



Athletic Handbook

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Philosophy

At BCA, we believe that athletic programs and extra-curricular activities build character, aid in the development of a well-rounded individual, and provide a platform to develop leadership skills. This is an opportunity for student athletes to build positive peer relationships and create lasting memories. Learning to work as a team toward a common goal is valuable life skill that can be carried into adulthood. Furthermore, athletic programs promote a focus on physical fitness and healthy life style choices. It is the intent of BCA to provide our scholars with opportunities which assist in the development of the whole child, through positive and encouraging activities.

Conduct

In order to be eligible to participate in BCA athletics, scholars must maintain a respectable disciplinary record. The conduct and character of a BCA scholar and athlete is very important. Any BCA athlete receiving an office referral will receive a written notice of probationary status. The probationary status will remain in effect for the remainder of the school year. If the athlete receives a second office referral, that athlete may have all athletic privileges revoked. Severe disciplinary infractions, determined by the coach and principal, may result in the automatic removal from all athletic teams. If a scholar is removed from the athletic program due to his/her disciplinary record, no athletic fees will be refunded.

Consent Forms

In order to participate in BCA Athletics, scholars should have the following forms from the Athletic Packet completed and on file.

- Medical History Evaluation to be completed by a physician
- Emergency Information and Parent Consent
- Risk Acknowledgement
- Parent or Guardian Consent, Indemnity and Insurance
- Parent Letter regarding Self-Carry Policy for Emergency Medications
- Parent Letter regarding Drop-off and Pick-up procedures
- Acknowledgement of policies in the BCA Athletic Handbook

Attendance

Students must attend the entire school day to participate in any after school activities, including practices and games, unless excused and allowed by a doctor.

Eligibility

In order to participate in the BCA Athletic Program, the scholar must be enrolled at BCA as a 6th, 7th, or 8th grader and less than 15 years of age on first day of school.

Fees and Cost

It is expected that all athletic programs are financially self-sustaining. Scholars participating in athletic programs may be expected to purchase or rent the team uniform and other needed equipment for each participating sport. Scholars may not be allowed to participate without the required equipment. Other fees may also be assessed to the athletes to assist with other associated costs such as rentals, officiating fees, and etc.

Grades

In order to be eligible to participate in BCA athletics, all scholars must maintain a 2.5 grade point average (GPA) each grading period. The head coach of each sport is responsible for monitoring the grades of participating scholars. Scholars not earning a 2.5 GPA will receive a written notice of probationary status from the coach for that grading period. The scholar will be able to participate in practices, but will not be allowed to compete in games or meets. If the scholar's GPA is less than 2.5 for the subsequent grading period, that scholar will no longer be able to participate in athletic programs until the required GPA is achieved. If a scholar is removed from the athletic program due to an insufficient GPA, no athletic fees will be refunded.

Medication Policy

For scholars requiring emergency medications, such as an asthma inhaler or an epi-pen, it is expected that the scholar and parents are responsible for having the necessary medication available at all after school activities. Scholars or parents will self-administer these medications as needed and prescribed. Medications used after school will be the responsibility of the student and his/her parent/guardian. This would include practices, games, meets, and any other after school activities and off-campus activities. Scholars will carry and self-administer his/her own medication during after school activities. This medication is to be solely used by the scholar and will be shared with no other student.

If the activity occurs directly after school, the student will drop the medicine off in a labeled bag at the nurse's office in the morning and will be picked up at bell time.

NOTE: The medication that has already been turned into the nurse cannot be used for this purpose. A separate medication for after school activities must be supplied by the parent. This is to ensure that the scholar always has the proper medication readily available during school hours. All necessary paperwork from your child's physician must be on file with the school nurse.

BCA and its employees shall incur no liability as a result of any injury sustained by the student from self-administration of medications.

Be aware that if a child has an emergency, the principal or designee will have the child transported to the hospital emergency room by ambulance. Parents will assume all financial responsibility.

Physical Exams

Prior to trying out, practicing, or participating, on an athletic team, a scholar must have a completed physical examination. The physical examination must be conducted by a licensed physician or medical practitioner and give consent for participation in athletic activities. The physical exam is valid for one year. No scholar will be allowed to try out, practice or participate in athletic events or activities without a current physical examination.

