

**BENNETT HIGH  
and  
MIDDLE SCHOOL  
STUDENT**



**ACTIVITY/ATHLETIC**

**HANDBOOK  
2016-2017**

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## **ATHLETIC DEPARTMENT**

**ATHLETIC DIRECTOR:** Larry Deffenbaugh 303-644-3234 x7379  
**ATHLETIC SECRETARY:** Ms. Suzy Kremer 303-644-3234 x7001

## **HIGH SCHOOL SPORTS COACHES**

### **FALL SPORTS COACHES**

#### **FOOTBALL:**

Head Coach: Rick Jacoby  
Assistant Coaches: Thomas Byrnes Jr., Eric Martin,  
Kevin Martin, Greg Hicks, Mike Brown  
Thomas Byrnes Sr., Kevin McMillan  
Volunteer Coaches: Tyler Cumley

#### **VOLLEYBALL:**

Head Coach: Larry Deffenbaugh  
Asst. Coaches: Taylor Planz, Allen Rutherford  
Vol. Coaches: Jessica Fournier, Topher Rouse

#### **SOFTBALL: (CO-OP WITH STRASBURG)**

Head Coach: Michelle Woodard  
Assistant Coaches: Lonnie Losh

#### **CROSS COUNTRY: @ STRASBURG**

Head Coach: Kevin Hemphill  
Assistant Coach: Dave Spiller

#### **BOY'S GOLF: @ STRASBURG**

Head Coach: Eric Gilbert  
Assistant Coach:

#### **BOY'S SOCCER**

Head Coach: Keegan Whisler  
Assistant Coach: Monte Whisler  
Volunteer Coach: TBA

### **WINTER SPORTS: (ALL YEAR COMBINATION)**

#### **POMS:**

Head Coach: Christina Brdar  
Volunteer Coach:

#### **BOY'S BASKETBALL**

Head Coach: Kevin Ross  
Assistant Coach: Joe Goodnight  
Volunteer: Dillon Kent

#### **GIRL'S BASKETBALL**

Head Coach: Luke Barden  
Assistant Coach/ JV: Billie Jean Wangerow  
Asst. Coach C Team: Michael Rios, Chris Dupree

#### **WRESTLING:**

Head Coach: John Faczak  
Assistant Coach: Rick Jacoby

### **SPRING SPORTS**

#### **BASEBALL:**

Head Coach: Kevin Mc Millan  
Assistant Coach: Greg Hicks  
Volunteer Coach: Allen Rutherford

#### **TRACK: (BOY'S AND GIRL'S)**

Head Coach: Lance Mangham  
Assistant Coach: Mike Brown  
Asst: Matt Groves, Janine Polzine

#### **GIRL'S SOCCER**

Head Coach: Keegan Whisler  
Assistant Coach: Monte Whisler  
Volunteer Coach: TBA

#### **GIRL'S GOLF @ STRASBURG**

Head Coach: Eric Gilbert

#### **SUMMER CONDITIONING/WEIGHTS:**

Rick Jacoby, Amelia Spicer, Allen Rutherford

## **MIDDLE SCHOOL SPORTS COACHES**

### **FALL SPORTS COACHES**

#### **FOOTBALL:**

Head Coach: CJ Stemo  
Assistant Coaches: Joe Stemo  
Volunteer Coaches: Jesse Stemo

#### **VOLLEYBALL:**

Head Coach: TBA  
Asst. Coaches: B-TBA  
C- Kaitlin Carrick

### **WINTER SPORTS:**

#### **BOY'S BASKETBALL**

Head Coach: TBA  
Assistant Coach: Joe Stemo

#### **GIRL'S BASKETBALL**

Head Coach: Kaitlin Carrick  
Assistant Coach: Amanda Hawley  
Assistant Coach: Forrest Williams

#### **WRESTLING:**

Head Coach: Tom Hudson  
Assistant Coach: John Faczak

### **SPRING SPORTS**

#### **BASEBALL:**

Head Coach: CJ Stemo  
Assistant Coach: Kevin McMillan

#### **TRACK: (BOY'S AND GIRL'S)**

Head Coach: Kaitlin Carrick  
Assistant Coach: Amanda Burns-Hawley

#### **WEBSITES: (Sports, Stats, Directions, Articles,**

Bennett District Website: <http://www.bsd29j.com>  
Bennett Athletic Website: <http://www.bennettigers.org>  
High School Sports: [www.highschoolsports.net](http://www.highschoolsports.net)  
CHSAA (Directions, VB Info): [www.chsaa.org](http://www.chsaa.org)  
Colorado Preps: [www.coloradopreps.com](http://www.coloradopreps.com)  
Max Preps [www.maxpreps.com](http://www.maxpreps.com)  
CHSAA (scores, articles, info) [www.chsaanow.com](http://www.chsaanow.com)

## **STUDENT ACTIVITY AND ATHLETIC HANDBOOK**

**The Bennett High School AND Middle School Student Handbooks, The Bennett High School and Middle School Student Activity/Athletic Handbooks, the Bennett High School/Middle School Coaches Athletic Handbooks, The Bennett Sport and Activity Specific Team Rules/Guidelines Handbook (handed out by the coaches), and all Bennett School District 29J Documents pertaining to High School Athletics, Academics, and Behavior are the Overall Guidelines.**

**“RULES ARE FOR THE BENEFIT OF THE TEAM AND NOT THE INDIVIDUAL.”**

### **INTRODUCTION AND PHILOSOPHY**

#### **I**

What are the benefits of participating in activities and athletics?

1. Activities support the academic purpose of schools. Research has shown that students who participate in activities have higher grade point averages, better attendance records, lower dropout rates and fewer discipline problems than those who do not become involved.
2. Activities are educational by nature. Activities programs provide valuable lessons in many practical situations such as teamwork, sportsmanship, winning and losing, and hard work. Through participation in activities programs, students learn self-discipline, gain self-confidence and develop skills to handle competitive situations. These are qualities the public expects schools to produce in students so that they become responsible adults.
3. Activities foster success in later life. Participation in high school activities has proven to be a predictor of later success in careers and society.

