

Cicero Preparatory Academy

A Great Hearts Academy



Athletic Handbook

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Purpose of Athletics

The purpose of athletics at Cicero Preparatory Academy is to develop in our scholar-athletes a Great Soul while pursuing Competitive Greatness. Lessons that are learned through competition and practice can enrich the lives of your scholar-athletes. Many virtues sought after in a Great Hearts education can be built up through athletics.

Sports Offered

Fall Sports: August through October

Middle School Girls Volleyball	High School Girls Volleyball
Middle School Boys Flag Football	High School Co-Ed Cross Country
Middle School CO-Ed Cross Country	
Middle School Co-Ed Golf	
Middle School Co-Ed Swimming	

Winter Sports: November through February

Middle School Baseball	High School Boys/Girls Basketball
Middle School Softball	
Middle School Boys/Girls Soccer	

Spring Sports: March through May

Middle School Boys/Girls Basketball	High School Co-Ed Track and Field
Middle School Co-Ed Track and Field	High School Co-Ed Golf
Middle School Co-Ed Tennis	High School Baseball
	High School Softball

Participation Fees

The participation fee due date will be set by the Athletic Director each season. This fee does not guarantee playing time. Please refer to the playing time section for specifics. The participation fee for the current school year will be available at parent info nights and upon request.

A participation date will be determined and announced each season at which time fees will become non-refundable.

Tax Credit Program

The Arizona Public School Tax allows Arizona taxpayers to contribute \$200 (filing single) or \$400 (filing jointly) to Cicero Prep and receive that contribution back as a

dollar-for-dollar credit on their state tax liability. This means Cicero Prep families and friends can support our school at no net cost to them! If the contribution is made before Dec. 31 you can also write it off on your federal taxes.

Tax Credits to Cicero Prep are vital to the success of our athletic program. These financial contributions comprise the majority of our department's budget.

Tax Credits **AND** Registration Fees are needed to support all of the Cicero Prep Athletic Programs. Tax credits may not be used in lieu of paying the Registration Fees.

Eligibility

Athletic Eligibility Paperwork

Online Registration through RegisterMyAthlete will be used to provide medical, emergency, and policy agreement information to allow your scholar-athlete to participate. Completion of the online registration is required PRIOR to tryouts/first day of practice.

A current year AIA Physical form is required PRIOR to tryouts/first day of practice. This form is available on the Cicero Athletics website and must be dated after March 1 of the same year as the start of the school year.

Academic Eligibility

Academics are the number one priority for scholar-athletes. In the event of an unavoidable conflict involving athletics and academics, academics always take priority.

Each scholar-athlete's academic performance will be reviewed throughout each season.

Scholar-athletes must maintain no more than one D and no F grades. Behavior in class or in school can also lead to ineligibility. Any ineligibility lasts a minimum of two weeks.

While ineligible, a scholar-athlete may not participate in practices or games, and may not be released from class for athletic events.

Any scholar-athlete deemed ineligible will start a two-week process working with their teacher to improve in the areas the teacher deems necessary. After the two-week period, the teacher will determine if improvement was made and recommend to the Athletic Director the eligibility of the scholar-athlete. After the initial 2-week period, eligibility will be evaluated for a scholar each week.

A failing grade at the 1st and 3rd Quarter final grades results in a 2-week ineligibility from any athletic team at the start of the next sports season. A failing grade at the 1st semester will result in a 3-week ineligibility from any athletic team at the start of the 2nd semester.

In rare instances, the Headmaster or Athletic Director may deem it is in the best interest of a scholar-athlete with a failing grade(s) to continue athletic participation while the scholar-athlete is working to improve academic performance. In such cases, the scholar-athlete will remain eligible and the exception and rationale will be documented.

Class Attendance Eligibility

Scholar-athletes must attend a minimum of one-half of their classes during the school day in order to participate in practice or competition. In the case of extenuating circumstances, school administration may grant relief from the requirement.

Scholar-Athlete Commitment

Commitment

Scholar-Athletes are expected to make a full commitment to the team for the entire season. Choosing to participate in a sport means that the scholar-athlete is choosing against many other worthy endeavors, with the understanding that what they are gaining in return is just as valuable.

