

Fort Morgan High School



Parent/Athlete Handbook

2016 – 2017

FORT MORGAN HIGH SCHOOL COLORS

Maroon, Black, and White



FORT MORGAN SCHOOL SONG

On Fort Morgan, on Fort Morgan
Fight on for our fame,
Put the ball clear round the rival
Touchdowns sure this time
Rah-Rah-Rah.

On Fort Morgan, on Fort Morgan
Fight on for our fame,
Fight Mustangs, fight and we
Will win this game.

TABLE OF CONTENTS

INTRODUCTORY SECTION	5
DISCRIMINATION DISCLAIMER	5
STATEMENT OF CODE OF ETHICS COLORADO HIGH SCHOOL ACTIVITIES ASSOCIATION	5
PURPOSE	6
MISSION OF ATHLETIC DEPARTMENT	6
ATHLETIC PHILOSOPHY	6
FORT MORGAN HIGH SCHOOL PARENT/GUARDIAN	7
COMMUNICATION MODEL	9
FORT MORGAN HIGH SCHOOL STUDENT ATHLETE	9
COMMUNICATION MODEL	10
QUITTING OR DROPPING A SPORT	10
SQUAD REDUCTION/CUTTING POLICY:	10
INDIVIDUAL PROGRAM EXPECTATIONS	11
TRIP BEHAVIOR AND EXPECTATIONS	11
ATHLETIC LETTERING	12
PREPARING TO GO OUT FOR A SPORT	12
PRIOR TO CHECKING OUT FOR A SPORT	12
STUDENT ATHLETE RESPONSIBILITIES	13
ELIGIBILITY FOR PARTICIPATION IN FORT MORGAN ATHLETIC PROGRAMS	14
ATHLETIC TRAINING CONTRACT	15
PHILOSOPHY OF TRAINING POLICIES	15
ATHLETIC DEPARTMENT TRAINING RULES	15
TRAINING POLICIES PURPOSE	15
DEFINITION OF TERMS OF SUBSTANCE ABUSE POLICY	16
SCOPE OF SUBSTANCE ABUSE POLICY	16
SUBSTANCE ENHANCEMENT POLICY	16
TOBACCO POLICY	16
DRUG AND ALCOHOL POLICY	17
VIOLATION OF DRUG & ALCOHOL POLICY	17
THEFT AND VANDALISM	18

SELF REPORTING	18
TERMS OF SUSPENSION	18
CARRY OVER SUSPENSION	19
APPEAL PROCESS	19
SOCIAL MEDIA	19
HAZING AND HARASSMENT	20
NCAA CLEARINGHOUSE INFORMATION	21
ACKNOWLEDGEMENT	22

INTRODUCTORY SECTION

DISCRIMINATION DISCLAIMER

Employees, students, and parents are hereby notified Fort Morgan Public Schools do not discriminate on the basis of race, color, religion, national origin, sex, handicap, or age in its educational programs, activities or employment practices. There is a grievance procedure for discrimination concerns. Inquiries concerning any of the above or Title IX and Rehabilitation Act Regulations should be directed to Morgan County School District Re-3, 715 W. Platte Avenue, Fort Morgan, Colorado 80701, and phone 867-5633 extension 48100. There will be no discrimination or retaliation against any member of the school community for his/her participation in the presentation or resolution of a complaint.

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.

PURPOSE

The purpose of this handbook is to communicate to parents, athletes, coaches, and administrators the philosophies, standards, rules and expectations applicable to participants in the Morgan County School District interscholastic athletic program. The clear understanding and consistent application of these matters will help ensure that student athletes have the best possible experience in their respective athletic programs.

MISSION OF ATHLETIC DEPARTMENT

Our mission is to provide opportunities for student-athletes to enrich their high school experience through participation on competitive athletic teams. We are dedicated to providing experiences that promote character development, integrity, sportsmanship, and a strong work ethic, while complementing the academic curriculum

ATHLETIC PHILOSOPHY

Fort Morgan High School believes that a safe and dynamic athletic program is an integral part of the total educational process and is vital to the character and educational development of all student athletes. Fort Morgan High School's athletic programs provide a variety of experiences that aid in the development of favorable habits and attitudes in students that will prepare them for adult life, including physical development, coordination, a healthy self-concept, pride and good sportsmanship. Good sportsmanship practices have lifelong values. The athlete who acts fairly, who observes laws and customs, who treats others with consideration, and who takes adversity with dignity earns respect. Students in today's schools are tomorrow's community citizens, and as adults will demonstrate many of the attitudes they are now learning.

