

PCK ATHLETIC DEPARTMENT HANDBOOK



** Please note that this handbook is not all-inclusive. Individual teams may have additional rules and expectations that athletes are required to follow. After reviewing this handbook, athletes should speak with their coach before the season begins to clarify any questions or concerns.*

Each PCK team operates under a philosophy that prioritizes sportsmanship, respect, and teamwork. We believe that every player is an important part of our collective success and should be valued for their contributions, both on and off the field. While individual skill development is emphasized, we believe that the process of striving to win is more important than winning itself.

FALL: Girls Volleyball and Boys Soccer, Coed Cross Country

WINTER: Girls and Boys Basketball

SPRING: Girls Soccer, Boys Volleyball, Coed Flag Football

YEARROUND: Spirit Team

The following must be completed in order for an athlete to participate

- Register online through MySchoolBucks.
- Physicals need to be up-to-date and turned into the Athletic Director. Physicals are only good for one year from the date issued and new physicals are needed each year.

Fees

- Fees are \$175.00 for all sports and \$360.00 for the Spirit Team.
- Refunds will not be issued for sports with tryouts once teams have been selected, or for sports without tryouts after the first game has been played.

Transportation

PCK will not provide transportation to away games. Parents or guardians are responsible for arranging transportation for their athletes to and from each game. If you would like your student to carpool with another student, you must complete the [Authorization to Use Private Transportation](#) form and submit it to the Athletic Director.

Uniforms

Uniforms will be provided by PCK and must be kept clean and in good condition throughout the season. Students are responsible for any lost or damaged uniforms, and the replacement cost will be charged accordingly.

At the end of the sports season, students are required to return their uniforms clean. A one-week grace period is allowed after the season concludes. If a uniform is not returned within that time frame, a \$100 replacement fee will be charged to the student's MySchoolBucks account.

Outstanding replacement fees will prevent students from being able to participate in PCK athletics.

Eligibility and Academic Requirements

To ensure students maintain a balanced focus on academics and athletics, players whose grades fall to a F, or who have multiple D grades, will not be allowed to participate in games or practices until their academic performance improves. It is important that student-athletes remain committed to their schoolwork while participating in athletics.

Team Rules

- Team members need to be on time for practice. At school release time, athletes are expected to make their way to the gym/field and to be dressed and ready to go by their designated practice window.
- If athletes are unable to attend a practice or a game they will need to give the coaches a minimum of 24 hours notice in order to avoid being penalized with play time.
- There is no cell phone use permitted during practice or games, unless previously discussed with a coach.
- Everyone is involved during practice. No one should be standing and visiting, or choosing to sit out. Choosing to do so may affect an athlete's playing time.
- No one is allowed to leave the gym or practice area without the coaches' knowledge and permission.
- No jewelry is permitted during practice or games.
- Open gyms, practices, and try-outs are closed to any spectators or parents.
- Parents must be prompt with game, event, and practice pick-up. If late, your child will be dropped off at our Champions after school care program.

Code of Conduct

Coaches

The school decides who and there are always two, a Head Coach and an Assistant Coach.

For Athletes

- In class you follow PCK behavior expectations; this behavior is expected in sports too. You are a student-athlete and should lead by example.
- Seek out opposing participants to recognize them for outstanding performance or coaching. The opposing team is our guest, please treat them as such.

- Treat opponents in the sincere manner that you would like to receive following either victory or defeat.
- Handshakes between participants and coaches at the end of the contest are expected, regardless of the outcome.
- Respect the integrity and judgment of game officials. The officials are doing their best to help promote you and your sport. Treating them with respect, even if you disagree with their judgment, will only make a positive impression of you and your team in the eyes of the officials and all spectators at the event.
- If you have concerns regarding a coach's decision, please allow a 24 hour period to reflect before initiating contact with the coach or the Athletic Director.
- When on the field, focus on the sport and your actions. If an issue arises, polite, calm, and respectful interactions with the coaches are expected.

For Spectators

- School athletics are a learning experience for all students participating and mistakes are made. Praise student-athletes for their effort to improve themselves in the game.
- All athletes are expected to take the time to learn, understand, and follow the rules of the sport(s) they participate in. This includes not only the basic gameplay regulations but also more advanced strategies, position-specific responsibilities, etc.
- Show respect for the opposing players, coaches, officials, and spectators.
- Refrain from taunting, trash talking, or making any kind of derogatory remarks to opponents or officials during game play.
- Respect the integrity and judgment of the game officials. The officials are doing their best to help promote athletics and the student-athlete.
- If younger student siblings are attending athletic events, it is the responsibility of parents or guardians to actively supervise them at all times. Siblings should not bring any outside equipment, such as basketballs, footballs, soccer balls, etc., nor should they play with any equipment inside the gym.
- For the safety of all participants and to maintain a focused environment, siblings are not permitted on the court or field at any time, including during warm-ups, timeouts, sideline performances, or halftime. It is the responsibility of parents or guardians to ensure that children remain seated and supervised throughout the event. PCK staff are not responsible for monitoring unsupervised children. Parents who wish to fully enjoy the game, or who feel their child may have difficulty adhering to these expectations, are encouraged to consider utilizing Champions during matches.

Unacceptable Behaviors

- Taunting, trash talk, and other intimidating actions.
- Disrespectful or derogatory yells, chants songs or gestures.
- Booing or heckling an official's decision.
- Displays of temper with an official call.
- Yelling that antagonizes opponents.
- Refusing to shake hands or give recognition for good performance.
- Blaming loss of game on officials, coaches, or participants.

- Laughing or name-calling to distract an opponent.
- Use of profanity or displays of anger that draw attention away from the game.