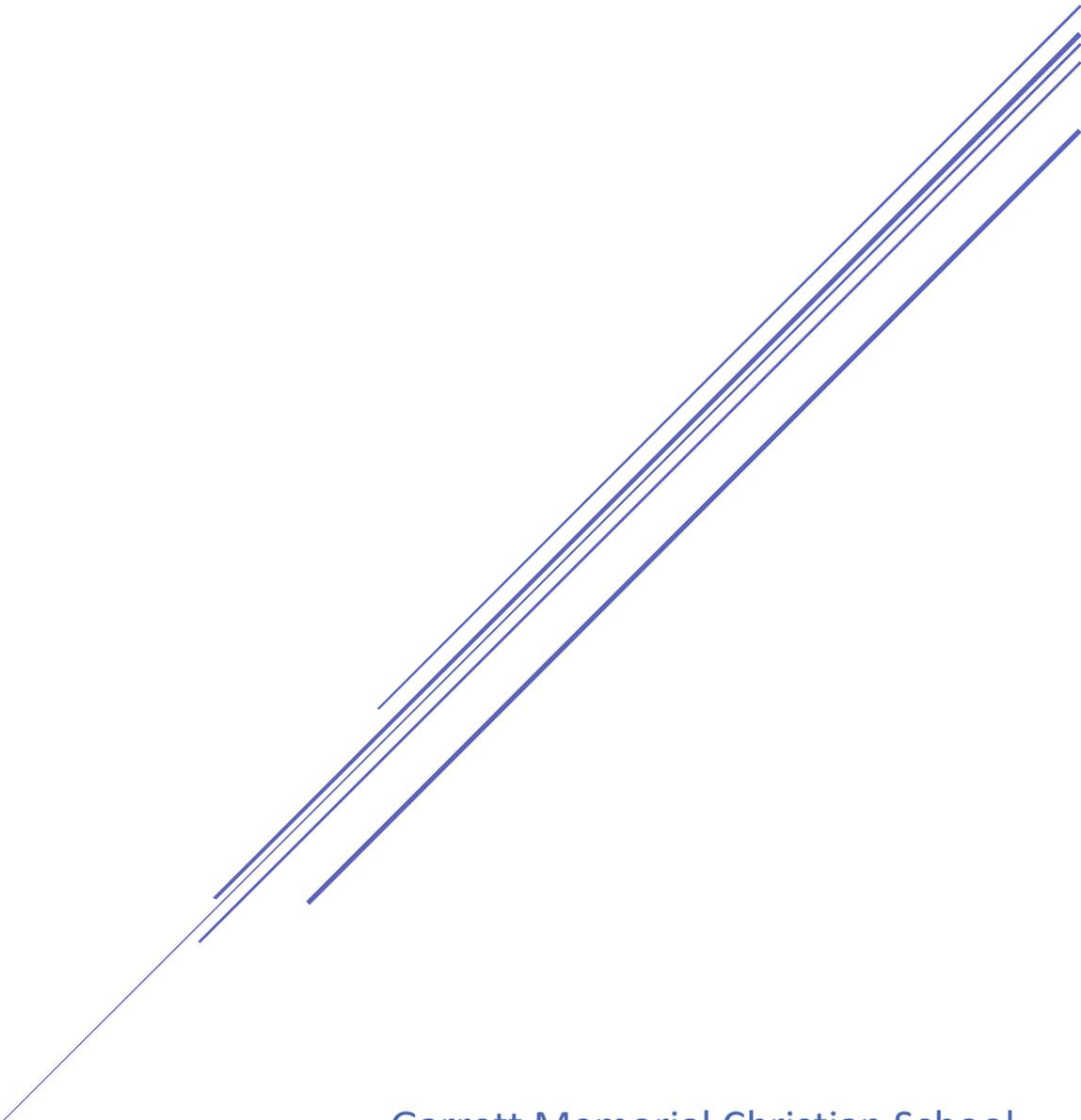


# ATHLETIC GUIDELINES

2020-2021



Garrett Memorial Christian School

Garrett Memorial Christian School (GMCS) participates in inter-school athletics as a member of the Heartland Christian Athletic Association (HCAA). All policies for participation will be in full compliance with GMCS and HCAA standards.

All extracurricular activities sponsored by GMCS are offered as opportunities for the students to enrich their lives and become godly leaders. Everything should be done as a testimony of love for Jesus. The actions of coaches, student athletes and parents should reflect a firm affirmation for godly principles.

