



**Ben Franklin Academy
Athletics Handbook
Athletic Director: [Craig Macias](#)**

Ben Franklin Academy Mission

The mission of BFA “is to develop young adults with character like America’s founding Renaissance man, Benjamin Franklin: well-read, scientifically curious, and civically engaged.”

Athletics Mission

The mission of the Ben Franklin Academy Athletics Program is to create a culture of respect of the game, responsibility towards coaches and teammates, integrity in our work, and excellence in our character.

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COST

The cost to play any sport at Ben Franklin Academy is \$200-\$250. This money goes to paying for referees, facilities, coaches, gear, and equipment. Payment and all eligibility paperwork are due prior to the first practice. Developmental Teams that don't participate in games pay \$100 for two practices a week, gear, and coaches pay.

ATHLETICS OFFERED

FALL (Sept.- Oct.)

Girls Volleyball

- Head Coach: Katie Murphy
- Assistant Coach:
- Practice Time and Location: 3:30pm-6:30pm
- Game Time: 4:15 and 5:15
- Spots Available: 20

Boys Soccer

- Head Coach: Christine Svensen
- Assistant Coach:
- Practice Time and Location: 4:00pm – 5:30pm
- Game Time: 4:15pm o Spots Available: 18

Co-Ed Cross Country

- Head Coach: Celeste Johnson and Jared Case
- Assistant Coach:
- Practice Time and Location: 4:00pm – 5:30pm Outside
- Game Time: TBD o Spots Available: Unlimited

WINTER (Oct.-Feb.)

Boys Basketball (Oct.-Dec.)

- Head Coach: Craig Macias
- Assistant Coach: Megan Mares
- Practice Time and Location: 4:00-5:30pm Big Gym
- Game Time: 4:15 and 5:15pm
- Spots Available: 20

Girls Basketball (Jan.-Feb.)

- Head Coach: Kevin Knudsen
- Assistant Coach: Megan Mares
- Practice Time and Location: 4:00pm-5:30pm Big Gym
- Game Time: 4:15pm and 5:15pm
- Spots Available: 20

SPRING (March-April)

Girls Soccer

- Head Coach: Christine Svensen
- Assistant Coach:
- Practice Time and Location: 4:15pm – 5:30pm Turf o
- Game Time: 4:15pm
- Spots Available: 18

Boys Volleyball

- Head Coach: John Warner
- Assistant Coach:
- Practice Time and Location: 4:15pm- 5:30pm Big Gym
- Game Time: 4:15pm and 5:15pm
- Spots Available: 20

CODE OF CONDUCT

Please remember the BFA Code of Conduct that you signed at the beginning of the year while participating in any athletic program.

BFA PARENTS:

I want my child to succeed. I will make sure they are on time every day with the proper supplies and dress.

I care what influences' my child's thinking and behavior. I will monitor their use of media, especially the computer, TV, phone, and video games.

I am a role model to my child. I will refrain from vulgarity and profanity in my speech. o I want my child to respect authority. I will honor the roles of the teacher and administrators at BFA. o I want my child to be honest. I will be forthright in my dealing with the staff about my child's behavior even when it is wrong. o I know the damage of gossip. I will stop rumors and go through the proper channels if I have a problem.

I want my child to be respectful. I will show courtesy to all adults I come into contact with at the school.

I want my child to learn how to solve problems. I will listen to their concerns and then verify the problem with the teacher to reach a solution.

I believe in the philosophy of BFA. I will follow the rules, policies, and procedures.

We live in a global society. I will show respect for the diversity of other cultures and nationalities represented in our school.

BFA STUDENTS:

I want to succeed. Each day I will be on time with my supplies and in my uniform.

I care what influence's me. I will use all school media appropriately.

My speech tells others who I am. I will not use bad language.

Authority is necessary. I will respect my parents, teachers, and principals at all times.

Honesty is an important character trait. I will be truthful in my words and actions, even if I get in trouble.

Gossip is hurtful. I will not start rumors about my classmates or adults in the school.
I wish to be treated with courtesy. I will be kind and thoughtful to the staff and students.

I will have problems to solve at school. I will be honest with my parents and teachers to find a correct solution.

I believe that the rules of BFA keep us safe and are for the good of all, I will obey them.

We have students from many different cultures and nationalities. I will respect the differences they represent

BFA STAFF:

I want my students to succeed. I will be on time every day prepared and ready to teach.

I am a professional. I will be attentive to my dress and grooming.
I care what influences the thinking and behavior of my students. I will choose appropriate media and monitor my students on their use.

I am a role model for my students. I will set a good example in my speech by refraining from vulgarity, profanity, and sarcasm.

I want my students to be honest. I will be fair straightforward with my dealings with them and their parents.

I respect the students and parent's rights. I will discuss confidential matter behind closed doors.

