

Dear FRCS Parents and Players,

This handbook is intended to be a general reference guide to explain the purpose and goals of Franklin Road Christian School's athletic program and to answer any questions you may have. Since the world is changing every day, situations may arise that will require rulings that are not in this handbook. Please be patient, for I am certain we have not covered every detail. If there are any questions, please feel free to ask.

Since athletics is a powerful tool in shaping a young person's life for God, it is the desire of Franklin Road Christian School athletics to be a ministry that is committed to excellence in every aspect of the Christian life, for the glory of God.

If we strive to work together and become dependent on God, we will see His mighty hand on our lives, on our young people's lives, and on the ministry of Franklin Road Christian School. Then and only then will we see the desired product: a Christian Student Athlete who will have the character to do God's will whenever and wherever He has need of them (Luke 19:28-35).

In His Service,

FRCS Athletic Department

FRCS ATHLETIC PROGRAM POLICIES

The Minutemen Purpose

The purpose of Franklin Road Christian School athletic program is to produce Christian student athletes. I Corinthians 10:31 states *“Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God.”*

The Minutemen Plan

- I. Christian** – To become like Christ. *“I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me: and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave himself for me.”* Gal. 2:20

Whether we win or lose we want to always display a good Christian testimony. This should not only be true of our athletes, but with our coaches, parents, and fans. The other people that we come in contact with along the way should know that we are Christians by our words, actions, and attitudes. Coaches should be a leader in showing their athletes how to live a Christian life.

- II. Student** – To excel in the classroom both in grades and behavior to the best of their ability. *“Study to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth.”* II Tim. 22:15

Maintaining good grades should take priority over the athletic event itself. Coaches should not only help athletes know the importance of good grades, but to help mentor them in all aspects of their student life. A student should not only work hard on their grades, but also their ability to keep their demerits down as well.

- III. Athlete** – To train or become skilled in a sport. *“But I keep under my body, and bring it into subjection: lest that by any means, when I have preached to others, I myself should be a castaway.”* I Cor. 9:27

Each athlete should work to become the best in each sport as they possibly can. They should train harder and play smarter. Each one should push themselves to their limit and practice with efficiency. Coaches should give them the tools to help hone their skills and God-given talents to become the athlete that they are capable of.

The Minutemen Pledge

I will try with the best of my ability and with God’s help to be the right testimony before my family, my fellow students, my teachers, church and school families, and other schools with whom I am associated. I also realize that my actions and attitudes can and will cause others to stumble or grow as a Christian. To the unsaved, I can be a help or hindrance to their salvation. Therefore, I will try my best to be...

1. Faithful in my personal walk with God in the Word and in prayer.

2. Faithful to my church services, youth activities, and soul-winning responsibilities.
3. Faithful to my responsibility to warn my brother involved in sin.
4. Faithful in my obedience to the spirit and letter of school regulations.

Athletics are the most visible example of FRCS. Therefore, all athletes and cheerleaders must demonstrate attitudes and actions that are consistent with the rules and goals of FRCS and its athletic program. Students found out of harmony with standards and goals of the program will be dismissed from their team.

Benefits of Athletic Participation

- Being a positive public testimony for the Lord.
- Learning to work together with others of varying abilities in order to achieve a worthwhile common goal.
- Setting aside personal self-interest for the good of the team.
- Learning to be obedient to God-ordained authority.
- Developing self-control in different situations.
- Gaining a working understanding of the term “Christian Sportsmanship” in both victory and defeat and always giving our Lord and Savior the glory for what is accomplished.
- Learning to manage your time and responsibilities.
- Handling frustration and conflict in a Christian manner.
- Learning to be counted on, to be dependable, and to embrace that role.
- Developing the ability to turn disappointment into an opportunity to learn and move on.
- Building relationships and memories that will last the rest of your life.

