



ATHLETIC HANDBOOK
2020-2021



FRONT RANGE
BAPTIST ACADEMY

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INTRODUCTION

Athletics can teach young people many lessons that can help them in their Christian lives. It is the goal of Front Range Baptist Academy that its students exemplify Christ-likeness in everything they do. The purpose of this handbook is to provide a way to maintain consistency through our athletic program and to set forth the standards by which we expect our athletes to adhere.

We require that parents as well as athletes take time to read this handbook so you can properly support the school and help your young person. Thank you for your support and cooperation in this matter.

PHILOSOPHY OF ATHLETICS

It is the goal of Front Range Baptist Academy that the athletic program be an integral part of the lives of as many students as possible. While it is impossible to serve the needs of every person, every student is encouraged to explore the capabilities God has given him through the sports program here at FRBA. The sports guidelines of FRBA will be followed by all students. All parents are expected to support the standards and goals of FRBA for the overall student body and Christian school ministry.

Winning is important to the continuance of a solid athletic program. It is undeniable that winning teams tend to bring larger crowds, higher enrollments and greater school spirit. Winning, however, must be tempered by the basic beliefs of our Christian faith. First and foremost, it is the responsibility of all Christians to honor the name of our Lord and Savior, Jesus Christ (Colossians 3:23). We can win regional, state or national titles, but with the loss of our Christian testimony all becomes vain or worthless. The prevailing attitude among all those connected with the sports program at FRBA should be: I want Christ to be seen in my life.

Such an attitude will mold and shape Christian character from the inside to the outside. The following guidelines are designed to make the sports program profitable for each participant:

1. OBEDIENCE - Each player is expected to comply with what the coaches and others whom God has placed in authority over him ask him to do. If a player has a question, he should not be afraid to ask for clarification with a proper attitude.

2. DILIGENCE - Players should use all their strength and ability to complete each part of their task, whether it be cleaning up, doing drills, conditioning, competing in a game, or any other activity.
3. RESPONSIBILITY - Each player should do everything that is expected whether being directly supervised or not. A coach should not have to "baby-sit."
4. DETERMINATION - A player should make up his mind to accomplish all of God's goals in His time, regardless of the opposition.
5. CONFIDENCE - Remember, as you give totally all you have to Jesus, you become a winner in God's sight.
6. INTENSITY - Each player should give a "total release" performance at all times, focusing his attention on the job at hand, putting forth every effort to complete it perfectly.
7. PERSEVERANCE - A player should always do his best and try to win, as this is the object of competition. Also, a player should continue faithfully throughout the entire season. If one has done his best, there is nothing to regret.

SPORTS PROGRAM OFFERINGS, 2019-2020

BOYS

FALL SEASON

SOCCER (GRADES 6-12)
 VARSITY CROSS COUNTRY (GRADES 9-12)
 MS CROSS COUNTRY (GRADES 6-8)

MS VOLLEYBALL (GRADES 5-8)
 JV VOLLEYBALL (GRADES 9-12)
 VARSITY VOLLEYBALL (GRADES 9-12)
 MS CROSS COUNTRY (GRADES 6-8)
 VARSITY CROSS COUNTRY (GRADES 9-12)

GIRLS

WINTER SEASON

MS BASKETBALL (GRADES 6-8)
 JV BASKETBALL (GRADES 9-12)
 VARSITY BASKETBALL (GRADES 9-12)

MS BASKETBALL (GRADES 5-8)
 JV BASKETBALL (GRADES 9-12)
 VARSITY BASKETBALL (GRADES 9-12)

SPRING SEASON

SOCCER (6-12)

A WORD TO OUR FANS AND SPECTATORS

FRBA parents and students are aware of the standards set forth by the academy, but oftentimes are unaware of what we expect from our spectators. Therefore, we have listed a few things to keep in mind when you attend a FRBA athletic event.

1. Do not criticize. Fans sometimes feel that they are able to do it better, but that is not their job. Support the players and coaches; build them up - don't tear them down!

