



Athletic Department Student Athlete **HANDBOOK**

Mission of the Athletic Department

PCS Athletics hopes to foster a life-long love of healthy, physical activity while teaching our student athletes to learn proper teamwork, good sportsmanship, the importance of practice, the acceptance of adversity, and an appreciation for the skills of others through a variety of athletic offerings.

Description of the Athletic Department

Athletics are a meaningful and integral part of the overall student experience. Our primary purpose is to complement and support the mission of Premier Charter School by positively contributing to the academic achievement of our students while also providing them with opportunities to be involved in athletics. The following handbook provides guidelines for the successful operations of the Premier Charter School Athletic Department.

Philosophy of the Athletic Department

The philosophy of the Premier Charter School Athletic Department is to compete against opponents at a competitive level. Success should not always be measured in wins and losses, but in the preparation and performance of the student athletes and coaches, before, during, and after competition. Practice, teamwork, sportsmanship, and citizenship determine the outcomes and success of the team. Students should be taught fundamental skills and the strategies needed to continue and participate at the next athletic level.

Premier Charter School's Mission Statement

Premier Charter School will provide the children of the City of St. Louis an individualized education rich in academics and character, so the children we serve today can be the leaders of tomorrow.

Premier Charter School's Northstar

Premier Charter School is focused on building both a strong academic foundation and the social and emotional skills needed for students to succeed in high school and beyond. Through our rigorous, experiential approach to learning and our deep commitment to whole child development, we support curious and empowered learners.

Title IX

Premier Charter School does not discriminate on the basis of sex in its education program and athletics, including employment and admissions, as required by Title IX of the Education Amendments of 1972 (Title IX).

Policy of Non-Discrimination

Harassment or discrimination because of an individual's race, color, national origin, ancestry, religion, sex, sexual orientation, gender identity, disability, age, genetic information, or any other characteristic protected by law is prohibited at Premier Charter School. Premier Charter School also prohibits retaliation against a person who files a complaint of discrimination or harassment or participates in an investigation of allegations of harassment or discrimination.

This Regulation governs and outlines the procedure for filing a complaint by students, employees, parents, and patrons of Premier Charter School alleging harassment, discrimination, or related retaliation based on a protected classification under the laws identified in Policy 1300 (outside of Title IX). A complaint regarding sexual harassment or related retaliation of a student

or employee under Title IX and that is alleged to have occurred on or after August 14, 2020, should be filed in accordance with the procedures outlined in Regulation 1301. A complaint regarding the identification, evaluation, educational program, or placement of a child with a disability under Section 504 of the Rehabilitation Act of 1973 should be filed in accordance with the procedures outlined in Regulation 2110.

Athletics Offerings

The following sports are offered each season to middle school students. Prior to the start of each season, registration forms will be available. Students must be registered for the selected sport prior to the registration deadline to be considered eligible for tryouts. Sports are subject to change depending on student interest and coaching availability. If a student would like to participate in a sport that is not listed, they may propose it to the Athletic Director.

Middle School (6th-8th Grade) Offerings

<u>Fall Season</u>	<u>Winter Season</u>	<u>Spring Season</u>
Cross Country (Co-Ed)	Basketball (Boys)	Flag Football (Co-Ed)
Soccer (Boys)	Basketball (Girls)	Soccer (Girls)
Volleyball (Girls)	Cheerleading	Track & Field (Co-Ed)
		Volleyball (Boys)

Early Childhood/ Elementary School (Pk-5th Grade) Offerings

<u>Fall Season</u>	<u>Winter Season</u>	<u>Spring Season</u>
Soccer (Co-Ed)	Basketball Clinic: 3rd-5th Grade (Co-Ed)	Soccer (Co-Ed)

STUDENT ATHLETE EXPECTATIONS

Athletic Program Goals

Outside of specific team goals, all Premier Charter School teams are collectively committed to the following overall athletic program goals:

1. To encourage students to achieve success by maintaining academic eligibility rules and to keep athletics in proper respect.
2. To develop good citizenship, honesty, emotional control, dependability, and respect for rules, property, and authority.
3. To provide an opportunity to exemplify and observe good sportsmanship. Coaches should welcome opposing teams to our gym or field when hosting and greet the coaches.
4. To maintain a high standard of credible and positive performance and conduct on and off the field.
5. To teach and emphasize the fundamental skills of the various sports as a necessary tool in achieving individual and team success.
6. To stress the importance of physical fitness, conditioning, health habits, and safety in athletes.
7. To provide opportunities to develop lasting friendships with teammates and opponents.
8. To teach students to work together as a cohesive unit in order to achieve a common goal.
9. To provide a well-planned and well-balanced program for as many student-athletes as possible.
10. To provide high-quality leadership for all athletic programs, to exemplify to students a desired behavior to be developed from each athletic program.
11. To provide opportunities for developing a feeling of unity and belonging, team pride, teamwork, and commitment.