Fort Morgan High School's interscholastic athletic programs are in compliance with the constitution and bylaws of the Colorado High School Activities Association and affiliated leagues.

Varsity

Varsity-level programs are the most competitive of the athletic programs and, for that reason, include the most skilled and/or well-prepared student athletes. The student athlete earns the privilege to make the team. It is the coach's responsibility to field the most competitive team available; starting position and athlete playing time is at the coach's discretion.

Sub-Varsity

Sub-varsity programs are focused toward the development of skills necessary for participation on the varsity level. The student athlete earns the privilege to make the sub-varsity team. The coach of any sub-varsity program should emphasize development of areas needing improvement on an individual and team basis. The coach will be encouraged to play as many participants as possible.

FORT MORGAN HIGH SCHOOL PARENT/GUARDIAN

The role of the parent/guardian in the education of a student is important. The support shown in the home is often manifested in the ability of the student to accept the opportunities presented at school in the classroom and through co-curricular activities.

There is a value system – established in the home, nurtured in the school – that young people are developing. Their involvement in classroom and other activities contributes to that development. Integrity, fairness and respect are lifetime values taught through athletics, and these are the principles of sportsmanship. With them, the spirit of the competition thrives, fueled by honest rivalry, courteous relations and graceful acceptance of the results.

A true athlete, whether a student or a parent, is an effective leader within the school and the community. As a parent/guardian of a student, your sportsmanship goals should include the following:

Realizing that athletics are part of the educational experience and the benefits of involvement go beyond the final score of a game;

- Encouraging our students to perform their best, just as we would urge them on with their class work, knowing that others will always turn in better or lesser performances;
- Participating in positive cheers that encourage our student athletes; and discouraging any cheer that would redirect that focus;
- Learning, understanding and respecting the rules of the game, the officials who administer them, and their decisions;
- Respecting the task our coaches face as teachers and supporting them as they strive to educate our youth;
- Respecting our opponents as students and acknowledging them for striving to do their best;
- Developing a sense of dignity under all circumstances; and
- Being a fan...**not** a fanatic!

The parent/guardian has a major influence on the student athlete's attitude about academics and athletics. The leadership role taken by the parent/guardian helps create

sportsmanship in the student athlete and will help influence our student athletes and our community for years to come. We look forward to serving you in the year ahead and appreciate your continued support.

COMMUNICATION MODEL

FORT MORGAN HIGH SCHOOL STUDENT ATHLETE

Student athletes who display sportsmanship are positive role models within our school and the community at large. A good sport knows that athletic competitions build character and shape lifetime attitudes. The student athlete experiences additional educational and leadership benefits that come from participation in sports.

Integrity, fairness and respect – these are the principles of sportsmanship. With them, the spirit of competition thrives, fueled by honest rivalry, courteous relations and graceful acceptance of the results.

As a student athlete at our school, your sportsmanship goals should include the following:

- Developing a sense of dignity under all circumstances;
- Respecting the rules of the game, the officials who administer the rules, and their decisions;
- Respecting opponents as fellow students and acknowledging them for striving to do their best while you seek to do your best at the same time;
- Looking at athletic participation as a potentially beneficial learning experience, whether you win or lose;
- Educating other students and fans to understand the rules of the game and the value of sportsmanship; and
- Accepting the personal responsibility that comes with your actions on the field.

We expect you to take time to review these expectations and those included in the Fort Morgan High School Athletic Policies Handbook. These expectations give us a roadmap to follow a journey toward a more educational atmosphere for interscholastic athletics.

The student athlete is the spokesperson for Fort Morgan High School when participating in athletic competitions. Family and friends, opposing fans, the local community and media view your actions. Your display of sportsmanship will show the most positive things about you and our school and, hopefully, will remind us all that in the end, participation in sports is meant to be fun.

We hope the upcoming season will be a rewarding one for you, the student athlete.