2. Comments to officials and opposing teams should all be positive.
3. Realize that the word Christian means "Christ-like." We as Christians are always displaying a testimony whether good or bad. FRBA wants to portray a good testimony, especially to the schools we compete against!
4. LONG AFTER THE SCORE IS FORGOTTEN, OUR BEHAVIOR AND REPUTATION IS REMEMBERED.

SPECIAL REQUIREMENTS AND GUIDELINES

1. Each athlete must have a current physical prior to practicing or playing on a FRBA team. The FRBA physical forms can be found on the FRBA website. The athlete cannot compete in tryouts, practice, or games without a current physical. The physical must cover the entire season.
2. Any student interested in playing on an athletic team must be present within the first three practices of the season. The coach must be notified ahead of time if he is going to miss practices for an excusable reason (illness, death in family, etc.). New students will be given an opportunity to participate if positions are available.
3. Five forms must be completed and signed at the beginning of each school year and returned to the academy office.
 - Athletic Emergency/Concent Form
 - Notice to Athletes and Parents or Guardians Form
 - Student Eligibility Information Form and CHSAA Anti-Hazing Policy
 - Physical Examination and Parent Permit For Athletic Participation
 - FRBA Athletic Rules and Expectations Form (A sample of this information has been included in the back of the handbook.)

ATHLETIC PARTICIPATION FEES

1. Due to the rising cost of operating a sports program, an athletic participation fee will be charged to help cover the costs.
2. The athletic participation fee for each Middle School (5th-8th) sport is \$100. The athletic participation fee for each High School (9th-12th) sport is \$100. The fee will be charged to the parent's account at the beginning of one's particular sport season.

GAME AND PRACTICE ATTENDANCE REQUIREMENTS

1. Once you have joined a team, you have committed yourself to that team until the last game is completed.
2. Players must be at every practice or game unless excused for one of the following reasons:

- doctor/dental appointment (should try to work around practices)
- personal sickness
- death in the family
- previously scheduled church commitment
- “special” permission granted by administrator

3. Front Range Baptist Academy is supportive of many local churches whose members make up our student body. Games are not scheduled on Wednesdays. Games and practices are not scheduled on Sundays. We try to schedule as few Saturday events as possible. We encourage our families to be actively involved in the local church. However, any athlete who misses a practice or game may have to make up practice activities and face the team’s policy for reduction in playing time. This is not meant as punishment for an excusable absence, but a reward and incentive to those team members who were present. A team member who must miss a practice or game may return to their former status as soon as they have fulfilled the team’s policy for absences.

4. Each coach will announce their discipline procedure for missed practices or games. Multiple unexcused absences may result in dismissal from the team.

5. All athletes must be on time to practices and games. Each coach will announce his discipline procedures for tardiness. Once teams have been chosen, no one else will be allowed to come to the coach and ask to try-out. Exceptions would be granted to a new student who enrolled after teams were chosen, provided there is a uniform available.

6. If practice attire is issued to a team, it should be worn to every practice; otherwise:

- girl athletes should wear loose fitting shorts to the knee and athletic t-shirts void of inappropriate writings.
- boy athletes should wear loose fitting shorts to the knee and athletic shirts prescribed by the coach.
- FRBA athletic pants issued by the academy may be worn.

ATHLETES’ CODE OF CONDUCT

1. Every athlete is expected to maintain a good Christian testimony. At any time, an athlete not maintaining a Christian testimony on or off the field or in the classroom may be suspended or dismissed from the team.

2. An athlete who receives a detention that forces him to miss practice must serve the detention on the day it is assigned. Athletes are not permitted to attend practice on days that they are serving detentions. Coaches will discipline players who are late or miss practice for detentions.

