



Athlete's Handbook

Pioneer Valley Christian School
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www.pvcs.org



Pioneer Valley Christian School

Athletic Department

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Dear Athlete,

Welcome to the Pioneer Valley Christian School Athletic Program! Your decision to be an athlete in this program is a worthy and rewarding endeavor.

It requires great commitment, mental skills, hard work, and an ability to be coachable. Yet, as challenging as this endeavor will be, the result of your dedicated effort will have lasting positive impact upon you and every teammate. Remember that by your commitment and dedication, we press on to compete at the highest-level possible. Along the way, we strive to honor Jesus Christ in all things which is the most important measure of our success.

Once again, the PVCS Athletic Department is delighted to have you as part of this program. Your involvement in the Athletic Program will be personally rewarding and certainly a major factor in your personal growth.

Sincerely,

Tim Velozo
Athletic Director

"I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus."
Philippians 3:14

PVCS ATHLETE'S HANDBOOK

Table of Contents

TEN NON-NEGOTIABLE PILLARS FOR EAGLE ATHLETICS.....	3
THE FOUNDATION OF PVCS ATHLETICS	5
THE PVCS ATHLETIC DEPARTMENT.....	5
THE PURPOSE OF PVCS ATHLETICS	5
PHILOSOPHY OF ATHLETICS	5
STRATEGIC PLAN FOR THE ATHLETIC PROGRAM.....	6
ELEMENTARY ATHLETICS	6
MIDDLE SCHOOL ATHLETICS	6
HIGH SCHOOL ATHLETICS.....	6
THE MIAA AND PVIAC	6
CYO BASKETBALL GRADE LEVEL GOALS.....	7
EXPECTATIONS OF THE PVCS ATHLETE.....	8
ATHLETE RESPONSIBILITIES.....	8
EQUIPMENT AND UNIFORM	8
ATTENDANCE AT PRACTICE AND GAMES	8
FACILITY RESPONSIBILITIES.....	8
LOCKER ROOM DECORUM	8
TRANSPORTATION.....	9
PARENTS MEETINGS	9
ATHLETES SPORTSMANSHIP EXPECTATIONS	9
APPROPRIATE DRESS	9
POLICIES	10
DISCIPLINE POLICES.....	10
GENERAL POLICIES	10
MIAA LEAGUE RULES AND REGULATIONS	11
EVERY PARTICIPANT MUST BE A SCHOOL TEAM MEMBER.....	11
LOYALTY TO THE HIGH SCHOOL TEAM: BONA FIDE TEAM MEMBERS – MIAA RULE 45.....	11
STUDENT ELIGIBILITY: BASELINE ELIGIBILITY REQUIREMENTS – MIAA RULE 51	11
ATTENDANCE POLICY	11
ACADEMIC ELIGIBILITY FOR ATHLETICS.....	11
STUDENT ELIGIBILITY: PHYSICAL EXAMINATIONS/MEDICAL COVERAGE.....	11
AMATEURISM - DEFINITIONS AND LOSS OF AMATEUR STANDING	12
ATHLETIC WEBSITE INFORMATION	13
ATHLETIC BOOSTER CLUB INFORMATION.....	13
ATHLETES REQUIREMENTS.....	14
ATHLETIC PARTICIPATION WAIVER FORM	15
THE PVCS ATHLETE'S COVENANT	16
ATHLETE'S CODE OF CONDUCT	17
SPECTATORS CODE OF CONDUCT.....	19

Ten Non-Negotiable Pillars of Eagle Athletics



All members of Pioneer Valley Christian School Athletic Program will be committed to upholding the following pillars for athletic success:

- **Honor Jesus Christ in all things...**the most important measure of our success.

“Whatever you do, work at it with all your heart, as working for the Lord, not for men.” Colossians 3:23

PVCS athletes work to build a close relationship with our Lord Jesus. They recognize their athletic abilities are a gift from God. They work passionately to develop their talents to the utmost for His glory and honor.

- **Christian character defines who we are...**God-honoring behavior, good sportsmanship, and avoiding drugs, alcohol, and tobacco are required.

“For this very reason, make every effort to add to you faith goodness; and to goodness, knowledge; and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness; and to godliness, brotherly kindness; and to brotherly kindness, love.” II Peter 1:5-7

PVCS athletes seek to be self-controlled and make godly choices in all things. They respect their teammates, coaches, officials, opponents, and themselves. They understand their place as role models to their peers and younger athletes.

- **Good grades and conduct lead the way...**successful athletes must be successful students.