In the real world, getting others to cooperate, leading others, coping with complex power and influence is at the heart of jobs, especially well-paying jobs. There is a place where the student can learn these abilities--*the activities program!*

At Bennett High School, we believe that activities and athletics are an important part of the education of our students. Our goal is the participation of every student in some part of the program.

The athletic program at Bennett High School plays a major role in the development of the complete student. We believe that athletics and activities are the "other half of education." Participation in athletics promotes the physical, mental, emotional, and recreational well-being of athletes while providing skills and experiences that have positive lifetime effects. Athletics provide the opportunity to those students willing to make a commitment for excellence. The goal of any team and of every individual involved with a team is to strive to be the best they can be.

## GENERAL ATHLETIC PROCEDURES

### II

#### Safety of our Athletes

1. The athlete's safety is a #1 priority. Participants must be aware that other athletes' physical safety is extremely important and must avoid any type of aggressive action which could lead to the injury of another participant. Participants are also to avoid any activity which could lead to injury if not supervised by an assigned faculty member or coach. Examples are the weight room and the gyms after school when no one is present.

#### Participation in Athletics

1. Each young woman and young man is encouraged to participate in as many different sports and activities during each school year as possible. The choice should be determined by the student and their parents. Remember, the students are in high school for four years. They have their entire life ahead of them and the activities they choose now help them grow much more than "hanging out".

#### Athletes Reporting for First Practice

1. Students are expected to report for sports at the first practice at the beginning of each sport season as established by the Colorado High School Activities Associations (CHSAA). The Bennett coaching staff will send notice to students and parents as to when practices will be. **IT IS EMPHASIZED THAT THE STUDENT REPORT TO THE FIRST PRACTICE IN TOP PHYSICAL CONDITION.** The coach will provide students with preseason conditioning programs.

#### Practice Form Requirements Prior to the Athlete Beginning Practice

1. Pre-sport preparation (the following items must be on file before an athlete may begin practice or is issued equipment).
  - a. The student will receive an athletic "Permission to Participate" in Practice Pass which permits the student to formally begin practice on the first official day of practice. This **REQUIRES EVERY STUDENT** to have **ALL FORMS** and **PAYMENT** turned in to Mrs. Kremer at the high school athletic office and/or turned in to the middle school main office to be able to participate in official practices. This pass **MUST BE TURNED IN TO YOUR COACH OR YOU WILL NOT BE ALLOWED TO PRACTICE.** Failure to do so will result in an unexcused practice for each day missed. "This means **ALL ATHLETIC PAPERWORK AND FEES BEFORE YOU CAN ATTEND A PRACTICE. NO EXCEPTIONS. THE FIRST OFFICIAL DAY OF PRACTICE FOR MIDDLE SCHOOL AND HIGH SCHOOL IS MONDAY AUGUST 15<sup>TH</sup>, 2016.**
  - b. Information Statement by Physician for Athletic Participation (this is your signed physical) must be on file in the athletic office with the athletic secretary **PRIOR** to you participating in an official CHSAA sanctioned or middle school practice.
  - c. Attendance at the Mandatory Parent Meeting or meeting with coach and or athletic director to discuss rules of the school and sport program.

## Team Practices

1. Team members of all sports are required to attend all scheduled practices and meetings during the established sports season. Circumstances may arise whereby the student cannot attend a practice or a meeting. The validity of the reason will be judged by the individual coach.

In all cases, however, the head coach or appropriate team level coach (JV, C) must be notified **in advance** by personal contact, phone call or a note from parents or guardian. **PRACTICE TIMES WILL NOT EXCEED** 2 hours and 45 minutes on school days. When more than one team has practice in a given day, the first practice session will end no later than 6:30 p.m. The late practice will end at least by 8:30 (unless facility restraints cause a hardship in a team's practice time). Parents will be notified of established beginning and ending times by coaches. Morning practices will be established and organized as needed. Notification to parents (through the student athletes) will occur before these morning practices are scheduled. All fall and spring practices should be completed by 7:15 p.m. on school nights.

2. **What is excused?** You notified the appropriate team coach (depending on the sport, you may be required to notify the head coach for all absences) prior to practice. The reason was legitimate and can be confirmed. For example, a hair appointment or a job is not a legitimate reason for missing practice.
  1. An excused absence FROM PRACTICE:
    - a. Illness: The team coach must receive a call from the parent before practice
    - b. Emergencies: Defined as an unforeseen set of circumstances needing immediate attention
    - c. Interscholastic Activities: (i.e., Band, Drama, Choir, FFA, FBLA, etc.)
    - d. Qualifying and attending a state/national competition
    - e. A player must be in attendance for ½ the day in order to participate in practice (4 hours). Do not tell a teammate; they can't give you approval. Consequences will include the following:
3. **What is unexcused?**
  1. FAILURE TO HAVE ALL PAPERWORK AND FEES TURNED INTO THE HIGH SCHOOL ATHLETIC OFFICE OR THE MIDDLE SCHOOL MAIN OFFICE BEFORE THE FIRST DAY OF OFFICIAL PRACTICE. THE FIRST DAY OF OFFICIAL PRACTICE MONDAY AUGUST 15<sup>TH</sup>, 2016 FOR MIDDLE SCHOOL AND HIGH SCHOOL.
  2. You did not notify the appropriate team coach or the school prior to practice. The reason was not legitimate and could not be confirmed. Concerts, birthday parties, etc. are unexcused absences. Failure to attend practices not regulated under the above guidelines will result in consequences determined by the head coach of the particular sport you are participating in.
  3. **IF THE PARENT/GUARDIAN DOES NOT CALL PRIOR TO A STUDENT ABSENCE, IT WILL BE COUNTED AS AN UNEXCUSED ABSENCE. A PARENT/GUARDIAN CANNOT EXCUSE THE ABSENCE "AFTER THE FACT". THIS WILL THEN COUNT AS AN UNEXCUSED ABSENCE FROM PRACTICE.**