3. The FRBA discipline system includes consequences that may limit an athletes' participation. Additionally, any athlete who is removed from a team will not be eligible for post-season awards.
4. The use of profanity or other off-color remarks will not be tolerated. This type of language on or off the field will result in a suspension to be determined by the administration and athletic director.
5. Fighting during athletic events will result in a suspension to be determined by the administration and athletic director. More severe discipline action may be enacted depending upon the circumstances.
6. Athletes are to be good representatives of Christ and FRBA on road trips. Failure to do so may result in suspension or dismissal from the team.
7. FRBA does not condone and will not tolerate "hazing" or "initiations" of athletes by other teammates. Any such actions will result in suspension and/or dismissal from the athletic team.
8. Any permanent removal of a player from the game by an official due to an attitude or language will result in a one game suspension. The athletic director and administration may review and make final decisions regarding game suspensions.

ATHLETES' DRESS REQUIREMENTS

1. All athletes must meet the athletic dress code as it is stated on page 9 in this Athletic Handbook for all practices and games.
2. When uniforms are worn to an away game, athletes are to wear attire approved by the athletic director, coach, and administration.
3. Athletes are expected to wear warm-up clothing (t-shirts, warm-up pants, etc.) properly and modestly at all times. Clothing should not be worn inappropriately in an attempt to draw attention to the athlete.

The following chart summarizes dress code requirements for game days:

SPORT	GAME DAY DRESS	TRAVEL TO & FROM
Soccer (Boys)	Game Day attire	Team uniforms
Volleyball	Game Day attire	Game Day attire
Basketball (Boys)	Game Day attire	Game Day attire
Basketball (Girls)	Game Day attire	Game Day attire
Soccer (Girls)	Game Day attire	Team uniforms
Cross Country	Game Day attire	Team uniforms

NOTE: FRBA athletic attire as mentioned in the student handbook may be worn after that students' particular game. These guidelines apply to all players, managers, statisticians, and scorekeepers associated with each team.

GUIDELINES FOR ELIGIBILITY AND PARTICIPATION IN PRACTICES AND GAMES

1. All those involved in the athletic program must be in school for at least 1/2 day (4 class periods) in order to participate in a practice or game scheduled for that day. The only exceptions would be previously scheduled doctor or dentist appointments that have been pre-approved by the administrator.
2. Students who leave school and return without an approved doctor's note will not be allowed to practice or play. Exceptions would need to be pre-approved by the administrator.
3. To be eligible to participate in the athletic program, students must maintain a "C" average with no more than one "F" in the first three weeks of a grading period. After the initial three weeks of a grading period has passed, students must maintain a "C" average with NO "F's." Eligibility is checked every week.
4. Players who have not maintained the required academic standards listed will be ineligible for practices or games until the next eligible check.
5. Athletes who have been found ineligible for four weeks of a particular sport season will be dismissed from the team.
6. All the above guidelines also apply to managers, statisticians, and score-keepers.
7. Any violation of the probation guidelines may result in dismissal or suspension from the athletic team.

QUITTING

1. Character is not built by quitting. Trying times are not times to quit trying.
2. A student may drop off the team anytime before the third practice without penalty. After that period of time no student may quit the team without penalty. There should be a strong sense of belonging to the team even when personal injuries would restrict the individual's participation in practices and games. An injured player is expected to be at all practices and games (provided he is physically able).
3. Any athlete who quits a team will forfeit his/her right to play sports during the next two consecutive sport seasons.
4. An athlete who leaves the team because of academic probation will not be considered as quitting.
5. An athlete who quits will be removed from the team roster and forfeit any post-season rewards such as team pictures, letters, athletic ceremony awards, etc.
6. An athlete who withdraws from school will not be eligible for post-season awards and recognition.

7. The only exceptions to the above rules would be for death in the family or serious injury. The athletic director and the administrator will decide any exceptions.

TRANSPORTATION

1. This policy applies to all off-campus games and tournaments when transportation is provided by the academy. It does not apply to activities for which the academy does not provide transportation.

2. For all activities for which one vehicle will accommodate all team members, the team will be transported in either an academy-owned or academy-rented vehicle. The vehicle must be driven by an academy staff person or by an approved adult at least 25 years old.

3. When the academy provides transportation to away games, all team members, managers, statisticians, and scorekeepers must travel to the game on the academy bus or van.

4. A team member may ride home from an off-campus game with his parent(s) or legal guardian provided the parent or guardian signs the athlete out with a coach on the release form.

