

Prince George's Christian Academy Parent/Student Athletic Handbook



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PGCA Mission

Our mission is to provide a comprehensive Christian education, utilizing multi-sensory learning and high-leverage practices, with an emphasis on STEAM integration that will enable our students to think critically and solve real world problems with creativity, ingenuity, and innovation.

PGCA Vision

PGCA endeavors to empower servant-leaders who are committed disciples of Christ; highly creative, critical-thinking problem solvers who are willing to engage in innovation and solving real world problems.

Athletic Philosophy

At Prince George’s Christian Academy (PGCA), we believe that a comprehensive athletic program is vital to the spiritual and educational development of our student-athletes. Our athletic program is designed to provide opportunities for students to further develop their knowledge of God, as well as expand their educational and athletic gifts through athletic instruction and competition. Participation in athletics, while a privilege and not a right, provides athletes with life lessons about sportsmanship, teamwork, commitment, citizenship, selflessness, and numerous other virtues. Our athletes are taught to win with humility and lose with grace.

2 Timothy 2:5: “An athlete is not crowned unless he competes according to the rules.”

Athletic Mission

Our mission is to provide all students with opportunities for a well-rounded education; one that combines spiritual education, outstanding academics, and athletic participation.

While Prince George’s Christian Academy takes great pride in celebrating the success of our student-athletes, the administration and coaches do not condone “winning at a cost” and discourage pressures that might tend to neglect godly behavior, good sportsmanship and good mental health. Our athletic programs are conducted in a way that justifies it as a scholastic activity.

Prince George’s Christian Academy thoroughly believes that athletic team membership builds character. Team membership teaches honesty, loyalty, hard work, dedication, reliability, and responsibility. Each of these attributes will stay with the students long after their athletic careers have ended. Therefore, students in grades 3 to 12 shall be encouraged to participate.

1 Timothy 4:8 “Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come.”

Objectives

- To provide supervision at all athletic events
- To provide outstanding skilled and trained coaches who will provide quality instruction.
- To provide our participants with quality facilities and equipment that are both safe and student friendly.
- To provide our participants safe, quality transportation to and from all competitions and activities.
- To provide parents and guardians an opportunity to observe their child's spiritual, emotional and physical growth through athletic participation.
- To foster team building as well as promote system-wide sportsmanship and camaraderie.

Our Coaches

Coaches at Prince George's Christian Academy (PGCA) are the "backbone" of the athletic program. They are responsible for developing athletic proficiency, integrity, sportsmanship, and much more. They shall always model Christ-like behaviors and attitudes.

Our Parents

We ask that our parents support their child and all team members. Your enthusiasm and strong parental support are vital to the success of the team and the overall athletic program. Please encourage your child to fully commit themselves to their academics and their athletic development.

Our Teams

Our teams should:

- Study hard
- Practice hard
- Play hard
- Pray hard
- Have fun

Our Athletes

PGCA student-athletes shall always give 100%. They shall demonstrate personal discipline, be respectful in all situations, maintain self-control, show humility, and aggressively pursue excellence regardless of the score, opponent, time, or situation.

Student Eligibility

Student eligibility for participation in athletics at PGCA shall be based on the following criteria:

Prince George's Christian Academy Policies

1. Students must be officially registered and attending PGCA or have registered for athletics in Aktivite.
2. Students must have paid their activity fee. (Upper and Lower school students)
3. Students who are 14 years or older as of August 31 are ineligible to participate in athletics.
4. Students may participate in athletic contests for a maximum of four seasons in any one sport in grades 4, 5, 6, 7, and 8 grades.
5. A student shall be examined and certified being physically fit to participate in any tryout, practice, or contest of a school team. A licensed physician, certified physicians' assistant under the supervision of a licensed physician or a certified nurse practitioner, shall perform the examination. **Physical examinations are valid for one calendar year and shall be uploaded in Aktivite.**
6. All students must have proof of medical insurance on file in Aktivite.