The Athletic Program Description

- Franklin Road Christian School is a member of the Tennessee Association of Christian Schools (TACS) and plays in the Western Region Division. We are an agency-approved school through TACS.
- All athletic contests are operated under the rules and regulations governed by the National Federation of High School Athletics (NFHS) in that sport.
- The boys in grades 7-12 may participate in boys cross country, boys' varsity soccer, boys' basketball, boys' golf, and boys' varsity baseball. The girls in grades 7-12 may participate in girls' cross country, girls' volleyball, girls' basketball, girls' varsity softball, girls' varsity soccer and girls' cheerleading.
(JV for grades 7-9; Varsity for grades 10-12)
- Middle School sports would include boys basketball, soccer, and baseball, while middle school girls may participate in basketball.
- For liability and insurance purposes, the coaching staff is chosen from the paid staff of Franklin Road Christian School and/or Franklin Road Baptist Church,

Guidelines for Home and Away Games

- Because of our Christian testimony which must be maintained at all times, students and adults should refrain from the use of abusive or negative comments to players, coaches, or officials at athletic events at Franklin Road Christian School.
- Players and spectators should be respectful during the national anthem and prayer. Our flag and those who gave their lives to defend what it stands for deserve our respect. Therefore, during the anthem, everyone will stand at attention, face the flag, place his right hand over his heart with his left hand at his side, and will not talk or look around.
- Spectators are not allowed to sing or chant anything that is a "put-down" or that is derogatory to the other school. This includes making any distracting noises.
- Players and spectators are asked not to approach the officials in a negative way before, during, or after a game.
- Only players warming up for the next game may shoot after the halftime cheer from both schools.
- The locker rooms, changing rooms, and the school halls are off-limits to all spectators, including children.

- Refreshments are available at the concession stand. No food should be brought in from outside restaurants. Your support of FRCS is greatly appreciated.
- Coaches and fans, please greet the guest school's coach, players, and fans when they come to our school and give assistance when needed.
- No student may ride home with another family on away games without written permission from their parent.
- Couples are not allowed to ride together to and from away games other than the bus. **Exceptions are thru administration only.**
- Pets are not allowed on property during athletic events.

Student Eligibility

- Students must be enrolled and attending school during tryouts to be eligible to make any athletic team.
- An athlete must be a full-time student or a senior completing work required for graduation and taking at least three full units of work.
- An athlete must not have been enrolled in school for more than eight semesters once he enters the ninth grade.
- An athlete's nineteenth birthday must fall after August 1 of that year.
- Students will not be given scholarships or grants-in-aid of any kind purely for athletic purpose.
- Homeschool students may not participate in sanctioned JV and Varsity sports.
- Students may not participate in another league during the season of the same sport. Example: FRCS soccer and city league soccer.
- Academics and proper self-management are very important in the development of a student's character. Therefore, grades and demerits are checked for athletic eligibility every three weeks, starting with the first three week period.
- All students who participate in an athletic event are required to be in school the next day unless they have a doctor's note verifying the absence. If a player fails to receive a doctor's note, they will not be allowed to play in the next scheduled game.

Academics:

- FRCS has set standards for all players in order to maintain a high level of academics. Therefore, only academically eligible students may participate in inner-scholastic

athletics and cheerleading. The standard is an overall “C-” average with no “F’s” in any class. The failing grade is regarding the class average, not an individual quiz or test grade.

1. Once a student becomes academically ineligible due to grades, he may not participate in games until they become academically eligible. They will continue to remain ineligible for one week at a time until they become eligible.
 2. Any student who received an incomplete on a three-week eligibility check and is outside the appropriate make-up period will be ineligible for one week. They will continue to remain ineligible for one week at a time until said incompletes are made up.
 3. After all incompletes have been made up, the student’s grades must meet FRCS guidelines of an overall “C-” average with no “F’s.” If the grades do not meet FRCS standards, then the player will remain ineligible for one week at a time until they become eligible.
 4. Students who are academically ineligible, due to grades or incompletes, may practice with the team but cannot travel to away games with the team, play in a game, or participate in any way.
- It will be the student’s responsibility to turn in assignments that are due the day of games and get the next day’s assignments before leaving school. Athletes must plan ahead for assignments, projects, tests, and quizzes. Even if an athlete returns home late at night, he is not excused from assignments, projects, quizzes, or tests given the next day.
 - The student is responsible for scheduling with his teachers a time to make up tests, quizzes, or other graded work missed because of games.

Conduct:

- Demerits are a reflection on a student’s character. Therefore, when a student receives 20 demerits, he will be ineligible for one week. At 25 demerits, a student will be ineligible for three weeks; and at 35 or more demerits, the student will be ineligible for the remainder of the semester.
- Students suspended for demerits will be ineligible to participate in both practice and games until the suspension has been served.
- Demerit suspensions do not overlap any academic suspensions.
- A player who quits during the season will forfeit the privilege to participate in any sport the remainder of that semester and the following semester. A serious physical condition and/or academic problems may qualify a student to be released from team

responsibilities. A parent conference with the coach and the athletic director would be required to discuss this situation.

