

NORTHEAST BAPTIST SCHOOL KNIGHTS ATHLETICS

PHILOSOPHY

The Athletic Director and coaching staff believe that athletics is one element of our school that encourages the development of our students to become productive citizens and to develop their abilities and attitudes for success in life. We believe that athletics should be regarded as a crucial part to the total education package of our school and an extension of the classroom. We feel as though developing physical capacities complements and enhances the intellectual, emotional, and social development of our students.

We encourage student participation and want to involve as much of our student-body as possible in a Christian-focused, competitive experience. All participants regardless of ability will have the opportunity to develop their work ethic, social skills, sense of commitment, and athletic skills.

PRIORITIES

- Athletes are students first. Athletics is just one dimension of what we offer at NBS.
- Success in an athletic event depends on cooperation and support from everyone in the school, not just athletes.
- Sportsmanship is expected from all associated with NBS Athletics – athletes, coaches, teachers, parents, and spectators.
- The safety of the athletes should be first and foremost.
- The goal is to win, but to win the correct way. Never sacrifice character for wins.

Athletic Director
Tyler Albritton

ALL SPORTS GENERAL GUIDELINES

ATHLETIC ELIGIBILITY

Each student participating in the athletic program will be required to meet and to maintain certain minimum standards in the areas of academics, participation, and attitude.

The students must follow this guideline to become eligible to participate in practice or in games as an athlete or manager/statistician:

1. **Paperwork** – Before participating in any sport, the following forms must be on file with the Athletic Secretary in the main office: Emergency Contact Form, Medical Release Form, Physicians Release Form
2. **Academic Requirements**
 - To be academically eligible, an athlete must have a minimum overall 'C' / 78 or 2.0 GPA in the following subjects: Bible, English, Math, Science, and History.
 - A grade check will take place with the report card just prior to the sport and during the sport.
 - A student must be in class attendance a minimum of 3½ hours to be eligible to participate in practice or games OR have an excused non-illness absence. (ex. Funeral)
3. **Attitude** – All athletes must maintain a Christ-like attitude at all times.

RULES OF CONDUCT

1. All athletes are required to be neat, clean, well-groomed (following student handbook guidelines) and in proper uniform for games and practices.
2. The dressing rooms and all team areas will be kept clean.
3. Athletes will exhibit a Christ-like lifestyle as listed in the Student Handbook on and off campus. This includes rules on stealing, using other's property, obscenity, profanity, use of alcohol, tobacco, or drugs, lying, cheating, possession of a weapon or fire-starter, modesty dress code.
4. Athletes will show respect, support for coaches, teammates, and officials.
5. All student athletes will be held responsible for what is on their social media accounts.

ATTENDANCE

An athlete is expected to attend all scheduled practices, meetings, and contests, regardless if school is in session. If school is not in session, the student should inform the coach of their reason for not attending. The Head Coach must be notified if it is necessary to miss. Athletes may be dismissed from the team after 2 unexcused absences.

Unexcused absences are determined by the Head Coach.

Excused absences will include: illness, death in the family, extremely severe weather, unavoidable events, family vacations that are planned and reported to the coach prior to the absence.

Injured athletes who are able to attend school are expected to attend practice sessions. Only the coach may excuse an injured player from attending practices or games.

All non-emergency absences from games or practices will be considered unexcused. An unexcused absence for a practice just prior to a game can make the athlete ineligible for that game.

An injured athlete may wear coach assigned / NBS approved non-uniform street clothes to the game.

An athlete will know the procedure for being 'cut' from the team, if cuts are to be made. An athlete will know what is expected of him/her in order to receive an athletic award.