Extracurricular activities are an addition to the spiritual and academic achievements of GMCS students. Participation in these activities should be considered a privilege and not a right. Students must follow the policies of GMCS in order to earn the privilege to participate. GMCS recognizes that self-discipline, commitment and competition are all part of being an athlete.

### **Academic Standards**

The athletic eligibility policy of GMCS states that a student athlete must maintain a minimum of 2.5 grade point average (GPA). Grades will be checked each day prior to games for eligibility. If a student does not meet the standards listed above, he or she will be removed from participation in any sports at GMCS until their GPA has been brought to 2.5.

### **Athletic Standards of Conduct**

Personal appearance and dress code guidelines will be followed as stated in the GMCS Student Handbook. In addition to those guidelines, the following requirements will also apply:

- All student athletes must wear the regular GMCS school uniform attire or approved travel suits when traveling athletic competitions, unless otherwise stated by the coach.
- Shirts will be tucked in from the time the team departs from GMCS, until the time the team returns. (This includes game time, even if you foul out.)
- Sagging of pants will not be tolerated.
- Students will not be allowed to leave an out-of-town athletic facility, unless they are under approved adult supervision and have checked out with the coach.
- In order to participate in an interscholastic contest, all participants must meet the physical and academic requirements of GMCS.
- Each participant must abide by the written rules, policies and academic requirements of GMCS. Consequences of rules and policies will apply during athletic events. Coaches may impose other consequences, as approved by the Administrator, in addition to those in the Student Handbook.

- In order to participate in an afternoon or evening game, the student athlete must attend all morning classes prior to departure for game. If not present, you will not be allowed to play in the next scheduled game.
- Student athletes will completely abstain from the use, possession, or distribution of tobacco, e-cigarettes, alcohol, and illegal drugs.
- Student athletes will abstain from sexual immorality and any other immoral or illegal acts.
- Should an athlete become pregnant, the student will not participate in athletics that school year. If the student returns to GMCS, they will not be allowed to continue their participation in the GMCS Athletic Program. (See GMCS Handbook, p. 25-26.)
- Student athletes will treat all facilities and equipment with respect.
- Student athletes will demonstrate a positive image and maintain a high standard of behavior at all times.
- Students who receive a technical foul because of intent to harm, loss of self-control, profanity or any other unsportsmanlike conduct will be removed from the game by his/her coach for the remainder of the game. In addition, the student will face the corrective discipline measures, as noted in the Student Handbook.
- Student athletes who are ejected from a game for any reason must sit out at the next HCAA game as well.
- Each coach will determine whether phones are allowed while traveling to games. Phones must be put away when arriving at the gym where games are to be played and until after student's game(s) are completed.

*Any student athlete refusing to comply with these conduct standards will be subject to disciplinary action and/or dismissal from the GMCS Athletic Program.*

### **Parent Involvement**

Parents play an important role in the life of the GMCS student athletic teams. Although winning is the objective at most sporting events, we must also recognize the need to have fun. Please refrain from negative comments about team members, coaches, or referees. Always be respectful when communicating to coaches. Be an encourager; help your student keep in perspective both victory and defeat. Attend as many games as possible. Volunteer your service in our concession stands, as well as clean up after games.

## **Transportation**

All student athletes are required to utilize the school's transportation when attending out-of-town school sponsored events. Private cars will be used when needed but should have approval by the school administrator or coaches.

## **Attendance Requirements for Other Games**

- Volleyball – When playing at home, Junior High players must stay for the first set of the following Senior High game. Likewise, the Senior High players will be required to attend the Junior High games. [During the COVID-19 pandemic, this rule will be suspended until further notified.]
- Basketball – When playing at home, Junior High girls and Junior High boys will be required to support each team through their attendance. Likewise, the Senior High girls and boys teams will be required to support each team through their attendance. [During the COVID-19 pandemic, this rule will be suspended until further notified.]

## **Practices and Games**

Student athletes will attend and be on time for all practices and games. If a student knows they will be absent, they are to notify their coach in a timely manner.

High school teams may require practices or games during scheduled school breaks. GMCS student athletes and their families are expected to honor the time commitment that may be required.

Coaches will not hold practice later than 5:00 p.m. on Wednesday evening, and no games will be scheduled on Wednesdays.

## **HCAA Handbook**

GMCS will follow all procedures and policies set forth by the HCAA Handbook, which may be obtained online at [www.heartlandathletics.com](http://www.heartlandathletics.com) or in the GMCS Administrator's Office.

## **Disclaimer**

GMCS reserves the right to grant exceptions to these policies on a case-by-case basis for any reason. When exceptions are granted, it applies to that individual only and no other student athlete, parent, or guardian.