I know the damage of gossip. I will stop rumors and go through the proper channels when I have a problem.

I want my students to learn how to solve problems. I will listen to their concerns and then verify the problem with the parents to reach a solution.

I believe in the philosophy of BFA. I will follow the rules, policies, and procedures.
We live in a global society. I will show respect for the diversity of other cultures and nationalities represented at our school.

ELIGIBILITY REQUIREMENTS

The student-athlete must have a 70% or above in all classes to be eligible to practice or play.
The student-athlete must be in school for 3 ½ hours to be considered eligible to practice or participate in a game on the day of a game.

Students that are excused for the day and approved by an administrator can participate in after school activities. (Testing, funeral, wedding, etc.)

Student-athlete's grades will be checked every Monday during the season.

PARENT VOLUNTEERS

FALL (Sept.- Oct.)

Girls Volleyball

- Line judge (home and away): Help the official determine if the ball is out of bounds
- Scoreboard Operator: Keep Score

Boys Soccer

Line judge (2 per game):

- Help the official determine if the ball is out of bounds and if a player is offside.
- Net: Help set-up and take down the nets for home games.

Co-Ed Cross Country

- Tent Set-up: Help set-up the team tent prior to the meet at the meet location.

WINTER (Oct.-Feb.)

Boys Basketball (Oct.-Dec.)

- Scoreboard operator: Keep score and time.
- Scorebook Keeper: Track players fouls and points, as well as a team's timeouts.

Girls Basketball (Jan.-Feb.)

- Scoreboard operator: Keep score and time.
- Scorebook Keeper: Track players fouls and points, as well as a team's timeouts.

SPRING (March-April)

Girls Soccer

- Line judge (2 per game): Help the official determine if the ball is out of bounds and if a player is offside.
- Net: Help set up and take down the nets for home games.

PLAYER CONTRACT

RULES

*Initial each statement after reading. Doing so shows you understand the expectations.

_____ All players must attend all practices and scheduled games and be punctual. In the event a player cannot attend, for any reason, the coach must be notified by phone, email, or text message.

_____ All players must maintain a 70% or above in all classes to be eligible to participate.

_____ If a student is below a 70% in a class, although they cannot play they are required to attend all games and practices until the percentage has increased.

_____ All players of the team will be Financially responsible for lost, stolen, or damaged equipment and uniforms. Players are individually responsible for all items placed or left on the Bloor of bathrooms, locker rooms or gyms used.

_____ Failure to clear debts will result in loss of eligibility until debts have been cleared.

CONSEQUENCES

COACHES DISCIPLINE:

1. Missing practices for unexcused absence results in missing playing time in games.
2. Miss one practice/game that is unexcused results in missing the 1st quarter of the next game.
3. Miss two practices/games that are unexcused results in missing the 1st and 2nd quarters of the next game. o Miss three practices/games that are unexcused results in missing the next entire game. o Miss four practices/games that are unexcused results in potential suspension or expulsion from the team.

ACCEPT THE CHALLENGE

PLAYING TIME

- All positions will be decided based on performance in practice and games
- Attitude and teamwork will also be a factor in determining playing time
- Coaches will not discuss with parent/guardian about playing time, only what the player must do to improve.
- Playing time will be kept as equal as possible during the regular season.
- ***If any player is unable to compete due to illness, injury or academic obligations they will still be considered a starter upon their return even though another player competed in their place.
- In the event the player does not complete the season for any reason (except medical) the player will forfeit all awards. This includes the post season.

Player Signature

Parent/Guardian Signature

Coaches Signature

AWAY GAME TRAFFIC

Please remember that we are playing at other schools. This means that they will also be getting out of school around the same time as we do. Please adhere to any parking directions below to help facilitate this process. Do not show up to any school prior to 4:00.

SOUTHEAST CHRISTIAN:

Park anywhere in the parking lot.

PLATTE RIVER ACADEMY:

Park anywhere in the parking lot.

SKYVIEW ACADEMY:

Do not wait in their carpool line. There is enough room in their entrance to go around the line and park in the lot away from the carpool.

ASPEN VIEW ACADEMY:

School gets out early enough that our arrival should not interfere with carpool at all.

LITTLETON PREP:

School gets out early enough that our arrival should not interfere with carpool at all.

NORTHSTAR ACADEMY:

Park across the street (Keystone Blvd.) at the entrance of the neighborhood and walk across the cul de sac

OFF-CAMPUS WAIVER

Dear Parents,

Your student has chosen to participate in _____. Since the students will be off site and on public roads, the risk of liability can be higher.

Therefore, we are asking you to sign a waiver releasing Ben Franklin Academy and your coaches/assistants from any liability should any accident occur.

If you are in agreement, please sign this form and return it with your student.