COMMUNICATION MODEL



Communication Procedure

Before the start of each sport, the head coach will conduct a mandatory parent's meeting regarding rules, regulations, and additional team rules beyond the Athletic Handbook.

A student athlete, parent, guardian, coach, or a member of the public with a concern or complaints should first try and resolve the matter directly and informally with the individual(s) concerned. This may be done either verbally or in writing to the individual(s) involved.

If the matter cannot be resolved informally at the initial level, the complainant should submit a written statement describing his/her concerns in a clear, specific and detailed manner to the athletic director.

QUITTING OR DROPPING A SPORT

There will be times when some athletes find it necessary to quit playing a sport before, during, or after the season has started. Whatever the reason, an athlete must follow the steps listed below:

- The athlete should think the whole situation through and talk with the coaches to see if a solution can be reached.
- If an athlete decides to quit, the athlete must clean and turn in all equipment to the coach. If equipment has been damaged or if it is not turned in the athlete will have a fee added to their student account.
- If the athlete decides to quit one sport and join another, the athlete must receive permission from both coaches before beginning the new sport.
- After 10 days the athlete will not receive a refund
- If an athlete decide to quit, the athlete will not letter or be eligible for post season honors

SQUAD REDUCTION/CUTTING POLICY:

In accordance with our philosophy of athletics and our desire to see as many students participate in the athletic programs as possible, we encourage coaches to keep as many students as they can without unbalancing the integrity of their sport. Time, space, facilities, equipment, personal preference and other factors will place limitations of the most effective squad size for any particular sport.

Prior to trying out, the coach shall provide the following information to all candidates for the team:

- extent of try-out period
- criteria used to select the team
- number to be selected
- practice commitment if they make the team
- game commitment

INDIVIDUAL PROGRAM EXPECTATIONS

Each program has expectations in addition to the items covered in the Fort Morgan Athletic Policies Handbook. The policies set forth in this handbook are the minimum standards of conduct for all student athletes and managers. Individual programs may set standards that exceed these policies provided the administration deems them appropriate and they are included in the coach's contract with the athletes. Said contracts will be reviewed on an annual basis by the Athletic Director. It is important that all student athletes and parents/guardians understand these expectations and sign individual contracts per sport.

TRIP BEHAVIOR AND EXPECTATIONS

- All student athletes and managers are expected to follow all policies of the transportation department during all trips.
- All student athletes and managers are expected to ride the bus to and from all contests.
- In special circumstances
 - Student athletes must have a note approved by the coach if athlete will not be riding the bus to the contest.
 - Student athletes can only have parents sign them out at the end of contests to ride home with their parents.
- All athletic teams are reminded that they represent their community and should conduct themselves in an honorable manner. Appropriate behavior is expected during entire trip.
- All athletic teams are expected to treat our opponent's facilities with respect at all times. Any damage caused by a student athlete will result in a fine being assessed to the athlete found liable.
- There may be times when teams will be allowed overnight trips. In these instances the athlete must:
 - Abide by the curfew set by the head coach
 - Not to be in different gender rooms at any time
 - Be aware that coaches may ask to check the athlete's bags before leaving and during the trip
 - Treat the hotel facility and staff with the utmost respect.

ATHLETIC LETTERING

In all cases, the judgment of the Head Coach will be the deciding factor in determining who will become “candidate eligible” to be awarded a letter. However, here are some basic guidelines or general standards.

1. Must have completed the season, unless injured or excused by coach for special reasons
2. Must have followed the Athletic Code
3. Must have been in regular attendance at turnouts
4. Must be a student in good standing
5. Must have turned in all equipment and/or paid all fines and obligations
6. An honorary letter will go to a foreign exchange student.
7. If for some reason injury prevents that person from meeting the requirements and in the coach’s opinion would have lettered had the injury not occurred.

PREPARING TO GO OUT FOR A SPORT

PRIOR TO CHECKING OUT FOR A SPORT

Student athletes must complete each of the following steps before they are cleared to play a sport:

Student athletes along with the parent/guardian should read and become familiar with the **Fort Morgan High School Athletic Policies Handbook**. At the end of the handbook is an **Acknowledgement**, which must be signed by the student athlete and the parent/guardian.

