



Student Handbook & Code of Conduct
for Extracurricular Programs & Athletic Department

October 27, 2025

Dear Coaches, Leaders, Students, Athletes and Parents/Guardians:

Welcome to Pacific Christian Middle School Extracurricular Programs & Athletic Department! We look forward to an exciting year, filled with growth and opportunity! To make a quality program or team a reality, it requires dedication, cooperation, and teamwork from all involved; students, athletes, parents, leaders, and coaches. This letter includes our expectations, for our coaches, leaders and all members of the team and contains valuable information that will answer many of your questions about our program.

INTRODUCTION

This handbook describes the rules, policies, procedures, and framework within which the Pacific Christian Middle School Extracurricular Programs & Athletic Department functions. Prospective coaches, student athletes, student-participants, and their parents/guardians should carefully review the contents. Upon reviewing the contents, students and their parents should sign the attached contract and submit it to the coach prior to the first practice. Coaches will then submit final copies to the PCS Middle School Administrators for the school's records.

OUR PHILOSOPHY

Interscholastic sports and extracurricular programs are some of the programs and experiences available at the middle school level to assist students in their personal growth and development. Among other attributes, extracurricular programs can assist in promoting the importance of teamwork and team unity; the importance of hard work, loyalty, and dedication to tasks; the importance of establishing goals and working toward their achievement; and the development of principles relating to sportsmanship and fair play. As a reminder your primary reason for attending PCS is to receive an education. Participation in a sport or activity is a privilege of academic success. All student athletes must be passing all classes, as outlined in this handbook, to be eligible for athletics or extracurricular programs.

PROGRAMS

Pacific Christian Middle School intends to offer the following sports and activities:

ATHLETICS AND AFTER SCHOOL PROGRAMS

FALL	WINTER	SPRING	YEAR ROUND
Cross-country Boys/Girls Volleyball Robotics	Boys/Girls Basketball	Track & Field	FCA ASB/Leadership Chapel Band

Many of the programs we offer at Pacific Christian Middle School will require that students participate before the regular school day, after school hours, and that students be driven to events. Each program will have individual release forms for students to participate. Please complete the Athletics and After School Programs Form if you are interested in any of these options. If you are interested in assisting with any athletic teams please contact the Athletic Director at athletics@mypcschool.net.

There is a participation fee to participate in athletics. Participation in each sport is \$100. This helps offset costs for gym rentals, paying referees, and additional team needs.

SPORTSMANSHIP

Pacific Christian Middle School athletes, team members, and families will be expected to always display appropriate conduct and sportsmanship throughout the season, both on and off the field, court, or during competition. Specific violations might include, though are not limited to, verbal altercations, physical fighting, theft, use of improper language, misuse of drugs or alcohol, and misuse of school facilities and equipment. Exemplary behavior is a requisite for continued participation or attendance to all Pacific Christian Middle School athletic teams, programs, and events.

Good sportsmanship is at bare minimum, good manners and extending common courtesy to all athletes, coaches, officials, parents, and fans regardless of which team they represent.

- Be a team player.
- Stay positive, win humbly, and lose graciously.
- Respect officials, fellow athletes, and rival spectators.

Additional aspects of good sportsmanship include displaying mental toughness, coachability, hustle, and focus of the game. No talking when coaches are talking. Respect classroom teachers, administrators, and coaches. Lack of respect and discipline issues resulting in school consequences, such as detention, suspension, etc., can result in team discipline up to and including team suspension or expulsion.

Failure to uphold these standards may result in temporary suspension, long-term suspension from all programs and activities, or exclusion from Pacific Christian Middle School athletics and extracurricular programs.

ELIGIBILITY

Pacific Christian Middle School Athletic Department and Extracurricular Programs policies, rules, and regulations are determined largely through rules imposed by the California Interscholastic Federation (CIF), which governs interscholastic athletics in the State of California.

The goal of this Policy is to:

1. Provide clear guidelines to students, teachers, parents, and administrators about how academic grades affect eligibility at PCS.
2. Motivate students to proactively manage their time and activities such that they derive optimal academic benefits from PCS while contributing to the mission of the school and develop themselves as well-rounded people.