VARSITY LETTER JACKETS

To earn a Varsity Letter Jacket, an athlete must meet these requirements:

1. Enrollment in an NBS varsity sport for a minimum of two years. (9th – 12th)
2. Participating in a varsity sport as an 8th grader or younger does not qualify a student for a letter jacket.
3. Jackets may be ordered at the end of the 2nd year of playing a Varsity sport.
4. Eligible for letters: Volleyball, Football, Basketball, Cheerleading, Softball, and Soccer. {Band students may also order letter jackets.}

PRACTICE UNIFORMS

Athletes are required to dress in the full practice uniform including proper footwear at all scheduled practices. This includes all after school, weekend, and holiday practices. The practice uniform should be neat and well kept. Students failing to comply with practice uniform guidelines will not be allowed to practice which will result in an unexcused absence.

ATHLETIC SEASONS

The athletic season will run from the date of the first scheduled school workout until the last mandatory meeting called by the Head Coach. Coaches are allowed to have some open practices before the season begins where students may participate in practice to see if they are interested in joining the sport before the first official practice.

Fees for each sport should be paid before the 1st official practice. Participants must complete the entire season to be eligible for awards and honors. Participants are expected to commit for the entire season's program in the sports they select, including tournaments and playoffs.

Participants will be required to adhere to any other rules or requirements adopted and enforced by the coach, and approved by the Athletic Director and Principal.

DISCIPLINE

Discipline problems include but are not limited to the following: bad attitude, unexcused absences from practice or games, not having proper equipment ready for practice or game, foul language, inappropriate critical remarks of players or coaches or officials, unsportsmanlike plays, leaving the dressing room area messy, OR not following practice protocol.

When infractions of the above rules occur, the coach of the sport shall notify the athletic director of the incident. The coach may then place the student on probation (meaning they will miss a contest) or suspension (meaning practices and contests) until the matter is resolved. Parents shall be notified by the coach of the incident and punishment.

In addition to classroom teacher discipline, athletes may be held responsible by their coach for classroom behavior and academic performance. Coaches may discipline with running or plyometric activity, duck walks, or other forms of physical activity.

TRAVEL

All students are expected to travel to and from all games and practices in transportation outlined by the coach. Other arrangements must be approved by the coach. A student who wishes to ride home with any one beside their parent, must provide a note with their parent signature giving permission to do so.

Athletes traveling must wear school approved attire. (Shorts appropriate length, no tank tops, etc.)

Electronic devices are only allowed with coach permission. Only NBS approved magazines and any non-related school materials will be allowed in vehicles designated as a school travel vehicle. Inappropriate music will not be allowed on headphones or over the car speakers or on personal listening devices.

All students will obey the adult driving the team vehicle.

Additional riders (non-team members) will only be allowed if they are approved by the coach.

PLAYER EXPENSES

The athletic program at NBS is supported by fees, concession stand sales, gate income, fundraising, and donations. The student athlete's parents are therefore, required to work the concession/gate/clock at least two times per student per sport. If they are unable to work these assignments, they will be charged a fee of \$25 per assignment.

The athletic department supplies the uniforms for football, basketball, volleyball, softball, and soccer. Cheerleaders purchase their own uniforms. Athletes are responsible for shoes, socks, sliders, gloves, shin guards, and 'underarmour' type gear. Each coach outlines what the personal items the player must have to complete their uniform.

The shooting shirts are purchased by parents are allowed to remain with the student.

Athletes may be asked to bring additional money to purchases meals on the road.

The fee to play each sport per student is as follows:

8-Man Football \$150	Cheerleading \$100 plus uniforms
Boys & Girls Basketball \$50	Soccer \$50
Volleyball \$50	Softball \$50
Elementary Basketball \$30	

NBS GYM RULES and USAGE

1. Only players, cheerleaders, coaches, and referees allowed on the court.
2. Only tennis shoes worn on the court.
3. No one is allowed upstairs, in the weight room, around, either set of stairs or in the football dressing areas unless supervised by a coach or teacher.
4. All children must be supervised by an adult.
5. No one allowed behind the bleachers or behind barrier walls.
6. NBS is a drug free environment. No alcohol, tobacco, or e-cigs are allowed.
7. No profanity.
8. All music must be school appropriate.
9. No pets are allowed in the gym.
10. Notify the coaches of any damage, broken items, or non-working bathrooms.
11. Students should not eat their snacks on the gym floor. Students should eat their snacks from the bleachers or the concrete floor area. All trash goes in the trash cans.
12. Leave the gym cleaner than you found it. Do not re-arrange chairs or scorer's table.
13. Students and guests shall stomp off any mud from their shoes while OUTSIDE.