Student Eligibility and Expectations

1. Students who wish to participate in athletics must register online in Aktivite.
2. Eligibility rosters of all students who may tryout will be submitted to the head coach of the sport prior to the first tryout date as determined in this document.
3. A roster of team members shall be given to the athletic director **five** days prior to the first regular season contest or tournament.
4. Students may not participate in practice/tryouts or contests until he/she is cleared by the athletic director. Team rosters are not official until they are signed by the athletic director and the school principal.
5. All student-athletes must maintain a 2.50 GPA to participate in athletics.
6. If a student-athlete's grades fall below a 2.50 GPA that student-athlete will be placed on academic probation and will have 4-6 weeks to raise his/her GPA.
7. If a student-athlete transfers to PGCA they will follow the normal admissions process to determine their eligibility and/or clearance to participate in athletics. PGCA will consider transfers on a case-by-case basis. Mid-season transfers will require the Athletic Director's and Principal's approval.
8. All student-athletes must maintain high standards of citizenship. A student suspended from school is ineligible to participate in athletics for the duration of the suspension or may be removed from the team.

Student Code of Conduct

The Athletic Director shall enforce all rules and regulations as described in the PGCA Student Code of Conduct and the Student-Athletes Code of Conduct. Our coaches will enforce all rules and regulations as well. **Participating in the athletic program is a privilege. Abusing this privilege in any way can result in removal from the program.**

Expected behaviors and characteristics:

1. **Integrity**- Having unwavering moral principles, acting with honesty and strong ethical standards even when it's difficult or no one is watching, and being true to one's word.
2. **Respect** – Have and show respect for coaches, officials, teachers, administrators, teammates, your parents, your opponents, and most of all for yourself.
3. **Graciousness**- Is the quality of being kind, courteous, and benevolent, often demonstrated through tact, generosity, and a warm pleasant demeanor.

Anti-Bullying

The Anti-Bullying Alliance defines bullying as: “The repetitive hurting of one person or group by another person or group, where the relationship involves an imbalance of power. Bullying can be physical, verbal, or psychological. It can happen face-to-face or online.”

At PGCA, we have a responsibility to provide a respectful, safe and healthy athletic environment and our student-athletes are to always show mutual respect and acceptance for each other while representing PGCA. We will not tolerate behavior that is counter to the standards and beliefs set forth by our God and the administration of PGCA.

Acts of bullying will be taken very seriously, and student-athletes are subject to the PGCA Disciplinary Policy.

Reporting Suspected Bullying

Staff, students or parents shall report the incident and suspected behavior immediately to a school staff member (report the suspected behavior to an administrator immediately) or school administrator. The administrator will follow PGCA disciplinary policy immediately.

Dress

Student-Athletes are to dress in an appropriate manner whenever they represent PGCA. Coaches may stipulate the game day and travel dress code. It is recommended that students dress their best to prepare their minds and body to do their best. While traveling, student-athletes should refrain from wearing pajamas, head scarves or wraps, excessively ripped jeans or other attire that would be inappropriate for school attendance.

Misconduct

Misconduct will not be tolerated. Misconduct includes inappropriate behavior while you are involved in any way with an athletic department activity, including practice, game time, travel time, and out-of-school behavior. Insubordination, insolence, or other examples of defiance toward school officials, coaches, officials, bus drivers, or others in authority or responsible for your safety are examples of misconduct. Specific punishments will be decided at the discretion of the coaches, athletic director and/or school administration, as appropriate, as the circumstances and severity of the infractions will vary. Coaches and/or the athletic director or school administration will follow the student handbook and will handle individual instances in a manner that seems best suited to the situation. However, athletes and parents should note that appropriate responses by coaches, athletic director or school administration could range from verbal and/or written reprimand to suspension or dismissal from the team.