Acceptable Standards:

To maintain eligibility during the current semester, the student shall maintain a GPA of at least 2.0. Additionally, students are expected to maintain classroom conduct that is at least Satisfactory in all classes and students must attend school on-time, consistently, to participate in athletics or extracurricular programs.

Failure to maintain grades will result in extracurricular suspension. Students placed on suspension, due to grades or classroom conduct, will be placed on academic probation.

Grade Checks: Grade Checks will occur spontaneously at the Coach or Leader's discretion. Grade checks can occur weekly, if desired by Coach or Leader.

STUDENTS ON EXTRACURRICULAR SUSPENSION

A student on extracurricular suspension is required to meet once a week with the Coach/Leader to review their progress, until all standards are satisfied. Students on extracurricular suspension:

- May attend practice.
- May attend games, competition, team exercises, but not participate in game, competition, or event.
- May not suit up for athletic contests, competitions, games, or performances
- May not miss school or travel to school sponsored events including, but not limited to – Athletic Contests, Robotics, Debate, Community Service Activities, Field Trips, Dances, Other events.

Students found to be participating inappropriately in activities when they are ineligible may cause their groups to be disqualified from competitions and may face disciplinary consequences.

Students can resume full participation once grades and class conduct are back to standards.

STUDENTS ON ACADEMIC PROBATION

A student on academic probation is required to meet with the Coach/Leader prior to returning to activities. Students on academic probation:

- May NOT attend practice.
- May NOT attend games, competition, team exercises, or events.
- May NOT suit up for athletic contests, competitions, games, or performances.
- May NOT miss school or travel to school sponsored events including, but not limited to – Athletic Contests, Robotics, Debate, Community Service Activities, Field Trips, Dances, Other events.

Students found to be participating inappropriately in activities when they are ineligible may cause their groups to be disqualified from competitions and may face disciplinary consequences.

Students can resume full participation once their academic probation has been completed.

SMOKING, ALCOHOL, & SUBSTANCE USE/ABUSE

The use or possession of alcohol, e-cigarettes, vaping, tobacco, or drugs (including edibles) will not be tolerated. At the least, the use of either substance adversely affects the performance of an individual, which in turn impacts upon the success, unity, morale, and performance of the team. The safety of individual team members can be compromised in the process. Even further, possession of alcohol, e-cigarettes, tobacco, or drugs is illegal for all students and morally inconsistent with the philosophies of Pacific Christian School. The use or possession of these items by a team member will automatically result in disciplinary measures, which might include criminal charges, suspension and/or expulsion from school or from the team.

SCHOOL ATTENDANCE

To participate in any athletic event or practice, athletes are expected to be in at least half of their scheduled classes on the day of the event provided the absences are excused.

Unexcused absences or chronic tardiness to class or team practice may be sufficient reason for declaring a student ineligible at any time. The coach, in consultation with the Athletic Director and PCS Administrative Team, will determine the date and time of ineligibility. Any unexcused absence during the school day will result in the loss of eligibility from all practices or events occurring that day.

LATE AND/OR MISSING PRACTICE

Prompt and regular attendance at practice sessions is necessary for the safety and conditioning of the student as well as for the benefit of the team. Team members should notify their coach prior to any practice that they must miss and should offer an adequate explanation for the absence. Chronic tardiness to practice or unexcused absences will be handled by the coach, and may result in reduced playing time, suspension, or expulsion from the team.

TRANSPORTATION

Most teams are transported to contests by parents. If a team uses a preapproved bus, all athletes on teams that take buses are expected to return to the school on the bus, unless the coach determines that the student can return with their parents/guardians. Students may not leave with anyone other than their parents/guardians unless the Athletic Director has written notification twenty-four hours prior to taking the trip. Similarly, students who are driven to contests must have the approval of their coaches if alternative means of return travel are arranged. At all times, the coaches reserve the final decision on how players can return from away events.

PREPARATION

- Make sure you're consuming plenty of vegetables, fruits, protein, and fats at home and school. Bring healthy snacks to eat prior to games. Students should be consuming between 2,200 - 3,000 calories per day based on their growth, hormone changes, and activity levels.
- Drink lots of water, occasionally adding in electrolytes and minerals.
- Sleep at least 8 hours as often as you can so that your body can be well rested and prevent injury.