Waiver, Release, Hold Harmless, and indemnity Agreement

Ben Franklin Academy

WAIVER AND RELEASE

I, _____, parent of _____,

Hereby agree to waive all claims against Ben Franklin Academy, and its agents, employees, volunteers, representatives, officers, and directors (indemnitees), for injuries or damages caused by, arising out of, or relating to my child's (children's) participation in Ben Franklin Academy's Athletic Sports

Carpool Policy

Carpool Policy states if a player needs a ride to an away game or meet you will have to communicate with a coach prior to the event. The coach will try to find a ride for the player. If not they will have to get a ride with their parent. It is the responsibility of the parent(s) to find a ride to the game from school. If the student is riding with someone other than their family, the coach must be notified by email prior to leaving the school. Please meet for pick-up at the pre-school lot no earlier than 3:25pm for departure.

Scholastic Eligibility

Scholastic eligibility requires that any student who participates in athletics must be eligible prior to participation. In addition to rules of scholastic eligibility, each athlete is expected to conduct himself/herself according to all rules and regulations of Ben Franklin Academy. No student will be allowed to compete on the day of a truancy or while suspended from school. If an event is scheduled for a non-school day, the athlete must be in accordance with these rules on the preceding day. All athletes must abide by the Athletic Code of Conduct and Ben Franklin Academy Code of Conduct. All rules and regulations are considered to be in effect throughout the year. Most important are the rules on behavior and citizenship that all students are expected to follow. Any athlete, who in the judgment of the coach or administration are found to be conducting himself/herself in a manner which is not representative of the best interest of Ben Franklin Academy will be suspended or dropped from the athletic program.

General Rules:

1. One unacceptable grade (69% and lower) as recorded in Gradelink will make an athlete ineligible until the grade is raised. At that time the athlete will become eligible again. The athlete may print out a grade report from Gradelink to show the coach documenting they are eligible. The administration may have the authority to make individual student recommendations for Special Education students. After three weeks of being ineligible coaches can make a decision to permanently remove the player from the team.
2. Ineligible students will not be permitted to participate in athletic games, but will be expected to suit up and attend the game in order to support the team. They will be permitted to practice.
3. The administration has the authority to declare a student ineligible from participating in athletic activities based on inappropriate behavior.
4. Students will have tryouts and be offered a spot on the team by the coaches and will have 72 hours to register and commit. Students that didn't get a spot on the team are encouraged to continue to practice and play outside of school and tryout the next year. Cross Country is the only sport where everyone that signs up will have a spot on the team.
5. Students must attend all scheduled practices in order to participate in contests. The athletic director, coach, or administration may excuse an absence.
6. If a student is absent, they may not participate in an athletic event on that day.

Uniform/Guide to Game Day Sports (Boys and Girls)

This is a general overview of appropriate business casual attire. Items that are not appropriate for the school are listed, too. Neither list is all-inclusive and both are open to discuss. The lists tell you what is generally acceptable as game day casual attire and what is generally not acceptable as game day casual attire.

No dress code can cover all contingencies so students must exert a certain amount of judgment in their choice of clothing to wear to school. If you experience uncertainty about acceptable, game day attire please ask your teacher or administrator.

Slacks, Pants, and Suit Pants

Appropriate: Slacks that are similar to Dockers and other makers of cotton or synthetic material pants, wool pants, flannel pants, dressy capris, and nice looking dress synthetic pants are acceptable.

Inappropriate slacks or pants include: jeans, sweatpants, exercise pants, Bermuda shorts, short shorts, shorts, bib overalls, and any spandex or other form-fitting pants such as people wear for biking.

Appropriate: Skirts, Dresses, and Skirted Suits

Casual dresses and skirts, and skirts that are split at or below the knee are acceptable. Dress and skirt length should be at a length 4 inches above the knee at which you can sit comfortably in the classroom.

Inappropriate: Short, tight skirts that ride halfway up the thigh are inappropriate for work. Mini-skirts, and spaghetti-strap dresses are also inappropriate for school.

Shirts, Tops, Blouses, and Jackets

Appropriate: Button up shirts (long sleeve and short sleeve), sweaters, golf-type shirts, and BFA athletic gear (warmups and hoodies are acceptable attire for game days, but must be tucked in with a belt). Most suit jackets or sport jackets are also acceptable attire for game days, if they violate none of the listed guidelines.

Inappropriate: tank tops; midriff tops; shirts with potentially offensive words, terms, logos, pictures, cartoons, or slogans; halter-tops; tops with bare shoulders.

Shoes and Footwear

Appropriate: Conservative athletic or walking shoes, clogs, sneakers, boots, flats, dress heels, and leather deck-type shoes are acceptable for game day. Wearing no stockings is acceptable in warm weather.

Inappropriate: Flip flops.