



ATHLETIC HANDBOOK 2026-2027



2025-2026 Park Christian School Athletic Handbook

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EXTRA CURRICULAR SPORT ACTIVITIES

Park Christian School offers extra-curricular activities throughout the school year. Park Christian athletic teams compete in Football, Volleyball, boys and girls Golf, boys and girls Basketball, and boys and girls Track and Field as a PCS school team. As a cooperative sports program PCS competes in activities listed below with Shanley, Oak Grove, Capstone, Moorhead or Fargo South.

ATHLETIC/CLUB ACTIVITIES

Senior High

Boys Football	PCS Team	Grades 9-12	Fall
Girls Volleyball	PCS Team	Grades 9-12	Fall
Boys/Girls Trap*	Club	Grades 9-12	Fall/Spring
Boys Soccer	Co-op with Shanley/OG	Grades 9-12	Fall
Boys Tennis	Co-op with Shanley/OG	Grades 9-12	Fall
Girls Swim/Dive	Co-op with Shanley/OG	Grades 9-12	Fall
Boys/Girls Cross Country	Co-op with Shanley/OG	Grades 9-12	Fall
Boys Basketball	PCS Team	Grades 9-12	Winter
Girls Basketball	PCS Team	Grades 9-12	Winter
Olympic Weightlifting	PCS Team	Grades 9-12	Winter
Boys/Girls Wrestling	Co-op with Fargo Public Schools	Grades 9-12	Winter
Boys Hockey	Co-op with Shanley/OG	Grades 9-12	Winter
Girls Hockey	Co-op with Moorhead	Grades 9-12	Winter
Boys Swimming	Co-op with Fargo South	Grades 9-12	Winter
Boys/Girls Track	PCS Team	Grades 9-12	Spring
Boys/Girls Golf	PCS Team	Grades 9-12	Spring
Girls Tennis	Co-op with Shanley/OG	Grades 9-12	Spring
Girls Soccer	Co-op with Shanley/OG	Grades 9-12	Spring
Boys Baseball	Co-op with Shanley/OG	Grades 9-12	Spring
Girls Softball	Co-op with Shanley/OG	Grades 9-12	Spring

Junior High

Boys Football	PCS Team	Grades 7-8	Fall
Girls Volleyball	PCS Team	Grades 7-8	Fall
Boys/Girls Trap*	Club	Grades 7-8	Fall/Spring
Boys/Girls Cross Country	Co-op with Shanley/OG	Grades 7-8	Fall
Boys Tennis	Co-op with Shanley/OG	Grades 7-8	Fall
Boys Soccer	Co-op with Shanley/OG	Grades 7-8	Fall
Girls Swim/Dive	Co-op with Shanley/OG	Grades 7-8	Fall
Girls Basketball	PCS Team	Grades 7-8	Winter
Boys Basketball	PCS Team	Grades 7-8	Winter
Olympic Weightlifting	PCS Team	Grades 7-8	Winter
Boys/Girls Wrestling	Co-op with Fargo Public Schools	Grades 7-8	Winter
Boys Swim and Dive	Co-op with Fargo South	Grades 7-8	Winter
Boys/Girls Track	PCS Team	Grades 7-8	Spring
Boys/Girls Golf	PCS Team	Grades 7-8	Spring
Girls Tennis	Co-op with Shanley/OG	Grades 7-8	Spring
Girls Soccer	Co-op with Shanley/OG	Grades 7-8	Spring
Boys Baseball	Co-op with Shanley/OG	Grade 8	Spring
Girls Softball	Co-op with Shanley/OG	Grades 7-8	Spring

Elementary

Girls Basketball	PCS Team	Grades 5-6	Fall
Boys Basketball	PCS Team	Grades 5-6	Winter
Girls Volleyball	PCS Team	Grades 4-6	Spring
Boys/Girls Trap*	Club	Grade 6	Fall/Spring

**Trap: There is a shorter fall season that starts after school starts each year. The fall season does not count toward an athlete's ranking for the state championship and is mostly just for fun. The spring season is a few weeks longer, and based on an athlete's spring season average, they are ranked Novice, JV or V for the state championship in Alexandria in June after the school year is over. The scheduled events are held at the Glyndon Rod and Gun Club near Downer. 6th-12th grade can participate with a hunter safety certificate. Athletes must go through their home state, ND or MN.*