PLAYING TIME

- All athletes will be given a fair chance to earn playing time during practice.
- Parents are not allowed to approach a coach before, during, or after a game or practice to discuss playing time.
- An athlete may ask a coach before or after practice what specific skills they may need to improve to increase playing time.

CONFLICTS AND CONCERNS

If a parent or an athlete has a concern, issue or anything that needs to be addressed, they must follow these steps in this order:

- Wait a full 24 hours. Texts, calls, emails, or any other media contact within 24 hours will be responded to the following day.
- The athlete will schedule a meeting with the coach to discuss concerns.
- If the issue is not resolved then the player, parent and coach will meet.
- If further resolution is needed, then the coach will schedule a meeting with the athletic director, the coach, player, and the parent.

If an outburst or issue is discussed outside of this protocol, it may result in suspension or the immediate dismissal of the Player and/or parents/guardians, pending administrative approval.

CLOSING

Winning and losing becomes a secondary issue when compared to the way students conduct themselves on the court, field, or in competition, exhibiting dignity and grace in the face of adversity. Winning is secondary, as well, when compared to the extent of the effort put forth by the individual in whatever endeavor they undertake. All students do not perform at the same level, but maximum effort, commitment, and a winning attitude are requisite expectations for all extracurricular team members.

As Christians, we also expect all students and spectators, parents, and guardians to engage with teammates, coaches, and community members in a way that exemplifies God and our morals as set forth in the Student Handbook.

This contract will be used to assure success of any PCS Athletics Team or Extracurricular Program.

Belief Statement - Gender

PCC/PCS affirm that the Bible is the final authority in all matters of faith and life. Accordingly, we affirm that there are only two genders, male and female, as established by God (Genesis 1:27), and each individual's gender is divinely appointed as part of God's intentional and wonderful design (Psalm 139:1-4).

PCC/PCS will encourage, through all its ministry outreach, including but not limited to, congregational members, students, and parents to embrace their God-given biological and creational differences as men and women. Any action or ideologies that deviate from this biblical design do not align with our commitment to God's Word (Romans 1:18-32). This belief statement shall serve as a guiding principle for PCC and PCS governance, ensuring that all teachings, policies, and practices reflect God's teachings and our biblical worldview.

Bible References:

Genesis 1:27 (NIV) - So God created mankind in his own image, in the image of God he created them; male and female He created them.

Psalm 139:14 (NIV) - I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.

Romans 1:18-32 (NIV) - 18 The wrath of God is being revealed from heaven against all the godlessness and wickedness of people, who suppress the truth by their wickedness, 19 since what may be known about God is plain to them, because God has made it plain to them. 20 For since the creation of the world God's invisible qualities—his eternal power and divine nature—have been clearly seen, being understood from what has been made, so that people are without excuse. 21 For although they knew God, they neither glorified him as God nor gave thanks to him, but their thinking became futile and their foolish hearts were darkened. 22 Although they claimed to be wise, they became fools²³ and exchanged the glory of the immortal God for images made to look like a mortal human being and birds and animals and reptiles. 24 Therefore God gave them over in the sinful desires of their hearts to sexual impurity for the degrading of their bodies with one another. 25 They exchanged the truth about God for a lie, and worshiped and served created things rather than the Creator—who is forever praised. Amen. 26 Because of this, God gave them over to shameful lusts. Even their women exchanged natural sexual relations for unnatural ones. 27 In the same way the men also abandoned natural relations with women and were inflamed with lust for one another. Men committed shameful acts with other men, and received in themselves the due penalty for their error. 28 Furthermore, just as they did not think it worthwhile to retain the knowledge of God, so God gave them over to a depraved mind, so that they do what ought not to be done. 29 They have become filled with every kind of wickedness, evil, greed and depravity. They are full of envy, murder, strife, deceit and malice. They are gossips,³⁰ slanderers, God-haters, insolent, arrogant and boastful; they invent ways of doing evil; they disobey their parents; 31 they have no understanding, no fidelity, no love, no mercy. 32 Although they know God's righteous decree that those who do such things deserve death, they not only continue to do these very things but also approve of those who practice them.