4. **Practice Sessions are Closed Except at the Discretion of the Coach**

1. Practice sessions are normally closed to spectators and there is a very sound explanation for this. These sessions are the equivalent of a teacher's classroom. Quality instruction is taking place. Interruptions and interference to a team's concentration and focus during instructional practices cannot be allowed any more than an instructional disruption occurring and being tolerated in an academic setting. Educational instruction in any setting cannot be compromised. Practices may be opened at the discretion of the coach. Coaches choosing to do this will state the specific times practices will be open in their individual sports handbook (i.e.; football, basketball, etc.).

**Spectators at Games**

1. Spectators at games, however, are strongly encouraged. Positive and nurturing support of our teams and our athletes is very helpful to performance in athletic contests and we appreciate the strong support from our parents, fans, and faculty and community at all athletic contests.

**Athletic Participation Limits and Choosing Squads**

1. Athletes may be cut from a program for many reasons. The school board has set participation limits for the benefit and safety of teams. A coach may determine that the athletic ability of an athlete is below the expectations of the team. A senior may be evaluated at a lower ability level than is expected at the varsity level (seniors are not allowed to play at the J.V. or C level)

Choosing Squads: Choosing members of a particular level or team is the role of the coaching staff. Head coaches can determine a lower number; however, the following limits need to be kept in force for the benefits of the teams involved:

Varsity Sports:	Football.....	upper limit--40
	Volleyball.....	upper limit--14
	Basketball.....	upper limit--12
	Wrestling.....	weights-----14
	Track.....	upper limit--45
	Soccer.....	upper limit--25
	Baseball.....	upper limit--18
	Spirit.....	upper limit--20

These figures are determined by using district playoff limits set by CHSAA.

High School JV and C team programs present a different case. NO seniors will be allowed to play in JV or C games unless it is necessary to keep from having to forfeit or upon agreement with the opposing team's coach. The following limits will exist to keep from having too many players, which would create logistics problems for coaches at the sub-varsity levels.



	<u>High School JV</u>	<u>High School C</u>
Football	no limits	when enough players from program make it necessary to schedule
Volleyball	12	15
Basketball	12	15
Wrestling	14	14
Soccer	no limits	no limits
Track	no limits	no limits
Baseball	18	same as football
Spirit	no limits	same as football

In sports where there are opportunities to play C level competition, the athletic director will schedule contests appropriate to the numbers of participants BHS has.

### Playing Time

Coaches WILL NOT discuss playing time with parents or other players. Playing time is non-negotiable. Parents may not call coaches to discuss the amount of playing time their child is receiving. Coaches will not talk to parents or players about other parent or player issues and concerns (i.e. extenuating circumstances could occur to circumvent this guideline such as a harassment issue. Please contact the coach first, then athletic director). Unprofessional conduct can damage the character of your program. ALL players will understand their roles on their respective teams as explained to them by their appropriate team coach. In junior varsity and C-Team programs, (Middle School B & C programs) the coach will play as many individuals as situations allow in order to prepare each individual for the highly competitive varsity environment. The JV and C team (Middle School B and C programs) coach must seek to find the line between staying competitive while allowing as many athletes as possible the opportunity to play. Playing time will not always be equal. However, all players will get playing time at the JV and C Team (Middle School B & C programs) level. The amount of playing time is at the coach's discretion.

### COMMUNICATION CHAIN OF COMMAND

If a problem arises with a coach or team member (other than playing time), the chain of command is as follows:

- 1) The player will bring the problem to the **appropriate level team coach (and one other assistant coach)** and discuss it. The proper time to discuss a problem is **NOT RIGHT BEFORE OR AFTER THE GAME**. Make an appointment with the coach by calling the school 24 hours after your problem occurred. If that does not resolve the situation satisfactorily, go to the second step.
- 2) If the problem or situation is not resolved (or at least a decision to disagree with civility has not been met), then the next level of discussion should be with the **head coach (and one other assistant coach)**. Parent and player should make an appointment to talk to the coach (with both parent and player present), but not on game day. Please call the school. If that does not resolve the situation satisfactorily, go to the third step.
- 3) If the situation is not resolved after meeting with the head coach, the next step to resolve the situation should be to **contact the athletic director**. Parent and player should make an appointment to talk to the athletic director. The head coach may also be present at this meeting.
- 4) If the situation is still unresolved, or if the athletic director is unavailable, **please contact the principal**. The head coach and athletic director will be at this meeting.

7. **Proper procedure for quitting a sport:** First, the student must make their reasons known to the coach. Secondly, the athlete must return all equipment and clear all financial responsibility with the school. **PLEASE MAKE A VERY CAREFUL DECISION BEFORE QUITTING.** *Once a student/athlete has participated in nine practices and a scrimmage or game, the athletic fee will not be reimbursed.*

**Athletes who QUIT or are DISMISSED from a Sport:**

1. When an athlete participates in a team situation and quits or is dismissed from the team, a major hardship is placed on the remaining team and coaching staff. An athlete will have 1 school day after the first contest to make a decision to stay or remove themselves from the team. If the athlete quits or is dismissed from the team after the 1 school day following the first contest then the following consequences will apply to that athlete:

A. In the next season/sport that the athlete participates, he/she will not be permitted to compete in the following number of games:

* FOOTBALL	1
* BOYS SOCCER	2
* VOLLEYBALL	3
* BASKETBALL	3
* WRESTLING	1 tournament (or) 2 duals
* GIRLS SOCCER	2
* BASEBALL	3
* TRACK	1 meet
* SPIRIT	2 contests

B. During a 2 sport season, an athlete may quit one sport and may compete in the other, after fulfilling team requirements and with approval of the coaches, and remain eligible for the next sports season. (I.e. Football > Soccer, Wrestling > Basketball, Baseball > Track)

8. Athletes are expected to conduct themselves in a commendable manner at all times in the school, in the classroom, on trips, and during all contest. Proper sportsmanship by our athletes should always be shown toward opponents, officials and spectators. *The use of profane language is not acceptable and will not be tolerated.* The coaching staff will not allow players to use profanity or inappropriate gestures toward teammates, coaches, the opposition, officials, or the crowd at any time. Players choosing to be disrespectful will face disciplinary consequences and risk the chance of removal from the team.