- An athlete who misses school for any non-approved reason cannot participate in practice or games on that day. (See Student Handbook, Section 12, Attendance) If a medical appointment takes place on the day of a practice or a game, a note **from the physician** must be turned in to the office in order for the student to be allowed to participate. If the student is too ill to come to school, he is too ill to participate in a practice or strenuous competition.
- Any player receiving two yellow cards (volleyball, soccer) or two technical fouls (basketball) will automatically be removed from the game and the incident will be reported to the FRCS Administration for review. If a player is ejected for unsportsmanlike conduct, the incident will be brought up for review by the FRCS Athletic Director and/or Administration. The player may be penalized with ineligibility for upcoming games.
- Any yellow card or technical foul, whether it is unsportsman like or not, **could** result in the player being removed from the remainder of the game as directed by the FRCS Athletic Director and/or Administration. The incident will be reported to the FRCS Administration for review. The player may be penalized with ineligibility for the next scheduled game.
- Withholding your child from practice or games as a disciplinary measure will be treated as an unexcused absence and could result in his or her being removed from the team. We stress to our players the responsibility of upholding their commitment to their teammates. Please exhaust other avenues of discipline before taking actions that affect the whole team.

Awards

- Awards for each sport are issued at the athletic banquet at the end of the school year provided that the students are in the proper school-approved dress and have returned all school equipment and uniforms.
- The athlete must meet all academic eligibility and good conduct criteria as provided for by FRCS regulations and TACS to be eligible for receiving an award, as stated in the school handbook.
- Varsity letter, pin, and bar requirements:
 1. The athlete must play in at least 50% of all scheduled game increments. Quarters for basketball, halves for soccer, innings for baseball and softball, games for volleyball and golf, **etc.**

2. The athlete must have completed the entire season. Sickness and injury may be an exception to this.
 3. The athlete must have returned all equipment and uniforms.
 4. A senior who has played at least two years on the varsity team will automatically earn a letter provided there are no demerit or eligibility violations.
 5. The team manager or statistician who has served for one full varsity season will earn a letter.
 6. Any player who becomes academically ineligible during the season will forfeit their right to letter in that sport.
- Awards in **cross country**, volleyball, golf, basketball, cheerleading, soccer, baseball, and softball will be given at the end of the year Minutemen Gala. These awards are, but not limited to, Rising Star Award, Best Offensive, Best Defensive, Coach's Award, and MVP Award. Coaches are not required to offer an award if they feel one is not warranted.

These awards will be determined by the coaching staff of each sport.

One award that will be given is the Christian Character Award. This award will be given to one male and one female athlete for all of the sports combined. This award will be determined by the player who has demonstrated the best Christian character on and off the court/field. This is the highest award given by the FRCS athletic department.

Parent Information

- A yearly physical form, two parental consent forms per athlete with notarization, and a signed pledge page from the athletic handbook must be on file with the athletic director before participating in school athletics.
- Summer camps are necessary for individual spiritual growth, team unity, and individual skills; therefore, Franklin Road Christian School only encourages Christian-based sports camps.
- Open gyms will be offered from time to time through out the year. There are no strings attached to open gyms. Attendance is not mandatory and will not determine if someone makes the team or not. Showing up does not guarantee playing time or even making the team. These times are just an opportunity for students who want something to do. At no time will open gyms conflict with the church calendar.
- Communication you should expect from your child's coach:
 1. Philosophy of FRCS Athletics
 2. Evaluation of your child's strengths/weaknesses in that sport.

