

INTRODUCTION

Welcome to the Portland Christian School Athletics Handbook. This guide serves as a comprehensive resource for coaches, student-athletes, and parents, outlining the policies and principles that govern our interscholastic sports programs. It is designed to ensure a unified understanding of the expectations, responsibilities, and standards upheld by the Portland Christian Athletics Department.

Participation in athletics at Portland Christian is a privilege, not a right. While not a graduation requirement, athletic involvement represents a voluntary commitment to a higher standard—one that reflects the values and mission of our school. Students, parents, and coaches are all integral members of our athletic community, and each has a role in ensuring that our teams function in a manner that glorifies Christ and represents Portland Christian School with integrity, excellence, and humility.

The coaches of each athletic team report directly to the Athletic Department and are responsible for the compliance of their athletes with all school and association regulations. The Athletic Department provides guidance, oversight, and support to ensure a consistent and Christ-centered approach across all programs. While this handbook outlines specific rules and expectations, it is understood that not every situation can be predicted or prescribed. In such cases, the Athletic Department will exercise sound judgment, rooted in biblical principles and the core values of Portland Christian School.

We believe that athletics is one of the most influential platforms for spiritual growth, character development, and leadership training. Through competition, athletes learn essential life lessons about commitment, accountability, resilience, teamwork, and grace. At Portland Christian, sports are more than games—they are an extension of our mission to shape young men and women into Christ-centered individuals equipped for a lifetime of service and significance.

Thank you for your investment in our athletics community. Whether you are coaching, playing, or supporting from the stands, your dedication matters. May God bless you as you use your talents to serve Him in this vital and exciting part of school life.

MISSION STATEMENT

The mission of the Portland Christian School Athletics Department is to foster a Christ-centered athletic environment that promotes spiritual growth, personal responsibility, competitive excellence, and community impact. We aim to support our student-athletes, coaches, families, and staff as they pursue success both on and off the field—honoring God in all things.

Through intentional discipleship, structured competition, and unwavering support, we strive to develop athletes who demonstrate integrity, discipline, sportsmanship, and leadership. Our athletic programs serve as a vehicle for building character, strengthening school culture, and engaging our broader community in a shared pursuit of excellence for the glory of God.

OUR COACHES

Portland Christian coaches serve as leaders, mentors, and role models who shepherd student-athletes through the athletic and spiritual challenges of competition. Their influence extends far beyond practices and games; they are trusted guides called to disciple students through the lens of sport.

We expect every coach to:

- Lead by example—modeling Christ-like behavior, humility, and integrity at all times.
- Prioritize spiritual growth alongside athletic development, using every opportunity to point athletes toward Christ.
- Uphold the mission, vision, and policies of Portland Christian School and its Athletic Department.
- Communicate clearly and consistently with athletes, parents, and the athletic administration.
- Foster a team culture that emphasizes character, accountability, sportsmanship, and excellence.
- Encourage athletes to honor God with their effort, attitude, and actions—win or lose.

Coaching at Portland Christian is a calling. We expect our coaches to invest deeply in the lives of their players, recognizing that their ultimate goal is not just to develop great athletes—but godly young men and women.

OUR PARENTS

Parents play an essential role in the success of our athletics program. Their support, encouragement, and partnership reinforce the values we seek to instill in our student-athletes. We ask all Portland Christian parents to uphold a standard of Christ-like conduct and servant leadership, both on and off the sidelines.

We expect our parents to:

- Support the mission and vision of the Athletic Department and the authority of our coaches.
- Encourage their child to give maximum effort, maintain a positive attitude, and honor Christ in all they do.
- Refrain from coaching their child or criticizing coaches during games or practices.
- Model sportsmanship at all times—toward officials, opponents, coaches, and other spectators.
- Address concerns appropriately and privately, following the school's communication protocol (student to coach, parent to coach, then parent to athletic director if needed).
- Celebrate growth over results, character over statistics, and effort over entitlement.

At Portland Christian, we believe athletics is a family ministry—and we are grateful for parents who walk with us in raising athletes who compete with conviction and character.

OUR ATHLETES

Portland Christian student-athletes are representatives of Christ, their families, their team, and their school every time they put on a uniform. Being an athlete at PCS is a privilege that carries weight and responsibility. We challenge our athletes to pursue excellence in every area—on the field, in the classroom, and in their walk with Christ.