**Sportsmanship**

1. Good sportsmanship is an objective during practice as well as during an athletic contest. Students are encouraged to discuss the importance of sportsmanship with their families and friends; they are representatives of Bennett High School.

**Class Attendance**

1. No athlete may participate in any sport/activity if he/she has not attended at least one-half of the daily class schedule (4 periods) on the day, or the Thursday of an event scheduled on Friday or Saturday. Exceptions to this rule will be considered if arrangements are made with the athletic director prior to the date or activity (pre-arranged doctor's absence, family emergency, etc.)

### **Athlete Appearance / Dress Code**

1. All athletes should set and keep a high standard of appearance. It is the coach's decision if an athlete's appearance is appropriate. An athlete's hair should be clean and properly groomed. An athlete's attire should be neat and appropriate.

### **Athlete as a Role Model**

1. Athletes should conduct themselves as positive role models for their school and community.

### **Summer and Off-Season Workouts**

1. Summer and off-season workouts and camps are strictly voluntary. In many sports, special programs are set-up during the summer only for team and individual skill improvement and for the student's convenience. No student will be required to be involved and a student will not be penalized for not participating in summer workouts when Fall tryouts begin. However, due to the competitive nature of sports in Colorado in general, it is encouraged that students on all levels, especially the varsity level, find time to compete or work out.

### **Insurance**

1. Primary insurance coverage is highly suggested to parents for the welfare of their child.

## **ELIGIBILITY**

### **III**

### **Six Week Academic HS/ Weekly Academic MS**

#### **2016-2017 High School Eligibility Dates: 9/22, 11/3, 1/5, 2/16, 4/6, 5/25**

January 5<sup>th</sup> is the 1<sup>st</sup> Semester Grade. It will go into effect for events starting on January 9<sup>th</sup>.

1. The Athletic Director's office will receive a list of students for academic eligibility every six weeks (Middle School weekly). The teachers will send to the office by Thursday morning, a list of those students who are currently receiving a **D** or **F** in their course. Grades are based on the cumulative average for the semester. The office will assume that all students not on the eligibility lists are passing for that week. These lists are for academic purposes and not behavior.
2. Any high school student receiving two D's or one F at this time will be declared academically ineligible to participate for a six week time period beginning the following Monday and lasting for six weeks. Example: A student is turned in as ineligible on Thursday in two classes. He or she finds out on Friday from the athletic director or his coach. He or she can play on Friday and or Saturday. He or she is ineligible from Monday week one through Saturday of week six.
3. Any middle school student receiving two D's or one F at this time will be declared academically ineligible to participate for a one week time period beginning the following Monday and lasting for one week. Example: A student is turned in as ineligible on Thursday in two classes. He or she finds out on Friday from the athletic director or his coach. He or she can play on Friday and or Saturday. He or she is ineligible from the following Monday through the following Saturday of the next week, regardless of whether he or she regains their eligibility on the Thursday of the week they are ineligible.

### Semester Academic Eligibility

Listed is a summary of the general eligibility rules set by CHSAA. (For a more complete explanation and interpretation, see the athletic director.)

1. Participation in Interscholastic athletics as a part of a school's education is a privilege and not a right. Students wishing to participate are required to meet standards of personal behavior and academic performance which are related to school purposes. In this regard, CHSAA and its member schools may exercise the fullest discretion permitted under the law.
2. A student shall be eligible to represent Bennett High School in events sanctioned by CHSAA if the student meets the following specific requirements:
  - a. The student is a bona fide undergraduate member of Bennett High.
  - b. During the period of participation, the student must be enrolled in courses which offer a minimum of 2 ½ Carnegie units of credit per semester (*translation*-at Bennett, a student must take at least 5 courses of the 8 periods offered per day.)
  - c. During the semester preceding the semester in which the student wishes to participate in an activity, he/she must not have failed more than the equivalent of ½ Carnegie unit of credit. Should a student have two F's at the end of second semester, that student will be ineligible for the following Fall semester activities for the first nine weeks.
  - d. If a student is not failing more than one course at the end of the first nine week grading period then he/she regains their eligibility status for the rest of the semester. They will still be subject to the 6 week eligibility like everyone else.
  - e. A student who drops out of school after having been enrolled and in attendance for 15 days will not be eligible for the following semester of his/her attendance.
  - f. No makeup work will be allowed after the end of a semester for the purpose of becoming eligible, unless the principal deems a manifest hardship condition exists (illness, circumstances beyond the control of the student or injury).
  - g. *Regaining Eligibility:* A student who has not met the academic requirements at the close of a semester may regain academic eligibility on the sixth Thursday following Labor Day for the first semester and on the Friday immediately prior to March 10<sup>th</sup> for the second semester. (*Exception: Winter sport athletes who have been declared ineligible for the first semester and did not participate in a fall sport shall use the formal grading period closest to the beginning of winter practice to determine if eligibility is regained.*)
  - h. A student is ineligible for interschool athletic competition upon arriving at age 19, but if his/her birthday occurs on or after August 1, he/she will be eligible for all sports that year.
  - i. The period of eligibility for all students is 8 consecutive semesters.