“But everything should be done in a fitting and orderly way.” II Corinthians 14:40

PVCS athletes recognize they are students first. They understand that team conduct rules are important to team success. They seek to develop a well-balanced life and perspective. Studies and class attendance take priority. Athletes prioritize their time in order to properly balance studies with practice and game schedules.

- **“We” before “me”...**what is best for the team always comes first.

“For by the grace given to me I say to every one of you: Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the measure of faith God has given you.” Romans 12:3

PVCS athletes come to the team on the terms of the coach and submit to his/her authority. Team success and victory come before personal accomplishment. They are willing to sacrifice and make personal choices and decisions in light of what is best for the team. Pioneer Valley Christian athletes demonstrate selflessness and loyalty to the team. They adopt an honest and realistic view of themselves.

- **We will run the race to win...**competing at the highest possible level is the goal.

“For God did not give us a spirit of timidity, but a spirit of power, of love, and of self-discipline.” II Timothy 1:7

PVCS athletes are willing to pay the price of success by studying the game, mastering the fundamentals, practicing hard, and playing with poise and confidence. Their pursuit of

team goals and success is unwavering. They respect their opponents, but fear none.

- **We are in this together...**student athletes, coaches, and parents are all on the same page.

“The body is a unit, though it is made up of many parts; and though all its parts are many, they form one body. So it is with Christ.” I Corinthians 12:12

PVCS athletes promote a special chemistry. They come together in pursuit of common goals. They are each other’s greatest fans, and support each other in overcoming hardships. They seek to communicate and handle conflict in a way that reflects their Christian commitment.

- **Commitments are paramount...**showing up and honoring your word is the norm.

“I have fought the good fight, I have finished the race, I have kept the faith.” II Timothy 4:7

PVCS athletes are driven to overcome personal discouragement with “bulldog determination” to make a positive contribution to the team. Team membership is seen throughout the entire season regardless of an athlete’s role on the team. They are encouraged to be punctual and dependable. Athletes must understand the expectations and weigh the cost of membership before making a commitment to the team.

- **We will grow and improve in and out of the season...**getting better demands hard work, endurance, and proper life style.

“Preach the word: be prepared in season and out of season; correct, rebuke, and encourage – with great patience, and careful instruction.” II Timothy 4:2

PVCS athletes are dedicated to off-season efforts to improve conditioning and master fundamental skills. They follow an intelligent plan with a work ethic that leads to success in contests. Athletes must recognize this often requires a sacrifice of social time and the pursuit of other activities during the off-season.

- **Supporting other players and teams is expected...**we all share Eagle pride.

“Therefore encourage one another and build each other up, just as in fact you are doing.” I Thessalonians 5:11

PVCS athletes are fans of all Pioneer Valley Christian sports. They build encouraging relationships with fellow athletes. They enjoy watching other PVCS teams and athletes in their pursuit of success. PVCS athletes are willing to support other school sports in the off-season.

- **Positive attitudes will influence outcomes...**passion, enthusiasm, and energy will drive us.

“Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.” Galatians 5:9

PVCS athletes have a championship mindset. They recognize the carry-over value in other pursuits. They set personal goals with team goals in mind and work from an intelligent plan. They are humble in victory and gracious in defeat.

The Foundation of PVCS Athletics

The PVCS Athletic Department

History proves that an institutional Athletic Program is a valuable component of a school. Time and again, students testify that their participation in scholastic sports has had many positive effects in their lives. Pioneer Valley Christian School has created the Athletic Department to ensure that scholastic athletics continue to serve as a vehicle through which memorable experiences for students. In addition, the Athletic Department also serves God by promoting the integration of the participant's Christian experience with his athletic experience.

The athletic department exists to provide sporting opportunities for every interested student. To ensure success, the Headmaster of the school appoints an athletic director to head the department. The responsibilities of the athletic director are to administrate, to develop, and to promote the athletic program. The athletic director is also to appoint and supervise coaches and to chair the Athletic Committee. The Athletic Committee is responsible to establish and confirm athletic policies along with generating short-and long-range goals for the athletic program.

The PVCS athletic program requires additional funding apart from the school budget to help offset operational costs. Therefore the Athletic Department seeks volunteers to serve on the PVCS Athletics Boosters Club. Their purpose is to generate income for the Athletic Program through concessions, admissions, car washes, bake sales, etc... Thus, the Boosters Club is a vital element that helps the Athletic Program meet the rising cost of operation.

The Purpose of PVCS Athletics

The purpose of PVCS Athletics is to provide sporting opportunities for the student's physical and character development for the glory of God.

