



# Athletic Handbook

## 2023-2024

### **Athletic Director for Bay City Academy**

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### **Athletic Director for North Central Academy**

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## **Philosophy/Mission/Vision**

Bay City Academy and North Central Academy are committed to providing a quality athletic program for our students following the motto: Action Over Words, Service Over Self. We believe that athletics play a significant role in the educational process by providing developmental enrichment opportunities. Sports promote lifelong characteristics such as humility, passion, unity, servanthood, accountability, and gratitude. Our athletic program strives to focus on these qualities as students participate in team activities at various levels. We maintain focus on fair play, participation, sportsmanship, skill-development, academic achievement, and fun ensuring the well-being of the student athlete.

## **Co-Op Information**

Bay City Academy is proud to co-op with the Bay City All Saints for most middle school and high school sports. Bay City All Saints is a member of the North Central Thumb League (NCTL) for sports.

North Central Academy is proud to co-op with Alba Public School for select middle school and high school sports. Clubs at North Central Academy will be run by NCA staff and parent volunteers. Alba is an independent school (no league association) for sports.

## **Participation Requirements:**

Every student athlete must turn in the following prior to their first day of participation:

- The Medical and Athletic Consent form signed by the M.D., D.O., Physician's Assistant, or Nurse Practitioner who administers the physical examination. If you did not receive a sports physical after April 15, 2023, you must have a valid physical examination form on file. Any student without a valid physical on file will not be able to participate.
- Concussion consent form.
- A participation form and a \$30 payment is due to BCA/NCA before a student can attend practice. If a family needs assistance with the payment, please contact your school's Athletic Director: BCA - Brandon Deacons, 989-975-0713; NCA - Jill Kettlewell, 231-495-1115. \*\*Once signed up, the participation fee is non refundable; by signing the form you are committing to the sport.\*\*
- Signed Athletic Handbook agreement.

All parents/guardians and students must be aware of the following prior to participation in any athletic program:

- Participation in extracurricular activities is voluntary. It is a privilege, not a right. Our student athletes are held to a high standard accepting the obligations to the athletic program, including compliance with all rules and policies of the program. Students who do not adhere to the rules and policies may be removed from the program.
- Players are expected to attend all practices and games. Missing practice (or games) will result in the loss of potential playing time, and may result in the removal of the student from the team.

## **Eligibility**

The minimum eligibility requirement is defined by the Michigan High School Athletic Association (MHSAA) as follows:

- a. All Michigan High School Athletic Association rules that pertain to Junior High/Middle School must be satisfied for competition.
- b. Teachers will upgrade student grades in PowerSchool every Monday morning by 9:00am. The Athletic Director will check student grades in PowerSchool every Monday morning.
- c. Any student receiving an “F” in one or more class(es) will be placed on a two-week “Grace Period” where the student may still participate in practices and games while under an academic improvement plan. The Athletic Director will make contact with the student, parent, teacher, and coach to advise of a plan for grade improvement.
- d. If the student is not passing all classes after the next grade check, that student will be immediately ineligible until she/he is passing all classes.
- e. Any additional failing grades after the two-week check will result in immediate ineligibility until all grades are passing. No additional “Grace Periods” will be given.
- f. Any student who is suspended either “in school” or “out of school” suspension will be considered ineligible to attend or participate in practices, games, or extra curricular activity for the duration of the suspension.
  - i. Eligibility is checked through electronic school records and through communication with teachers.

## **Participation Expectations:**

All participants are expected to:

- a. Display appropriate locker room, meeting place, and activity behavior.
- b. Take care of any equipment and uniforms belonging to the school.
- c. Observe all the rules set forth by the coach.
- d. Display appropriate behavior on school buses and at any facility which they are representing Bay City Academy and North Central Academy.
- e. Adhere to the Discipline Guidelines as stated in the Student Handbook. These rules pertain to the use of alcohol, tobacco, vapes, steroids and drugs, as well as any socially unacceptable behaviors. Discipline for these infractions of the rules may be administered as outlined in the Discipline Guidelines in the Student Handbook, unless the school, in sole discretion, chooses to immediately suspend/expel student(s).
- f. Adhere to suspension policy. Any student athlete given a suspension from the school administration cannot play in any game or practice during the suspension. This includes in-school suspensions.
- g. Turn in a medical form signed by a physician before the first practice in any sport. This medical form is available on our website and in the schools’ office. Every student who is trying out for a sport must be covered under a health insurance policy at the student’s parent’s or guardian’s expense.

- h. Ride the bus to and from the event when transportation is provided. You may request to transport your child to or from an event if necessary. All requests must be made in accordance with the coach.
- i. Attend school for the full day to participate in games or practices.
- j. Be responsible for all athletic equipment issued to him/her by the coaching staff or school. If this equipment is lost or stolen, he/she will be held responsible for the cost of replacement.
- k. Inform the coach immediately of any type of injury incurred during practice or an athletic contest.
- l. Participate in the full season. If a student athlete quits, or is removed from a team during the season, he/she is ineligible to try out for another team during that season and the following season. (Example: If a student quits football in the fall, the student would be ineligible to participate in any sport offered in the winter season.)
- m. Any time school, practice or a game is canceled due to inclement weather, students and parents will be notified.