Transportation

At this time, BCA will not provide transportation for athletic programs. Parents of the athletes are responsible for transportation to and from all practices, games and other associated events. Coaches are not allowed to transport student athletes.

Try-Outs

Athletic programs may host try-outs if needed. Try-outs will be conducted in a fair and unbiased manner. Scoring rubrics will be used to determine the participants score and ranking. These forms will be kept on file for one year. All consent forms, agreements, and documents must be completed prior to try-outs. Students with incomplete paperwork may not be eligible for tryouts.

The coach of each team will be responsible for giving notifications of the try-out results.

Scholar Responsibility

Scholars are expected to be team players and conduct themselves with respect and sportsmanship. Scholars are responsible for communicating with coaches and parents about team activities, and be prepared with equipment and supplies. Scholars will not be allowed to call home for forgotten items. Scholars are also responsible for bringing water for rehydration during practices, games and meets. By participating in BCA Athletic Programs, scholars should adhere to the policies and procedures in the athletic handbook and the corresponding consent forms.

Voluntary Removal from Athletic Programs

Bayou Community Academy is opposed to quitting, regardless of each person's physical abilities. We are committed to the idea that every player in our athletic programs makes an important contribution to the team's success and that when a player quits, he/she deprives the team of that contribution. Scholars not completing the

entire season, due to a voluntary removal (quitting/not attending) will not be eligible for team awards or honors.

If a player decides to quit, however, we ask that the parents and scholar meet first with the head coach to discuss this decision. After meeting, appropriate action will be taken. Players who quit a sport will be allowed to petition for reinstatement; such reinstatement will be determined by the head coach and principal or designee. The reinstatement process will include the athlete meeting with both the head coach and principal or designee. After this meeting, the head coach and principal or designee will make a decision, as to whether or not, to allow a player to return as a member of the team. Parents and athletes must understand that if a player violated the policies of the BCA Athletic Handbook prior to or during the quitting process, the athlete will be held accountable to the Athletic Handbook policies provided he/she is reinstated. The decision made by the head coach and principal or designee is final.

Coaching Staff

All coaching staff is required to complete a background check prior to serving in that capacity. The head coach of each sport will be assigned by the principal and be responsible for the following duties:

1. The head coach will be required to communicate with parents and athletes regarding practices, games and other related activities. The BCA email system, and website or a BCA approved app (Remind 101) are the only forms of electronic communication allowed.
2. In an effort to ensure the supervision and safety of all athletes, it is BCA's expectation and requirement that parents are responsible for the supervision of their child until the official start of all events. They should not be dropped off until they are released into the direct supervision of the coaches. At the end of the event, once the coach releases the players, it is expected that the parents resume immediate supervision and responsibility of their student athlete. This will ensure that all BCA athletes are properly supervised at all times. This BCA requirement will replace signing in and signing out of all players for sporting events.
3. Coaches and parents should be respectful of time. Coaches should notify parents of the arrival and ending time of all events. The coach should be at all activities 5 minutes prior to the required arrival time of the athletes and be present during the entire game, practice or event. Coaches should communicate with parents that scholars should not be dropped off at games or events until the coach is present. The coach has the discretion concerning future participation in athletic activities if a parent is more than five minutes late on two occasions.
4. Coaches should supervise all players at all times. At no time should any member of the team be left unsupervised.
5. At the coach's discretion, parent volunteers may assist with team activities. Parent volunteers may be required to have a background check depending on their involvement with the team. The coach should always serve as the primary supervisor of the team. In the event of a coach's absence, the principal may name a temporary designee to assist with team activities. If a designee is not available and approved by the principal, the event may be canceled.
6. Coaches must maintain a team binder to include emergency contact information on all players, schedules, and other documentation. Emergency contact information must be in the coach's possession at all times, and coaches should be familiar with any medical conditions of the players.
7. Coaches must keep a file of all physical exams and verify eligibility requirements concerning grades and discipline each nine weeks.
8. In the case of an injury, the safety and well-being should be secured first. Coaches must report all injuries on accidents immediately. Parents must be notified of the injury first and then report to the principal. Athletes should not be allowed to play or participate if an injury is suspected. An athlete must have clearance from a doctor when returning from an injury before resuming participation. Safety of the players is always the main concern.

