/she will receive the following:

- First year - Letter with sport specific pin
- Every year following - a bar pin

Team Awards

Coaches will present these awards within each team after their season is complete:

- *Most Valuable Player*
- *Most Improved Player*
- *Coaches Award/Matthew 6:33*: This award goes to the player that hustles and works hard at all practices and games. This player is always coachable and gives 100% at all times. The coach can always count on this player. He/she keeps God first in his/her actions on and off the court/field.

Creation of Teams

Decisions and creation of teams (programs) will be decided upon within the Athletic Department and will be based on the following criteria: those that are officially sanctioned by our conference, with a minimum number of BRCS participants (depending on the sport), programs that are sustainable, and those that can be financially supported with having adequate and regulation sized fields.

Parental Involvement

Each Team will have one or two “Team Parents”. Team parents assist the team by helping with the organization of the logistics, including team meals, transportation and volunteer opportunities. Parents should first direct questions to the Team parent, then their coach, then the Athletic Department to get the information that they need.