### **Extracurricular Eligibility**

In addition to the Bennett High School eligibility requirements and the Colorado High School Activities Association regulations, each participating athlete must satisfy the following requirements:

1. Signed parent/guardian permission slip.
2. A form verifying a current physical examination has been given by a physician within this year.

### **Behavioral Eligibility**

The school administration has the responsibility to see that students who represent Bennett High School and Bennett Middle School must meet standards of personal behavior in addition to standards of academic performance. A student may be declared ineligible for a specific period of time if, in the judgment of the school administration, the student is not representative of the school's ideals in matters of conduct and sportsmanship. To appeal a decision, the student and parents or guardian may schedule a conference with the principal.

## **OUT OF TOWN TRAVEL**

### **IV**

1. Participants are under the direction and control of the coach or sponsor on all trips and shall make the trip in the regular transportation provided by the school. Students may be released to their parents after the games, provided there is verbal/written and visual contact with the parents. If a student wishes to ride home with someone else's parents, prior arrangements must be made with the coach and the athletic director. Also see parent permission slip for travel due to unusual circumstances for travel to game with parent (available from Principal/AD/AD Secretary).
2. Students will not be allowed to transport themselves to any contest or home from any contest. Students who are participants are not allowed to ride to or from any contest with any other student who is driving.
3. Coaches or sponsors may allow their group to stop and eat following an out of town contest. This is a privilege which may be revoked by the coach, sponsor or school administrator.
4. Any student misconduct during an out of town activity will be reported to the principal on the next regular school day. Discipline for the misconduct will be assessed by the coach, sponsor, or principal.
5. Bus rules and policies apply to all out of town trips.

## **CARE OF EQUIPMENT**

### **V**

Students will be responsible for the equipment checked out to them for the season. Students will be instructed as to the proper care and use of equipment checked out to them and will understand their liability in regard to lost, stolen, or damaged equipment. The student will inform the coach immediately if any equipment or uniform is lost or stolen.

The student will assume the responsibility for their own belongings and will take preventive measures to protect them by keeping their locker closed and the locker locked with a school issued combination lock. In football, each athlete will be instructed in proper use of the helmet and potential dangers involved in spearing. The football player will also be provided with information for proper care and inspection of his helmet.

## ATHLETIC TRAINING RULES VI

The purpose of training rules is three-fold:

- To promote health practices which will allow the athlete to compete at maximum physical condition?
- To insure participation in practices, training sessions and competition so that an organized program of learning and physical conditioning may be followed.
- To promote conduct that will allow for efficient use of time, and to provide practice in behavior patterns which encourage the development of desirable character traits.

Training rules are for the benefit of the individual participant and the team. Athletes who make the decision to participate in athletics must also decide to make a personal commitment and sacrifice to abide by the training rules. The most effective method of enforcing training rules is the imposition of the rules on the athletes by themselves. Help your friends when they have a problem, don't reject them.

**Observance of all training rules involving use of tobacco, alcohol and other mood-altering substances is the responsibility of the athlete and the parent.**

**The Bennett High School training rules are as follows:**

IT IS UNDERSTOOD THAT THE ILLEGAL CONSUMPTION, POSSESSION (MIP, ETC.), AND USE OF ALCOHOLIC BEVERAGES, ILLEGAL DRUGS, OR TOBACCO IN ANY FORM WILL APPLY TO ANY ATHLETE DURING THAT PARTICULAR SPORTS SEASON AND IN BETWEEN SEASONS DURING THE SCHOOL CALENDAR YEAR. VIOLATION OF THIS RULE CONSTITUTES GROUNDS FOR IMMEDIATE DISCIPLINARY ACTION AS OUTLINED BELOW:  
CONSEQUENCES:

### **First Offense**

1. Athlete will be suspended for a minimum of two weeks of competition plus applicable scrimmages within the first two weeks of the competitive sport season or according to the table below:

<b><u>SPORT</u></b>	<b><i>ALLOWABLE CONTESTS</i></b>	<b><u>SUSPENSION</u></b>
Baseball	19	Two weeks or 4 contests
Basketball	19	Two weeks or 4 contests
Football	9	Two weeks or 2 contests
Track	11	Two weeks or 2 contests
Volleyball	19/23	Two weeks or 4 contests
Wrestling	28 competition points	Two weeks or 6 points
Cheerleading	19	Two weeks or 2 contests
Softball	19	Two weeks or 4 contests
Poms	2 sanctioned	Two weeks or 2 contests

2. Athletes who violate the code will be required to attend all practices, if not suspended from school, but may not

dress in team uniform or compete in any scrimmage or inter school competitions.

3. Enforcement of District Drug and Alcohol Policy.

### **Second Offense**

1. A second offense will bring suspension from all athletics for one calendar year for all sports and activities from the date of the infraction.
2. Enforcement of District Drug and Alcohol Policy.

### **Third Offense**

3. A third offense will bring suspension from all athletics for the remainder of the athlete's high school career.
4. Enforcement of District Drug and Alcohol Policy.

### **Coaches Expectations**

1. These are minimum expectations set forth by the athletic department. Coaches are allowed to impose higher expectations of citizenship.

### **Notification and Due Process**

1. Any student athlete accused or thought to be involved in misconduct will be notified as soon as possible of the allegations of misconduct. The student athlete will have an opportunity to tell his/her side of the story. The parents, guardians or legal custodian of such student athlete shall be notified of the allegations. Should the parent, guardian or legal custodian, the student athlete or the Athletic Director desire a meeting, the request must be made within one week of the notification.
2. Allegations may only be made by first-hand witnesses to the misconduct. Allegations must be presented in writing and given to a school person who is in authority. The school person is obligated to report any allegations to the Athletic Director immediately. We cannot act on hearsay.
3. If an investigation of the allegations is necessary, it will be conducted by the Athletic Director unless the Principal or Assistant Principal has already done an investigation. During the time of the investigation, the Athletic Director may impose restriction on the participation of the student athlete in question.
4. In cases where there has been a violation of policies of this Athletic code, the Athletic Director and in some cases the Principal or Assistant Principal will determine the appropriate action(s) to be taken.  
Note: In all cases of alleged violations, the student athlete's coach (or coaches) will be notified and consulted with regarding misconduct and outcome of the investigation.