Hazing

Hazing, bullying, or intimidation of a fellow student, or aiding and abetting such behavior, is in violation of SCA policy. Hazing is defined as: “to annoy any student by playing abusive or ridiculous tricks on him/her; to frighten, scold, beat, harass him/her; or to subject him/her to personal indignity.” Furthermore, deliberate intimidation, bullying, or harassment in any form is prohibited. This includes but is not limited to, name-calling, teasing, physical abuse, written or oral messages, or visual images that deliberately intimidate, harass, or embarrass another individual. Such messages or images may include direct conversation, telephone messages, text messages, instant messages, internet postings, e-mails, photographic images, posters, signs, and other means of disseminating hurtful, embarrassing, vicious, or scurrilous remarks or content. Report suspected behavior to a PGCA staff member or an administrator immediately.

Substance Abuse

Prince George’s Christian Academy emphatically opposes the possession or use of tobacco, alcohol, and other drugs by members of school staff, coaches and student-athletes. The possession or use of alcohol, tobacco, performance-enhancing substances, and illegal drugs is prohibited. Medical research substantiates that the use of these, or any mood-modifying substances, produces harmful effects.

An athlete shall not at any time, during school or out of school, and regardless of quantity:

1. Have in possession, use, or consume a beverage containing alcohol, performance-enhancing drugs, or illegal drugs
2. Use or consume, have in possession, buy, sell, or give away any other controlled substance or drug paraphernalia.

Tobacco and Vapes

Use of or possession of tobacco products, lighters, matches, pipes, vapes/electronic cigarette devices, or other related items is against the Hyde County Code of Conduct. Athletes are prohibited from the use and/or possession of tobacco products/vapor products. They shall not possess, smoke, dip, chew, or otherwise use tobacco products at any time on school premises, off school property at any school-sponsored activity, or event. Prince George's County Code of Conduct consequences will be followed for all athletes breaking this rule.

General Information

Prescription Medication

Please follow the Prince George's Christian Academy rules for prescribed medications.

Accidents and Injuries

Report all injuries to your head coach immediately and notify your parents.

Dressing Room Policy

Student-athletes shall change into their workout clothes or uniform quickly and bring their street clothes out with them. Student-athletes should have some form of gym bag to store their clothes in.

Horseplay, loitering, or any other misconduct is prohibited in the dressing areas.

Team Schedules

Your head coach shall provide all parents/guardians with a copy of the final game schedule. Additionally, schedules will be available on the school's athletic website. Every effort will be made to include schedules on social media platforms, calendar, and/or online at maxpreps.com.

Attendance at Practice and Games

If you are fortunate enough to make an athletic team, you should attend every practice and contest. If you can't attend a practice or contest, you should notify your coach.

2025 – 2026 PGCA Upper School Athletics Calendar

Fall Sports Practice and Play Dates

Cross Country - 2025

Coaches' Meeting Wednesday, August 13, 2025 (Site TBA)
First Play Date Monday, September 5, 2025
Projected Play Dates: September 25, October 2, 9, 16, 23, 30

Coed Soccer

Coaches' Meeting Wednesday, August 13, 2025 (Site TBA)
First Play Date Monday, September 5, 2025
Projected Play Dates: TBD

Winter Sports Practice and Play Dates

Upper/Lower School Cheerleading 2025-2026

Coaches' Meeting Monday, October 6, 2025 (Site TBA)
Cheerleading Competition TBD

Upper/Lower School Girls' and Boys' Basketball 2025 - 2026

Coaches' Meeting Monday, October 6, 2025
Practice Begins Monday, November 7, 2025
First Play Date 28 days following the first practice
Projected Play Dates:

Basketball Play-Off Dates TBD

Spring Sports Practice Begins on the 1st of March

Flag Football - 2026

Coaches' Meeting Wednesday, February 11, 2026
Practice Begins Monday, March 2, 2026
First Play Date Friday, March 27, 2026
Projected Play Dates TBD

Outdoor Track - 2025

Coaches' Meeting Wednesday, February 11, 2026
Practice Begins Monday, March 2, 2026
First Play Date Friday, March 27, 2026
Projected Play Dates March 27, 31, April 10, 17, 24, May 1

- Invitational Relay Meet – hosted by PGCA – Date TB

Note: Dates are subject to change

Communication

Playing Multiple Sports During the Same Season

Student-athletes may participate in a maximum of two (2) sports during the same sports season.