Philosophy of Athletics

The athletic program is an extension of the Physical Education Department and has defined educational goals. Highest of these is to bring athletics under the Lordship of Jesus Christ by teaching Christian commitments and joyful living through the student's athletic experiences. In its proper context, athletics is a learning center for the maturation process. Along with health fitness and motor proficiency, sports teach citizenship, respect for authority, self-discipline, self-control, the pursuit of excellence, and how to deal with success and failure.

“Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. Everyone who competes in the games goes into strict training. They do it to get a crown that will not last; but we do it to get a crown that will last forever. Therefore I do not run like a man running aimlessly, I do not fight like a man beating the air. No, I beat my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize.” I Corinthians 9:24-27

Strategic Plan for the Athletic Program

PVCS athletics exists to provide athletic activities for every elementary, middle, and high school student within a Christian context. It is the hope of the Athletic Department that every student has had an athletic experience, which contributes to his or her spiritual, mental, emotional, and physical well being. Fulfilling this hope for students does not come without a strategy. Therefore, a master plan has been put in place that gives all PVCS students an opportunity to be involved in organized athletics.

Elementary Athletics

Organized sports are offered to elementary students to introduce them to the arena of athletic competition at an entry level. Students will learn about the sport, its rules, and fundamental skills.

Participants will:

- Learn the rules of the sport
- Learn fundamentals of the sport
- Develop a Christian mentality
- Learn concepts of teamwork
- Learn about authority
- Have lots of fun!

Middle School Athletics

Middle school interscholastic athletics provides an inclusive program, which allows students to participate in various sports at developmentally appropriate levels. The goal is to develop and field the best possible team that will represent PVCS in league competition. Therefore the PVCS athletic program seeks middle school students who have Christian character, determination, ability, and high commitment standards who want to compete at a higher, more intense level of participation.

High School Athletics

High School athletics provides student-athletes the opportunity to participate at a high level of competition in the MIAA. The most qualified students are selected in order to field highly competitive sports teams. Students are required to demonstrate a willingness to sacrifice time, give intense effort, and place the team above self-interests. Students will receive the *PVCS Athlete's Covenant* before the season begins to confirm their commitment for the season.

The MIAA and PVIAC

Pioneer Valley Christian School is a member of the Massachusetts Interscholastic Athletic Association. The local district of the MIAA is the Pioneer Valley Interscholastic Athletic Conference. PVCS joins 47 schools in Western Massachusetts that comprise this conference.

The mission of the MIAA is clearly stated in the MIAA Handbook. As a member of the MIAA, PVCS is bound by the governance policies that are set forth in the MIAA Handbook. In addition, PVCS is also under the governance of the Pioneer Valley Interscholastic Athletic Conference (PVIAC).

CYO Basketball Grade Level Goals

Level 1: 3rd and 4th grade

Competition level: Instructional

Goals and Objectives:

- Learn basic rules and skills.
- Introduce the concept of teamwork.
- Listen to the coach.
- Introduce the principle of hard work and practice.
- Learn fundamentals of the sport
- Base playing time on commitment and work ethic.
- Learn that Jesus Christ is the Unseen Coach.

Level 2: 5th and 6th grade

Competition level: Moderate Competitive

Goals and Objectives:

- Reinforce basic rules of the game.
- Develop more complex levels of skill, teamwork, and strategy.
- Reinforce the concept of teamwork. Growing attentiveness to the coach.
- Strengthen the abilities of both the stronger and weaker players.
- Reaffirm the dignity of one's opponent.
- Learn how to compete Christianly.
- Base playing time on commitment, work ethic, and skill level.
- Develop a self-motivated work ethic.

Level 3: 7th-8th grade

Competition level: Competitive

Goals and Objectives:

- Reinforce basic rules of the game.
- Develop more advanced individual fundamental skills
- Strengthen the abilities of both the stronger and weaker players.
- Understand one's role on the team according to one's ability.
- Competes to win with as many players as possible.
- Base playing time on commitment, work ethic, and skill level. Being a more competitive level, advanced players will see more playing time.
- Reaffirm how to compete Christianly.
- Encourage players to develop basketball skills at home, at basketball camps, and to remain physically active during the off-season.
- Demonstrate a self-motivated work ethic.
- Pursue off-season training/sports.

