

Fredonia Hill Baptist Academy

Falcon Athletic Handbook



2025 - 2026

1711 South Street

Nacogdoches, TX 75964

936/564-4472

www.fhbacademy.com/athletics

Dear Athlete and Parents,

Thank you for your interest and participation in the Fredonia Hill Baptist Academy athletic program.

This handbook will explain our procedures, assist you in becoming a successful athlete, and answer some of the questions you may have about participation as a Falcon athlete.

Thank you for your time!

Sincerely,

Landry Bush

Athletic Director

GOALS OF THE ATHLETIC DEPARTMENT

- To foster academic and athletic achievement in students by emphasizing the importance of sacrifice, self-discipline, and dedication to achieving goals.
- To develop the desire in student-athletes to continually improve through practice and the development of a strong work ethic.
- To provide student-athletes the opportunity to demonstrate good sportsmanship and respect for others as a means of learning good citizenship.
- To develop in student-athletes emotional control, dependability, and a respect for rules, property, and authority.
- To provide student-athletes the opportunity to work as a team member to achieve shared goals while learning the importance of cooperation and teamwork.
- To provide the student-athlete with experiences that require problem solving, decision making, and critical thinking skills.
- To provide student-athletes the opportunity to pursue lifelong physical fitness, conditioning, and better health habits.
- To develop in student-athletes a sense of team loyalty and school spirit.
- To encourage student-athletes to achieve academic success while keeping athleticism in proper perspective.
- To provide a safe and healthy environment free from performance-enhancing and other body-altering substances
- To exhibit Christ-like character in our actions, thoughts, and words.

PRACTICE GUIDELINES/EXPECTATIONS

- Practice is required for participation in athletic contests. It is not optional.
 - Athletic period attendance is required for all athletes, male and female, regardless of the sport they compete in.
- Participation in the athletic period is required whether in-season or out of season.
- **All Athletes will need to bring the following items EVERY SINGLE DAY:**
 - Socks and Running Shoes that fit well and have durable rubber soles.
 - Black shorts AND sliders (biker shorts) must be worn under the shorts.
 - Grey only T-Shirt (please purchase 2 or 3 to ensure a clean one is brought daily). (dry-fit or moisture wicking style shirts are preferred but not required - as long as they are grey in color!)
 - Can have design or logos on shirts as long as they do **not** represent another school or are inappropriate in nature.
 - *Girls - Appropriate undergarments up top that are supportive, modest and cover.*
- Flier Falcons missing practice will be recorded as absent, and the absent will be recorded in the attendance office. Athletes who record five (5) unexcused absences in their athletic period may be dropped from the Flier Falcon status without refund and will forfeit athletic participation.
 - Students who arrive to the athletic period late will be counted as tardy.
 - Updated physical is required for student to participate in athletics. (Physicals need to be renewed every 2 years - please contact Athletic Director if you are uncertain about whether your child's physical needs to be updated)
- Coaches may limit, adjust, or deny playing time based on practice participation. While parents have their child's best interests at heart, interfering with coaching undermines the coach's authority and can create confusion or conflict within the team. Trusting the coach allows athletes to develop discipline, resilience, and teamwork without outside pressure.
- Exceptions to this policy are at the sole discretion of the Athletic Director and Principal

SCHOOL ATTENDANCE

- Student-athletes must attend at least two core classes to participate in practice that day.
 - Student-athletes must attend the entire school day to play in a game or contest on that day. (Quick Dr. Appointments or Orthodontist appointments are not included in this)
- Athletics and other extra-curricular classes do not count as core classes.
- Exceptions to this policy must be approved by the Athletic Director and Principal

GRADES

- Student-athletes are required to maintain a 75 or higher average in all core classes.
- Student-athletes must complete the weekly checklist to show proof of their current grades, behavior and participation in the classroom. Not completing this requirement could result in the loss of playing time and/or disciplinary action.

FEES

A \$175 fee is required for participation in athletics for the current school year. This fee covers all sports and is required regardless of the number of sports chosen.

- Payment plans are available if needed. Please contact the FHBA office for more information.

GAME DAY/TRAVEL ATTIRE

- All sports will have game day attire.
- All student-athletes are required to wear game day attire on days of contests or games.
- Coaches will communicate the appropriate attire through emails and Remind text messages.
 - Game day attire must be returned within 2 school days of previous game/meet.
- Game day attire is property of FHBA and students are responsible for any loss or damages.

TRANSPORTATION POLICY

- FHBA will provide transportation to all athletic contests
- All athletes are REQUIRED to travel with the team TO the games/meets
- While in transport to and from athletic contests, athletes are to follow policy/procedures outlined by the Coach and FHBA.
- Athletes riding home with parents must have the parent inform the coach.
 - Athletes riding home with parents are required to have their parents sign them out before leaving.
- Parents transporting another family's children, must show written proof to the coach.

SPORTSMANSHIP

- Poor sportsmanship by FHBA coaches, athletes, or parents will not be tolerated.
- Profanity is not allowed by coaches, athletes, or parents.

EARLY DISMISSAL OR ABSENCE FROM SCHOOL DUE TO ATHLETIC PARTICIPATION

- Athletes who miss an academic class to participate in an athletic activity are responsible for receiving their assignments, making up daily work, quizzes, or tests, or turning in assignments based on the individual teacher's policy.
- Teachers will receive a notification of which players will miss their class in advance whenever possible.

SCHOOL POLICIES

- Athletes at Fredonia Hill Baptist Academy are expected to follow all school policies, regulations and guidelines.
- Athletes must attend class, be well-behaved, and reach their potential by achieving in the classroom.
- Athletes are responsible to adhere to the FHBA Discipline Policy

GROUPS FOR ATHLETIC PROGRAM

- **Flier Falcons:** Competition Athletes - practice, travel, compete in games/events.
- **Fledgling Falcons:** Athletes - practice, learn sports, teamwork, workouts with competition athletes but do not get to travel or compete in games/events.

ATHLETIC HANDBOOK HIGHLIGHTS (Please Read and Initial)

1. _____ I understand that athletic attendance is mandatory for all athletes.
2. _____ I understand that athletes late to the athletic period will be marked as “tardy.”
3. _____ Missing the Athletic period or being tardy to the Athletic period, could result in the loss of playing time and/or disciplinary action.
4. _____ I understand that appropriate attire is required for athletic practices. Grades will be given based upon daily participation.
5. _____ I have read the 2025-2026 FHBA Athletic Handbook. I will do my best to understand the policies and procedures of this document. I understand that I must follow the guidelines of this Athletic Handbook to participate in The FHBA Athletic Program. If I have questions regarding The Athletic Handbook and/or policies, I will contact The Athletic Director.
6. _____ I understand, per FHBA Handbook Policy, that I should first contact my coach to resolve problems or issues prior to contacting the Principal.
7. _____ I understand that I must attend the entire school day to play in a game or contest on that day.
8. _____ I understand that I must attend at least 2 CORE classes to participate in practice that day.
9. _____ I understand that game day attire is FHBA property and I am responsible for any lost or damaged materials. Game day attire must be returned to the school within 2 school days of the previous game/meet.
10. _____ I understand the eligibility policy of No Pass-No Play at FHBA.
11. _____ I understand the policies and procedures of this document as they pertain to my parents and myself.
12. _____ I understand the FHBA Athletic Discipline Policy.
13. _____ I understand that by enrolling in FHBA, I have agreed to accept all Handbooks.

Student Signature: _____

Parent/Guardian Signature: _____

Date: _____