## **APPROVED SPORTS**

### **VII**

The following sports are approved for the upcoming school year

	<b><u>BOYS</u></b>	<b><u>GIRLS</u></b>
FALL:	Football Soccer Golf (Co-op Strasburg) Cross Country (Co-op Strasburg)	Volleyball Poms Softball (Co-op Strasburg) Cross Country (Co-op Strasburg)
WINTER:	Wrestling Basketball	Basketball Poms
SPRING:	Track Baseball	Track Soccer

The above activities are activities that are subject to the policies listed in this handbook.

## LETTERING POLICIES

### VIII

**General lettering policies for all athletics:** Player must participate at the varsity level to letter in a sport. An athlete must complete the entire season. The athlete must be in good standing with the school. Deviations from the lettering policies will be determined by the varsity coach as individual situations warrant.

#### Baseball

- A player must participate in at least 50% of the total varsity innings (there are 7 innings in a game) for the regular season **OR** A player must participate in a state playoff game.

#### Boys/Girls Basketball

- A player must participate in at least 50% of the total varsity quarters (there are 4 quarters in a game) for the regular season **OR** A player must participate in a state playoff game.

#### Football

- A player must participate in at least 50% play of the total varsity quarters (there are four quarters in a game). (These plays may be on offense, defense, or special teams) **OR** A player must participate in a state playoff game.

#### Poms

- A Pom must participate all season and perform at 90 percent of the activities (the competitive season shall be from the first Thursday prior to Labor Day until the last day in March). \*See Poms handbook for more specific criteria\*

#### Soccer

- A player must participate in at least 50 percent of all scheduled varsity halves (two halves in a game) for the regular season **OR** A player must participate in a state playoff game.

#### Track

- A track member must accumulate 500 pts. during the season. Points will be earned by attendance at daily practices, attendance at scheduled meets, and team points earned at track meets.

#### Volleyball

- A player must participate in a minimum of 50 percent of all varsity sets (there are three minimum sets in a match) for the regular season **OR** A player must participate in a state playoff game.

#### Wrestling

- A wrestler must score at least 30 team points.

**\*Regardless of the sport, an athlete must finish the season in good standing in order to receive a varsity athletic letter.**



## Co-Curricular Activities

### IX

#### Student Activity Fees Board Policy File: JJD (Revised March 20, 2014)

At the High School level, a student shall pay an athletic and/or activity fee (refer to Board adopted fee schedule exhibit JQ-E) per sport. In the event the athlete does not meet fundraising requirements set forth by the coach and approved by the athletic director, the athlete will be charged an additional fee of \$50. Considerations shall be made for those who may not be able to afford the fee as outlined in policy regulation JJD-R.

At the Middle School level, a student shall pay an athletic fee (refer to Board adopted fee schedule exhibit JQ-E) per sport.

The money shall be used solely to subsidize the athletic program which includes, but not limited to, equipment, uniforms, officials, coaches' salaries, transportation, and entrance fees.

Personal equipment such as uniforms, shoes, personal protection equipment and other appropriate equipment shall be purchased by the student from an approved list of suppliers for items that must match as a team. This equipment shall be the personal property and responsibility of the student. The equipment must meet the standards established by the athletic staff and Colorado High School Activities Association for the student to participate on a school-sponsored team.

Activity fees for non-athletic school-sponsored activities may also be charged. Fees shall not exceed the cost of providing the activity.

#### Activity Fees

1. The following fees are required for participation in each activity:
  - a) High School -\$100.00 per sport, or \$150.00 per sport if fundraising requirements are not met for each sport. \$150.00 per sport for "home schooled students" or \$200.00 per sport if fundraising requirements are not met. **The \$100.00 fee or the \$150.00 must be paid prior to the first day of practice or the student will not be able to participate**. You may only fundraise \$50.00 towards the athletic fee. All other fundraising monies will go towards the overall program.
  - b) Middle School - \$50.00 for each sport.
2. Fees will be collected at the office of the Athletic Director. The participant will be issued a signed receipt to be given to the coach or sponsor confirming payment or waiver of the fee and completion of other requirements for participation.
3. The fee is to be paid or waived prior to a participant being included in a sport or designated activity.
4. Students with financial need may request a *fee reduction* through the building principal or athletic director. In order to qualify for a waiver, the student must:
  - a) Qualify for the free/reduced lunch program and release that information to the building principal or athletic director.
  - b) Show proof of extenuating hardship circumstances.

It will be necessary to keep requests to a minimum in order to raise estimated revenues.

5. No student will be allowed to practice or participate in any manner in the next sports season unless all previous fees for lost uniforms, damaged equipment, equipment replacement are paid and all uniforms and equipment have been turned in at the end of the season. The only exception will be teams going into the playoffs and extending their season into the next sport.

## **Sportsmanship Guidelines**

### **X**

#### **GAME BEHAVIOR SPORTSMANSHIP (CHSAA Rule)**

Participation in interscholastic activities as a part of a school's educational program is a privilege and not a right. Students wishing to participate are required to meet standards of personal behavior and academic performance which are related to school purposes. In this regard, the CHSAA and its member schools may exercise the fullest discretion permitted under law.

#### **TAUNTING (CHSAA Rule 2200.20)**

Taunting is considered any action(s) or comments by coaches, players or spectators which are intended to bait, anger, embarrass, ridicule or demean others, whether or not the deeds or words are vulgar or racist. Game officials shall, in all sports, follow the rules set forth by the National Federation for each sport.

