

# Student-Athletes

MPCS athletes are students first and athletes second. Our athletic program and academic curriculum will work together to promote the highest levels of success in both areas, understanding that the pursuit of knowledge comes before athletic interests.

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# Expectations for Student-Athletes

## **Student-Athletes as Total Persons**

The total well-being of our student-athletes is paramount in importance to our coaches; having an interest only in the athletic side of our students is unacceptable. Coaches, as Christian role models, are called upon to develop strong bonds of respect and admiration with their players. By ministering to the mental, physical, spiritual, and emotional health of our student-athletes, we insure the success of this process.

## **Multi-Sport Concept and Student Participation**

*All student-athletes will be encouraged to participate in any activities, whether academically, in the arts, or athletically, in which they have an interest.* Coaches, teachers, parents, etc., should work together to counsel those student-athletes who may become overburdened by too many activities; however, pressure to keep or eliminate any specific activity(ies) is completely inappropriate. The student-athlete, in consultation with parents, teachers, and coaches, should be assisted in making sound, mature decisions in his/her best interest.

## **Expectations for Student-Athletes**

A written document should be distributed and explained by head coaches at the outset of each new season, preferably at the preseason parents' meeting. Our student-athletes should have a clear understanding of the expectations placed on them by the school and their coaches.

# Athletics Dress Code

Mount Paran Christian School student-athletes accept a responsibility as school leaders to set high standards for decorum. Student-athletes represent Christ, their team, their school, and themselves within the community. Whether we are in our school uniform or an athletic uniform, standards of neatness always apply. The athletic department dress code will work in conjunction with the school's uniform policy and the policies of GHSA. Additionally, athletes will adhere to the following:

- Game and practice uniforms must be worn complete with all components;
- Shirts/jerseys are to be tucked in;
- When traveling, athletes will wear school uniforms, athletic wear, or travel suits only;
- Shorts are worn at the waist; shoes are tied;
- Wristbands and headbands will be worn in moderation;
- Clean, consistent looks with all accessories will be worn at coaches' discretion;
- Ribbons and barrettes must match the uniform colors.

# Team and School Spirit

Pride and enthusiasm in athletics is essential to continued success. Our families, student-athletes, coaches, and faculty/staff work together to create a positive environment for team success in all sports. Positive vocal support and reinforcement from our coaches, team members, and spectators will create the best atmosphere for competition.

# Dual Sport Participation

At MPCS, the opportunity may present itself for an athlete to participate in multiple sports during the same season. The following guidelines should be followed when considering dual sport participation:

- Participation in only one team sport will be allowed per season (i.e. fall, winter, spring), with the option to choose a second sport from those that primarily involve individual competition. *Discretion may be used by the Athletic Directors on a case-by-case basis.*
- Participation in two individual sports is possible, but the student-athlete must designate which sport is primary and which is secondary.
- A choice is not allowed when deciding between a team sport and an individual sport; the team sport will always be designated as primary.
- Coaches may work together to find the best course of action for dual-participation that will benefit not only the athlete, but also the teams affected.
- Off-season training may not conflict with in-season practices, games, or matches. Student-athletes must fulfill their in-season responsibilities before being allowed to participate in out-of-season training.

Athletic directors, coaches, parents, and student-athletes are expected to work together as necessary to ensure all issues are handled well in advance.

*Should a student-athlete participate in both athletics and arts, the athletic directors, coaches, and arts directors are expected to work together as necessary to ensure all issues are handled well in advance.*

# Season-to-Season Transition

As a Class A school, it is essential we work together and encourage our students to be multi-sport athletes. Coaches are to be aware of starting and ending dates of other sports seasons in order to coordinate workouts for those players.

During the last month of a season, we will allow our players short individual or small-group workouts in an upcoming sport. Student-athletes will not scrimmage or participate in conditioning with the second sport, since these workouts will be limited in frequency, duration, and intensity. For example, a basketball-baseball player will be allowed to hit in the cage and begin throwing exercises, but these sessions will occur, at most, two times a week and for no more than three hours total. Although finishing one sport while starting another creates a challenge for many, none are so great that solutions cannot be found. Student-athletes WILL NOT be punished for participating in sports where seasons overlap.

# Participation on Non-Mount Paran Christian Teams

Athletes may wish to participate on a travel or club team while participating on an MPC team. Mount Paran Christian athletic teams take preference over any teams, athletic events, or athletic commitments outside of MPCS during that season. This holds especially true at the high school level. Middle school athletes may participate, with the coach's approval. (See below.)

## **In-season Participation**

Middle school and junior varsity student-athletes who desire to play on an off-campus team will be allowed to do so; however, their MPC coach must be informed, and their MPC team must have priority. Example: An MPC middle school baseball player may play for a travel team during baseball season, as long as the coach gives permission. Varsity players will only be allowed to participate on an off-campus team with the permission of their in-season head coach.

## **Out-of-season Participation**

Middle school and junior varsity student-athletes may participate on non-MPC teams out of their season. Example: A middle school baseball player may play AAU basketball during baseball season as long as the MPC baseball team is prioritized. An MPC JV tennis player may participate with an off-campus gymnastics team during tennis season, as long as the tennis team takes priority. Varsity players will need to obtain coaches' permission. If this cannot happen, the issue will go to the appropriate athletic director.