Pacific Christian School

Policy on Gender and Athletics

At Pacific Christian School (PCS), we affirm that the Bible is the final authority in all matters of faith and life. As a Christian school, we are committed to honoring God in every aspect of our mission, including our athletic programs. Guided by our understanding of Scripture (Genesis 1:27), which teaches that God created human beings as male and female, we establish the following policy for school sponsored participation in athletics.

Team Participation

PCS offers a variety of athletic programs, including middle school volleyball, basketball, cross-country, and track. For sports where teams are separated by sex, students will participate on the team that corresponds to their biological sex. This policy reflects our unwavering commitment to the biblical truth of God's design for humanity as distinctly male and female (Genesis 1:27).

Opposing Teams and League Participation

PCS participates in a local athletic league of public and private schools. Some schools allow transgender students to compete based on personal gender identity rather than biological sex. In alignment with biblical teachings and our Christian convictions, PCS will only compete against teams that also separate their athletic teams by biological sex. Upon PCS becoming aware that an opposing team conflicts with this policy, PCS will not participate and will forfeit the game. PCS administrators will accordingly notify the opposing school with respect and dignity, ensuring all communications reflect our commitment to fostering an environment of love, compassion, and biblical truth.

Commitment to Excellence, Integrity, and Faith

By adopting this policy, PCS seeks to model a standard of integrity that reflects our trust in God's design and purposes (Psalm 139:14). Aligning our athletic participation with God's divine design and our biblical convictions regarding the biological and creational difference as men and women, allows us to demonstrate our commitment to living out God's truth as revealed in Scripture (Romans 1:18-32). Our goal is also to uphold fairness, safety, and integrity in all athletic competition while treating every individual with respect and Christian love.

Pursuing Victory with Honor*

Code of Conduct for Parents/Guardians

Athletic competition of interscholastic age children should be fun and should also be a significant part of a sound educational program. Everyone involved in sports programs has a duty to assure that their programs impart important life skills and promote the development of good character. Essential elements of character building are embodied in the concept of sportsmanship and six core ethical values: trustworthiness, respect, responsibility, fairness, caring and good citizenship (the “Six Pillars of Character”). The highest potential of sports is achieved when all involved consciously Teach, Enforce, Advocate and Model (T.E.A.M) values and are committed to the ideal of pursuing victory with honor. Parents/guardians of student-athletes can and should play an important role and their good-faith efforts to honor the words and spirit of the Student-Athlete Code of Conduct and this Contract can dramatically improve the quality of a child’s sports experience.

TRUSTWORTHINESS

- Trustworthiness- Be worthy of trust in all you do.
- Integrity- Live up to high ideals of ethics-sportsmanship and encourage players to pursue victory with honor. Do what’s right even when it’s unpopular or personally costly.
- Honesty- Live honorably. Don’t lie, cheat, steal or engage in any other dishonest conduct.
- Reliability- Fulfill commitments. Do what you say you will do.
- Loyalty- Be loyal to the school and team; put the interests of the team above your child’s personal glory.

RESPECT

- Respect- Always treat all people with respect and require the same of your student-athletes.
- Class- Teach your child to live and play with class and be a good sport. He/She should be gracious in victory and accept defeat with dignity, compliment extraordinary performance, and show sincere respect in pre- and post-game rituals.
- Disrespectful Conduct- Don’t engage in disrespectful conduct of any sort including profanity, obscene gestures, remarks of a sexual nature or actions, trash-talking, taunting, hazing, boastful celebrations, or any actions that demean individuals or sport.
- Respect for Officials- Treat game officials with respect. Don’t complain or argue about calls or decisions during or after an athletic event.