A **Fort Morgan Schools Activities/Athletics** form is filled out. By signing this form, the parent/guardian testifies:

- The student athlete has received a physical examination. The physician may provide his/her own physical examination form, in that event, the physician’s form must be attached
- Gives authorization for treatment of student athlete and acknowledges the risk of injury.
- The student athlete and parent/guardian must have appropriate medical/accident insurance. The student athlete must have insurance in one of the required formats:
 - The parent/guardian buy the insurance made available by the School District. The costs of all insurances, including insurance made available through the School District, shall be borne entirely by the parent/guardian.
 - The parent/guardian provide their own insurance

Student athletes **must have all equipment turned in**, if they were involved in a previous sport. This includes having fees paid for damaged or lost equipment. A student athlete will not be able to practice if they have missing equipment.

- Student athletes are expected to turn in all equipment at the conclusion of the sport's season on the date specified by their coach. The equipment should be washed, mended, and returned in good condition. **A fine of \$25 will be assessed to the athlete if the equipment is turned in late.** The equipment checked out shall be used for practices and competition as indicated, and is not to be used outside of these times. Lost or stolen equipment is the responsibility of the athlete.
- A student athlete who does not turn in a uniform will be responsible for the replacement value of the uniform and **will not be allowed to check out equipment for the next sport until the lost uniform has been returned or paid for.**

Each student athlete must pay a \$45 participation fee for each sport in which he/she chooses to participate. The family cap per year is \$225.

- All student athletes are **required** to purchase an activity sticker. Student athletes who drop with the consent of the coach within the first two weeks or who are cut by the coaching staff will receive a refund.

No student athlete may check out for a sport later than 10 days from the day of the first practice. The only exceptions to this will be a student athlete transferring from another school. In the event an athlete wishes to check out for a sport after the 10 day period, the athlete must get permission from the Head Coach and Athletic Director. If a previous sport overlaps a current sport, the student athlete must make arrangements with the current coach regarding being excused from current sport practices.

STUDENT ATHLETE RESPONSIBILITIES

A student athlete who has been in school all day must have permission of the coach directly in charge of that sport to be excused from that day's practice. The athlete must contact the coach before the beginning of practice.

- A student athlete who has not been in school **the last three periods of the day or has had an unexcused absence for any period** of the day shall not take part in practice sessions for that day and may not participate in a contest on that day.
- **The exceptions allowed for missing the last two periods of a block day or the last three periods of a seven-period day are as follows:**
 - Required college or military appointments that could not be scheduled at another time.
 - Mandatory court appearances.
 - Funerals.

- Dental or medical emergencies.
- Dental or medical appointments that could not be made at other times.
- Any other situations would require advanced approval from an administrator or the athletic director.
- **The student athlete missing any portion of the designated periods of the school day for one of the listed exceptions must provide a note verifying the appointment. This note needs to be turned in to the main office when the student athlete checks back in to school or to their coach if school has been dismissed when they return.**
- If a student athlete serves a full day in ISS (In-school Suspension) on a game day, he/she will not take part in a contest on that day.
- A student athlete who has checked out for a sport is bound by the team policies of that particular program and must make a personal commitment to that program. Student athletes are expected to attend ALL practices, contests, and meetings unless the athlete is ill or unless prior arrangements have been made with their coach. All other absences will be considered unexcused and will be dealt with accordingly.
- Insubordination to coaches will not be tolerated. Such action may result in loss of participation privileges and/or eligibility.
- All student athletes shall be responsible for their own actions in practices, during trips, in contests, in school, and in the community. Student athletes may be removed and/or suspended from a program for inappropriate actions in any of these situations.
- Student athletes who are habitually tardy to practices or absent from practices may be removed at the coach's discretion.
- Profanity by student athletes at any time or in any situation will not be tolerated.
- Student athletes will be expected to show respect for all members of the coaching staff and their teammates at all times.
 - Student athletes are responsible for the care of all equipment they are issued and shall be fined if the equipment is lost or damaged beyond normal use. The head coach and athletic director shall determine the amount of the fine. Equipment shall be turned in on the day designated by the head coach; late items will result in a \$25 fine.
- Student athletes will obey all training rules of the Fort Morgan High School Athletic Department as well as those established by the mandatory contracts of individual coaches. At minimum, the following will be addressed in the contracts for individual sports: practice rules, eligibility guidelines, dress code, grooming, lettering requirements, guidelines for level placement (Varsity, Junior Varsity, etc.), discipline policy, what parents can expect from coaches and what coaches will expect of parents.

