



GMCS 2026-2027 Athletic Handbook



Garrett Memorial Christian School (GMCS) participates in inter-school athletics as a member of the Heartland Christian Athletic Association (HCAA). All policies for participation will be in full compliance with GMCS and HCAA standards.

All extracurricular activities sponsored by GMCS are offered as opportunities for the students to enrich their lives and become godly leaders. Everything should be done as a testimony of love for Jesus. The actions of coaches, student athletes and parents should reflect a firm affirmation for godly principles.

Extracurricular activities are an addition to the spiritual and academic achievements of GMCS students. Participation in these activities should be considered a privilege and not a right. Students must follow the policies of GMCS in order to earn the privilege to participate. GMCS recognizes that self-discipline, commitment and competition are all part of being an athlete.

Academic Standards

The athletic eligibility policy of GMCS states that a student athlete must maintain a minimum of 2.5 grade point average (GPA) in core classes (non-elective), and not have an "F" in a core class. Grades will be checked every 3 weeks for eligibility for the following 3 weeks. If a student does not meet the standards listed above, he or she will be removed from participation in any sports at GMCS until their GPA has been brought to 2.5, and their "F" in a core class is brought up to a "D" or higher.

Athletic Standards of Conduct

Personal appearance and dress code guidelines will be followed as stated in the GMCS Student Handbook. In addition to those guidelines, the following requirements will also apply:

- All student athletes must wear the regular GMCS school uniform attire or approved travel suits when traveling athletic competitions, unless otherwise stated by the coach.
- Basketball, baseball, and softball jerseys will be tucked in during game play. (This includes time on bench, even if you foul out.)
- Students will always wear the GMCS practice uniform at all practices – during school, after school, and summer.
- Students will wear the GMCS Athletic uniform as it is designed. Shorts should be no shorter than 3 inches above the knee, rolling up of shorts at waistband or legs to make them appear shorter is prohibited. You are a representative of GMCS and the Lord at all times, and especially when you are in a GMCS uniform.
- Sagging of pants will not be tolerated.
- Students will not be allowed to leave an out-of-town athletic facility, unless they are under approved adult supervision and have checked out with the coach.

- In order to participate in an interscholastic contest, all participants must meet the physical and academic requirements of GMCS.
- Each participant must abide by the written rules, policies and academic requirements of GMCS. Consequences of rules and policies will apply during athletic events. Coaches may impose other consequences and contracts, as approved by the Administrator, in addition to those in the Student Handbook.
- In order to participate in an afternoon or evening game, the student athlete must attend all morning classes prior to departure for a game, unless for a doctor appointment. Students must provide their coach a written note from the doctor upon return. If not present or no doctor's note provided, the student will not be allowed to play in the next scheduled game.
- Student athletes will completely abstain from the use, possession, or distribution of tobacco, e cigarettes, alcohol, and illegal drugs.
- Student athletes will abstain from sexual immorality and any other immoral or illegal acts.
- Should an athlete become pregnant or cause a pregnancy, the student will not participate in athletics that school year. (See GMCS Handbook, p. 33.)
- Student athletes will treat all facilities and equipment with respect.
- Student athletes will demonstrate a positive image and maintain a high standard of behavior at all times.
- Students who receive a technical foul because of intent to harm, loss of self-control, profanity or any other unsportsmanlike conduct will be removed from the game by his/her coach for the remainder of the game. In addition, the student will face the corrective discipline measures, as noted in the Student Handbook.
- No players will be added to the Varsity Volleyball teams after July 30.
- Student athletes who are ejected from a game for any reason must sit out at the next game as well.
- Phones will be permitted while traveling to games at the discretion of each team coach. Regardless of coach decision, all phones will be turned in during games.
- Guns will not be brought on school premises, even during trap season (pursuant to Arkansas Code §5-73-119). Other arrangements for trap season should be made.

Parent Involvement

Parents play an important role in the life of the GMCS student athletic teams. Although winning is the objective at most sporting events, we must also recognize the need to have fun. Please refrain from negative comments about team members, coaches, or referees. Always be respectful when communicating to coaches. Be an encourager; help your student keep in perspective both victory and defeat. Remember: the game officials are evaluating your participation, as requested by the HCAA Board.

Parents should not approach coaches before, during, or after a game concerning students. An appointment should be made with the appropriate coach to address concerns.

Attend as many games as possible. Parents are expected to volunteer their service in our concession stands/game entrance/scoreboard, as well as clean up after games.

Transportation

All student athletes are required to utilize the school's transportation when attending out-of-town school sponsored events. Private cars will be used only when needed but should have approval by the school administrator or coaches. Students may ride home with a parent or other adult approved by the parent. The Athletic Director or Coach must receive written notification or text from parent approving alternative transportation from games. Parents/approved adults must sign out athletes riding in their vehicle.

Attendance Requirements for Other Games

Volleyball – When playing at home, Junior High players must stay for the first set of the following Senior High game. Likewise, the Senior High players will be required to attend the Junior High games.

Basketball, Softball, Baseball – When playing at home, Junior High girls and Junior High boys will be required to support each team through their attendance. Likewise, the Senior High girls and boys teams will be required to support each team through their attendance.

Practices and Games

Student athletes will attend and be on time for all practices and games. If a student knows they will be absent, they are to notify their coach in a timely manner.

Students should wear appropriate practice attire for all practices. See 2025-2026 GMCS Handbook, page 40.

Junior High and High school teams may require practices or games during scheduled school breaks. GMCS student athletes and their families are expected to honor the time commitment that may be required.

Coaches will not hold practice later than 5:00 p.m. on Wednesday evening, and no games will be scheduled on Wednesdays. Sunday afternoon practices for softball and baseball are allowed but not required, and students who choose to not participate in Sunday afternoon practices will not be penalized.

Students are expected to help with cleaning up after home games and practices.

HCAA Handbook

GMCS will follow all procedures and policies set forth by the HCAA Handbook, which may be obtained online at www.heartlandathletics.com or in the GMCS Administrator's Office.

Disclaimer

GMCS reserves the right to grant exceptions to these policies on a case-by-case basis for any reason. When exceptions are granted, it applies to that individual only and no other student athlete, parent, or guardian.



ALWAYS-

- Compete in a God honoring way
- Be an ambassador for Christ
- Be gracious winners and honorable losers
- Respect the officials and their authority, as well as their calls and decisions
- Support teammates and coaches
- Positively represent GMCS
- Volunteer to help
- Follow through with the commitment to your team/coach
- Have fun

NEVER-

- Use profanity or abusive language
- Engage in arguments with officials or opposing team coaches or fans
- Demean or criticize coaches and/or players on social media