RESPONSIBILITY

- Importance of Education- Support the concept of “being a student first.” Commit your child to earning a diploma and getting the best possible education. Be honest with your child about the likelihood of getting an athletic scholarship or playing on a professional level. Reinforce the notion that many universities will not recruit student-athletes who do not have a serious commitment to their education. Be the lead contact for college and university coaches in the recruiting process.
- Role Modeling- Remember, participation in sports is a privilege, not a right. Parents/guardians should also represent the school, coach, and teammates with honor, on and off the court/field. Consistently exhibit good character and conduct yourself as a positive role model.
- Self-Control- Exercise self-control. Don’t fight or show excessive displays of anger or frustration.
- Healthy Lifestyle- Promote to your child the avoidance of all illegal or unhealthy substances including alcohol, tobacco, drugs, and some over-the-counter nutritional supplements, as well as unhealthy techniques to gain, lose or maintain weight.
- Integrity of the Game- Protect the integrity of the game. Don’t gamble or associate with gamblers.

FAIRNESS

- Fairness and Openness- Live up to high standards of fair play. Be open-minded, always willing to listen and learn.

CARING

- Caring Environment- Consistently demonstrates concern for student-athletes as individuals and encourages them to look out for one another and think and act as a team. Help promote the wellbeing of student athletes by reporting any unhealthy or dangerous or illegal conduct to a school authority (coaches, administrators, teachers, etc.)

CITIZENSHIP

- Spirit of the Rules- Honor the spirit and the letter of rules. Teach your children to avoid temptations to gain competitive advantage through improper gamesmanship techniques that violate the highest traditions of sportsmanship.

*Our athletic program endorses “Pursuing Victory with Honor” and the “Six Pillars of Character”, a project of the Josephson Institute of Ethics.
www.charactercounts.org/sports

Pursuing Victory with Honor*

Student-Athlete Contract

Athletic competition for interscholastic age student-athletes should be fun and should also be a significant part of a sound educational program, embodying high standards of ethics and sportsmanship while developing good character and other important life skills. Essential elements of character building are intrinsic in the concept of sportsmanship and six core ethical values: trustworthiness, respect, responsibility, fairness, caring and good citizenship. (the “Six Pillars of Character”). The highest potential of sports is achieved when learning from the T.E.A.M. concept (Teaching, Enforcing, Advocating and Modeling these values) and by committing to the ideal of pursuing victory with honor. Good-faith efforts to honor the words and spirit of the Student-Athlete Code of Conduct and this Contract will improve the quality of our programs and the well-being of all teammates.

TRUSTWORTHINESS

- Trustworthiness –Be worthy of trust in all you do.
- Integrity- Live up to high ideals of ethics and sportsmanship and always pursue victory with honor.
- Honesty- Live and compete honorably. Don’t lie, cheat, steal or engage in any other dishonest or unsportsmanlike conduct. Plagiarism or cheating is not acceptable.
- Reliability- Fulfill commitments. Do what you say you will do. Be on time for practice and games.
- Loyalty- Be loyal to your school and team. Put the team above personal glory.

RESPECT

- Respect- Treat all people, including the teacher-coach, with respect always. Demonstrate an appropriate demeanor that reflects self-control and an unwavering commitment to fair play.
- Class- Live and play with class. Be a good sport. Be gracious in victory and accept defeat with dignity. Help fallen opponents, compliment extraordinary performance, and show sincere respect in pre- and post-game rituals.
- Disrespectful Conduct- Don’t engage in disrespectful conduct of any sort including profanity, obscene gestures, offensive remarks of a sexual nature, trash-talking, taunting, hazing, boastful celebrations, or other actions that demean individuals or the sport.
- Respect for Officials- Treat game officials with respect. Don’t complain about or argue with calls or decisions during or after an athletic event.

RESPONSIBILITY

- Importance of Education- The primary responsibility of a student-athlete is academic achievement. Be a student first and commit to earning your diploma and getting the best education you can. Be honest with yourself about the likelihood of getting an athletic scholarship or playing on a professional level and remember that many universities will not recruit student-athletes who do not have a serious commitment to their education, the ability to succeed academically or the character to represent their school honorably.
- Role Modeling- Remember, participation in sports is a privilege, not a right, and that you are expected to represent your school, coach and teammates with honor, on and off the field. Consistently exhibit good character and conduct yourself as a positive role model.
- Self-Control- Exercise self-control. Don’t fight or show excessive displays of anger or frustration. Have the strength to overcome the temptation to retaliate.
- Healthy Lifestyle- Safeguard your health. Don’t use any illegal or unhealthy substances, including alcohol, tobacco, drugs and nutritional supplements, or engage in any unhealthy techniques to gain, lose or maintain weight. Be informed about the health risks involved in the use of recreational and performance- enhancing drugs, tobacco and alcohol, as well as eating disorders.
- Integrity of the Game- Protect the integrity of the game.