Penalties under these rules may include ejection or other penalties for flagrant unsportsmanship-like offenses. Taunting in all sports and/or activities is an unsportsmanship-like offense which may result in a game ejection with penalties as outlined in the student ejection policy (Rules 2200.1 and 2200.11, page 80).

#### **HAZING / INITIATION DISCRIMINATION**

All players will represent our schools with a high standard of respect.

Discriminating against teammates because of age, race, color, creed, physical and mental disabilities, or sexual orientation will not be allowed. Instigators of such acts of ridicule run the risk of losing playing time, team assignment change, and/or removal from the team.

#### **GREETINGS FROM COMMISSIONER PAUL ANGELICO/Colorado High School Activities Association**

##### **"Beyond Sportsmanship"**

That simple statement can guide all emotions and reactions from participants, coaches and sports fans at interscholastic contests. If you consider that interscholastic activities is meant to be fun and provide a supplement the education of these youth, the statement above has added meaning. Sporting activities are not life and death endeavors conducted for one group to show its supremacy over another. Interscholastic sports are for fun, character development, physical well being and provide a vital part in a child's learning how to become a contributing member of society.

As a result, participants, coaches and fans need to learn and indeed, demand that winning be handled with grace and humility; losing should be handled with dignity and with the respect given to an opponent who was ahead at the end of the contest. When a team can win on the scoreboard, but also show respect for an opponent, then the victory is even more special.

Conversely, when a team loses a contest, the primary focus of this team should be to determine what each team member could have done to change the outcome. In interscholastic

competition, both winning and losing should be a great learning experience.

Learn the rules and play by the rules. This is another simple concept that can increase your opportunity for success (however you measure success), and also help you understand and explain the outcome of the game.

It is gratifying that the participants themselves very often display the greatest displays of SPORTING BEHAVIOR at the interscholastic level. It is important for coaches and fans, as well as the participants themselves to consider their actions while at sporting events so that everyone can be examples of what is good and right about interscholastic athletics.

Be a leader in promoting positive sporting behavior. Make your children, teammates, school and community proud of what your team represents. People notice and remember actions of their opponents. Make it a great memory. Make it a life skill.

Good luck with your athletic participation and support. May it be all that you hoped for and provide special memories that last a lifetime. Sincerely, Paul Angelico, Commissioner/CHSAA



Colorado High School Activities Association

## STATEMENT OF CODE OF ETHICS COLORADO HIGH SCHOOL ACTIVITIES ASSOCIATION

In order to be of maximum effectiveness in serving and fostering the education of the students so entrusted to us and in promoting and supplementing the regular curriculum, it is the duty of all concerned with our secondary athletic and activities programs to . . .

1. Cultivate an awareness that participation in athletics and activities is part of the total educational process and as such, the coach/advisor should neither seek nor expect academic privileges for the participants.
2. Emphasize the proper ideals of sportsmanship, ethical conduct and fair play as they relate to the lifetime impact on the participants.
3. Develop a working awareness and understanding of all rules and guidelines governing competition, both in letter and intent.
4. Recognize that the purpose of athletics and activities is to promote the physical, mental, moral, social and emotional well-being of the individual participants.
5. Avoid any practice or technique which would endanger the present or future welfare or safety of any participant.
6. Adhere to policies which do not force or encourage students to specialize or restrict them from participation in a variety of activities.
7. Refuse to disparage an opponent, an official, an administrator or spectator in any aspect of the activity.
8. Strongly encourage the development of proper health habits: the non-use of chemicals, including alcohol, steroids, tobacco in any form and other mood altering substances.
9. Exemplify proper self-control at all times, accepting adverse decisions without public display of emotion or dissatisfaction with the officials or judges.
10. Encourage all to judge the true success of the athletic and activities programs on the basis of the attitude of the participants and spectators, rather than on the basis of a win or loss.

## **STUDENT/PARENT/COACH AGREEMENT**

**I understand as a Student/Athlete and Parent the responsibilities and privileges of representing my school in competitive activities and, therefore, will strive to maintain the highest standards of sporting behavior. I understand that playing time is not guaranteed.**

**I have read and understand the guidelines of the 2016-2017 Bennett High School and Middle School Student Athletic/Activity Handbook. I agree to uphold the expectations of the Bennett High School 2016-2017 Activity/Athletic Handbook. I agree to uphold the expectations of Sportsmanship. I will represent myself, my school, and my community with pride both on and off the field.**

**I pledge to uphold the integrity of my team, my school and my community by:**

- **Taking responsibility for all my actions**
- **Demonstrating respect for everyone**
- **Being a positive role model**
- **Accepting the outcome of the event with dignity and class**

**I understand and accept the following:**

- **I understand that playing time is earned and will not be equal**
- **I am responsible for my uniform**
- **I understand and agree to the above**
- **I understand I will sign two copies of this contract. I will keep one and one will be kept on file.**

## **CHSAA PRE-SEASON SPORTSMANSHIP MEETINGS AND IN-SEASON CONTRACT AGREEMENT WITH PLAYERS AND PARENTS**

### **STUDENT-ATHLETE...**

- Accept and understand the seriousness of your responsibility, and the privilege of representing the school and the community.**
- Live up to the standards of SPORTING BEHAVIOR established by the school administration and the coaching staff.**
- Learn the rules of the game thoroughly and discuss them with parents, fans, fellow students and elementary students. This will assist both them and you in the achievement of a better understanding and appreciation of the game.**
- Treat opponents the way you would like to be treated, as a guest or friend. Who better than you can understand all the hard work and team effort that is required of your sport?**
- Wish opponents good luck before the game and congratulate them in a sincere manner that you would like to be greeted following either victory or defeat.**
- Respect the integrity and judgment of game officials. The officials are doing their best to help promote you and your sport. Treating them with respect, even if you disagree with their judgment, will only make a positive impression of you and your team in the eyes of the officials and all people at the event.**

### **CHEERLEADERS/POMS**

- Treat opposing cheerleaders the way you would like to be treated, as a guest or friend. Who better than you can understand all the training and team effort that goes into a cheerleading squad?**
- Establish standards of desirable behavior for the squad and attempt in a cheerful manner to transfer that to your spectators.**
- Select positive cheers that praise your team without antagonizing the opponents.**
- Encourage a positive crowd alternative when booing or an inappropriate chant begins by starting a popular cheer.**
- Use discretion in selecting the times to cheer. Give the opposing school the same amount of**

time your squad would want in performing cheers, and treat opposing players like you would treat your own team.