9. Athletes should not be allowed to play without the required equipment, especially as it relates to safety.
10. Coaches should help to familiarize parents with the particular requirements of each sport.
11. The attached Coaching Documentation Log should be submitted to the Middle School Principal one week after the end of each coaching season.

Boys Soccer

Coaches Responsibilities: The coach's responsibilities will involve creating engaging and challenging practice drills, pre-game routines, and conditioning drills. The coach will also be responsible for analyzing the player's strengths and weaknesses in order to strategically place the scholars in positions (offense, defense, midfield, goalie). Furthermore, the coach will ensure that the scholars treat one another with respect and exhibit responsibility for equipment, arriving at games on time, and being prepared for practices and games. Along the same line, the coach will also set an example of good sportsmanship that should be followed by scholars to ensure that BCA is appropriately represented.

Equipment: Players will need shin guards, soccer socks, and soccer cleats to be provided by the parents. Any scholar without shin guards at practice will only be able to participate in the team conditioning. However, any scholar without shin guards at the game will not be allowed to play. Soccer uniforms will be ordered through BCA. **For the season, all soccer uniforms will be borrowed from BCA. The uniforms will be signed out and must be returned at the end of the season. Players will be responsible for the replacement cost of the uniform if it is damaged or lost.** All players will need to provide their own rehydration during practices and games (water, Gatorade, etc).

Fees: Fees will be approximately \$30 plus the purchase of the above stated equipment. These fees will help to cover the cost of insurance, equipment and referees. Prices are subject to change.

Games: Schedule-TBA. Schedules will be coordinated with other schools in the area. Travel to away games will be required and will be the responsibility of the player's parent/guardian.

Practice Attendance: Practices will either be held on the BCA campus or at the Eric Andolsek Park and may require transportation. Practices will typically begin the first week of October and continue through the duration of the season. Practice times and locations will be sent out as the season approaches. All practices are subject to weather and any cancellations will be made by the principal/designee. Parents will be notified by either an email, phone call or a pre-generated message from BCA relaying the information. Scholars are expected to be in attendance at practice. Absences from practice can potentially affect playing time because dependability is important.

Along the same line, if a scholar misses practice during the week, the scholar will not be able to start the game the following game. Students must attend the entire school day to

participate in any after school activities, including practices and games, unless excused and allowed by a doctor.

Parent Volunteers: Parent volunteers are greatly appreciated, and BCA Athletic Program wouldn't be what it is without the support of our parents and volunteers. A parent volunteer form will be signed and kept on file as an agreement between the volunteer and BCA Soccer Team. Parent volunteers are left to the discretion of the coach.

Issues concerning playing time should be respectfully discussed with the coach by the player. Concerns over playing time should be addressed between the player and the coach. Parents are allowed to contact the coach concerning playing time only after the player has made an attempt to do so. Parents will be asked not discuss concerns of playing time with a coach immediately after a game. These issues are best discussed the next day.

Team Members: Each team (boys and girls) will consist of no more than 20 players. The scholar's roles on the team will vary depending upon strengths that each scholar exhibits in the areas of offense and defense. Two scholars will be chosen from both the boy's and the girl's team in order to fulfill the role of captain and co-captain. The role of captain and co-captain will be determined by the coach's observations during practice in regard to rapport with peers, ability to take direction, positive attitude, and skill level. Furthermore, the scholars filling these roles will be expected to maintain high standards for themselves off campus as well. A captain/co-captain should exhibit strong character traits that will aid them in their role.

Transportation: Parents will be expected to provide transportation for the scholar to and from games.

Try Outs: All athletic programs will host try-outs if necessary. Try-outs will be conducted in a fair and unbiased manner. Scoring rubrics will be used to determine the participants score and ranking. These forms will be kept on file for one year. All consent forms, agreements, and documents must be completed prior to try-outs. Students with incomplete paperwork may not be eligible for tryouts.