Sportsmanship

Sportsmanship reveals character regardless of the final outcome. Premier Charter School adheres to the policies set down to display good sportsmanship by students, parents, coaches, and patrons. School members are expected to follow sportsmanship rules.

1. Gain an understanding and appreciation for the rules of the contest. Being well-informed is essential. Know the rules. If you are uninformed, refrain from expressing opinions on decisions made by officials, coaches, and administrators.
2. Exercise representative behavior at all times. The true value of interscholastic competition relies upon everyone exhibiting behaviors that are representative of a sound value base. Your behavior influences others, whether you are aware of it or not.
3. Exhibit respect for the officials. The officials of any contest are trained, impartial arbitrators who perform to the best of their ability. Mistakes by all those involved are part of every contest. We should not rationalize our poor or unsuccessful behavior by placing responsibility on an official. A rule of good sportsmanship is to accept and abide by the decision made.
4. Openly display respect for the opponent at all times. Opponents should be treated cordially, provided with the best accommodations, and accorded tolerance at all times. Be a positive representative of your school, team, or family.

5. Display pride in your actions at every opportunity. Never allow your ego to interfere with good judgment and your responsibility as a school representative. Regardless of whether you are an adult, student, player, coach, or official, this value is paramount, since it suggests that you care about yourself and how others perceive you.

Premier Charter School players, coaches, and spectators will refrain from:

- Actions that will offend, embarrass, or intimidate an individual student.
- Actions that will call attention to yourself.
- Any negative taunts, chants, noises, cheers, jeers, songs, profanity, or motions directed at the opposing team, coach, or school.
- Throwing objects.
- If you are not a PCS student athlete (of the team), PCS Coach, PCS Athletic Staff, or PCS Admin, you are not permitted to approach the bench or coaches during games.

Failure to comply with the PCS Sportsmanship standards may result in your removal from the site of competition and may result in further disciplinary actions.

Student-Athlete Participation Requirements

1. Actively enrolled Premier Charter School student
2. Completed registration form
3. Paid registration fee
4. Signed student handbook agreement

Attendance

Students must be in attendance (at least half the day) on the day of an athletic event in order to participate. If the student is absent on the day of an event, it must be considered an excused absence by the office. If an absence is not considered excused, the student will not be permitted to participate.

Attendance at all practices and games/events for all team members is required. If a student will be late or missing from the event, they must notify the coach prior to the start of the event. Consequences of unnotified absences will result in decreased playing time during a game/event.

Events that take place outside of Premier Charter School and occur within 45 minutes of PCS dismissal time allow for students (athletes only) to be released from classes early, provided they have pick-up permissions. The front office will excuse their early dismissal for up to 30 minutes before dismissal time.

Cancellation of Contests/Practice due to Inclement Weather

- In the event of school closing for inclement weather, all athletic-related activities (practices and games) will be canceled.
- In the event school is released early for inclement weather, all athletic-related activities (practices and games) will be canceled.

- In the event of rain (or rain-related weather), decisions regarding home game cancellations will aim to be made by noon. We do our best to make these calls as early as possible.

Uniform/Equipment

Coaches/ Athletic Administrators will distribute and collect all uniforms and equipment. Students are approved to wear their team uniform shirt to school on any day. They must still wear uniform bottoms.

It is the responsibility of the students to take care of the uniforms and equipment that are loaned to them. If the uniforms or equipment that are loaned out to the students are lost, stolen, or damaged, the students and families will be responsible for the replacement cost.

Tournaments

Premier Charter School will charge admission fees for all families (PCS and non-PCS members). PCS uses tournaments as a form of a fundraiser. The money collected at tournaments pays for the referees and concessions. The remaining money will be used for the athletic department for general supplies, equipment, and other consumable items.

Activity Fees

Premier Charter School will charge an athletic fee for each sport. Athletic activity fees may vary from sport to sport each year. The fee is a one-time fee that allows students to participate in that school-sponsored sport for that school year. If the activity fee is not paid by the first game/event, the student-athlete will not be allowed to participate until the fee has been paid. This fee is nonrefundable. If the student-athlete is removed from the team, does not participate, or chooses to leave the team, the fee will not be refunded.

Virtual Students

If a student goes virtual by the choice of Premier Charter School staff or by the choice of the student/family, they will not be allowed to participate in the athletic program. Once the payment has been received and the season has begun, no refunds will be issued.