ATHLETIC FORMS NEEDED

- **PCS Sports** – Forms can be found at www.parkchristianschool.org – Students/Athletics/Forms
 - MSHSL Physical Form (Grades 7-12) – every 3 years
 - MSHSL Athletic Eligibility Form (Grades 7-12) – annually during online registration
 - PCS Athletic Release and Waiver Form/Athletic Participation Form (Grades 7-12) (signed) – annually during online registration
- **Co-op Sports**
 - NDHSAA Physical Form (Grades 7-12) – every year after April 15
 - Any other forms necessary from host school.

All students participating in sports at the junior or senior high level are required to have a physical examination every year in ND and every three years in MN before they may participate in practices. This requirement is based on the state where the sport originates.

CLUB ACTIVITIES

PCS-Affiliated

The following activities are not offered through the MSHSL so PCS will affiliate with the club version. These activities will be treated the same as all PCS activities in regard to academic eligibility, lettering, student expectations, yearbook, and social media postings. These have an activities fee payable to PCS. Homeschool fees will be applied. All fundraising activities must be pre-approved by the Development office. Transportation to practices and events may be possible locally and/or regionally if buses and drivers are available but typically is not provided.

- Trap

Non-Affiliated

PCS does not affiliate with the club version of these activities. The players are welcome to seek approval from administration to wear the PCS name on their jersey, but the club is operated fully outside of PCS. There will be no tracking academic eligibility, no lettering, no social media postings, no yearbook section provided. There will be no transportation provided. These are completely parent-supported, parent financed, and outside of the realm of influence of PCS.

- Angels Hockey (grades 4+)
- JO volleyball
- AAU basketball
- Ice Skating (currently an agreement is in place with RRVFSC and Moorhead Public Schools to provide athletes with a letter if predetermined qualifications are met)
- Gymnastics
- Individual basketball team formation
- Fishing Club

ATHLETIC PHILOSOPHY

Statement of Purpose

As a member of the Minnesota State High School League, we are an educationally based athletic program. Our purpose is focused on students challenging themselves emotionally, socially, and behaviorally to compete and grow beyond winning. We're going to plan, prepare and do all things in preparation to try to win, but it is not our purpose.

Colossians 3:17 says, "And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him" (NIV, 1984)

Our goals for the PCS athletic programs are to:

- **Promote participation** in athletics to enhance a student's self-concept as well as their skill development. Each athlete should be able to walk away from the sport they have played in with skills that can be used for a lifetime of fun, fitness, and good health.
- **Promote skill development** as an important part of an athlete's growing process in the sports program. An athlete's sports skills are improved by (a) practicing fundamental skills at home and at practice sessions, (b) taking part in daily practice sessions where game type drills, scrimmages, and plays are implemented, (c) playing in game competition, scrimmages, and practices, and (d) attending sports camps, clinics, or seminars.
- **Build character qualities** that glorify God. Honesty, dependability, humility, encouragement, and graciousness are some of these qualities. Students will learn through participation in sports at Park Christian School that good values and morals honor God. Character development is a primary focus of our sports program. The coach's and athlete's character should honor God in each sporting event. It is the responsibility of the coach to demonstrate, facilitate, and encourage Godly character in the athletes and assistant coaches.
- **Teach unity** among athletic participants as the Bible speaks of (unity of the body) in 1 Corinthians 12:12-27. This passage speaks of members of the body encouraging each other, suffering with each other, and being honored together. Through athletic participation team members learn these things.
- **Present an athletic program that is shaped by God** and not by society's values and ideas. This program should be a complement to the school, church, and families of our athletes.
- **Encourage competition** as it also teaches about winning, losing, humility and graciousness. Competition and adversity are important teachers of athletes. We want to put Park Christian school athletes in an environment where their abilities are stretched and tested to teach sportsmanship, fair play and respect for authority. Participation should be fun, challenging and motivating – a positive experience.