When committing to a sport you are agreeing to manage time as to not let academics hinder your athletic commitment or vice-versa. Tutoring is not a legitimate excuse to miss practice.

Cell phones and other electronic devices may be kept, turned off, in a bag or locker during school day and practices/games. Cell phones are not to be used in any way, for any reason while in dressing rooms or locker rooms. Items confiscated by coaches will be available the next day from the AD.

An individual scholar-athlete who attempts to participate in too many extra-curricular activities will undoubtedly be in a position of conflicting obligations. The Athletic Department recognizes that each scholar-athlete should have the opportunity for a broad range of experiences in the area of extra-curricular activities, and to that end, will attempt to schedule events in a manner so as to minimize conflicts but eventually difficult decisions will have to be made.

Athletic Attendance

Attendance at all scheduled practices and games is mandatory, with the possible exception of conflicts with other Cicero Prep-sponsored activities.

An excused absence will be granted only by the head coach when he/she is notified ahead of time of the absence, including reason (Ex: severe illness, funeral, or rare family events). Absences with a legitimate reason that does not get communicated to the head coach ahead of time will be an unexcused absence.

Messages are better than nothing, but scholar-athletes should strive to personally contact their Head Coach.

Unexcused absences will result in ineligibility for part or all of a future game.

With respect for their teammates, regardless of the reason for missing practice, the individual player misses the opportunity to improve his/her skills and become a better player and teammate. Individual scholar-athletes need to view their commitment to an athletic team as equally important as their commitment to their academic classes. In this commitment, scholar-athletes need to be constantly improving their skill in order to benefit the team of which they are a part by taking advantage of the practice times offered to them by their coaches.

Lateness

Being late to practice or a game shows disrespect for your coach, your teammates, and your common goals.

If such occurs without prior permission from the head coach, the player may experience appropriately related consequences.

Repeated offenses will be documented and could result in further consequences up to and including dismissal from the team.

Academic and Holiday Breaks

While both players and coaches appreciate the breaks built into the academic schedule, **it is not possible to limit the High School team schedules completely to non-break times.** Unexcused absences over academic and holiday breaks will have the standard ineligibility from future contests.

Middle School teams will only host optional team events over breaks.

Religious Holidays

It is the intention of Cicero Prep to honor a scholar-athlete's commitment to his/her religious obligations.

Scholar-athletes should clearly communicate in advance any conflicts in their practice and game schedule with religious holidays.

Coaches should excuse such absences without bias.

Early Dismissals

It is the intention of the Athletic Department to limit the number of early dismissals required for participation in athletic contests.

The athletic director will generate all dismissal times

After being dismissed early, all scholar-athletes may go change in the locker room and then go to the front office to be picked up by their transportation.

Parent Responsibilities

Make a total commitment to have your scholar-athlete at **all** practices, games, and team function; be on time.

Attend as many of your scholar-athlete's games as possible and be as positive as possible towards everyone.

Encourage your scholar-athlete to be the best person and teammate he or she can be.

Help your scholar-athlete to understand that the team comes before the individual.

Help your scholar-athlete to come prepared to do their best by encouraging them to be physically and mentally prepared. This includes proper nutrition, sleep, and care of injuries.

Schedule, as much as possible, outside appointments so that they do not interfere with school, tournament, practice, or game times.

Ensure your scholar-athlete knows and understands both game and team rules.

Communicate appropriately and respectfully with players, opponents, coaches, and officials.

Do not shout advice to your child during a game. Do shout encouragement.

Be a positive example of great sportsmanship and encourage those around to show sportsmanship.

Grievance Policy

Step 1: If you have a grievance about an athletic policy or its application, please speak with the coach first. The next step will not be taken until the coach has been communicated with. It is our desire that most issues are resolved on this step

Step 2: If you feel that the matter has not been resolved, contact the athletic director and schedule a meeting with him/her and the coach.

Step 3: If the matter is still not resolved, contact the head master. The response may take the form of a letter and/or follow-up meeting with the family, coach, and/or athletic director.

Athletic Equipment and Uniforms

All equipment and uniforms given by Cicero Prep are expected to be returned at the end of the season unless otherwise notified.