We expect our athletes to:

- Compete with passion, humility, and a Christ-like attitude.
- Honor coaches, teammates, officials, opponents, and the game itself through words and actions.
- Accept correction, own mistakes, and strive to grow from every experience.
- Commit to their team—attending practices, games, and team activities with consistency and focus.
- Prioritize academics and demonstrate leadership in the classroom.
- Avoid complaining, blaming, gossiping, or behavior that undermines team unity or testimony.

At Portland Christian, we do not measure success by wins alone. We measure it by how our athletes respond to adversity, serve others, and grow in their faith. Our goal is to raise up competitors who reflect Christ in everything they do—win, lose, or draw.

OUR ATHLETIC DEPARTMENT

Our athletic staff is here to support student-athletes, coaches, and families. We are committed to open, respectful communication and believe that strong relationships are built on trust, clarity, and biblical conflict resolution.

Athletic Department Staff

- **Jason Bragg – Athletic Director, jason.bragg@portlandchristian.org**
- **Lee Sexton – Assistant Athletic Director**
- **Ian Kelley – Assistant Athletic Director**

COMMUNICATION PROTOCOL

We encourage student-athletes and parents to follow a healthy, biblical model of communication when concerns arise:

1. **Athlete to Coach:** The first step is for the student-athlete to speak directly with their coach about any issue.
2. **Parent to Coach:** If further clarity is needed, the parent may contact the coach to schedule a respectful conversation.
3. **Parent to Athletic Director:** If the issue remains unresolved, parents may reach out to the Athletic Director.

Note: Please allow 24 hours after a game before addressing concerns. Emotional conversations in the heat of the moment are rarely productive.

TEAM RULES & EXPECTATIONS

Each team at Portland Christian may have unique rules based on the sport, age group, and coaching style. However, all student-athletes are expected to meet these shared expectations:

- **Practice Matters:** Consistent attendance and full engagement in practices are essential. Absences must be communicated in advance and may affect playing time.
- **Team Comes First:** Personal stats, playing time, and individual roles are secondary to team success and unity.
- **Respect Is Non-Negotiable:** Coaches, teammates, referees, opponents, and fans must be treated with Christ-like respect at all times.
- **Effort and Attitude:** Players are expected to give their best effort and maintain a positive, teachable spirit in every practice and game.
- **Dress and Conduct:** Athletes should be dressed appropriately, just as they would for a normal practice. Proper athletic attire, including shirts, athletic shorts or pants, and appropriate footwear, is required at all times. Boys are not allowed to be shirtless and girls are not allowed to only wear a sports bra.
- **Playing Time:** Is earned through practice, effort, attitude, and coachable behavior. It is not guaranteed at any level.

Coaches may enforce additional team-specific expectations. Athletes who repeatedly violate team rules may face consequences, including reduced playing time, suspension, or removal from the team.

ELIGIBILITY REQUIREMENTS

Participation in athletics is a privilege that requires responsibility in academics, behavior, and attendance. In the Lower School, the principal may review student grades and behavior, and at their discretion, a student may be held out of games or extracurricular activities if academic or behavioral expectations are not being met.

US Academic Eligibility:

- US students must maintain passing grades in all classes.

- US grade checks will be conducted regularly by the school administration.
- US students with a failing grade will be declared ineligible until academic performance improves.

US Behavioral Eligibility:

- Students must exhibit Christ-like character on and off the field.
- Serious disciplinary infractions (detentions, suspensions, disrespect, etc.) may result in temporary or permanent ineligibility.

Attendance Eligibility:

To be eligible to participate in practices, games, or events for any extracurricular activity, students must attend at least half of the school day, which is 3 hours and 30 minutes. We understand that exceptions may arise. Prior approval from the Principal or Athletic Director is required for absences due to: Family emergencies, College recruitment trips, or School-related events, etc.

Students who are tardy (unexcused or excused) more than two times in a single season on the day after an athletic contest may face consequences.

We believe that athletic involvement should complement academic and spiritual growth—not compete with it. Our standards aim to ensure that our student-athletes pursue excellence in every area of life.

MULTI-SPORT PARTICIPATION

At Portland Christian, we **encourage and celebrate multi-sport athletes**. Participating in multiple sports promotes well-rounded development, prevents burnout, and fosters school unity.

Guidelines for Multi-Sport Participation:

- Athletes may participate in one sport per season (fall, winter, spring).
 - There may be opportunities where an athlete can participate in two sports per season, but they must receive approval from athletic director and the two coaches of that athlete.
- Offseason workouts for one sport must not conflict with in-season practices or games for another.
- Coaches are expected to support and communicate with one another to ensure athletes aren't placed in the middle of scheduling conflicts.
- In cases of dual sport practices (i.e., overlapping seasons), priority is given to the sport that is in-season or currently competing.

