

BANGOR CHRISTIAN SCHOOLS



STUDENT ATHLETE HANDBOOK

REVISED November 2025

Forward

Bangor Christian Schools' goals for the athletic programs are centered on the students' needs for physical and spiritual growth. We strive to maintain a program that is sound and furthers each student's educational and spiritual maturity.

The primary goals are to develop in each student athlete self-discipline, respect for authority, and a spirit of hard work and sacrifice. The objectives for meeting those goals include the following:

1. Striving to win. We do not always win, but we succeed when we continually strive to win. We aim to excel.
2. Sportsmanlike conduct. We must accept winning and defeat like true sportsmen, knowing we have done our best. We must learn to treat others - coaches, players, officials - as you would have others treat us. We need to develop desirable social traits, including emotional control, honesty, cooperation, and dependability.
3. Improving skills and attitudes. Continual improvement is essential to good citizenship and our Christian walk. Athletes must establish a goal and constantly try to achieve that goal.

The athletes, parents/guardians, and coaches all have their respective responsibilities to the BCS athletic program.

The following are mandatory prior to any participation in any athletic capacity:

- The student and parent/guardian must sign the athlete's contract and turn it into the athletic director.
- The student must receive a physical examination every two years and have a written confirmation on file in the athletic director's office.
- The student must meet all eligibility requirements as stated in this handbook.
- The student and a parent must sign a concussion form, stating that they've read the school policy in regards to concussions, and the protocols that follow when head injuries take place.
- **An annual participation fee of \$360 or a seasonal participation fee of \$150 is required from each student athlete prior to the first competition of *each sports season*.**

Interscholastic Sports

BCS offers the student body participation in the following interscholastic sports programs.

BOYS

Baseball
Basketball
Cross Country
Soccer
Spring Track & Field
Golf
Indoor Track (Winter)

GIRLS

Softball
Basketball
Cross Country
Soccer
Spring Track & Field
Cheerleading
Indoor Track (Winter)
Golf

We also offer cooperative teams. This means that if a student wants to pursue a sport we do not offer, they may participate with another school. The student will train with the other school but will compete while representing Bangor Christian Schools. The athlete is 100% responsible for all associated fees and forms for co-op sports.

Student Responsibilities

Eligibility Requirements

Academics:

1. An athlete may begin each sports season, fall, winter, and spring.
2. Students must receive a passing grade (70% or higher) in all their classes (and 75% or higher in Bible) at the end of each marking period to be eligible to participate in interscholastic athletics. Students not passing all their classes at the end of a marking period will be deemed academically ineligible to participate, resulting in dismissal from a team or activity. The date of academic ineligibility begins on the date the report card is issued.
3. Students who are failing ONE class with an average between a 60%-69% will have the option to continue interscholastic participation with an academic contract. Contracts will only be allotted ONCE per academic year. This contract will include the following:
 - A. bi-weekly check-ins with administration (athletic director, assistant principal, principal) at which time ALL academic classes will be reviewed. If the student has failed to complete or turn-in a formative assignment during the academic check- in any of their classes, OR has a summative assessment score below a 70% - in any of their classes, he/she will be immediately deemed ineligible and removed from interscholastic athletics.
 - B. Throughout the term of the contract, if the student is referred to the office resulting in administrative discipline, the student will be immediately removed from interscholastic athletics.
4. Students who have failed more than one class or have failed one class with an average less than 60% will be deemed academically ineligible to participate, resulting in dismissal from the team or activity. The date of the academic ineligibility would begin on the date that the report card is issued. In order to regain eligibility, the student must be passing all of his/her classes at the end of the next marking period.
5. The administration reserves the right to amend these expectations on a case-by-case basis. In the event of extenuating circumstances, a final appeal regarding eligibility may be directed to the high school principal.

Ineligible foreign exchange students are not eligible until his / her teachers and the principal approve an individual education plan.

Detentions: all detentions must be served on the specified day. Athletes may not skip the detention to participate in a practice or a game. Athletes are allowed to participate after the detention is served for that day.

A two game suspension will occur when an athlete has three or more detentions in a sports season. If a student has to serve a suspension, the administration will determine what impact it will have on athletic participation. Athletes may be dismissed from the team if they have served four detentions within the season.