Expectations of the PVCS Athlete

Athlete Responsibilities

1. PVCS athletes are expected to adhere to the school's academic and extra-curricular policies. Athletes should strive for excellence in their sport. Athletes should dress, act, and speak in such a way that upholds the Christian standards of PVCS. They should strive to their best, to encourage their teammates, work hard to improve their physical and spiritual abilities through athletics.
2. Be aware of the regulations contained in the MIAA Handbook. Pay particular attention to those sections dealing with student transfers, amateurism, and other regulations dealing with your sport.

Equipment and Uniform

1. Athletes are responsible for equipment and uniforms that are issued to them.
2. Equipment and uniforms are to be returned at the end of the season.
3. Students will be billed for missing or damaged equipment and uniforms.
4. An athlete will not be allowed to participate in the next season sport or receive his or her awards, grades, or diploma until the borrowed equipment and issued uniform has been returned.

Attendance at Practice and Games

1. Athletes are **REQUIRED** to attend **ALL** team practices and games.
2. Attendance will be taken, and absences will be reported to the Athletic Director.
3. All athlete absence will result in in-eligibility and game suspensions regardless of reason for absence.
4. If unable to attend practice or game due to extreme circumstances, the athlete must personally contact his/her coach and the athletic director prior to practice of game.

Facility Responsibilities

1. Student-athletes will assist in maintaining the fields and facilities, and **keep them clean.**
2. **NO CLEATS IN THE BUILDING.** Student-Athletes are to take off and clean shoes outside the locker room entrance. Cleats are to be taken off before entering any part of the school building. Coaches are to strictly enforce this rule.
3. Food is not allowed in the gym area. Water bottles are permitted during practices and games provided they are removed when leaving. **NO FOOD OR DRINK IN THE RENTED GYMNASIUMS.**

Locker Room Decorum

1. **There is no horseplay of any kind allowed in the locker room.** Student athletes are responsible for their behavior in the locker room area, as well as on the field or court. We strongly disapprove of rough play and expect the athletes to demonstrate responsible actions in the locker room area.
2. Students are responsible for their personal belongings. All items are to be locked in lockers before going to practice or games.
3. The above rules are also effective at away contests where student athletes have the privilege to use the opposing team's locker room facilities.
4. Any infractions of the above expectations will result in a hearing before the athletic board, and the violation could result in severe consequences.
5. The athletic director or a designated staff member will check the locker rooms daily before practice and games. Unsecured items will be confiscated and taken to a central location. Those students must see their head coach in order to retrieve their belongings.

Transportation

All athletes must travel to and from athletic contest with the coach. School vans will be used for most trips. No athlete should be allowed to drive or ride with others unless parents and the Athletic Director give written permission. Under certain circumstances and with prior approval from the coach and Athletic Director, an athlete may return home with his/her parents.

1. Students-athletes are **NOT** permitted to drive to away contests. In cases where school transportation is unavailable, their parent must provide written permission for the student to drive.
2. Students are not allowed to transport other students. The Athletic Director and Headmaster must approve any exceptions to these guidelines.
3. After using a van, student athletes are to close windows and pick up trash. These vans are used for all school-related activities as well as by some neighborhood churches. It is important that we take good care of the vans for proper representation.
5. Parents must take care in picking up athletes at scheduled practice times and locations. Coaches will be concluding practices at scheduled times. Please be prompt in picking up athletes since the coach cannot leave the facilities until all athletes have been picked up.
6. Coaches will remain with students while they are waiting for their rides to go home until they have been picked up.

Parents Meetings

1. Parents and all athletes are **REQUIRED** to attend one of the scheduled, summer athletic meetings.
2. The annual Parents/Coaches meeting will be in August of each year. The meeting will begin at 7:30 PM and conclude by 8:45 PM.
3. Although each athlete and only one parent is required to attend, we encourage all parents to attend.

Athletes Sportsmanship Expectations

1. Always set a good example for opponents and fans to follow, exemplifying the highest moral and ethical behavior.
2. Display proper sportsmanship responsibilities and demand it from your teammates.
3. Respect the judgment of contest officials, abide by rules of the event, and display no behavior that could incite fans.
4. Treat opposing coaches, participants, and fans with respect. Shake hands with officials and the opposing coach.

It is expected that athletes uphold the Christian standards of PVCS. We are representatives of our Lord Jesus Christ and the school that bears His name. "So what ever you eat or drink, or whatever you do, do all to the glory of God." I Corinthians 10:31

Athletes who violate these expectations will be subject to disciplinary action by the PVCS administration and Athletic Director.

Appropriate Dress

Each athlete is responsible to dress appropriately while attending away competitions. The wearing of inappropriate attire could result in removal from team competition on the specific day that the infraction occurs. See the coach or athletic director if concerned about specific attire. Please take pride in appearance and the team.