The following are the guidelines that dictate participation in athletics at PCS:

- **Elementary Sports**
The goal of this program is to allow participants equal participation if possible with an emphasis on fun, skill development, sportsmanship, and learning the rules of the game. Playing guidelines do not carry over to tournament play unless otherwise stated.
- **Jr High Sports**
The goal of this program is to build a higher level of competition than at the elementary grades which allows all participants some playing time (not equal), while still developing skills, sportsmanship, and learning the rules of the game.

- **Sr High Sports**

The goal of this program is to build a higher level of competition with participation being based on (a) the coach's decision, (b) team goals for each contest, (c) skill level and practice level of each athlete, (d) PCS athletic rules and academic eligibility policy.

Coaches may suspend athletes who miss practice sessions, are ineligible due to academic probation, or do not follow our statement of purpose or the PCS and MSHSL code of conduct.

TEAM ROSTERS

- Elementary students will compete at their own grade level (i.e. 5th vs. 5th) unless an adequate number of players cannot be assembled from that specific grade.
- Junior high and senior high students may be divided by skill, grade or competition level. At the senior high level tryouts may be used for team placement. Some younger athletes with advanced skills may be given the opportunity to play at an upper age level or division team. The purpose for letting these athletes compete on upper division teams is to:
 - Fill a team's roster or improve a team's play by their participation on the team
 - Develop their skills and enhance their self-concept at an appropriate level of competition
- Senior high teams will be divided by skill or competition levels. The coach will set the roster based on performance in practices or games during that season.
- In grades 9-12, if an advisor or coach has too many students to conduct practices safely or effectively, they may limit squad size.
- It is the intent of the school to encourage maximum participation in activities, however the number of participants on a squad must be manageable and safe. Advising or coaching staff alongside the Athletic Director will determine the established squad sizes.

Academic Eligibility for Junior and Senior High Students

Junior and Senior High students will be expected to maintain passing grades in all classes to remain eligible to participate in athletics/extra-curricular activities at Park Christian School. The following process will be used to determine eligibility:

1. The teaching staff will submit eligibility reports to Administration every two weeks—weeks 2, 4, 6, and 8 within each quarter. An email request will be sent to the teacher(s) seeking feedback for students who may be ineligible (students earning less than 60% in a class). It will be due back to Administration by the end of the school day on Tuesday of that same week.
2. If a student is declared ineligible, the student is not allowed to practice or participate in contests until the teacher(s) of the class(es) in which the student is ineligible signs off on the "Ready to Participate" form that states that the student is making significant progress toward passing.
3. It is the student's responsibility to communicate with the teacher about what the expectations are in regard to completing work that is impacting eligibility.
4. Once all work is completed, it is the student's responsibility to have the teacher sign the "Ready to Participate" form and turn the form into Administration. Upon turning the signed "Ready to Participate" form to Administration, the student can return to play.

Administration will communicate the eligibility status to those students who are impacted and to the coaches of those teams that the student is a member of.

Special Circumstances

- If a student receives a first or third quarter failing grade, a new percentage of expectation for eligibility will be established for the second and fourth quarters so that a passing semester grade can be achieved and semester credit earned. Example: If a student received a 45% in a class quarter one or three, the new percentage expectation for eligibility the following quarter would need to be 75%.
- A fourth quarter failing grade will not carry over any consequences to the following school year (providing the second semester was passed).
- Receiving a first semester failing grade will result in the student being ineligible to participate until mid-quarter of quarter three. The first semester failing grade will need to be recovered during the summer prior to eligibility being reinstated for the following school year.
- Receiving a second semester failing grade will deem the student ineligible to participate in any activities past the last day of school. A second semester failing grade will need to be recovered during the summer prior to eligibility being reinstated for the following school year.
- Failing one of the two quarters but passing the semester, a student will be eligible to participate since class credit was earned.

ATHLETIC PARTICIPATION REQUIREMENTS

- All athletes must abide by the rules of the PCS Student Handbook, the PCS Athletic Handbook, the handbook of the sport(s) in which they are participating, and the MSHSL Handbook.
- All athletes must attend all practices, meetings, and games. Athletes must tell the coach one day in advance if you will be absent from practice and one week in advance from a game absence. The coach has the final say regarding playing time and absences may affect playing time.
- Athlete's parents or guardians are responsible for picking up their athlete(s) immediately after practices and games. It is the parent's responsibility to arrange alternate transportation if there is a conflict.
- All athletes or athlete's parents are responsible to work during home games, special events, tournaments or sports fundraisers.