## **Communication**

Communication to expect from your child's coach:

- Philosophy, expectations, location/times of practice-games-bus departures, team requirements, injury procedures, discipline that could result in denial of your child's participation, cancellations of practices or games due to inclement weather.

Communication coaches expect from you, the parent:

- Concerns expressed directly to the coach, notification of schedule conflicts well in advance, specific concerns regarding a coach's philosophy and/or expectations.

Appropriate concerns to discuss with coaches:

- The treatment of your child-mentally and physically, ways to help your child improve, concerns about your child's behavior.
- Academic support and college opportunities.

Issues not appropriate to discuss with coaches:

- Playing time, strategy, play calling, other student-athletes.

In order to address a concern you have with a coach, you should:

- Allow a 24 hours cool off period.
- Contact the coach directly. Please do not attempt to confront a coach before, during, or after a practice or contest.

If your meeting with the coach does not provide a satisfactory resolution:

- Contact the school and set up an appointment with the Athletic Director.
- If that does not prove a satisfactory resolution, set up an appointment with the Principal.

**\*\*The administration will take all information into consideration when rendering a final decision on all athletic situations.\*\***

## **BCA Sports Offerings:**

### Fall:

*JV/Varsity Boys Football	Grades: 9-12
*JV/Varsity Volleyball	Grades: 9-12
*Varsity Cross Country	Grades: 9-12
*Varsity Poms	Grades: 9-12
*Girls Dance Team	Grades: 9-12
*M.S. Boys Football	Grades: 6-8
*M.S. Girls Basketball	Grades: 6-8
*M.S. Girls Poms	Grades: 6-8
*M.S. Cross Country	Grades: 6-8
Elementary Cross Country	Grades: 1-5

### Winter:

*JV/Varsity Girls Basketball	Grades: 9-12
*JV/Varsity Boys Basketball	Grades: 9-12
*Varsity Boys/Girls Bowling	Grades: 9-12
*Varsity Poms	Grades: 9-12
*Girls Dance Team	Grades: 9-12
*M.S. Poms	Grades: 6-8
*M.S. Boys Basketball	Grades: 6-8
*M.S. Girls Volleyball	Grades: 6-8

### Spring:

*Varsity Boys Baseball	Grades: 9-12
*Varsity Girls Softball	Grades: 9-12
*M.S. Girls Softball	Grades: 6-8
Co-Ed Soccer	Grades: 2-5

\* Denotes co-op

## **NCA Sports Offerings:**

### Fall:

*JV/Varsity Cross Country	Grades: 9-12
*Fresh/JV/Varsity Girls Volleyball	Grades: 9-12
*M.S. Cross Country	Grades: 6-8
*M.S. Girls Volleyball	Grades: 6-8
Mountain Bike Club	Grades: 5-12

### Winter:

*JV/Varsity Girls Basketball	Grades: 9-12
*JV/Varsity Boys Basketball	Grades: 9-12
*M.S. Boys Basketball	Grades: 6-8
*M.S. Girls Basketball	Grade: 6-8
Ski/Snowboarding Club	Grades: 5-12

### Spring:

*JV/Varsity Girls Softball	Grades 9-12
Running Club	Grades: 3-12



## 2023-2024 Athletics Pledge

\*Please sign and return this page before participating in any sport.\*



I understand that student athletes and parents who display good sportsmanship are positive role models with Bay City Academy, North Central Academy, and the communities at large.

As a BCA/NCA athlete:

- I subscribe to the motto: Action Over Words, Service Over Self
- I know that athletic competition builds character and shapes lifetime attitudes.
- I am a role model in the classroom as well as on my athletic team.
- Excellence in academics will remain my top priority
- I will experience additional educational and leadership benefits that come from my participation in sports.
- Integrity, reflection and respect for athletics are inherent principles of good sportsmanship that I hope to achieve.
- Respecting my teammates, coaches and officials and all decisions that are made by them.

As an athlete at BCA/NCA, my sportsmanship will include:

- Developing mental and physical toughness under all circumstances good or bad.
- Wishing opponents good luck before the game and congratulating them in a sincere manner after the game.
- Refraining from engaging in all types of disrespectful behavior; specifically taunting, trash talk and other forms of intimidation, in the stands, on the bench or during competition.
- Respecting my teammates and honoring the commitment I have made to them in joining the team. I will do what it takes to support my teammates throughout the season by being present at all practices and all contests, and by encouraging them with my words and actions.
- Refraining from participating in any illegal activities before, during or after school.
- Winning with humility, losing with grace and representing the core values of Bay City Academy and North Central Academy.

I am the spokesperson for our school when I represent us in athletic competition. My actions are viewed by family and friends, opposing fans, the local community and the media. My display of good sportsmanship will show the most positive things about me and our school; and hopefully remind us all that in the end, sports are meant to be fun.

My signature below indicates that I have read, understand and agree with the BCA/NCA Student Athletic Handbook and that my behavior and attitude will reflect my agreement with these guidelines.

**Print Student/Athlete Name:** \_\_\_\_\_

**Student/Athlete Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Print Parent/Guardian Name:** \_\_\_\_\_

**Parent/Guardian Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Parent/Guardian Email Address:** \_\_\_\_\_

**Parent/Guardian Contact Number:** \_\_\_\_\_

*Disclaimer: By signing your name electronically you are agreeing that your electronic signature is the legal equivalent of your manual signature.*