POLICIES

Discipline Polices

1. Foul Language - Foul Language is unacceptable. In the event of foul language the coach is to:
 - a. Remove the offending player from the game immediately.
 - b. Sit the offending playing for the remainder of the game.
 - c. Remove player using foul language a second time and have them serve a one game suspension.
2. Missing practices
 - a. Suspended for the following game if a player misses a practice.
 - b. Suspended for the season if the player missing practices frequently.
 - c. Commitment is to be expected from all players. Players should take time to consider the commitment before signing the PVCS Athlete's Covenant.

General Policies

1. Varsity Player on Junior Varsity team
 - a. No senior shall play in a JV game.
 - b. Juniors shall be allowed to play in a JV game, only if there is a possibility of improvement.
2. Winning
 - a. Winning, at any level, is not the ultimate goal. Teams are not to compromise character and sportsmanship in order to win. Pioneer Valley Christian School does not condone a "win at all cost" attitude.
 - b. Teaching Christian values are more important than winning a game. Do not compromise these values.
 - c. However, we do strive for excellence in every aspect.
3. Practice Cancellations
 - a. Inclement weather cancellation for outdoor sports will occur by the Head Coach and by the Athletic Director.
 - b. There may be practices if school is canceled due to snow.
 - c. Call the school office after 12:00 PM if unsure. Generally, the office will not know before this time.
 - d. Practices for outdoor activities will most likely be cancelled; if it has been raining all day. Call the office if unsure.
4. Game Cancellations
 - a. Home-games will be canceled by the Athletic Director in the case of inclement weather.
 - b. The away school's Athletic Director cancels away-games. We may not know about a cancellation until after 12:00 PM.
 - c. The Athletic Director will cancel CYO games in the event of snow.

MIAA League Rules and Regulations

Every Participant must be a School Team Member

"Each participant in an MIAA - sponsored interscholastic athletic event must be a member of his/her recognized high school team in that sport." "Member" shall be defined as a student who meets the standards of Rule 45 and 51

Loyalty to the High School Team: Bona Fide Team Members – MIAA Rule 45

A bona fide member of the school team is a student who is consistently present for, and actively participates in, all high school team *sessions* (e.g. practices, tryouts, competitions). Bona fide members of a school team are precluded from missing a high school practice or competition in order to participate in a non-school athletic activity/event in any sport recognized by the MIAA. Any student who violates this standard is ineligible for the next two contests or two weeks (whichever is greater) immediately upon confirmation of the violation. See rule 95 for additional tournament restriction.

Student Eligibility: Baseline Eligibility Requirements – MIAA Rule 51

For a student to practice with, or to represent a MIAA member school in athletic competition, the student must be duly enrolled in that school. Additionally, the student must be a candidate for that school's diploma, subject to the jurisdiction of that school's principal (i.e. the principal must have the authority to suspend the student from classes), and under the supervision of that school principal (i.e. the principal must have control and knowledge of the student's daily attendance and achievement).

Attendance Policy

Students must sign in by 11:00 AM in order to be eligible for that day's athletic practices or games. Students who are absent from school are ineligible to participate in that day's activities. If a student is absent or signs in after 11:00 AM on a Friday, then they will be ineligible for that weekend, or vacation games.

Academic Eligibility for Athletics

1. Students must be passing all subjects with no incompletes, and they must be working to potential at the time of any progress check.
2. Academic eligibility checks are turned in on Monday of each week during the season. If a student is failing at the time of the check, they will have until the following Monday to complete their deficiency.
3. If students are ineligible for two consecutive weeks, they may practice, but may not attend compete in any games.
4. If they are not eligible on the third check, they cannot participate in practices or games until the grade has been raised to a non-failing status.

Student Eligibility: Physical Examinations/Medical Coverage

All students must pass a physical examination within 13 months of athletic participation. A sports physical terminates 395 days subsequent to administering and must be renewed immediately (should an athlete be "in season") to maintain eligibility. A duly registered Physician, Physician's Assistant or Nurse Practitioner must perform physical examinations. The Sports Medicine Committee recommended physical examination form is in the MIAA White Book.

Amateurism - Definitions and Loss of Amateur Standing

A student who represents a school in an interscholastic sport shall be an amateur in that sport. An athlete forfeits amateur status in a sport by:

- Competing for money or other monetary compensation (MIAA preapproved travel, meals, and lodging expenses may be accepted);
- Receiving any award or prize of monetary value which has not been approved in advance by the MIAA;
- Capitalizing on athletic fame by receiving money or gifts of monetary value (scholarships to institutions of higher learning are specifically exempted); or
- Signing a professional playing contract in that sport.