MSHSL Eligibility

- Participation in Minnesota State High School League sponsored programs is limited to students in grades 7-12. Students in grades 7, 8 and 9 may participate only if they are enrolled in the regular continuation school for the educational unit, and if the students meet all the other eligibility requirements of the League. Elementary students in grades K-6 are not eligible for participation to play or practice in MSHSL events.
- All Minnesota State High School League Rules will apply—see MSHSL Athletic Handbook.
 - The Athletic Director will determine if a violation of MSHSL rules has occurred.
 - If the student-athlete wishes to have further discussion about the ruling, he/she may request to meet with the Athletic Director and the Principal.

Non-PCS Students-Home School Student Participation

- Students in grades 5-12 who are not enrolled at PCS and are homeschooled may be allowed to participate on a PCS athletic team. Park Christian School reserves the right to not allow a homeschool student to participate in a PCS sponsored athletic team. This is dependent on the needs of the team and number of participants for each sport.

- If accepted, students in grades 5-8 must pay the homeschool fee as well as the activity fee for each sport they wish to participate in.
- If accepted, students in grades 9-12 must become a homeschool MSHSL member and form a co-op with Park Christian. They also must pay the homeschool fee as well as the activity fee and co-op fee for each sport they wish to participate in. Homeschool students must abide by the rules and standards set for PCS sports and adhere to all MSHSL guidelines.
 - In order to establish an MSHSL co-op, the athlete must be a Minnesota resident.

PCS Students and co-op sport participation

Park Christian School has a cooperative agreement in place with Shanley High School and other area schools for many of our sports and students enrolled at Park Christian are able to compete on these teams.

Students who are homeschooled may not compete on these co-op teams through Park Christian.

ATTENDANCE AS IT APPLIES TO ATHLETIC PARTICIPATION

- A student may miss one-half the school day (4 periods) for reasons acceptable to the activities office or principal's office and still participate.
- If a student has an excused absence from school and/or practice, he/she may be allowed to participate in a contest if it is in agreement with the coach. See the PCS Student Handbook for clarification of an excused absence.
- If a student misses school or practice due to an unexcused absence, he/she will not be permitted to participate in the next game or contest. See the PCS Student Handbook for clarification of an unexcused absence.

Performance vs. Practice: Participation Priority

- A scheduled performance should have priority over a practice.
- A conference performance should have priority over a non-conference performance.
- A section or state scheduled performance should have priority over a regular season performance.
- This applies to all extracurricular activities.

CANCELLATION OF PRACTICE

- If weather conditions warrant cancelling practice or games the Athletic Director, Director of Operations, and President will make the final decision and notify the school office. The school office and coaches will inform parents of the cancellation.
- There will be no practice on days when school has been cancelled because of inclement weather.

CARE OF EQUIPMENT

- Each advisor or coach is directly responsible for all equipment used in the activity or sport throughout the entire season.
- Athletes are responsible for the care of uniforms and equipment during their athletic season.
- Athletes who do not return uniforms or equipment at the check in time designated by the coach will be assessed a fee equal to the sum of the uniform or equipment not turned in.
- Fees assessed to students must be paid before any report cards will be issued to the student.

- Damaged or stained uniforms may also result in a charge being assessed to the athlete.
- Park Christian athletic uniforms are not to be worn during physical education classes or given to others to be worn.

CELL PHONE USE

- Students who possess cell phones may never use a cell phone in the locker room. Cell phones may be used to call home after a game and on a limited basis as the coach allows.

HEALTH OF STUDENT ATHLETES

Injuries

- While every precaution is taken for proper supervision and the prevention of accidents at Park Christian School, accidents do happen. Park Christian School does not carry student accident or dental insurance covering injuries incurred during school and school activities. Parents are advised to make sure they have adequate insurance protection.
- All injuries must be called to the attention of the coaching staff or athletic trainer (if available).
- Coaches will follow all rules in place by the Minnesota High School Athletic League regarding all injuries including but not limited to concussions.
- After major surgery, a concussion, or serious illness or injury, the attending physician must certify in writing the student's readiness for participation.
 - Baseline Concussion testing will be conducted at the beginning of each season.