We value coaches who share athletes, communicate proactively, and support each other's programs. Student-athletes are not to be pressured into specializing or skipping a sport in favor of another.

TEAM ROSTERS & PLAYER SELECTION

Team rosters are determined by the head coach of each sport under the supervision of the Athletic Director. The head coach will evaluate players through a structured tryout process held during the first few days of the season. At the conclusion of tryouts, the head coach will finalize the roster and communicate selections to all participants. Decisions regarding team placement, playing time, and roster cuts are made at the coach's discretion, with oversight from the Athletic Director, and are considered final.

PLAYING TIME POLICY

We believe that playing time is earned—not given—and that it may vary by sport level, game context, and athlete readiness.

Elementary Level (Grades K–5):

- Focus is on development, fun, and experience.
- All athletes should receive meaningful playing time, though not necessarily equal.

Middle School Level (Grades 6–8):

- Emphasis shifts to fundamentals, team strategy, and preparation for high school.
- There is no guarantee on playing time for the middle school level. Playing time is at the discretion of the coach.

High School Level (Grades 9–12):

- Competitive focus increases. Playing time is at the discretion of the coach.
- Coaches will make decisions based on team strategy, player readiness, effort, and performance.
- Athletes are encouraged to advocate for themselves respectfully by asking coaches how they can earn more playing time.

Coaches will communicate roles clearly. Parents are expected to support their child's development by encouraging resilience, not comparison.

UNIFORMS, EQUIPMENT & FACILITIES

Uniforms:

- Game uniforms will be issued by the school and must be returned in good condition.
- Athletes are responsible for laundering and caring for uniforms during the season.
- Lost or damaged uniforms will be billed to the family.
- Athletes must wear team-issued gear for games unless otherwise approved by the coach or athletic director.
- All uniform apparel will need to be turned in 2 weeks after the season ends. If uniforms are not turned in by the deadline, a charge for the uniform will be assessed to the family.

Practice Gear:

- Athletes should arrive at practice in appropriate athletic clothing and footwear.
- Athletes should be dressed appropriately, just as they would for a normal practice. Proper athletic attire, including shirts, athletic shorts or pants, and appropriate footwear, is required at all times. Boys are not allowed to be shirtless and girls are not allowed to only wear a sports bra.

Equipment:

- PCS provides basic equipment necessary for participation.
- Personal gear (cleats, shoes, gloves, etc.) is the responsibility of the athlete and family.
- Athletes are expected to treat all school equipment with care and respect.

Facilities:

- Help us steward our facilities well by keeping gyms, fields, locker rooms, and buses clean.
- Teams are expected to clean up after practices and games.

TRANSPORTATION & TRAVEL EXPECTATIONS

Team Travel:

Portland Christian School does not provide school-owned transportation to athletic events. Families are responsible for arranging transportation for their student-athletes.

In many cases, athletes ride with other PCS parents, guardians, or student drivers. These arrangements are considered private agreements between families. PCS does not assume responsibility for transportation provided by other families or students.

Pick-Up & Drop-Off:

- Athletes are expected to arrive on time for departure and be picked up promptly after returning from games or practices.

INJURIES & ATHLETIC TRAINING

All injuries that occur while participating in a Portland Christian School athletic event, practice, or workout must be reported to the coach immediately. If the injury requires medical attention, an **Athletic Injury Report** form must be completed and submitted to the Athletics Department.

Once an athlete is treated by a physician or other medical professional, they must provide written clearance before returning to practice or competition. This clearance must be submitted to the coach and Athletic Director.

PCS is proud to partner with Aptiva Health as our preferred provider for sports-related injuries. Aptiva offers same-day appointments, injury evaluations, expedited access to specialists, and discounted services for PCS student-athletes and their families. This partnership allows us to provide high-quality, efficient care to help our athletes return to play safely and quickly.

Families are encouraged to utilize Aptiva Health for athletic injuries when possible. Contact information and referral instructions will be provided by the Athletic Department as needed.

Concussion Policy:

- PCS follows KHSAA concussion protocols. Athletes suspected of having a concussion will be removed from play immediately and evaluated.
- Return to play must follow a step-by-step progression and include medical clearance.

Rehabilitation & Training:

- PCS may provide guidance for rehab and return to activity.
- Families are encouraged to partner with coaches and medical professionals to ensure full recovery before returning to sport.