5. Only at the discretion of the administration may a team member be allowed to ride to an away game with the student's parent(s) or legal guardian.

6. NO laptops, radios, ipods, CD players, MP3 players, (or any music devices), headsets, magazines or video games should be brought on the bus or van.

7. Cell phones are only to be used when contacting parents, and this should only be done at the direction of the coach.

8. Students will be notified where to sit on the bus or van.

UNIFORMS AND EQUIPMENT

1. Any uniform or equipment issued to an athlete is the athlete's responsibility to return in good condition.

2. Lost or damaged equipment will be charged to the athlete.

3. Athletic uniforms are only to be worn for games. Special permission may be granted for certain situations.

4. All uniforms and equipment must be returned to the coach or athletic director within one week after the last game of the season. Post-season awards may be withheld if an athlete has not returned his uniform.

5. Any athlete who does not return uniforms and/or equipment will have his report card held and costs for replacement will be charged to his FACTS account. An athlete will not be allowed to participate in another sport until all overdue uniforms, equipment, and fees have been turned in.

LETTERMEN AWARDS

1. The academy will have an athletic ceremony at the conclusion of all the academy events. All teams (Middle School, Junior Varsity, and Varsity) that participated during the entire season will be recognized at that time. All team members should make every effort to attend the awards ceremony.
2. All Middle School and Junior Varsity athletes will receive a participation certificate. Also, managers, statisticians, and scorekeepers will be recognized.
3. To earn a Varsity letter the following requirements must be made :
 - The athlete must be at least a ninth grader.
 - Only one letter will be given per person regardless of the number of sports played.
 - Basketball: athletes must play 50% of the quarters in the regular season games or be a senior who has played on the varsity team for four years. (Playing any part of a quarter counts as playing the quarter.)
 - Volleyball: athletes must play in two modules per game and must play in 50% of the scheduled varsity matches. (Playing in any part of the module counts as playing in the module.)
 - Soccer: athletes must play in 50% of the halves. (Playing any amount of time in any particular half counts as playing in that half.)
 - Cross Country: athletes must place in the top 30 in any match during the season
4. First year Varsity lettermen will receive a letter and a pin for that sport.
5. Second, third, and fourth year Varsity lettermen will receive a service bar for that sport.
6. Varsity managers, statisticians, and scorekeepers will receive certificates.

SPECIAL AWARDS

1. Only athletes who finish the season still on the team roster will be recognized at the athletic ceremony.
2. Every Varsity sport will award a MVP and two awards from the following list
 - Offensive Player of the Year
 - Defensive Player of the Year
 - Most Improved Player
 - Golden Boot
 - Rebounding Award
 - Hustle Award
 - Gold Medal Award
 - Coaches Award
3. Every JV sport will have two coaches awards.

4. Every Middle School sport will have two coaches awards
5. The highest honor to be given at the Athletic Ceremony will be the Christian Athlete of the Year. This award is given to any 9th-12th grade athlete who demonstrates leadership, a positive attitude, team spirit, and sportsmanship both in athletics and around the school while maintaining a high standard of Christ-likeness.

MISCELLANEOUS

1. Cleats are not to be worn in the education buildings or Harmony building at any time.
2. The athletic director and administration will decide any questions or issues not discussed in this handbook.
3. When it is necessary to miss class time due to travel to an athletic event, the following regulations will apply:
 - All due assignments should be turned in to the teacher prior to leaving.
 - All new assignments should be obtained before leaving. Late penalties may be assessed by the teacher for work not completed upon the student's return.

A WORD TO OUR PARENTS

HOW TO BEST HELP YOUR ATHLETE

The best way to help your athlete is to provide encouragement and to be positive, both at home and in the stands. If there's a problem, have your child talk to his coach. If the problem is not resolved or if it is of a serious nature, then call the coach yourself. If no solution can be reached at that point, then call the athletic director to set up a meeting with all parties involved.