ACTIVITY PARTICIPATION FEES

A participation fee is being charged by the school for activities. The purpose of the activities fee is to cut the direct costs of interscholastic activities to assure the continuation of the programs for the benefit of the students.

In the event a sporting team goes to a State Tournament or participates in a tournament outside the regularly scheduled program, there will be an additional fee assessed to cover the direct costs of the activity. It is expected that athletes will cover their own travel costs such as hotel and food.

Limited athletic scholarship funds are available for financial hardship situations. Please email administration or the athletic director to request a scholarship.

- **Senior High**
 - Volleyball, Basketball, Track and Field and Olympic Weightlifting - \$185
 - Football - \$250
 - Golf - \$225
- **Junior High**
 - Volleyball, Basketball, Olympic Weightlifting, Track and Field - \$125
 - Football - \$190
 - Golf - \$165
- **Elementary**
 - Volleyball and Basketball - \$115

- **Co-op Fees**
 - \$15+ the host school activity fee
- **General Weightroom Use**
 - \$75 per season
 - Must register and sign a wavier prior to use.
- **Homeschool Fees (per family)**
 - 1st child: Annual fee of \$300 in addition to other sports fees.
 - 2nd child: Annual fee of \$200 in addition to other sports fees.
 - 3rd+ child: Annual fee of \$100 in addition to other sports fees.

***Athletic fees are based on the level of participation, not grade level. For example, a junior high student participating at the varsity level will pay varsity level fees.*

*** Team Managers and support personnel will not be charged the athletic or activities fees*

Refund Policy: Elementary/Junior High/High School

- No refund will be given after the first contest of the given season.
- No refund will be given to a student who is dropped from the team for violating MSHSL/Team rules.

ATHLETIC EVENT GATE FEES AND PASSES

- PCS students in grades K-12 are given free admittance to PCS home games.
- Adults may purchase an individual pass good for all athletic events.
- Passes can only be used by the person to whom it is issued. If a pass is fraudulently used, it will be confiscated without refund.
- Event gate fees are determined each year by PCS administration.
- Section tournament games are sanctioned by the MSHSL. PCS passes are not accepted at these events. The MSHSL determines the gate fees for section and state tournament games.

TRANSPORTATION

Senior High

- High school students and coaches will travel to and from games by school transportation as provided. Athletes are expected to ride this school provided transportation.
- When athletes need to travel to out-of-town games using non-school arranged transportation, the athlete must get written permission in advance from their parent/guardian, coach, Athletic Director/Principal in advance.
- Athletes who receive written parent/guardian and coach's permission may ride home with their parents.
- A coach or advisor will tell their athletes when the bus will arrive home after all trips. Coaches or advisors should allow their students to call or text their parents as to an approximate time of arrival to the school or approved drop off area.
- The use of a coach bus for athletic contests and special programs may be considered if the situation meets this criteria:
 - The one-way trip is 200 miles or more
 - Students may be asked to contribute to the transportation costs at the discretion of administration
 - Parents will be asked to sign an additional liability waiver
 - Requests will be approved/denied based on available funding