PARENT EXPECTATIONS

Parents are essential partners in the success of PCS Athletics. We ask parents to model Christlike behavior and support the program with integrity.

We ask parents to:

- Trust the coaching staff and support their decisions.
- Encourage your child to communicate directly with their coach about playing time or team concerns.
- Cheer positively during games—never yell at officials, opponents, or coaches.
- Avoid post-game confrontations with coaches.

- Address concerns by following the proper chain of communication (outlined below).

We also expect parents to:

- Help with team needs (snacks, rides, scorekeeping, etc.) when possible.
- Prioritize school attendance and academic responsibilities.
- Avoid undermining the team or coaching staff in conversations with athletes.
- Volunteering as needed per team sport (concessions, line judge, etc ...).
 - In many cases, **you will be required to volunteer** in concessions, gate, line judge, etc. at least 1x (if not more) per your child's season. You will be presented a schedule before the season to fill out your volunteer time slot. If you do not complete this before the season, you will automatically be placed in a slot. It is your responsibility to have that time covered (whether by you or another family to help assist). If you are no-show for your time slot, your child be unable to participate in the next game.

COACH EXPECTATIONS

PCS coaches are spiritual leaders and role models. They are expected to disciple athletes while striving for excellence in competition.

All coaches are expected to:

- Be committed followers of Christ and represent Him in conduct and communication.
- Prioritize character, integrity, and servant leadership.
- Communicate clearly with athletes and families about expectations, schedules, and roles.
- Promote team unity and support other PCS programs.
- Ensure safe practices and proper use of facilities and equipment.
- Treat every athlete with respect and encourage them toward growth.

Coaches are also responsible for:

- Managing rosters, uniforms, and equipment.
- Supporting multi-sport participation.
- Upholding school policies and the standards of this handbook.

SOCIAL MEDIA & PUBLIC BEHAVIOR

Student-athletes and coaches are representatives of Christ and PCS—online and in person.

Social Media Guidelines:

- Do not post anything vulgar, profane, harassing, or divisive.
- Never criticize teammates, coaches, referees, or opponents.
- Share uplifting, positive, and appropriate content that reflects Christian values.
- Coaches may set additional team-specific guidelines.

Public Conduct:

- Athletes must maintain respectful behavior at school, games, events, and in the community.
- PCS reserves the right to take disciplinary action for off-field behavior that reflects poorly on the school or athletic program.

CONFLICT RESOLUTION & GRIEVANCE PROCESS

We are committed to resolving conflicts in a manner that honors Christ and fosters unity.

Steps to Resolution:

1. Athlete talks directly with the coach about the concern.
2. If unresolved, a parent may schedule a meeting with the coach.
3. Escalate to the athletic director for mediation.

SUPERVISION POLICY

At Portland Christian School, student safety is a top priority. All athletes must be appropriately supervised during practices, games, and any athletic-related activity.

- **Approved Adults:** Only approved PCS coaches, staff, or officially screened volunteers are allowed to supervise student-athletes. Any adult not recognized by the school or team leadership should be respectfully asked to leave the area or directed to the front office for assistance.
- **Adult-to-Student Supervision Rule:**
 - When only one student is present, two screened adults must also be present.
 - When two or more students are present, at least one screened adult is required.
- **Never Alone:** Adults should avoid being alone with a single student in a private or enclosed area. If an unavoidable situation arises (e.g., the last student waiting for pickup), the adult should move with the student to a public or visible space where others are present or can clearly observe.

TEAM COMMUNICATION

Clear and consistent communication is essential to the success of our athletic programs.

Portland Christian School uses the Band app as the official communication platform for all teams.

Each team will have its own group within the Band app, where coaches are required to post:

- Practice days and times
- Game schedules
- Any changes, cancellations, or updates
- Requests and announcements

All communication from coaches — including last-minute updates — will be sent **only through the Band app**. It is **required** that all athletes and their parents/guardians join their team's Band group in order to stay informed throughout the season.

Instructions for joining will be provided by the coach or Athletic Department at the beginning of each season.

COACH/PLAYER TEXTING

Coaches are not allowed to text students (this is per Senate Bill 181). All communication to individual players must be done through traceable communication – which we use the Band app.

Teams are allowed to have a group text with coaches and players all together. However, a waiver must be signed by the parents granting permission to do so. A waiver will be shared by your coach if they plan on participating. This is for high school only. Middle school coaches and players will not be allowed to have group texting.