Accepting a nominal standard fee or salary for instructing or officiating in an organized sports program or recreation, playground or camp activity shall not jeopardize amateur status. "Organized youth sports program" includes both school and non-school programs. Compensation for giving private lessons is permissible if approved in advance by MIAA. A high school student who loses amateur status may apply to the MIAA for reinstatement after a waiting period of one calendar year.

Only awards of no intrinsic value and approved by MIAA may be accepted by a high school student-athlete as a result of participation in school or nonschool competition in any sport recognized by the Association. Individual interscholastic athletic awards and similar mementos to athletes shall be limited to those approved and administered by the institutions, league, or MIAA in keeping with traditional school requirements as to what constitutes an acceptable reward.

Participating under an assumed name in any athletic contest shall make the student ineligible for one year.

Athletic Website Information



www.pvcs.org - for general information including calendar, contacts, homework, and announcements.

www.pvcseagles.com - for all sports related information including schedules, scores, news, announcements, and photographs.

Use these websites for up to date information on schedules, postponements, forms, news, and announcements.

Athletic Booster Club Information

The Athletic Booster Club supports PVCS athletics by organizing and running the concessions, gates, and fundraisers. Due to the increase in fees and officiating costs, the sports program could not exist without the help and supports of the ABC and parents. Please join the Athletic Booster Club in order to make this year successful. For more information on meeting dates, goals, and contact information, please visit the ABC website at www.pvcseagles.com and click Booster Club.

In order for the Booster Club to function effectively, we need people like you to actively participate giving of your personal time and energy. The following are a number of areas where your involvement is most needed. Many of these involve “behind the scenes” planning and support.

Concession Committee

Coordinating and working with volunteers to insure that the Snack Shack is fully operational during basketball season for home games from set-up to clean up.

Membership Committee

Assist Membership Chair with soliciting memberships by working a table at the gate of home games.

Clothing Sales Committee

Coordinate the selling of Booster Club clothing by ordering, maintaining inventory, and operating sale booth at events.

ATHLETES REQUIREMENTS

The following are MANDATORY requirements for athletes. Student-athletes will not be allowed to practice until all forms and qualifications have been met.

- MIAA PHYSICAL EXAM FORM – (*MIAA SPORTS ONLY. Not needed for CYO basketball.*) Best if scheduled during the summer months to ensure eligibility for the entire year.
- Athletic Participation Waiver Form
- Spectators Code of Conduct Form
- Athletic Code of Conduct Form
- Athlete's Covenant Form
- Meet PVCS/MIAA academic eligibility

Athletic Participation Waiver Form

To: Students, Parents/Guardians of PVCS Athletic Participants

From: Athletic Director

PARENT/GUARDIAN ADVISORY/CONSENT AND RELEASE FOR STUDENT ATHLETIC PARTICIPATION

Pioneer Valley Christian School's athletic program, while voluntary, is an integral part of the curriculum, and school personnel have devoted great effort to ensure that participating students are protected in every way possible. However, participation in athletics involves a risk of injury, which may range in severity from minor to long-term catastrophic events, including paralysis and death.

Participants have the responsibility to help reduce the chance of injury. Participants must obey all safety rules and regulations, report all physical problems to the coach, follow a proper conditioning program, and inspect personal protective equipment daily. Proper execution of skill techniques must be followed for every sport, especially in contact sports.

PARENTS Please read and INITIAL each of the following statements to show that the statement has been read, understood, and approved.

_____ I consent to have my son/daughter represent Pioneer Valley Christian School in approved athletic activities except those activities excluded by the examining doctor.

_____ I grant permission for my son/daughter to accompany any school team of which he/she is a member to out-of-town trips. The athlete will be transported to and from all events in school vehicles. Parents/Guardians wishing to have their son/daughter traveling with them returning from an event must make arrangements with the coach.

_____ In the event of an emergency requiring medical attention, I expect every reasonable attempt to be made to contact me. In an emergency, I grant permission for any immediate treatment deemed necessary by the attending physician and transfer of my son/daughter to a qualified medical facility. This authorization covers major surgery when decreed necessary prior to surgery by two licensed physicians or dentists.

_____ I agree not to hold the school or anyone acting on its behalf responsible for any injury, or its treatment, occurring to my son/daughter in the proper course of such athletic activities or travel.

_____ I acknowledge and accept that there are risks of physical injury involved in athletic participation, which may result in permanent paralysis, mental disability, and death.