GYM CHECKLIST AFTER USE

1. Restrooms, concessions, bleachers, and locker rooms free of trash.
2. Concession stand clean.
3. All trash containers are empty and trash taken to dumpster.
4. Scoreboard must be switched off and returned to the storage closet.
5. All air/heat turned off: Locker rooms, Girls Bathroom, Concession stand, Both main units.
6. All lights turned off.
7. All doors locked and secure.

Northeast Baptist School Football Standards

It is a privilege to be a part of the Northeast Baptist School Football Team. All players will be held to a higher standard and expected to be a good example on and off the field. All of the guidelines and expectations presented in this booklet stem from the basic fundamental “Do Right Rule”.

“DO RIGHT RULE”

The Northeast Baptist football coaches make the assumption that all Northeast Baptist football players know the difference between “right and wrong”. Northeast Baptist football players are always expected to make the “right” decision in relation to matters of behavior, discipline and academics. If a player makes a “wrong” decision in relation to behavior, discipline or academics, the coaching staff will assume that it was a conscious decision on the part of the athlete to do so ... and the athlete will therefore be held accountable for willfully making a “wrong” decision. Accountability can range from being counseled and/or reprimanded by the head coach ... denial of playing or practice time ... suspension or dismissal from the team ... expulsion from the football program ... all to be decided at the discretion of the head football coach. The “DO RIGHT RULE” is in effect 24 hours a day ... both on and off campus ... for the duration of a student/athlete’s participation in the Northeast Baptist Football Program.

Attendance is mandatory. No excuses! If you are unable to attend practice you must have a doctor’s excuse or be excused by a coach in order for it to be excused. In case of a family emergency have you or your parent contact the coach. Not feeling well is not an excuse to miss practice. Injured players must attend practice even if they are unable to participate. As an athlete you miss conditioning whether or not you are sick. If you miss practice at all or leave early you will have to do the following to make up the practice:

Full Practice	5 Billboards
Leave between 3:00 – 3:30	5 Billboards
Leave between 3:30 – 4:00	4 Billboards
Leave between 4:00 – 4:30	3 Billboards
Leave between 4:30 – 5:00	2 Billboards
Leave between 5:00 – 5:30	1 Billboard

Academics should be a main focus. It is up to you to have the grades to remain eligible. Homework is not optional. Missing homework will result in 25 burpees before being able to participate in practice. If you miss a day of school you will be responsible to make up the work that you missed. All players will be required to fill out a grade sheet every Tuesday to turn in to the coaches so their grades can be checked. The grade sheet must be filled out before you are allowed to participate in practice. If you have a D or F in a certain class, you will be required to sit in the first two rows of that class for the entire quarter. You are a student-athlete. If you do not take care of your work in the classroom you let the whole team down. That looks bad on all of us.

Facilities and Equipment will be taken care of. Nobody is your maid. You will only be trusted with new things if you take care of the things you already have. The weight room will be kept up. The weights will be re-racked after you are finished. Players are responsible for taking care of their equipment issued by the school. All equipment that is not returned or is returned in poor condition will be replaced at the expense of the player.

Practice and Workouts will not be easy. Football is a physical game. Your body and mind must be prepared to compete at a high level before you step onto a football field. Crying and complaining will not be tolerated. If you have a question or concern, feel free to talk to a coach in a respectful manner. Players will be expected to give 100% at every workout and practice. The way you practice will be the way that you play. Playing time or the games will be determined by practices. Nobody is guaranteed to play in any game. You will play in the position that best benefits the team. A coaching spirit will be expected for all players. Take correction as a compliment.