ATHLETIC FEES

Athletic fees help to cover a small portion of the costs of logistics to field a wide variety of sports. Fees are per student/per sport.

Lower School (K-5th) students: \$95/sport

Upper School (9th-12th) students: \$145/sport

Athletic fees are non-refundable two weeks following the start of official practice for that sport. After the second week of practice, you will be billed via FACTS.

To ensure each team is properly equipped and prepared for the season, it is critical that all athletes are registered by the posted signup deadline. This allows adequate time to order uniforms, secure coaching staff, finalize game schedules, and ensure a smooth start to the season.

Registrations submitted after the deadline will incur a \$50 late fee.

Late registrations create logistical challenges and may impact uniform availability, playing time, and team placement.

COACHING STIPENDS

At Portland Christian School, we recognize the valuable time, energy, and commitment our coaches dedicate to our student-athletes. As such, we offer coaching stipends and athletic fee waivers according to the following structure:

Coaching Stipends

- **High School Head Coaches:** Receive a standard coaching stipend for their leadership and responsibilities.
- **Middle School Coaches:** Receive a smaller stipend in recognition of their role in developing younger athletes.
- **Elementary Coaches:** Serve on a volunteer basis and do not receive a stipend.

Athletic Fee Waivers

PCS offers athletic fee waivers to support coaches who have children participating in athletics. The breakdown is as follows:

- **Elementary Sports**
 - Head Coach: Receives a full athletic fee waiver for their child.
 - One Assistant Coach: Also receives a full athletic fee waiver for their child (if on the same team).
- **Middle School Sports**
 - Head Coach: Receives a full athletic fee waiver for their child.
 - One Assistant Coach: Receives a full athletic fee waiver for their child.
- **High School Sports**
 - Head Coach: Receives a full athletic fee waiver for their child.
 - Up to two Assistant Coaches: Each receives a full athletic fee waiver for their child (if on the same team).

These waivers apply only to the sport in which the coach is actively coaching and are limited to one child per eligible coach. This policy helps ensure our coaches are supported while maintaining fairness across our athletic program.

FUNDRAISING

Each year, Portland Christian Athletics runs a single, school-wide Fundraiser to support our teams. This fundraiser is essential to providing our student-athletes with quality uniforms, equipment, facilities, and overall program support. More information on fundraising for the year will be covered in the mandatory athletic kickoff meeting.

ATHLETICS KICKOFF MEETING

For any student participating in athletics, at least one parent/guardian are required to attend an **Athletics Kickoff Meeting** prior to participating in any sport during the school year. This meeting is **mandatory** and will be offered on four different dates to accommodate family schedules:

- **Two meetings will be held approximately two weeks before the school year begins**
- **Two additional meetings will be held approximately two weeks after the school year starts**

These meetings are essential, as they provide important updates, expectations, and new information regarding PCS Athletics for the upcoming school year. Details on team communication, eligibility, fundraising, athletic fees, policies, and procedures will all be covered.

Attendance is required.

Failure to attend one of the four scheduled meetings will result in ineligibility for athletic participation that school year. Please make every effort to attend and stay informed.

SINGLE-SEX COMPETITIONS

We believe that God created each human person, as body and soul, with intentionality and love, and that He delights in the wonderful uniqueness of each individual. As Scripture attests, from the beginning He created each one male or female, revealed in an immutable biological sex (Gen. 1:26-27). He endowed each body with His image, and intended it for His glory.

Although every person is uniquely created, God ordained important differences between these two biological sexes. At Portland Christian, we respect these differences in order to achieve the purposes of our athletics program.

We organize our athletic teams according to biological sex and require those teams compete against other schools accordingly. Men's teams will be comprised of and compete against other biological men only, and women's teams will be comprised of and compete against other biological women only.

We do have several elementary leagues that are co-ed and will participate knowing beforehand that male and females will be competing together and against each other.

HANDBOOK DISCLAIMER

This Athletics Handbook is intended to serve as a general guide for the policies, expectations, and procedures of the Portland Christian School Athletic Department. While every effort has been made to ensure clarity and consistency, not all possible situations or decisions can be fully anticipated or addressed within this document.

Please note that the Athletic Director, Principal(s), and Head of School reserve the right to make decisions, exceptions, or changes that may not be explicitly stated in this handbook. Final authority on all athletic matters rests with school leadership and may involve circumstances requiring discretion beyond what is outlined here.

We appreciate your understanding and partnership in supporting a Christ-centered, student-focused athletics program.