3. Recommendations for improvement of sport skills.
 4. Location and times of all practices and games.
 5. Procedures if your child is injured during participation.
 6. Discipline that results in denying your child a participation opportunity.
- Communication coaches expect from parents:
 1. Concerns that are expressed directly to the coach.
 2. Specific health concerns or injuries dealing with your child.
 3. Notification of any practice or game schedule conflicts well in advance.
 4. Specific questions regarding FRCS athletics and or parent expectations.
 - **If there is a situation that has come up involving a coach's decision during a game or practice that has happened with your child that you disagree with, we ask that there be a 24 waiting period before this issue is addressed. This will help cooler heads prevail and time to think over what needs to be said. If the matter is not resolved to your satisfaction, you ask you use the proper chain of command. Coach, Athletic Director, Administrator, then Pastor.**

Playing Time

- The amount of playing time is at the discretion of the coach. Any coach will do what is right for the team and will take practice, attitude, conduct, etc. into consideration. Starters who miss practice, even with an excused absence, before a game do not start.
- Any player who receives a detention must serve the detention before participating in a practice on that day.
- All absences from practices or games must be excused. An excused absence will be given for sickness, death, or a doctor's appointment. All other reasons will be unexcused. If a player has three unexcused absences during a season, they will receive a one week suspension. If they have six unexcused absences during a season, they will forfeit their opportunity to remain on the team.
- A student must be in school all day on the day of the game or practice to be eligible to participate, unless they have an excused appointment. If one is too ill to come to school or play P.E., then he/she is too ill to participate in practice or competition. If a student is late that day, they must have a doctor's excuse or a valid reason, (upon administrative review) in order to practice or compete.

- Please help your students to understand that coming into a competitive program does not guarantee that they will make the team or the starting team, be the star of the team, or play at all in the game.

Student Responsibilities :

• **Overnight guidelines: Participation in athletics is a privilege and with it comes responsibility. In light of that, students should be familiar with the following guidelines so they will be eligible to represent FRCS in the game.**

1. No swimming.
2. Do not eat at restaurants that serve alcohol.
3. No radios, Ipods, portable DVD players, electronic devices, headphones, etc. are allowed, unless noted by administration.
4. While in the motel, remember the other guests and our Christian testimony. You represent God, family, school, Pastor, and yourself.
5. While at the mall, avoid stores that promote worldly lifestyles.
6. You will be responsible to pay for any damage to the room.
7. Keep noise to a minimum. No running or yelling in the halls.
8. Boys and girls should NEVER be in a motel room together for any reason.
9. No mixing. This is not a dating activity.
10. No television, unless noted by administration.
11. No shorts, pants, or pajamas on girls outside of the room. No shorts or pajamas on boys outside of the room.
12. For your safety, you must get permission from your Coach before you leave the motel room for any reason.
 - *Stay in groups of three when coming in and going out of the motel.*
 - *Never leave the motel to go to a store or restaurant.*
 - *Trips to the vending and ice machines must be made before curfew.*

Boys or girls should never go alone.
13. Do not leave your room after lights out or you lose the privilege to play.
14. Lights out is 11:00, or as assigned by the person in charge.
15. Do not leave the door or curtains to your room open. This is very dangerous.
16. Cell phones are permitted when communicating with parents.

• **Restaurant Guidelines**

1. Pray before the meal.
2. Eat with your own team. This is not a dating activity. Couples may not sit together.
3. Practice good table manners-no throwing food, etc.
4. Be polite and friendly to all of the other people in the restaurant.
5. No jukebox, etc. may be played, ever.
6. Keep the volume down.
7. Always leave a 15 percent tip if you leave a gospel tract.
8. Clean up your own tables in fast food places. Leave it better than you found it.
9. Eat together as a group. The only exception is for the sake of time.

Another school-approved adult sponsor may take a group to another eating place. No group may cross the highway/street to go to another eating place.

Dress code for practice, home games, away games, and tournaments is as follows: All 7th-12th grade athletes, managers, assistants, cheerleaders, and coaches are required to wear official “game dress” on the day of any game they are to play or watch and to wear it before and after the game. See the FRCS student handbook for game day dress. **No uniform may be worn except for game time and any other time coach deems necessary.**