Parent/Coach Communication

Parenting and coaching are both challenging vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide a more significant benefit to children. As parents, when your child is involved in our program, you have the right to understand what expectations are placed on him/her. This begins with clear communication from the coach of the sport.

Communication you should expect from the head coach:

1. Philosophy of the coach
2. Expectations and goals the coach has for your child as well as for the team/season
3. Locations and times of all practices and contests
4. Team requirements, special equipment, strength and conditioning programs
5. Procedure if your child is injured during participation
6. Team rules, guidelines, and consequences for infractions
7. Lettering criteria
8. Team selection process

Communication coaches expect from student-athletes and parents:

1. Concerns should be expressed directly to the coach
2. Parents' contact number, both home and emergency
3. Notification of any schedule conflicts in advance
4. Notification of particular medical conditions
5. Notification of illness or injury as soon as possible

As your child becomes involved in his/her programs at the middle and high schools, he/she will experience some of the most rewarding moments of their life. It is important to understand that there may also be times when things will not go the way you or your child wishes. At these times, discussion with the coach is encouraged. It is the first and most integral step to understanding and resolution.

Appropriate concerns to discuss with a coach:

1. The treatment of your child
2. Ways to help your child improve
3. Concerns about your child's behavior
4. Concerns about your child's academic performance
5. Safety of your child

Accepting your child not playing as much as you had hoped is challenging. Coaches are professionals. They make decisions based on what they believe is best for all student-athletes

involved. As you have seen from the list above, certain things can and should be discussed with your child's coach. The five items listed below should be left to the coach's discretion.

1. Playing time
2. Team strategy
3. Play calling
4. Offensive/defensive philosophies
5. Other student-athletes

Some situations may require a conference between the coach and player or coach and parent. These conferences are encouraged. It is important that all parties involved have a clear understanding of the other's position. Accept opinions and/or knowledge you may not want to hear.

The following procedure should help resolve any concerns when a conference is necessary:

1. Student-Coach: open-door policy for all coaches
2. Parent-Coach: done by appointment

If you have a concern to discuss with a coach, the procedure you should follow is:

1. Do not attempt to confront a coach immediately before or after a contest or practice. These can be emotional times for both the parent and the coach. Meetings of this nature usually do not promote favorable resolutions. Please allow at least 24 hours following a game or practice prior to contact.
2. Call the coach to schedule an appointment. The phone number for the school is on the website.
3. If the coach cannot be reached, call the school athletic director, and he/she will set up a meeting for you.

The Next Steps:

What can you do if the meeting with the coach does not provide a satisfactory resolution?

1. Call and schedule an appointment with the school athletic director. The appropriate next step can be determined at this meeting if necessary.
2. Call the school Principal to discuss the situation.
3. Contact the Central Office only after first going through the school athletic director and Principal.

Expectations for Parents and Spectators:

1. Ensure your child understands that you love him or her, win or lose.
2. Assist your child in setting realistic goals.
3. Emphasize "improved" performance, not winning.
4. Emphasize academics first and athletics second.
5. Provide a safe environment for training and competition.
6. Control your emotions at games and events.
7. Be a "cheerleader" for your child and other children on the team.
8. Respect your child's coaches. Positively communicate with them. Encourage others to do the same.

9. Respect the officials at your child's games. Officials are human and do make mistakes.
10. Never approach an official after a game. Emotions are high at that time.
11. Be a positive role model for your child. Children do pay attention to your actions.