Elementary/Junior High

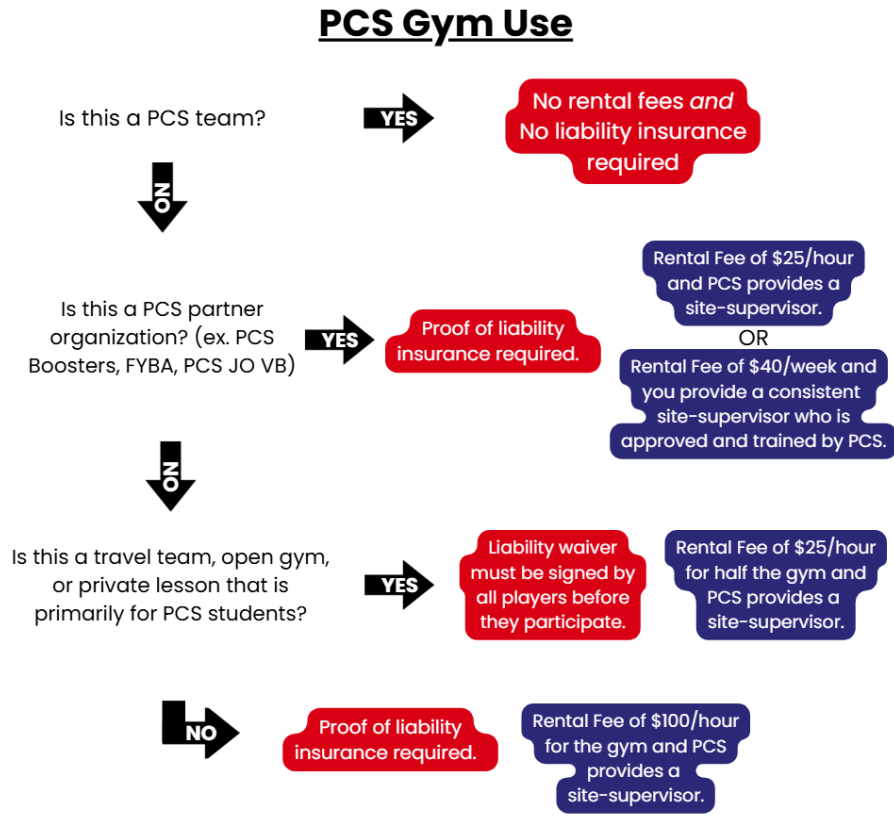
- We will make every attempt to make transportation available to away games. We will inform parents at the beginning of each season if transportation is available or not to away games.
 - Considerations for transportation include number of busses available, bus drivers, other bussing needs, and overall budget.
- If transportation is not available, parents are responsible for transporting their student to and from the games and supervise their athletes at the game site until the coach arrives.
- Transportation to after school practices and home games that are not held at PCS will be provided. Parents are responsible for picking their student up promptly after practice or game.

FACILITIES AND SUPERVISION

Use of School Facilities Outside of Regular School Hours

- The use of school facilities outside of regular school hours must be scheduled in advance with the school office.
- The coach/advisor is responsible for the safety of the students and for the security of the facility during the practice. The facility must be secured by the coach/advisor at the conclusion of the practice.
- Practices may not be held on Sunday per MSHSL rules.
- Students will not work out in the school building or on school property without the direct supervision of a school approved adult.

PCS Gym Use



SPORTSMANSHIP

- It is the expectation that athletes, coaches, and fans represent Christ and Park Christian School with the utmost integrity.
- This includes not abusing officials with verbal comments or gestures at any PCS sanctioned event.

PARENT MEETINGS FOR EACH SPORT

- Coaches/Advisors should hold a parent meeting at the beginning of the athletic season for parents and athletes to attend. At this meeting information such as practice schedules, transportation, game schedules, and athletic rules and forms will be discussed.

FUNDRAISING AND DONATIONS

All fundraisers must have the approval of the Athletic Director and Development Department. These donors and their contributions should be in agreement with the Director of Development.

Persons or businesses wishing to contribute to the Park Christian Athletic department may do so in the following ways:

- Donate to the athletic general fund.
- Donate to a specific program within the athletic department, i.e. football, track, weight room, etc.
- Matching funds may also be designated for either the general fund or specific athletic programs.

Donated funds specified for certain athletic programs will be used at the discretion of the head coach with the approval of the athletic director.

PARENT/COACH COMMUNICATION GUIDELINES

The following are communication guidelines put in place by Park Christian School. All PCS coaches, parents and students are expected to follow these guidelines.

Communication Parents Can Expect from a Coach

- Philosophy of the coach.
- Expectations the coach has for your child and other team members.
- Schedule of all practices and events.
- Team requirements: fees, necessary equipment/practice uniform, off-season program, etc.
- Procedures should your child be injured during practice or a contest.
- Discipline that may affect your child.

Communication to Expect from the Parents/Guardian

- Concerns expressed directly to the coach—See the appropriate concerns listed below
- Notification of any schedule conflicts well in advance.