By signing this form, I (parent/guardian), _____, certify that I give my permission for my child _____ to participate in athletics at Pioneer Valley Christian School from _____ until _____. I release Pioneer Valley Christian School and all coaches from all liability and waive any claims against them.

IN CASE OF ACCIDENT OR ILLNESS, I request the school to contact me. If I am unable to be reached, I hereby authorize the coach to call the physician indicated below and to follow his instructions. If it is impossible to contact this physician, the school may make whatever arrangements seem necessary.

Physician's Name: _____ Phone: _____

Health Insurance Coverage: _____ Policy #: _____

Please attach a copy of the insurance card

Signature: _____ Date: _____
(Parent/Legal Guardian)

Address: _____ Telephone: _____

Student's name: _____ Birth date: _____

The PVCS Athlete's Covenant

Individual and team success in sports results from commitment. The extent to which young athletes are able to make such commitments reflects their maturity as well as their dedication to family, friends, school, and team. Your coach already has made a similar kind of commitment. You will receive a copy of it. For these reasons, we ask you to read and agree to the following pledge.

As an athlete at Pioneer Valley Christian School, I promise:

1. To be a worthy representative of my teammates and coaches, abiding by school and community expectations, and reflecting my team's values of commitment and hard work (James 1:12);
2. To maintain my health and fitness levels by following the training rules as prescribed by the athletic director;
3. To reflect the knowledge that a commitment to victory is nothing without the commitment to hard work in practice;
4. To attend every practice and game;
5. To understand that my future as a responsible adult relates more to my academic than my athletic activities;
6. To find the time to satisfy family relationships and responsibilities;
7. To accept the responsibilities of team membership, cooperation, support of my teammates, shared responsibilities, positive interaction, and mutual respect;
8. To reflect good character by expressing my feelings and ideas intelligently and appropriately;
9. To reflect my belief that true strength involves gentleness and that even the toughest athlete is sensitive to others.

I have read the above statements and promise to live up to them.

Athlete's Signature _____ Date _____

Parent's Signature _____ Date _____

I have also read the TEN NON-NEGOTIABLE PILLARS FOR EAGLE ATHLETICS and agree to adhere to them to the best of my ability.

Athlete's Signature _____ Date _____

Parent's Signature _____ Date _____

Athlete's Code of Conduct

High school officials, coaches of athletic teams, and sponsors of student activities believe that students who are selected for the privilege of membership on teams, squads, clubs, and other school organizations should conduct themselves as responsible representatives of the school. In order to assure this conduct, coaches and sponsors enforce a Code of Conduct. Furthermore, members of teams and organizations who fail to abide by the Code of Conduct are subject to disciplinary action. Members of the teams and organizations must always serve as models of high moral character and must demonstrate appropriate academic commitment, which is expected from all students. As recognized representatives of their school, members are expected to exhibit appropriate behavior during the season (activity) or out of season, in uniform or out of uniform, on campus or off campus.

Section A – Extracurricular Activities and Education

1. Pioneer Valley Christian School has as its primary goal the academic education of all students. Therefore, each coach or sponsor has the obligation to encourage students to perform within reasonable academic expectations.
2. Foul language is unacceptable. All student-athlete use of foul language will result in immediate removal from the game and possible suspension from further contests. The student may be required to write a letter of apology to opponents, officials, and to the team.
3. All student-athlete use of tobacco products, alcoholic beverages, or possession or use of non-prescribed controlled substances or paraphernalia for their use will not be tolerated, and violators will be subject to disciplinary action.
4. Tardy students who do not sign in by 11:00 AM will not be eligible for that day's practice or competition. If the student fails to sign in on Friday, they will be ineligible for any weekend competitions and practices.
5. Attendance to all practices and games is mandatory. There are no exceptions. The athletic director and the coach must clear the missing of any practice. Violators will be suspended from the next competition even if the absence is not the day before the game.
6. Rule enforcement will be consistent and immediate. School officials are not expected to police off-campus activities unless the violation is brought to public attention, is sufficiently severe to bring discredit upon the organization, and is clearly proven.
7. Each coach has the prerogative to establish additional rules pertaining to the activity supervised. These rules may include attendance at practices, contests, trips, etc. Rules set by the individual coach or sponsor must be in writing and approved by the athletic director and communicated to the student participants before the activity begins.
8. Students suspended from school will not be allowed to participate in activities or athletics while they are on suspension.
9. The administration will be notified of all violations of the Code of Conduct and the consequences of the infraction. In addition to the penalties imposed by the Code of Conduct, such infractions will also be subject to appropriate administration disciplinary policies.