Certain violations, due to the seriousness of their offense, may also lead to athletic ineligibility. Students deemed ineligible due to detentions or these serious offenses will not be considered for eligibility until the start of the next semester. The principal and athletic director will make the final decision concerning eligibility.

Sports related infractions -The athletic director will review for possible suspension or ineligibility of all sports related infractions such as yellow and red cards in soccer, technical fouls in basketball, or any incidents of officials ejecting a player from a game.

Personal and Community Responsibilities

As a member of any BCS athletic team, you have many important responsibilities to your school, your teammates, your community, and to your church. As a member of an athletic team, your goal should be not only to win, but to win with honor.

You may achieve what other BCS student athletes before you have achieved - individual records or team championships. However, your most important responsibility is to broaden and strengthen your character. Your goal should include not only physical strength and achievement, but spiritual growth as well. This spiritual growth is important as you shape your character and influence those around you - teammates, opposing teams, coaches, officials and the fans.

Bangor Christian Schools cannot maintain its position as an outstanding school unless you do your best in whatever activity you participate in. By participating in athletics to the best of your physical and spiritual ability, you are contributing to the reputation of your school.

You assume a leadership role when you are on an athletic squad. The student body knows who you are. Many people in the community and your church know who you are. Our school is judged by your conduct and attitudes. It is important that your behavior be above reproach. The younger students in our school are also watching you. They will copy you in many ways. Do not do anything to let them down. Set good biblical examples for them at all times.

You also bear a heavy responsibility to your home. When you know in your heart that you have trained your hardest, that you have practiced to the best of your ability, that you have played the game "all out" with a Christ-like attitude, you foster self-respect and your family can be justly proud of you.

On Field and Court Responsibilities

A real athlete does not use profanity or illegal tactics and learns quickly that losing is part of the game. Be gracious in defeat and modest in victory. It is always courteous to congratulate the opponent on a well-played game after the contest whether in defeat or victory.

A student should not address or gesture to any official, opposing team, or fans before, during or after any contest. Bangor Christian Schools exhorts its students to exhibit exemplary sportsmanship. The community judges our school by the actions and attitudes of our athletes. Sportsmanship is one of the clearest expressions of morals.

Classroom Responsibilities

A good athlete becomes a good student. A person cannot be a classroom laggard and think that he / she can be an outstanding athlete. If you are lazy in the class, you will be lazy on the practice field or floor and will never reach your full potential. You must plan your schedule so that you give sufficient time and energy to your studies to ensure acceptable grades. If you miss class to leave for an athletic event, you are responsible for the notes and work in that class.

In addition to maintaining good scholarship, you are to give respectful attention to classroom activities and show respect for other students and faculty at all times. Horseplay and unnecessary boisterousness are not approved habits for behavior. You should have a good attendance record. Never cut classes or school. The way you act and look at school is of great importance. **Athletes are leaders.**

Dropping or Transferring Sports

Quitting is an unacceptable habit. A quitter may lose the privilege of participating in athletics. On occasion, however, an athlete may find it necessary to drop a sport for a good reason. If this is the case, the following procedure must be followed:

- a. Talk with your parents.
- b. Talk with your coach.
- c. Report situation to the Athletic Director.
- d. Check in all equipment issued to you.

Students have until the end of the first full week of practice to decide whether or not they'll be dropping the sport. If a student drops the sport without athletic director approval after the first week of practice, the student will not be permitted to participate in any other sport during that school year.

Equipment

You are responsible for school equipment you check out. Uniforms are not to be worn outside of competition. The equipment is to be kept clean and in good condition. You are financially responsible for any lost equipment. The full issued set of cleaned uniforms are to be turned in at the completion of a season, prior to new uniforms being issued to that student for a subsequent season.

College recruitment

Athletes that are contacted personally by a college recruiter, have an obligation to notify their coach as soon as possible. NCAA Clearinghouse information is in the athletic director's office.

Missed practice

You are responsible for consulting with your coach before missing practice. You may not miss a practice or a game without good reason, such as illness or family emergency. Individual coaches will handle consequences for missing practices and games. **3 unexcused absences will result in removal of the team.**

Travel

You are responsible for your transportation to home athletic events and practices. When attending away contests, you are to remain with the team under the supervision of a coach, until purposefully released to parent/guardian control. Boys and girls may not sit together on the bus or vans.