Appropriate Concerns to Discuss with Coaches

- The treatment of the student mentally and physically.
- Ways to help improve your child.
- Concerns about the student's behavior.

Not Appropriate Concerns to Discuss with The Coach

- Playing Time
- Team Strategy
- Other students/team personnel

If a conversation with a coach turns to any of those three topics, our coaches are instructed to immediately end the discussion. A meeting may be rescheduled to continue an appropriate discussion at a later date. Further, any vulgarity, rude behavior, or threats will signal an immediate end to any discussion.

COMMUNICATION ENGAGEMENT GUIDELINES

A positive student and coach/director experience is the ultimate goal for all co-curricular activities. Communication is critical in fostering this quality experience. If a concern evolves with the student participant, PCS recognizes that communication between the coach/director and student participant is the essential component in the resolution process. As brothers and sisters in Christ, we want to be sure to follow Matthew 18 when questions/concerns arise. Below are guidelines to follow that support the process of effective communication.

- Communication should begin with a meeting that involves the student and the coach(es).
- If conflict continues, the Athletic Director will address parent/guardian concerns (other than those listed above) by facilitating a meeting that involves the student and the coach.
- If the conflict persists, the parent(s)/guardian(s) may call to request an appointment for a meeting.
 - In all cases, the meeting needs to be held in the presence of the student.
 -

Special Notes

- Do not confront the coach/director before or after an event. It is necessary to allow a minimum of 24 hours following a practice/event to expire prior to contacting or meeting with the coach/director.
- Any correspondence regarding a co-curricular conflict will be passed along to the coach/director involved
- Park Christian School and the School Athletic Office do not guarantee a resolution to all co-curricular concerns. Further, not all concerns will be granted a parent meeting (see Engagement Guidelines) at the discretion of the Athletic Director.

PARK CHRISTIAN SCHOOL ACCELERATION POLICY

This is the policy of Park Christian School when it accelerates (moves up) students from Junior High school to Senior High school athletic programs.

Guidelines

Participation by students on athletic teams representing Park Christian High School will be limited to those 7-12 grade students who are enrolled full time at PCS. There are a few instances where a Junior High School athlete may be physically, emotionally, and athletically mature and gifted, that consideration should be given to them to compete at the Senior High School level. Such a decision requires a thoughtful and critical look at the needs of the student and concern for their physical, mental, emotional and spiritual well-being.

Definitions

- Grades 9-12 shall be considered the Senior High School programs at PCS. These grades are eligible for C/JV/V teams and not considered accelerated athletes.
- Grades 7-8 shall be considered the Junior High School programs at PCS.
- Acceleration in some sports shall be allowed without following the procedure in this policy by simply getting parental permission for their son/daughter to play on a high school team (e.g. track, golf, cooperative sports-soccer, tennis, cross-country, hockey, swimming & diving).

Procedure for Acceleration

In the instance where acceleration will be considered from Junior High School to Senior High School the following procedures must be followed:

- Students who wish to try out (accelerate) for a senior high school team should request a tryout with the coach/director. Tryouts will be offered at the discretion of the coach/director according to their season needs and team philosophy.
- All coaches affected will meet with the Athletic Director to discuss the proposed acceleration and agree that acceleration should be considered.
- The Athletic Director will have a meeting with the school principal, varsity and junior high coaches and review this request from the standpoint of the student's total development. This meeting will also discuss the effects acceleration will have on the junior high as well as the high school program when an athlete leaves their junior high team. At the end of the discussion process these parties should come to a general consensus regarding the decision to accelerate.
- If it is recommended to accelerate the athlete, the parents and athlete will be notified by the head varsity coach and asked to review the recommendation. If they concur with the recommendation to accelerate, then the athlete will be allowed to accelerate (join a high school program).
- The parents will be given the proper information and forms that allows the athlete to be in agreement with the guidelines of Park Christian High School and the Minnesota State High School League. Parents and athletes must read, agree and sign these forms before any participation occurs.
- Once the student has been accelerated the student may return to a lower level if coaches are in agreement with this process and schedules allow. Athletes are allowed to participate in two consecutive levels of competition in grades 9-12 or grades 7-8.