Spring Training and Summer Workouts will be mandatory for all football players. Spring Training will begin the week after Easter break and will continue until the spring game. Spring training gives the coaches a chance to evaluate the team and plan ahead for the summer. Summer workouts will start the first week of June and will continue until August. Workouts will be Monday, Tuesday, and Thursday from 8-10 AM. Each player is expected to make as many workouts as possible. Skipping summer workouts hurts you and the team. Summer workouts are important to increase strength and speed. We pride ourselves in the fact that we are the most in shape team in the state. That is a key to our success and it all starts in the summer.

Team Unity will be emphasized. Football is a sport that is meant to teach about life. There is not room on the team for fights and grudges. Fights and arguments will happen, but as a team we have to forgive and move on. When a team is constantly at each other's throats they self-destruct and cave under-pressure. As a team we must always have each other's backs so that we can work as one unit. Football is a team sport. No single person or group less than the full team can be successful. We must join together as a family and work toward the common goal. Another championship.

Team Captains will be decided on by the coaches at the beginning of spring practice. For an athlete to be considered as a team captain he must be a leader in character, academics, and be respected by his fellow teammates. A team captain will be expected to make sure the team is doing the right thing. It is important that each athlete understand that the team captain is not more important than any other players, and is not exempt from following the rules of the team. The captains are held to a higher standard and expected to lead as a coach when the coach is not present. A team captain can be replaced at any point during the year if the coaches see that he is not doing his job. He will then be replaced by another athlete.

Dress Code teaches discipline, and will be enforced. Practice uniform must be an NBS shirt and royal blue shorts. All shirts must have sleeves. Socks must be worn at all times. All socks must be crew or knee socks. No show and ankle socks are not allowed. Any player that does not have the appropriate uniform will not be allowed to practice. Travel uniforms will be assigned by the coach three days prior to the game. Any player that does not have the appropriate travel uniform will not be allowed to travel with the team. Game uniforms must be taken care of. The game uniform must not be changed at any time. The game jersey must not be worn unless previously directed by a coach.

Games are not the time for the players to learn the plays or how to play. That is one reason practice is so important. No player is promised to play in all games. All playing time depends on the situation. All players will be focused on the game and the goals of the team. All players will be expected to ride to and from the games with the team. Players will have assigned seats on the bus as issued by the coach. Any player that is not in their assigned seat will be punished appropriately before the next team practice. A player who misses a team bus, game or scrimmage for an unexcused reason shall be dismissed from the team. All work missed due to leaving early for an away game will be made up. Parents will not be allowed on the sidelines of any games unless asked by a coach.

Team Meals will be provided for most home games. Pre-game meals are a privilege and a tradition at Northeast Baptist. It is an honor to attend, and should be realized by all players. A great many people put forward tremendous amount of work to provide our meals. Be thankful.

You may speak in a low voice while at the team meal. Horseplay will not be tolerated. No headphones or cell phones will be used during the team meal. This is a time for you to build chemistry with your team. The parents and supporters who give us the team meals are not your maids. Show appreciation by acting polite and always disposing of your trash properly. Thank our supporters as you leave.

Character

- You will be a man of character. The game of football is to teach you about life. There are more important things in life than sports.
- Be gracious when you win and when you lose.
- People look up to you whether you believe it or not. Be a good example for other people to follow.
- All rules will be followed that are in the student and academic handbook.
- Be respectful to everyone.
- Be accountable for your actions. Do not make excuses! You gain respect with others when you admit when you are wrong.
- Accept and embrace discipline involved in athletic, because it benefits the team.
- Do not do anything that will embarrass yourself, the team, or the school!

Nutrition

Try to stay away from soda, fast food, fatty foods, fried foods, and sweets. Pasta, breads, meat, fruits and vegetables, and milk are preferred. Drink lots of water. On game days do not consume soda and candy. Think healthy. The better you eat, the more energy you will have and you will feel and play better. It is also very important to get at least eight hours sleep per night.