Appropriate Dress and Uniforms

Practice clothing must meet the requirements of the BCS Student Handbook, physical education dress code requirements. Uniform shirts must be tucked in at all times. The team uniforms and warm ups are school property and are to be used for games only.

Absence from school before a game or practice

Athletes must be in school by 9:00 a.m. the day of a practice or game in order to participate. If an athlete has a medical appointment that will require him to be late for school, he/she must have a note from the medical facility. If the athlete does not have a note from the medical facility, he / she will not be allowed to participate. **Athletes that come to school after 9:00 a.m. for reasons involving being ill will not be allowed to participate in a game or practice.** If a student is ill a portion of the day, he/she should not come to school later in the day. If a student is ill, we would hope that the parents would encourage the student to rest at home for the day. We also would hope that the parents would take into consideration the health of the other students. Excused absences must be approved in advance.

Absence from school after a game

You are not to miss or be late for school the day following a game unless you are sick or have a family emergency. The first time you are late or absent from school after a game, the absence will be recorded as unexcused, resulting in zeros in the classes you missed.

The second time you are absent from school after a game, you will again be given an unexcused absence and you will receive a game suspension. You will be required to serve as a team manager for that game.

Unexcused tardies accumulate towards detentions. Detentions may result in athletes missing team transportation. Multiple detentions may result in game suspensions.

Conflict in Co-curricular activities

If you participate in several extracurricular activities, you may find yourself in a position of conflicting obligations. The athletic department will attempt to schedule events to minimize complexity.

You have a responsibility to do everything you can to avoid continuous conflicts. This includes being cautious about participating in too many activities where conflicts are bound to occur. When a conflict does arise, you are responsible for notifying the coaches and faculty members involved. If it becomes obvious that you cannot fulfill the obligation of a school activity, you should withdraw from that activity.

BONA FIDE TEAM RULE - MPA Rule

A member of a school team is a student athlete who is regularly present for and actively participates in team practices and competitions. Bona fide members of a school team are prevented from missing high school practice or competition to compete or practice elsewhere (AAU, Soccer Clubs, Etc.)

Parents' Responsibilities

It is important that parents show support towards the athletic program and the coaches. This can be done several ways.

Practices and Games

Please see that your athlete is at practice on time. Also, please be familiar with the game schedule and encourage your athlete to be prepared for home and away games. Frequently missed practices can result in minimal playing time and/or removal from the team.

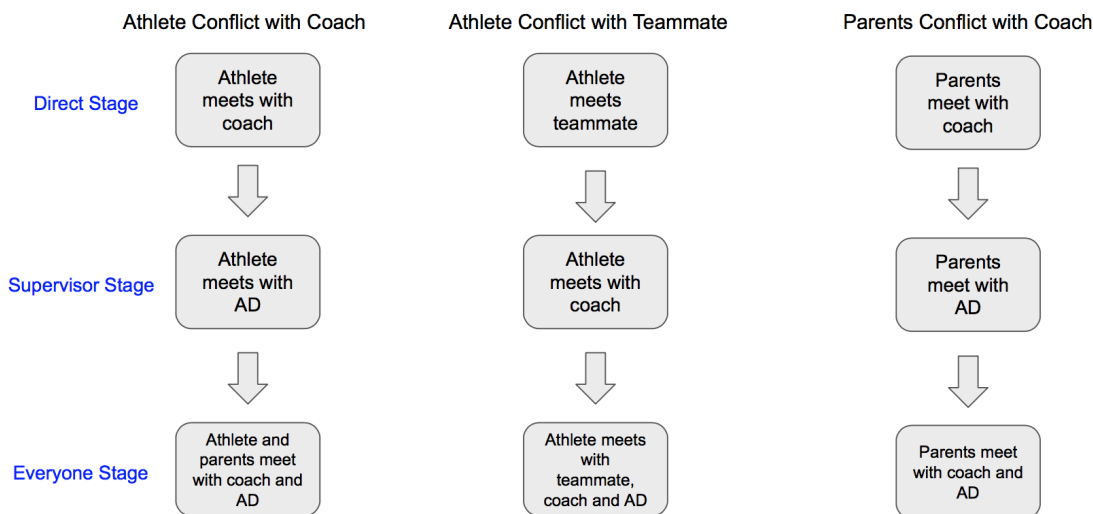
Conflict Resolution Process

In a case of a conflict, there are 3 stages in place to get the conflict resolved:

1. Direct Stage- athlete or parent/guardian approaches (not directly after a game) the person of conflict. If the conflict was not resolved from the first stage then it is continued to the second stage.
2. Supervisor Stage- a scheduled meeting between the athlete or parent/guardian who has a conflict and the supervisor of the person with whom they have a conflict. If the conflict was not resolved from the second stage then it is continued to the third stage.
3. Everyone Stage- the AD will meet with all who are involved in the conflict. The AD may include other administration if needed.

*There are always special circumstances. If needed, a stage may be surpassed if that is the best for the situation.

Conflict Resolution



Addressing Coaches

Parents/guardians with questions or concerns are to make an appointment to speak with the coach. Please do not attempt to confront a coach before, during, or following a contest or practice. These are emotional times for both the coaches and parents, which may cloud objective analysis of the situation.

Appropriate concerns to discuss with the coach include:

- treatment of your athlete, mentally and physically
- skill improvement and development
- concerns about your athlete's behavior

Topics inappropriate for discussion with the coach Include:

- playing time
- team strategy
- play calling
- other student athletes

Sportsmanship

Sportsmanship is probably the clearest and most popular expression of morals at an athletic event. Therefore, Bangor Christian Schools insists that its parents/guardians exhibit exemplary sportsmanship.

Parents should set an example not only to the student body, but also to our community, which judges our school by the actions and attitudes of both our athletes and our parents/guardians. It is without apology that the administration expects parents/guardians to abide by the same standards of sportsmanship placed before the student/athletes. The administration politely, yet firmly, ask parents/guardians who violate these standards to leave the athletic event.

Spectators should :

Let the Players, Play

Let the Coaches, Coach

Let the Officials, Officiate

Any jeers toward any of the above will result in you being politely asked to leave from the game.

What does that mean? If you are jeering, yelling, or communicating with any individual in the above mentioned category, you are being unsportsmanlike. Regardless if you believe the jeering, yelling, or communicating is needed or justified. No fan should ever be singling out any individual, player, coach, or official. No exceptions.

Coaches' Responsibilities

You are required to provide your team members with the following:

- game and practice schedules
- specific training rules and regulations
- your coaching philosophy
- your expectations for your athlete, both as athletes and as students
- requirements such as fees, special equipment, and offseason conditioning

You are also responsible to:

- notify athletic director and/or secretary if practice plans change
- notify the athletic director and the parents/guardians if an athlete is injured
- notify the athletic director and parents/guardians if an athlete is removed from the team for discipline problems
- complete and submit to athletic director an accident report if accidents occur during practice or games within 24 hours of incident

Student risk of participation

All athletes and parents/guardians must be made aware of the risk of serious injury, which may result from athletic participation

The Athletic Director and coaches are to conduct a parent/guardian / athlete meeting prior to the start of the season to fully explain the athletic policies and to advise, caution, and warn the parents/guardians and athletes of the potential for injury.

Guidelines for determining the number of participants and their playing time

The size of any team is determined by the administration and influenced by the Maine Principals Association regulations, as well as league and conference regulations. Additionally, transportation logistics, number of uniforms, coach to player ratio, availability of facilities for practices and games, and finances must all be considered.

It's our intention to involve as many players as possible in competitive play; however, playing time is not guaranteed. Playing time is something to be earned, and is left to the coaches' discretion.

Practice guidelines

After each practice, please make certain that all of the equipment has been gathered and stored appropriately. Coaches are responsible for the conditions of the gym/field after each use. Practices on Wednesday night should not go beyond 5 p.m. Coaches should never leave campus until every athlete has either been picked up or walked to aftercare. Athletes who must stay after practice until a parent/guardian finishes work must go to aftercare. Athletes must be under direct adult supervision and therefore may not wait on campus elsewhere on campus for their parent/guardian.

Education and Training

The athletic director will make coaches aware of courses and seminars available on the most up-to-date techniques and skills in each sport. High school coaches must meet the MPA coaches requirements. (See the athletic director for a copy of those requirements.)