FAIRNESS

- Fairness and Openness- Live up to high standards of fair play. Be open-minded, always willing to listen and learn.

CARING

- Concern for Others- Demonstrate concern for others. Never intentionally injure any player or engage in reckless behavior that might cause injury to yourself or others.
- Teammates- Help promote the well-being of teammates through positive counseling and encouragement, and by reporting any unhealthy or dangerous or illegal conduct to a school authority (coaches, administrators, teachers, etc.)

CITIZENSHIP

- Playing by the Rules- Have a thorough knowledge of and abide by all applicable game and competition rules. Demonstrate and demand integrity.
- Spirit of Rules- Honor, observe and enforce the spirit and the letter of rules. Avoid temptations to gain competitive advantage through improper gamesmanship techniques that violate the highest traditions of sportsmanship. Do not engage in or allow any conduct designed to evade the rules governing fair competition.

*Our athletic program endorses “Pursuing Victory with Honor” and the “Six Pillars of Character”, a project of the Josephson Institute of Ethics.
www.charactercounts.org/sports

Pursuing Victory with Honor*

Code of Conduct for Coaches

We believe that interscholastic athletic competition should demonstrate high standards of ethics and sportsmanship and promote the development of good character and other important life skills. We also believe that the highest potential of sports is achieved when participants are committed to pursuing victory with honor according to the six core principles: trustworthiness, respect, responsibility, fairness, caring and good citizenship, (the “Six Pillars of Character”). This Code applies to all coaches involved in Pacific Christian School Athletics.

TRUSTWORTHINESS

- Be worthy of trust and empathize with student athletes the importance of integrity, honesty, reliability and loyalty.
- The coach shall strive to set an example of the highest ethical and moral conduct.
- The coach shall emphasize the proper ideals of sportsmanship, ethical conduct and fair play.

RESPECT

- Treat people with respect and require the same of student athletes.
- A coach shall respect participants, opponents, and all others involved.
- A coach shall respect the integrity and judgment of contest officials.
- A coach shall promote academics and the educational process.

RESPONSIBILITY

- A coach shall recognize that the purpose of athletics is to promote the physical, mental, moral, social, emotional well-being of individual players.
- A coach shall avoid profane and abusive language and obnoxious behavior.
- A coach shall discuss ethical and sportsmanship issues in relation to actual and/or hypothetical situations that may occur in practice or games.

FAIRNESS

- A coach shall develop and use a process that contains objective criteria and standards that apply to competitive situations, team selection and discipline. A coach shall be open-minded and willing to listen.
- The coach shall be thoroughly acquainted with the contest rules and is responsible for their interpretation to team members. The spirit and letter of rules should be regarded as mutual agreements.
- The coach shall stress the values derived from playing the game fairly.

CARING

- A coach shall demonstrate concern for student-athletes as individuals and encourage them to look out for one another and think and act like a team.
- A coach shall always set a good example for others to follow.
- A coach shall be a good host and treat visitors as guests.
- A coach shall accept both victory and defeat with pride and compassion, never being boastful or bitter.

CITIZENSHIP

- A coach shall observe and require student-athletes to observe the spirit and the letter of the rules of the game and those relating to eligibility, recruitment, transfers, practices and other aspects governing interscholastic competition.
- A coach shall show cordial courtesy to visiting teams, coaches and officials.
- A coach shall remember that an athletic contest is only a game...not a matter of life or death for player, coach, school, official, fan, community or nation.

*Our athletic program endorses “Pursuing Victory with Honor” and the “Six Pillars of Character”, a project of the Josephson Institute of Ethics.
www.charactercounts.org/sport