

Physical Education and Athletic Policies

Physical Education

Hillcrest Christian School is committed to developing a student's mind and body. As with all of our programs, HCS desires to maintain excellence in physical education classes and in our competitive athletic teams. Physical conditioning, specific physical skills, game rules and strategies, and sportsmanship are all part of the age-appropriate curriculum.

High school students may earn physical education credit for participation in competitive sports with the approval of the athletic director and the principal. A Pass/Fail grade will be given to satisfy the second year of the PE requirement for graduation.

Physical Education Clothing

Student in grades 7-10 are required to dress for class unless a parent or physician note specifically requests "not dressing". Notes to excuse a student because of no P.E. clothes will not be honored; loaners will be provided.

The appropriate clothing for 7th-10th grade P.E. is:

1. HCS physical education T-shirt
2. Shorts or sweats. (Shorts must be modest. Cut-off sweats are not acceptable. The P.E. teacher will determine the appropriateness of all clothing.)
3. Athletic shoes with laces (tied) and athletic socks.

P.E. clothes must be marked according to the specifications of HCS, and must be taken home regularly for washing.

Locker Rooms

Lockers are installed in the locker rooms. Two students will share a locker if necessary. It is the student's responsibility to provide his/her own lock and see that the locker is safely locked at all times. Lockers will be periodically checked for cleanliness.

Any locker found unsecured may result in the contents of the locker being impounded by the P.E. staff and held for safekeeping. Students will be assigned work detention as a consequence for leaving lockers unlocked.

Athletic Programs & Athlete's Code Of Ethics

Athletics is an integral part of the school's total educational program. All school activities, curricular and extra-curricular, in the classroom and on the playing field, must be congruent with the school's stated goals and objectives established for the intellectual, physical, social and moral development of its students. It is within this context that the following code of ethics is presented.

As an athlete, I understand that it is my responsibility to:

1. Place academic achievement as the highest priority.
2. Show respect for teammates, opponents, officials, and coaches.
3. Respect the integrity and judgment of game officials.
4. Exhibit fair play, sportsmanship, and proper conduct on and off the playing field.
5. Maintain a high level of safety awareness.
6. Refrain from the use of profanity, vulgarity, and other offensive language and gestures.
7. Adhere to the established rules and standards of the game to be played.
8. Respect all equipment and use it safely and appropriately.
9. Refrain from the use of alcohol, tobacco, illegal and non-prescription drugs, anabolic steroids, or any substance to increase physical development or performance that is not approved by the USDA, Surgeon General of the United States, or the American Medical Association.
10. Know and follow all state, section, and school athletic rules and regulations as they pertain to eligibility and sports participation.

11. Win with character; lose with dignity.

High School Athletic Teams

- Fall Girls' Volleyball
- Boys' Football
- Winter Boys' Soccer
- Boys' and Girls' Basketball
- Spring Boys' Golf
- Boys' Volleyball
- All Year Cheerleading

Middle School Athletic Teams

- Fall Girls' Volleyball
- Boys' Flag Football
- Winter Boys' & Girls' Basketball
- Spring Co-ed Volleyball
- All Year Cheerleading

Athletic Fees

All students participating in competitive athletic teams are charged a participation fee per sport; fees vary depending upon the level of student participation and the fees associated with the sport. In addition, students may be required to purchase specific equipment or athletic gear.

Athletic fees must be paid prior to the first competition.

Participation

Students must attend tryouts and meet all team requirements.

Middle school teams follow an "all play" philosophy. Due to the competitive nature of high school sports, all players may not play on a regular basis.

Academic Requirements

All student-athletes are required to maintain an overall grade point average of 2.0 with no more than one 'F' in order to participate on a competitive athletic team. Athletes who do not meet these criteria may petition the principal for one quarter's probationary status. Students who are not granted one-quarter probation or who fail to meet the academic requirements after one-quarter probation may not compete on any HCS team.

Coaches will regularly monitor the athlete's academic progress. Playing time may be limited if the student is not performing at acceptable academic levels.

Parental Involvement

Parents are encouraged to participate in all HCS athletic programs. Parents are frequently needed to help with transportation, serve as a team parent, or be a member of a booster club to raise funds for sports. Parents are encouraged to attend all competitions.

At least one parent is required to attend an orientation meeting for every sport in which his/her son/daughter participates. Team policies, requirements, schedules, etc., will be discussed at these meetings.

Lettering Policy

Letters are awarded according to school regulations – the Athletic Director and Coach will provide specific details according to the sport. All coaches reserve the right to deny anyone a letter who is in violation of any rules even though the athlete qualifies in every other way. If the team wins a league championship, the coach may letter all team members. Any player who suffers an injury which prevents him from continuing to participate can receive a letter at the coach's discretion.