ELIGIBILITY FOR PARTICIPATION IN FORT MORGAN ATHLETIC PROGRAMS

- All first year ninth grade student athletes are automatically eligible when they arrive at the high school.
- Student-athletes must be enrolled in the equivalent of five full credit classes. A student athlete failing more than one class each semester will be ineligible until the end of the next quarter, at which time eligibility will be looked at once again.
- Eligibility is monitored weekly for all student athletes. The weekly eligibility list comes out Monday morning, and students are eligible or ineligible until the next Monday's list comes out. It is important that student athletes communicate often with their instructors to monitor their progress. Individual programs may apply stricter standards in this area.
- Any student athlete serving suspension will be eligible for practices or contests during the time of the suspension.
- Students are required to attend practices.
- Any student athlete referred to administration for discipline problems may be suspended or removed from their squad at the discretion of school administrators and/or the coach in charge.
- Coaches are afforded the opportunity to have stricter guidelines for eligibility, written out in their individual team contracts.

ATHLETIC TRAINING CONTRACT

PHILOSOPHY OF TRAINING POLICIES

Training policies of athletics are neither numerous nor difficult for any participant to follow. Teams that train well generally have a strong team discipline and great team morale.

ATHLETIC DEPARTMENT TRAINING RULES

- The use or possession of alcoholic beverages is prohibited **at all times**.
- The use or possession of tobacco in any form is prohibited **at all times**.
- The use or possession of illegal drugs or narcotics is prohibited **at all times**.
- The use or possession of inhalants is prohibited **at all times**.
- Attendance at a party or get together where underage consumption/use of alcohol or illegal drugs is taking place is prohibited **at all times**.

TRAINING POLICIES PURPOSE

- To build character, morality, and responsibility into FMHS athletes
- To create uniformity of discipline action throughout the athletic program
- To give FMHS athletes a consistent set of training regulations to follow

DEFINITION OF TERMS OF SUBSTANCE ABUSE POLICY

- **Controlled substance is any illegal substance or drug, in any form as defined under Colorado Law, including alcoholic beverages, tobacco, intoxicants, inhalants, and marijuana, and shall include any other substances represented as a controlled substance (look a likes) even if it is not actually a controlled substance.**

SCOPE OF SUBSTANCE ABUSE POLICY

The substance abuse policy shall apply to all Fort Morgan High School students enrolled in grades 9-12. The provisions and penalties of this policy shall be imposed without regard to whether the violation was related to a school event and regardless of the day the week on which the violation occurred. All provisions and penalties of the substance abuse policy shall be cumulative in nature and should apply throughout the students' enrollment in Fort Morgan High School whether continuous or not.

SUBSTANCE ENHANCEMENT POLICY

Possession, use or distribution of substances or supplements used or intended for use for abnormal enhancement of athletic performance and/or may atypically alter a body's physiological function are not permitted. This may include, but are not limited to narcotics, stimulants, anabolic agents, diuretics, hormones, masking agents, and other such items. Penalty will be the same as for possessing tobacco products.

TOBACCO POLICY

A student athlete shall not use or possess tobacco in any form (including but not limited to snuff, chewing tobacco, or smoking tobacco on or off grounds of FMHS.

- **1st Offense** - Immediate suspension from 20% of the remaining contest or next sport the athlete participates in.
- **2nd Offense** - Immediate suspension from 40% of the remaining contest or the next sport the athlete participates in.
- **3rd Offense** - Immediate suspension from all sports for one year

The offense can carry over to the next season if needed to fulfill the rest of the suspension. If an athlete is not on an active team, the athlete will be suspended the amount of time of the next completed season. In the event that an athletic team makes it to post-season play, post-season games will count towards the total game suspensions. No athlete serving suspension will be allowed to participate in post-season play until the suspension has been

served in its entirety. Any student athlete choosing to serve a suspension in a sport they would not normally participate will be expected to start and finish the season to remain in “good standing”. If the athlete does not finish the season, the suspension will be carried over to their next sport.