Transportation

Premier Charter School does not offer transportation services to or from events. All players and spectators are responsible for their own transportation to and from events. No PCS staff member will be allowed to transport students at any time (unless they are related).

Discipline

It is our goal as an Athletic Department to help develop the whole child. We want our students to have great characteristics on and off the field. With many students being multisport athletes, we need to have consistent guidelines for them to follow. If a student gets into a fight, they will be removed from the team. The following school consequences will result in...

- **Detentions:** Every detention will result in a half-game/event suspension. Students will still be required to attend the game/event. If the number of detentions exceeds 3, it will

result in a whole game/event suspension, and every detention after that will result in a whole game/event suspension.

- **Lunch Detentions:** Lunch detentions may result in not starting in a game. Continual detentions can result in half or full-game/event suspensions.
- **Office Referrals:** Depending on the situation, it will result in a half-game/event, whole game/event, or multi-game/event suspension.
- **Suspensions:** This will coincide with the office referral. Depending on the situation, it will result in a half-game/event, a whole game/event, or a multi-game/event suspension.
- **Removal from Team:** This is possible if circumstances are severe or if there are repeated offenses.

Grades

It is important that we are helping to form student-athletes. We have to remember that our students are not in top-tier sports and that we need to stress that academics are of utmost importance and priority. A passing grade is 70% and above, and a failing grade is anything below 70%. It is our goal to have student-athletes pass all of their classes. Students must have a 70% or above to play in games. If a student has a grade below 70%, they will not be allowed to play in a game.

Students will be responsible for checking their grades regularly. We advise students to check their grades at least once a week. A student athlete's ability to participate in a game and their playing time will be based on passing all of their classes. Coaches will communicate if students are not allowed to participate.

Communications

Communication is key in all situations. Proper communication results in the positive resolution of issues, stronger coach-player relations, and other benefits, such as the student learning how to problem solve. The following is a guide for coaches, parents, and student-athletes. This guide provides a chain of communication that will maintain and build positive relationships.

1. Step One: Coaches to Student-Athlete Conversation

If a student-athlete and/or their parents have any issue or problem with their athletic experience, the student-athlete is expected to address it with their coach. They are encouraged to talk with their coach about any issue (personal or academic).

2. Step Two: Coach to Parent and Student-Athlete Conversation

If the issue or problem has not been resolved from step one, the next step in the communication process is to set up an appointment with the coach, player, and parent. This meeting will be set at the coach's discretion. The parent or player should define the purpose of the session when the appointment is set.

During this process, there are some cases when it may be best if the student-athlete does not take part in this meeting. If either the parent or coach feels this is the case, this should be discussed when setting up the appointment.

Parents should not discuss important issues with a coach as they are approaching, during, or leaving practice or a game/event; an appointment needs to be made.

3. **Step Three: Athletic Director to Coach and Parent/Student**

If the problem or issue is not resolved in step two, the next step is for the coach, parent, and student-athlete to meet with the athletic director or another administrator. The session can be initiated by any party. Using the same process as in step two, an appointment needs to be set, and all parties need to know the purpose of the meeting.

Premier Charter School Code of Conduct

Student-Athlete Code of Conduct

As a student-athlete, I will...

- Uphold good sportsmanship inside and outside the classroom
- Regularly attend classes and follow PCS's code of conduct for students
- Show respect for all school personnel
- Refrain from making inappropriate or negative comments regarding the coach/sponsor, team, and teammates
- Maintain self-control at all times
- Know and understand the rules of the game/event at all times
- Do not argue with a call made by an official during a game/event and respect their judgment and interpretation of the rules and event.
- Accept victory and defeat with sportsmanship and character
- Realize that behavior, language, and appearance reflect not only on the individual but also upon other members of the team and the school.
- Recognize and appreciate the abilities of teammates and opponents.
- Keep my grades at 70% or above.

I recognize the privilege of being on a Premier Charter School team and the responsibility that it carries of setting a good example and the realization that it is an honor and a privilege to represent the school. I have read and understood the contents of this handbook.

Parent or Guardian Code of Conduct

As the parents/guardians of a student-athlete, I will...

- Show good sportsmanship at all games/events, and practices.
- Avoid the use of profanity, alcohol, and drug use at games/events and practice.
- Support the school and team rules.
- Support all players on the team
- Observe the chain of communication in dealing with problems or issues related to athletic activities
- Not approach the players/coaches at the bench during a game

I have read and understood the contents of this handbook.

Student Name: _____

Student Signature: _____ Date: _____

Parent Name: _____

Parent Signature: _____ Date: _____