Student/Athlete Conflict in Extracurricular Activities

The student/athlete will declare a primary sport at the beginning of the season. If a conflict cannot be resolved with the criteria, then the declaration will determine the priority.

When a conflict in extracurricular activities arises, you are to work with the athlete and other faculty to work out a solution so that the athlete does not feel in the middle. A solution shall be based upon the following, but not necessarily in the order given:

- A. the relative importance of each event
- B. the importance of each event to the athlete
- C. the relative contribution to student can make
- D. how long each event has been scheduled
- E. The parent's/guardian's perspective

Once the decision has been made and the student/athlete has followed that decision, the student/athlete is not to be penalized in any way by the faculty or Coach.

Admission

Bangor Christian Schools charges admission to all high school home basketball games. When renting a facility for soccer/ baseball games, admission will also be charged.

Varsity Letter Requirements and Athletic Awards

Athletes will receive a letter, pin, or bar in the varsity sport upon meeting the following criteria:

Soccer	participation in 50% of game time
Basketball	participation in 50% of game time
Softball	participation in 50% of game time
Baseball	participation in 50% of game time
Cheering	participation in 50% of game time
Cross Country	Top 7 runners
Golf	Top 5 players
Indoor Track and Field	Score 10 or more points or qualify for championship meet
Spring Track and Field	Score 10 or more points or qualify for championship meet

Additionally, any senior completing two seasons in a varsity sport will receive a letter.

Only those team members who complete the season may receive a letter, pen, or bar in the varsity sport and participate in the athletic awards ceremonies. An exception would be leaving the team for medical reasons.

Coaches may elect to conduct one, end of season team meeting to recognize student-athletes with these letters, pins, and any other awards or accolades.

Hazing

Reference: Maine Anti-Hazing Law (Statutes 6553 and 10004)

Bangor Christian Schools is committed to the personal development of each student in our athletic program. The Bangor Christian Athletic Department is committed to providing a safe learning environment for all participants, coaches, and supporters. As a result, we unequivocally oppose any situation created intentionally to produce mental or physical discomfort, embarrassment, harassment, or ridicule to any person. Hazing activities of any type are inconsistent with BCS standards and are prohibited at all times. No student/athlete, administrator, faculty member, coach, or other employee of the school shall encourage, permit, condone, or tolerate any hazing activities.

Our athletic department will interpret hazing as any act whether physical, mental, emotional, or psychological, which subjects another person, voluntarily or involuntarily, to anything that may abuse, mistreat, degrade, humiliate, harass, or intimidate him or her, or which may in any fashion compromise his or her dignity as a person.

Reported incidents will be investigated promptly and in a manner which protects the rights of the persons filing the complaint, the person complained against, and the school. Student-athletes who participate in such actions will be subject to discipline by the coach and/or athletic administrator.

Handbook Violations

The importance of enforcing all the regulations in this book as well as the BCS student handbook should be apparent. A firm and fair policy of enforcement is necessary to prevent a travesty being made of the regulations. Bangor Christian Schools maintains that high standards of conduct in citizenship are essential to a sound program of athletics. In the event of an athlete failing to comply with the Student Handbook or this athletic handbook, the athletic department will assume the athlete does not have sufficient desire to participate in the athletic program. Therefore, the athlete will be denied the privilege of participating. The precise period of participation denial will depend on the violation as well as the attitude of the athlete and parents/guardians. Repeated or flagrant violations may result in total denial of participation from the interscholastic athletics program.

Homeschool students

Homeschool students are not allowed to participate in high school team sports at Bangor Christian.. Special consideration will be given to homeschool students requesting to participate in individual sports at the middle school level. Middle School participation will be newly evaluated every season for every sport in an effort to ensure fairness to our Bangor Christian School student-athletes. Homeschool students may participate in Pee Wee programs at any time.

8th Grade High School Participation

The MPA allows 8th graders to fully participate at the high school level when the male or female population of the school is less than 60 students.. The original intent of the policy is to assist smaller schools in fielding a team. It is our local decision to allow 8th graders to be an equal on the varsity team when the situation is necessary. BCS Athletics will evaluate each situation and season and make participation determinations as such. In general, we will always strive to have 8th graders commit fully to their middle school team first and participate in varsity when available, however, specific participation guidelines will be evaluated and communicated to student-athletes and families every new year and season.