Soccer try-outs will consist of several physical stamina drills as well as various tactical drills. The scholars will be required to participate fully during try-outs and attempt each requested drill to the best of their ability. After try-outs, the coaches will tabulate the scoring rubric, and the final team roster will be determined. The coach of each team will be responsible for giving notifications of the try-out results.

Spectators: Spectators are welcome! However, all spectators are asked to conduct themselves respectfully. Please keep in mind that this experience is a fun yet challenging experience and all spectators will be asked to compose themselves and maintain a positive outlook towards the scholars, the opposing team, the coaches, and even the referees. Thank you for your continued support!

Girls Soccer

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Boys Cross Country

Coaches Responsibilities: The coach is responsible for holding weekly practices and providing times of those practices prior to the season starting. The coach will also be responsible for providing productive practices where scholars can push themselves to run farther and faster than before. The coach will notify parents of meets in a timely manner and update parents on any changes to the schedule.

Equipment: A good/sturdy pair of running shoes will be required. The Cross Country coach can make recommendations regarding shoes, but it will be voluntary to purchase. Parents may contact the coach if suggestions are needed concerning running shoes. A pair of solid black running shorts will be needed, along with a team shirt ordered by the coach. The length of the shorts should at least meet the athlete's finger tips when hands are held by their side. Running tights may only be worn underneath the running shorts.

Fees: Fees will be approximately \$25 and will include a team shirt. In addition, these fees will help to cover the costs of the program. Prices are subject to change.

Games: Schedule-TBA. Schedules are coordinated with area schools. Travel to away games will be required and will be the responsibility of the player's parent/guardian.

Practice Attendance: Practice will occur 2-4 times a week and begin immediately after the bell. Scholars will run near and around the BCA campus or in the back field behind BCA. Practices are mandatory, unless excused by a doctor. If a scholar misses more than two practices unexcused he/she will not be able to participate in the upcoming meet. Students must attend the entire school day to participate in any after school activities, including practices and meets, unless excused and allowed by a doctor. The coach will provide more information regarding times and pick up information regarding practices.

Parent Volunteers: Parent volunteers are greatly appreciated, and BCA Athletic Program wouldn't be what it is without the support of our parents and volunteers. Please see the parent volunteer guidelines. The form will be signed and kept on file as an agreement between the volunteer and coach. Parent volunteers are left to the discretion of the coach.

Parent Volunteers will be needed for after school practices as well as for meet days. Parent volunteers will be asked to assist in conducting practice to ensure all scholars are safe throughout the practice. Parent volunteers will time scholars at certain

practices and while at meets. If interested in volunteering, 2-4 times a week, please email the coach!

Parents can also volunteer to be in charge of a week of healthy snacks for the cross country team to be given at the end of each practice.

Team Members: There is no limit to how many scholars can participate. Captains will be chosen based on leadership and performance abilities displayed at practices. Runner with the best practice times will be chosen to participate in meets when a team is restricted to the number of participants.

The cross country team will require a Team Manager(s) to assist with practices and meets. Team Manager(s) must have transportation from practice and to and from meets.

Transportation: Parents will be expected to provide transportation for the scholar to and from practice and meets. Parents will be responsible for picking up their scholars at the end of practices. Students may go to after care once practice is finished if they are signed up to attend. Scholars will be placed in after care if a parent is more than 5 minutes late. The parents will be responsible for after care fees. Parents will also have to transport their scholars to and from meets. Most meets will begin around 5 PM.

Try Outs: Any 6-8th grade scholar interested in competitively running may participate in cross country at Bayou Community Academy. Try-outs may be held if needed.

The coach of each team will be responsible for giving notifications of the try-out results.

Spectators: Spectators are welcome! However, all spectators are asked to conduct themselves respectfully. Please keep in mind that this experience is a fun yet challenging experience and all spectators will be asked to compose themselves and maintain a positive outlook towards the scholars, the opposing team, the coaches, and even the referees. Thank you for your continued support!

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