General Discipline

- The use of drugs and alcohol (on and off campus) will not be tolerated. Players are subject to being tested at any time.
- All players must demonstrate common sense, maturity and self-discipline in the men's locker room, team room, weight room, training room and equipment rooms:
 - o All areas listed above must be maintained in a clean and orderly fashion.
 - o All football equipment must be securely stored in a neat and orderly fashion in the appropriate area designated by the coaching staff.
 - o Football cleats must be thoroughly cleaned before entering the locker room or team room areas.
 - o All tape and other waste must be deposited in garbage cans, do not litter our team's home!
 - o Radios, ipods, etc are not allowed in the above areas ... unless first approved by the coaching staff. Any music or videos played in the locker room or team room areas must exhibit good taste and be considered appropriate for a school setting ... to be decided at the discretion of the head coach.
 - o Players must demonstrate courteous, adult behavior. Loud, rowdy behavior is prohibited. Swearing and vulgar language is not permitted.
 - o NO HORESPLAY IN THE LOCKER ROOM AND TEAM ROOM AREAS.
- All players must be dressed in a common, appropriate team uniform while at practice and games. Players will not be allowed to draw attention to themselves by dressing differently than the team. Players are not permitted to individually alter, change or decorate their uniforms in any fashion.
- During practice, conditioning sessions and game day activities when football helmets are not required, baseball hats or any other head covering may NOT be worn.
- Any player involved in "hazing" or "bullying" will be dismissed from the team.
- Northeast Baptist football players must project the image of maturity, common sense, pride and discipline outside the "football environment".
- All posts on social media must acceptable language and content for the school environment. Younger students keep up with social media and we do not want to set a negative example for someone to follow.
- All players are responsible for the return of all equipment issued to them by the Northeast Baptist Football Program. Equipment is to be returned at the end of the season on the date designated by the head coach. The cost of equipment is as follows:
 - o Helmet \$300
 - o Shoulder Pads \$250
 - o Game Uniforms \$400
 - \$200 for each

Coaches

The NBS football coaches commit to doing their very best in preparing you to play to the best of your ability. Coaches will play the players in the position that best benefits the team. Coaches will not discuss playing time, team strategy, or other players with any player or parent. Coaches will treat all players equally and with respect. Coaches will do their best to live as Christian examples for the players to follow.

Parents

Parents of NBS football players agree to hold their sons to their commitment to the football team. Parents will encourage their athlete to follow all training rules. Parents will respect all decisions made by the coach. The players cannot be expected to respect the coaches if the parents do not. If there is an issue that occurs the parent will schedule to meet with the coach privately to resolve and discuss the issue. Parents will be expected to place the value of the team above the value of any single player.

All questions should be referred to this Athletic Handbook which includes the athletic philosophy, athletic ability, rules of conduct, travel, player expenses, and travel uniforms.

I understand the Northeast Baptist School Football Standards and agree to keep them. I understand that I will not be allowed to participate in any football activities until this sheet is signed and returned to the coach. I also understand and agree to keep all the rules and standards in the Athletic Handbook. I commit to keep my GPA over a 2.0 so that I am eligible to participate in athletics. I will do my best to be a man of character and positive role model for others to follow. My parent or guardian also agrees to hold me accountable to these standards and will support NBS with their time as much as possible.

Athlete Signature: _____

I _____ as a student athlete of Northeast Baptist School have read and agree to all the rules in the Northeast Baptist School Athletic Handbook.

I _____ as the parent of _____ have read the Northeast Baptist School Athletic Handbook and agree to all the rules.

I _____ agree to support NBS with my time, talents, and abilities to help my child and his/her school, team, and community.

I _____ understand that every sport will have rules that will be enforced by each coach and their staff.

Date: _____

Parents Name: _____

Player Name: _____