DRUG AND ALCOHOL POLICY

Use of Drugs

A student athlete shall not knowingly possess, use, transmit, sell or be under the influence of any narcotic drug, hallucinogenic drug, amphetamine, barbiturate, marijuana, caffeine based pill, substances containing phenylpropanolamine (PPS), stimulant, depressant, inhalant, solvent, ephedrine or intoxicant of any kind, whether prescription or sold over the counter. Proper use of a drug authorized by a medical prescription from a health care provider is not a violation of this rule. Possession of drug paraphernalia such as, but not limited to rolling papers or clips is also a violation of this rule as outlined by Fort Morgan High School. A student athlete who finds himself/herself at a place where any of the above substances are being used is to leave the area to avoid being associated with that behavior.

Use of Alcohol

A student athlete should not possess, use, transmit, sell or be under the influence of any alcoholic beverage. A student athlete who finds himself/herself at places where underage drinking is taking place is expected to leave the area to avoid being associated with that behavior.

VIOLATION OF DRUG & ALCOHOL POLICY

- **1st Offense** - Immediate suspension from 50% of the remaining contest the athlete participates in.
- **2nd Offense** - Immediate suspension from 75% of the remaining contest the athlete participates in.
- **3rd Offense** - Immediate suspension from all sports for a period of 365 days from the day of the ruling is made

The offense can carry over to the next season if needed to fulfill the rest of the suspension. If an athlete is not on an active team, the athlete will be suspended the amount of time of the next completed season. In the event that an athletic team makes it to post-season play, post-season games will count towards the total game suspensions. No athlete serving suspension will be allowed to participate in post-season play until the suspension has been served in its entirety. Any student athlete choosing to serve a suspension in a sport they would not normally participate will be expected to start and finish the season to remain in

“good standing”. If the athlete does not finish the season, the suspension will be carried over to their next sport and all time served would be revoked.

THEFT AND VANDALISM

A student athlete shall not vandalize property at school or at other schools or have in their possession any stolen items from any source, including uniforms or equipment from FMHS or other schools.

- **Violation of Theft or Vandalism Policy** - a student committing this offense will be addressed on a case by case basis. A mandatory meeting with the student athlete, parent, Athletic Director, and Head Coach will determine the consequences of this infraction.

SELF REPORTING

If an athlete admits to a violation voluntarily (within a 7 days) to the principal or athletic director, the penalty shall be reduced in the following manner for the first offense only.

- **Tobacco** - suspended immediately for 10% of the remaining contest the athlete participates in. If not on an active team, suspended from the first two contests of the next season the athlete competes in.
- **Drug and Alcohol** - if on an active team, the penalty shall be immediate suspension from 25% of the competition season. If not on an active team, the penalty shall be suspension from the first 25% of the next season completed.

TERMS OF SUSPENSION

- The athlete must schedule a session with the high school counseling department prior to being reinstated. This session will include: how to deal with the issue in a positive way, how to set goals in the relationship to becoming eligible again, awareness of infraction, and information on positive choices.
- All suspended student athletes must be in good standing during their suspension. This means attending all practices, meetings, and functions as required by their coach. Any unexcused practices or misbehavior during their suspension time will result in dismissal from the squad and time served for suspension being revoked. The student athlete would have to start their suspension over in the next sport in which they participate.

- A student athlete who transfers into FMHS while serving suspensions at his/her previous school will serve out the remainder of his/her penalty at Fort Morgan. The previous school's penalty will be honored in full and will not be increased or decreased in length.

CARRY OVER SUSPENSION

If the violation of the Code of Conduct occurs in the last part of the sport's season and the violator cannot fulfill the terms of his/her violation in that sport, the suspension will carry over until the suspension is fulfilled. This includes the next sport or the same sport next year. If a student athlete elects to participate in a new sport in order to serve a suspension, he/she will be required to complete that season in good standing.

APPEAL PROCESS

Any athlete has the right to appeal removal from a team. A student athlete and his/her parents/guardians have the right to a hearing on the removal from the participation pertaining to violations of the handbook.