- Give encouragement to injured players and recognition to outstanding performances for both teams.

- Respect the integrity and judgment of game officials. Treating them with respect, even if you disagree with their judgment, will only make a positive impression of your team, and the community, in the eyes of the officials and all people at the event.

#### **OTHER STUDENT GROUPS (PEP CLUBS, BAND, ETC.)...**

- Establish themselves as leaders in their conduct before, during and after contests and events. Always provide positive support for your team, rather than intimidating or ridiculing the other team.

- Assist cheerleaders with yells, chants, etc., and be a working part of pep assemblies, with preparation, organization, and involvement.

- Treat opposing players, coaches, spectators and support groups with respect and enthusiasm.

- Conduct themselves in an exemplary manner. Remember, you represent your school both home and away.

- Respect the integrity and judgment of game officials. Treating them with respect, even if you disagree with their judgment, will only make a positive impression of your group, your team and the community, in the eyes of all people at the event.

- Be an exemplary role model by positively supporting teams in every manner possible, including contest of cheers and signs.

#### **PARENTS/SPECTATORS**

- Remember that you are at a contest to support and yell for your team and to enjoy the skill and competition; not to intimidate or ridicule the other team and its fans.

- Remember that school athletics are learning experiences for students and they may make mistakes. Praise student-athletes in their attempt to improve themselves as students, as athletes and as people as you would praise a student working in the classroom.

- A ticket is a privilege to observe the contest, not a license to verbally assault others and be generally obnoxious.

- Learn the rules of the game, so that you may understand and appreciate why certain situations take place.

- Show respect for the opposing players, coaches, spectators and support groups. Treat them as you would treat a guest in your own home.

- Respect the integrity and judgment of game officials. Understand that they are doing their best to help promote the student/athlete, and admire their willingness to participate in full view of the public.

- Recognize and show appreciation for an outstanding play by either team.

- Refrain from the use of any controlled substances (alcohol, drugs, etc.) before, and during games, and afterwards on or near the site of the event (i.e., tailgating.)

- Use only those cheers that support and uplift the teams involved.

- Recognize and compliment the efforts of school and league administrators for their efforts in emphasizing the benefits of educational athletics and the rule of good SPORTING BEHAVIOR to that end.

- Be a positive role model through your own actions and by censuring those around you at events whose behavior is unbecoming.



## **"HONOR THE GAME"**



Please rethink your actions.

Your current behavior is contrary to the high level of sportsmanship expected of fans and participants at all events sponsored by:  
The Frontier League

The actions of \_\_\_\_\_ have not met the high level of sportsmanship that is expected. This letter serves as a warning and a call to action to improve your behavior at Frontier League events.

Failure to improve your actions will lead to removal from future Frontier League events for a specified time frame to be determined by the Frontier League.

Thank you for supporting the Frontier League and the high level of sportsmanship expected at our events.

Explanation of behavior(s):

## Parent and Spectator Code of Ethics

In order for a program to be truly successful, it takes the cooperation of everyone involved: players, coaches, officials, league administrator, and especially parents. Parents have the following responsibilities and expectations when participating in the Frontier League:

**Parents have a responsibility to their children:** To make sure that your child gets the most out of his or her playing experience, parents should show their unwavering support, including positive reinforcement of your child's performance and effort. This is absolutely essential, especially at an early age, to ensure their healthy development. Parents should also be positive role models, including, but no limit to, showing proper sportsmanship at all times and refraining from negativity of any kind.

**Parents have a responsibility to the coaches:** Coaches volunteer their personal time to spend it with your child. They need you to be supportive of their decisions and not undermine their efforts and the efforts of opposing coaches.

**Parents have a responsibility for safety and security of the league:** In order to maintain the safety and security of all league participants, it is essential for parents to report abusive behavior or dangerous situations that need to be addressed with the school's athletic director. This is the only way that these programs can achieve their intended goals.

**Parents have a responsibility to other parents:** Personal gain should not be derived from your child's performance. Competition and taunting between parents is never acceptable, and no parent should ever feel embarrassed or disappointed by their team or child's performance. Good plays should always be cheered, and disappointments should always be consoled, no matter whose team is affected.

**Parents have a responsibility to themselves:** It is your responsibility to enjoy watching your child and other children participate and learn. The joy and pride associated with watching children participate in sports should be experienced to the fullest, because a lifetime of memories are being created before your very eyes.

✦ Parents and spectators should remember that middle school athletics are for the children to learn fundamentals, techniques, sportsmanship, teamwork, healthy competition and to have fun.

✦ Parents should also remember you are out to support their child, not to draw attention to yourself. Do not be rude, arrogant, overbearing, and or undignified.

✦ Do not let the 'Win at All Cost' attitude get you. Through sports a child can experience attitudes, which lead to a happy, productive, and well adjusted life. By creating a healthy situation on the team, all children can be winners regardless of their won-lost record.

✦ Children learn much from what parents and spectators say and do. Do not be sorry later for what you do now.

✦ No parent or spectator should use tobacco products, drugs, or alcoholic beverages during, or around any youth activity (practices or games).

✦ Any parent or spectator acting in an unsportsmanlike manner or in any manner that could prove detrimental to leagues, players, officials, coaches, or another spectator, will be subject to disciplinary action by their child's school and the Frontier league administration.