Please know you are the most important person in your child's life, and he wants you to be proud of him. Be supportive of your athlete! All student athletes are required to treat visitors, employees, parents and opposing players with respect. By the same token, all parents and visitors who attend FRBA athletic events are required to be courteous and respectful to all employees, coaches, opposing players, referees, etc. The administration, athletic director and coaches will maintain order at athletic events and have the authority to remove any spectator who acts inappropriately.

Students are asked not to sing or "chant" anything that is a "put-down" or in any way derogatory to the opposing school.

Let no man despise thy youth; but be thou an example of the believers in word, in conversation, in charity, in spirit, in faith, in purity. I Timothy 4:12

Set a watch, O Lord, before my mouth; keep the door of my lips. Psalms 141:3

These general principles can be adapted to other sports simply by understanding the spirit in which Christians are to do things. (I Corinthians 10:31-33)

ATHLETIC HANDBOOK COMPLIANCE FORM

This following information (FRBA Athletics Rules and Expectations) is one of the required forms that is to be completed and returned to the Athletic Director before an athlete participates in his first sport (prior to tryouts) of the school year. The information has been included as a reminder to the athletes and parents of the form that they signed outlining the expectations of the athletes.

FRBA ATHLETICS RULES AND EXPECTATIONS

All players who are members of the FRBA Falcons understand playing sports demands tremendous commitment and dedication to the game and their

team. Likewise, parents make great commitment and sacrifice for the athlete to play with the team. Playing for the Falcons is a privilege and not a right. As Falcon players and parents, we understand and agree to the following policies.

PLAYER RESPONSIBILITIES

1. All players will treat teammates, coaches, teachers, administration, officials and opponents with dignity and respect. Depending on the severity of the disrespect, a player may be suspended from a game, or be dismissed from the team.

2. All players, regardless of ability and/or playing time are equal members of the team. Each player will treat all teammates with acceptance, respect and friendship.

3. All players will provide maximum effort in practice and games.

Attendance at all practices, team meetings, and games is mandatory. While injured players may be unable to play, they are still expected to arrive on time, listen to the coaches, and encourage teammates and assist the team. They will also be given extra duties to help with practice or game management.

4. When players miss practices and/or games, playing time in future games may be affected.

5. In very rare situations, players may request to be excused from games and/or practices. When this occurs, players are required to complete an Athletic Absence Form to be turned into the administrator for approval.

6. Unexcused absences are absences in which the administrator was not informed in the manner described above or the reason for the absence was denied. An unexcused absence from practice and/or games will result in the suspension of the player from the next game in which the player is eligible to play.

7. Players are to be on time for all practice and games. Tardiness may affect playing time in games. Chronic lateness may result in suspension. Players are expected to directly seek understanding and resolution when questions or problems arise with coaches and teammates.

8. Players will conduct their personal lives in a manner that brings honor to themselves and the team. This includes school performances, self-respect, healthy behavior and social responsibility.

9. Players will maintain Academic eligibility according to the standard set by FRBA.

PARENT RESPONSIBILITIES

1. Parents will treat players, coaches, opponents, and officials with respect and dignity.

2. All comments by parents and their guests from the sidelines will be encouraging and/or complimentary. Parents and guests will refrain from making comments about players' or coaching mistakes or errors.
3. Parents will discuss player and/or team concerns and problems directly with the head coach. These discussions will not take place right before or after a game. A meeting will be scheduled. During the meeting, playing time and comparisons to the other players will not be discussed. Remember, it is not the best players; it is the players that work together the best!
4. Coaching is to be done only by coaches on staff. Parents agree to refrain from coaching or directing their child or other players during all games and practices.
5. Parents will refrain from making derogatory comments to referees at any time.
6. Parents will support coaches and encourage their athlete to do the same.
7. Players are expected to be picked up on time after practices and games.

CODE OF CONDUCT

1. Play to win.
2. Observe the laws of the game.
3. Play fair.
4. Respect opponents, teammates, referees, and officials.
5. Accept defeat with dignity.
6. Win with modesty and give credit to God and teammates.
7. Promote the best interest of the Academy and the Team.
8. Reject worldliness in attitudes and actions on and off the playing field.

