



ATHLETIC HANDBOOK

Table of Contents

Mission.....	3
Goals.....	3
Student Guidelines.....	4
Dismissal or quitting a sport.....	4
Parents Code of Conduct.....	5
Rules for the Athletic Facility.....	6
Athletic Awards.....	7

Bethesda Academy Mission

Our mission at Bethesda is to teach a Love of God, a Love for Learning, and a Strong Work Ethic. In athletics, we have a distinct opportunity to teach all three principles. We teach a love of God through our Fellowship of Christians Athletes (FCA). Therefore, we pray before and after each practice and each game of competition. We teach a love of learning on and off the field of play. To help our student-athletes to enhance their love of learning, we use our A.U.D.I.T. system. We call this character developing system, our five pillars of success, The Blazer Law. Finally, we are also dedicated to teaching each student-athlete how to develop a strong work ethic. One of the many ways we instill a strong work ethic in our athletes is through our strength and conditioning program. In order for student-athletes to become successful in each sport and to minimize injuries with each athlete, strength and conditioning is mandatory.

Goals

Our number one goal at Bethesda is to **Win!** We desire to win in every aspect of living! We are teaching our student-athletes how to win in the classroom, how to win on the court, field, track, or the green, how to win in their prayer life, and how to win with character.

BLAZER LAW

1. **A**CCOUNTABILITY
2. **U**NIFORMITY
3. **D**iscipline
4. **I**NTEGRITY
5. **T**EACHABLE SPIRIT

A.U.D.I.T (EXAMINATION OR ASSESSMENT OF OUR SPORTS PROGRAM)

Student Guidelines

1. All students-athletes must meet all academic requirements before participating in any sport. (must pass 5 or more subjects to be eligible for the following semester)
2. All student-athletes must have a new physical examination each year before participating in any sport.
3. All student-athletes must have all paperwork filled out and turn in before competition.
4. No earrings are permitted during any school related events, which includes athletics.
5. Cell phones are permitted on away games. However, all cell phones must be turned off until after competition.
6. All student-athletes who fail to follow instructions during all overnight trips will be asked to leave. Parents will be asked to pick up their child early from the trip. There will be no exceptions to this rule. There will also be additional consequences according to the incident, which could also lead to dismissal.
7. All student-athletes are responsible for returning all equipment and uniforms. Any student who fails to return equipment or uniform will not receive their transcript or report card and will be charged.
8. All student-athletes must be in uniform in order to practice or compete.
9. All student-athletes are expected to be present for all practices or meetings. Any student-athlete, who misses **1** day of practice without an excuse from the head coach, will be suspended for $\frac{1}{2}$ a game. If a student-athlete misses **2** practices within the same week, he will be suspended for **1** game and will not travel with the team.
10. Any student-athlete that begins a sport must complete that sport in good standing before entering another sport.

Quitting or Dismissal

- Any student-athlete that is dismissed from any sport for discipline reasons will not be able to participate in any other sport for the remaining of the school year unless approved from the Athletic Director.
- Any student-athlete that quits a sport will not be allowed to play another sport within that same school year. Quitting is not allowed in our athletic program. We are striving to build character in each player, which will help them to become successful in the near future.



PARENT'S CODE OF CONDUCT

AS A PARENT, I WILL

- *Promote sportsmanship and make the game fun for my child and others.
- *Always cheer in a positive manner and be considerate of other players and their family members.
- *Be supportive of all participants, coaches, and officials before, during, and after game.
- *Not embarrass my child by yelling at coaches, players, or officials before, during, or after the game.
- *Not coach my child or other players from the sideline, so that they understand that the coach is the only one who gives instructions.
- *Do my best to make the game fun for my child.

GISA STATEMENT FOR SPORTSMANSHIP

"The GISA encourages and promotes sportsmanship by student-athletes, coaches, and spectators. We request your cooperation by supporting the participants and officials in a positive manner. Profanity, racial, ethnic, or sexist comments, or other intimidating actions will not be tolerated and are grounds for removal from the event."

***ANYONE WHO VIOLATES OUR CODE OF CONDUCT WILL BE ASKED TO LEAVE AT ANY TIME WITHOUT REFUND.**



RULES FOR THE ATHLETIC FACILITIES

GENERAL RULES

1. No student is allowed in the Athletic Facility without supervision at any time.
2. Both staff and students are accountable for ensuring the Athletic Facility is clean before leaving class.
3. All PE students must report back to the school immediately after class.
4. Any staff members using the Athletic Facility after school hours must sign in and make sure the Athletic Facility is clean after use. All Cottages will have access to the Athletic Facility. However, staff must not give out the access code to anyone.
5. All staff members with guest must open the gym for their guest, sign-in, and make sure the Athletic Facility is clean after use.
6. Any clothes or items left in the Athletic Facility will be placed in the lost and found. If students do not claim their clothes or items within 30 days, Bethesda will take over possession.
7. Absolutely no profanity!

DUTIES FOR THOSE USING THE ATHLETIC FACILITY

- **GYM AFTER USE**
 - The gym floor must be swept
 - Clothes must be placed in the lost and found box
 - All trash must be placed in the trash can (including trash under the bleachers)
 - Lights must be turned off
 - Fan must be turned off
 - All Doors inside and outside of the gym must be locked
- **WEIGHT ROOM**
 - All weights must be placed on the racks
 - All trash must be placed in the trash can
 - All clothes must be placed in the lost and found box
- **LOCKER ROOMS**
 - All clothes and equipment should inside the lockers neatly
 - Floor must be swept
 - Toilets must be flushed

AWARDS

- Requirements for lettering
 - Football
 - Athlete must play 20 quarters of Varsity Football
 - Attend Blazers Football Camp
 - Attend 80% of the summer workouts
 - Basketball
 - Athlete must play 40 quarters of Varsity Basketball
 - Attend 80% morning sessions
 - Attend 80% of summer workouts
 - Track
 - Athlete must score in ½ of the varsity meets
 - Score in the Region Track Meet
 - Attend 80% of summer workouts
 - Golf
 - Athlete must participate in the Region Golf Match
 - Athlete must complete the season and improve their score significantly (Coach's approval)
- Post season awards
 - Bethesda Athletic Awards consist of three awards: Most Improved, Commitment and Blazer Award. All other awards will come from the accomplishments recognized from our region. The following is the criteria for the Blazer award:
 - a. The athlete attends required workouts
 - b. The athlete exhibits a spirit of competition in all practices and games, and has a desire to practice and improve whenever possible.
 - c. The athlete is willing to accept the "team" before "self" and work hard to be a successful team player.
 - d. The athlete has a desire to win and strive for victory.
 - e. The athlete is willing to make sacrifices for the team.
 - f. The athlete exhibits accountability, uniformity, discipline, integrity, and a teachable spirit.
- WALL OF FAME
 - To qualify for the wall of fame, a student or coach must be voted or recognized, either by their peers around the state or by the media, to the highest possible honor in the state
 - Athlete must have competed in sports and graduated from Bethesda
 - Competed 4 years of a sport in College and graduate from College or University.
 - Individual and team state champions will be recognized with the appropriate award in the trophy cases.