Section B – Procedures

A student may be suspended from participation in any activity according to the following procedures:

1. All reports of violations of the Code of Conduct are to be made to the athletic director.
2. The athletic director contacts the student, the parents, and the coach to inform them of the violation and the procedures to be followed. If requested, a meeting is scheduled within three (3) school days. This meeting includes the athletic director, the student, his or her parents, and the student's coach.
3. The athletic director and coach or sponsor will determine the course of action. The student and his/her parents will be notified of the decision immediately.
4. Any student, who violates the guidelines and/or does not satisfactorily complete the season or activity, may not be eligible for other extracurricular activities including, but not limited to, others sports, any awards, or special recognition given for participation in the activity. Furthermore, a student who holds an elected or appointed office or position (i.e., peer leader, team captain, student organization officer) may be required to relinquish said position upon violation of the guidelines.
5. Penalties will be applied in every area of activity in which a student participates. Any offense constitutes a violation in all activities covered under the guidelines.

Section C – Guidelines for Action

Guidelines are for the school year and refer to infractions which occur in or out of season. Guidelines also apply during the entire calendar year when the student is actively engaged in a school-related activity on or off campus.

Consequences for infractions by athletes are determined by the following guidelines:

1st Offense - Suspension from at least one contest

2nd Offense - Suspension from at least one-half of the season

3rd Offense - Suspension from all athletics for the remainder of the school year

These suspensions may carry over from season to season during a single school year.

Section D – Right of Appeal

A student and his/her parents may appeal a decision by writing a letter to the director of athletics with a copy to the coach within three (3) days following the meeting. This letter should request a hearing with the athletic director, coach, parent(s), and student.

A meeting will then be called to hear both sides of the case and action will take action that is considered to be in the best interest of the student and school.

I have read and understand the above policies.

Athlete's Signature _____ Date _____

Parent's Signature _____ Date _____

Spectators Code of Conduct

Behavioral Expectations of Spectators

- Remember that school athletics are learning experiences for students and that mistakes are sometimes made. Praise student-athletes in their attempt to improve themselves as students, as athletes, and as people.
- Understand a ticket is a privilege to observe the contest, not a license to verbally assault others and be generally obnoxious.
- Learn the rules of the game so that you may understand and appreciate why certain situations take place.
- Show respect for the opposing players, coaches, spectators, and support groups. Treat them as you would treat a guest in your own home.
- Respect the integrity and judgment of game officials. Understand that they are doing their best to help promote the student/athlete, and admire their willingness to participate in full view of the public.
- Recognize and show appreciation for an outstanding play by either team.
- Use only those cheers that support and uplift the teams involved.

Acceptable Behavior . . .

- Applaud introduction of players, coaches, and officials
- Accepting all decisions of officials
- Treating competition as a game, not a war
- Searching out opposing participants to recognize them for outstanding performance or coaching
- Applaud at end of contest for performances of all participants
- Showing concern for an injured player, regardless of team
- Encouraging surrounding people to display only sportsmanlike conduct

Unacceptable Behavior . . .

- Yelling or waving arms during opponent's free throw attempt, serve, etc
- Disrespectful or derogatory yells, chants, songs, or gestures
- Booming or heckling an official's decision
- Criticizing officials in any way; displays of temper with an official's call
- Yelling to antagonize opponents
- Refusing to shake hands or give recognition for good performances
- Blaming loss of game on officials, coaches, or participants
- Laughing or name-calling to distract an opponent
- Using profanity or displaying of anger that draws attention away from the game

Parents/Fans Code of Conduct

PVCS believes that sportsmanship is a core value and its promotion and practice are essential. This code of conduct applies to all parents/fans involved in interscholastic athletics and activities.

1. Parents/Fans will promote academic, emotional, physical, and moral well being above desires and pressure to win.
2. Parents/Fans will teach, enforce, advocate, model, and promote the development of good character to include:
 - a. Trustworthiness
 - b. Respect
 - c. Responsibility
 - d. Fairness
 - e. Caring
 - f. Citizenship
3. Parents/Fans will respect participants, officials, opponents, and all others involved.
4. Parents/Fans will promote fair play and uphold the spirit of the rules in the activity.
5. Parents/Fans will model appropriate behavior at all times.

I have read and understand the requirements of this Code of Conduct and acknowledge that I may be forbidden from attending games or practices if I violate any of its provisions. I will also help promote good sportsmanship in my own and in others actions.

Signature

Date