| | BOYS | GIRLS |
|------------------------|---|---|
| Practice and Games | <p>Black spandex bike shorts must be worn under their uniform shorts during practice and games.</p> <p>Boys must wear shorts and a T-shirt. A sleeveless shirt may be worn if only the arms are cut off. The side of the athlete may not be showing.</p> <p>Golfers will be expected to wear slacks and a polo type shirt.</p> | <p>Black spandex bike shorts must be worn under their uniform shorts during practice and games.</p> <p>Girls must wear a T-shirt, spandex bike shorts, and school approved shorts. (The only approved shorts are the 9” inseam black P.E. shorts. No Dodger shorts may be worn.) The only exception to this rule is for girls’ softball practice or a game when the temperature is below 40 degrees Fahrenheit; girls may wear sweats under their shorts.</p> |
| Before and After Games | <p>School dress with tie or collared FRCS team shirt. If a team shirt is worn, then the entire team must wear the shirt</p> <p>Players must change from uniforms into game dress clothes. Players may not sit or stand around in uniform waiting for a ride home. The only exceptions are baseball and soccer players. However, soccer players must put on sweat pants.</p> | <p>School dress or collared FRCS team shirt. If a team shirt is worn, then the entire team must wear the shirt.</p> <p>Players must change from uniforms into game dress clothes. Players may not sit or stand around in uniform waiting for a ride home. The only exceptions are cheerleaders and softball players.</p> |
| During Games | Uniform shirt tucked in, shorts worn at waist. | Uniform shirt tucked in and shorts worn appropriately. |

- Other dress code rules
 1. The only teams allowed to dress out before leaving FRCS on away games are soccer and softball. All other teams will dress at the opponent's gym locker room unless otherwise approved by the athletic director.
 2. Soccer, baseball and softball teams are the only teams that may wear athletic type "flip-flops" with socks because cleats are not allowed to be worn in the gym or on the bus or van.
 3. Players should always wear "school dress" for tournament awards presentations. Players should only wear uniforms to accept awards, if the team has just played, or if approved by the athletic director. If uniforms are worn for awards, the shirttails must be tucked in.
 4. Volleyball and basketball athletes must change into school "game" dress after home or away ball games. Players who are riding home with parents must still change into game dress before leaving. Players may not leave school or ride home in their uniform. Soccer players must put on sweatpants and a team shirt.
- Practices are important for each team's success, and attendance is required. The coach will handle unexcused absences from practice.
- Game schedules will be available in the school office at the start of each season. Changes may occur. Coaches will inform the players of changes in practice, game, travel, etc.

Warning of Inherent Risk

Participation in athletics and cheerleading competition includes risk of injury, which may range in severity from minor injury, to disabling injury, even to death. Although serious injuries are uncommon in structured, supervised athletic programs, it is impossible to eliminate all risk. Participants can and do have the responsibility in helping reduce the chance of injury by obeying all safety rules for each sporting activity, reporting all physical problems to coaches, following proper guidelines for safe play in athletic competition, and inspecting the integrity of the equipment. FRCS takes all necessary precautions to provide students with a proper and safe environment for competition.

Tennessee recently became the 44th state to pass a sports concussion law designed to reduce youth sports concussions and increase awareness of traumatic brain injury. This law went into effect in January 2014.

The legislation, [Public Chapter 148](#), has three key components:

1. To inform and educate coaches, youth athletes and their parents and require them to sign a concussion information form before competing.

2. To require removal of a youth athlete who appears to have suffered a concussion from play or practice at the time of the suspected concussion.
3. To require a youth athlete to be cleared by a licensed health care professional before returning to play or practice.

Both public and private school sports and physical education classes are affected by the new law. The law covers all sports.

According to the Centers for Disease Control and Prevention, a concussion is a type of traumatic brain injury that changes the way the brain normally works. Most concussions occur without loss of consciousness. Athletes who have, at any point in their lives, had a concussion have an increased risk for another concussion. Young children and teens are more likely to get a concussion and take longer to recover than adults. The new concussion law is an opportunity to make playing sports safer for Tennessee's young athletes. **Students must have this form filled out before they participate in a game, practice, or physical education class. Both the student and the parent must sign this form.**

These forms provide the training and guidelines that will equip coaches, parents, and athletes to recognize and respond to sports related concussion.

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Pledge and Signature

As a parent/athlete at Franklin Road Christian School:

1. I have read the FRCS handbook and the FRCS Athletic Handbook thoroughly and I understand it.
2. I will support FRCS and FRBC at all times in a positive manner.
3. I understand that I represent Franklin Road Christian School in the way that I conduct myself at sporting events.
4. I will follow the proper channel of authority when there are any questions.
5. I will strive to uphold these standards anywhere that I represent Franklin Road Christian School.

I hereby acknowledge these guidelines and my responsibilities as an athlete of Franklin Road Christian School. Please sign and return this page to the office.

Student Signature _____ Date _____

Parent Signature _____ Date _____