Equipment and Uniforms are purchased and expected to last a number of years and all players should care for their items to be returned in good repair.

Families will be responsible for repairing or replacing damaged, lost, or unreturned items.

Unreturned uniforms will result in that scholar-athlete not being able to participate in the next season until the uniform is returned, or the athletic department is reimbursed for the loss. The scholar-athlete's grades may also be withheld until return or reimbursement is complete.

Heat & Hydration Guidelines

The athletic director will monitor a website (weather.com) that posts a daily heat advisory. When this index necessitates, the athletic director will communicate to coaches required changes or alterations in their daily practice plans or schedules.

During hot weather, scholar-athletes should increase fluid intake and wear lightweight clothing.

Scholar-athletes should acclimate their bodies to hot weather activity before a season starts by working out in the cooler times of the day.

Replacement of fluids is the best way to prevent a heat related illness.

Supplement water intake with sports drinks and eat salty foods, never salt tablets.

**Energy drinks should never be consumed before, during, or after practices, as they can dangerously accelerate heart rates. In addition, Creatine use has been known to lead to dehydration and should be avoided at all times.

Care and Treatment of Injuries

Despite the best efforts of our staff, injuries are bound to happen. This policy statement is meant to function as a guide in the treatment of injured scholar-athletes, not as a policy that suggests that athletic injuries can be eliminated entirely.

It is always the responsibility of the scholar-athlete to openly communicate injuries with his/her head coach. The scholar-athlete should be honest about the extent of injuries as well.

Written notes from a physician must be used to communicate injuries and the extent of participation with that injury.

If at any time a physician pulls a scholar-athlete from participation, then that scholar-athlete must receive written clearance from said physician and the athletic department prior to returning to participation.

The following injuries are considered serious and necessitate a 911 call and removal from physical activity.

- Neck and spine injuries
- Head injuries
- Ligament injuries to major joints (elbow, shoulder, knee, ankle, etc.)
- Injuries to vital organs
- Broken bones
- Dislocation of joint(s)

Prescription and OTC medicines should be coordinated with the coaches. Scholar-athletes are not allowed to possess these on campus and must make arrangements for the coach to be in possession in case of need at practice or a game.

Transportation and Travelling Policies

Transportation of scholar-athletes to and from practices and games are the responsibility of their families.

Coaches are prohibited from transporting scholar-athletes in their personal vehicles unless under provisions available in the coaches' handbook.

Coaches are responsible to stay up to 15 minutes after practice to ensure safe pick-up of your scholar-athlete.

If your scholar-athlete is left past the 15-minute grace period on three separate occasions, the coach will alert the Athletic Director and a plan will be organized to prevent tardy pick-up.

Transportation to an out-of-town game will be the families' responsibility unless clearly stated otherwise from the Athletic Department. Scholar-athletes will be required to use the provided transportation to and from the game if transportation is provided.

Parent-organized carpools

Cicero Prep is in no way liable for the action of parent drivers.

Coaches can connect parents for potential carpools, but participation in parent-organized carpools is completely at your discretion.

Trophies & Award

Cicero prep would like to celebrate outstanding team and individual accomplishments.

Not all participants will be awarded trophies.

At minimum each team will award two of their scholar-athletes with recognition.

Harassment & Hazing

Participating in hazing or any act that causes, or is likely to cause, bodily danger, physical harm, or personal degradation or disgrace resulting in physical or mental harm to any fellow scholar-athlete or another person is strictly prohibited. Persons violating

this policy shall be subject to severe discipline, loss of privileges, and/or potential legal consequences.

Playing Time

High school: Playing time is never guaranteed in any competition.

Middle school: Players will be given differing levels of playing time in each game providing the following requirements are met:

- All practices have been attended.
- Scholar-athlete has consistently displayed a positive attitude and coachability.
- Scholar-athlete has been a model teammate, working to improve himself or herself as well as others

Below are the general guidelines for playing time in each competition. Variations will always occur due to many factors and will not perfectly reflect these numbers.

Playing time is always at the coach's discretion.

A teams – 75/25*

B teams – 60/40

C teams – 50/50

**In preparation of our scholar-athletes for High School competition, where playing time is not guaranteed, A-level teams will see the largest discrepancy in playing time.*