Parents may appeal handbook violation removals by notifying the Fort Morgan Athletic Department by phone or in writing within five (5) school days after the removal. The right of appeal is forfeited if this is not required within five (5) school day limit. The purpose of the appeal hearing is to inquire into the student athlete's alleged violation and all the student athletes and parents/guardians to present evidence on behalf of the student athlete. The removal from participation will remain in effect during the appeal process. The student athlete must show just cause to be reinstated. If the reinstatement is rejected by administration, the student athlete must wait an additional 60 days to repeat the process. If the student athlete is reinstated, the athlete will be placed on a probationary contract in which any future violations will result in loss of athletic eligibility at Fort Morgan High School for the remainder of their Fort Morgan High School career.

SOCIAL MEDIA

Fort Morgan High School Athletics Department recognizes and supports its student athletes' rights to freedom of speech, expression, and association, including the use of social networks. In this context, however, each student athlete and coach must remember that playing and competing for FMHS is a privilege, not a right. As a student athlete you represent the high school and are expected to portray yourself, your team, and the high school in a positive manner at all times.

Guidelines

If you participate on a social networking site, you must keep the following guidance in mind:

- Everything you post is public information - any text or photo placed online is completely out of your control the moment it is placed online - even if you limit access to your site. Information may be accessible even after you remove it.
- Limit information about your whereabouts or plans to minimize the potential of being stalked, assaulted, or the victim of other criminal activity.
- What you post may affect your future. Many employers and school admissions officers review social networking sites as part of their overall evaluation of an applicant. Carefully consider how you want people to perceive you before you give them a chance to misinterpret your information
- Similar to comments made in person, the Athletics Department will not tolerate disrespectful comments and behavior online, such as:
 - Derogatory or defamatory language
 - Comments that create a serious danger to the safety of another person or that constitute a credible threat of serious physical or emotional injury to another person
 - Comments or photos that describe or depict unlawful assault, abuse, hazing, harassment, or discrimination; selling, possessing, or using controlled substance; or any other illegal or prohibited conduct, including violating FMHS's policy on Prohibited Harassment and Discrimination.

Student-athletes in FMHS are required to abide by rules set forth in these guidelines.

The failure to do so will be considered a violation of the student-athlete code of conduct and/or the FMHS Athletic Handbook. The violation may result in disciplinary action by the athletics department and the campus.

- **1st Offense** - Parent meeting with the head coach. Consequences will be determined based on the severity of the infraction and may include suspension or dismissal from the team or athletic activities.
- **2nd Offense** – Parent meeting with the head coach and the campus Athletic Director. Consequences will be determined based on the severity of the infraction and may include suspension or dismissal from the team or athletic activities.
- **3rd Offense** – Parent meeting with the head coach and Athletic Director. Consequences will be determined based on the severity of the infraction and may include suspension or dismissal from the team or athletic activities.

HAZING AND HARASSMENT

Fort Morgan High School policies do not allow for any form of harassment, hazing, intimidation, or bullying. Hazing activities of any type are inconsistent with the educational process. All such activities are prohibited at any time in school facilities, on school property, and at any school corporation sponsored event. Hazing is defined as performing an act, or coercing another person to perform any act of initiation into any class, group, or organization that causes or creates a risk (mental, emotional, or physical harm.) Permission, consent or assumption of risk by an individual subjected to hazing shall not exempt the policy. No form of harassment or hazing (such as unwelcome words, physical contact, written notes, or electronic technical activities which inflict physical or mental harm or anxiety of which demeans or degrades or disgraces a person, regardless of location, or intent of participants) will be allowed at Fort Morgan High School. Any student that feels he/she is a victim or witness or hears about a hazing or harassment incident should immediately report the activity to a coach, athletic director, or principal.

NCAA CLEARINGHOUSE INFORMATION

The **NCAA Clearinghouse** is an organization outside of the **NCAA** which performs academic record evaluations to determine if a prospective student-athlete is eligible to participate at an **NCAA** Division I or II college as a freshman student-athlete.

[NCAA Eligibility Center](#)

www.eligibilitycenter.org/

The Official Web site of the NCAA Eligibility Center. Explore NCAA Divisions I and II initial-eligibility requirements and register to participate.

ACKNOWLEDGEMENT

We have read, understand and agree to abide by the Fort Morgan High School Athletic Policies Handbook. Once this form is signed, student athletes at Fort Morgan High School will be held accountable throughout their high school career. In addition, the acknowledgement will be signed each year.

Student Athlete Signature

Parent/Guardian Signature

Date

Date