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STUDENT-ATHLETE
&
PARENT
ATHLETIC HANDBOOK

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FOREWORD

Participation in athletics means more than competition between two individuals or two teams representing their respective schools. It teaches fair play, sportsmanship, and an understanding and appreciation of teamwork. It gives the athlete an appreciation that hard work is the most necessary ingredient of success.

With these values in mind, the policies outlined in this handbook have been formulated for the use of all concerned.

No student is obligated to take part in athletics, nor is it required for graduation. It is

Stressed that athletics is a PRIVILEGE and the COACHES AND ADMINISTRATORS HAVE THE AUTHORITY TO REVOKE THIS PRIVILEGE WHEN THE STUDENT-ATHLETE DOES NOT MEET REQUIREMENTS AND STANDARDS.

TIPS FOR PARENTS OF ATHLETES

1. Emphasize fair play, sportsmanship and discipline within athletics.
2. Emphasize striving to improve skills rather than comparing oneself with others. Growth and development happen at different rates in youngsters. Parents who praise self-improvement efforts can help their kids derive pleasure from their progress over time. This creates many meaningful experiences in sports.
3. Establish and maintain open lines of communication. Tell your children what you expect (maximum effort, listening to their coach, personal satisfaction).
4. Allow your child to compete under the guidance of their coach. Don't put undue stress upon your athlete.
5. Get to know the coach so that you can be assured that their philosophy, attitudes, and ethics are such that you are happy to have your student under his/her leadership.
6. Don't live your dreams through your children.
7. Familiarize yourself with the athletic contract and procedures for each sport.
8. The athletic director and coaches are always available for support. Follow procedures for all inquiries/issues and contact your child's coach first before taking issues to the athletic director.

GENERAL ATHLETIC PROCEDURES

When Sierra athletes take the field or floor, **we will present a class act.**

1. Athletes are expected to conduct themselves in a commendable manner at all times in the school, classroom, during athletic contests, toward opponents, officials, and spectators. The use of profanity is not acceptable and will not be tolerated. Remember, you are an ambassador of Sierra High School.
2. Athletic safety is a number one priority. Participants must be aware that other athletes' physical safety is important and should avoid aggressive action, which could injury another athlete.
3. Athletes are required to attend all scheduled practices and meetings during an established sports season. If a situation arises where a student is unable to attend a practice or competition, the validity of the reason shall be determined by the head coach. In all cases, the coach must be notified prior to an event being missed.
4. No athlete may participate in any athletic event, competition or practice, if they have not attended a full and normal class schedule on the day of the event.
5. Athletes who are suspended from school may not practice or compete during the period of suspension and may not attend extracurricular activities.
6. Athletic equipment issued to the student-athlete is property of HSD2 & Sierra High School. All equipment must be returned at the end of each sports season. Athletes will not be cleared to participate in another sport until all athletic equipment is returned or all financial responsibilities of the equipment is paid in full.
7. We expect to win; yet we also expect that our athletes be modest in victory. Losing is also sometimes part of the game, and our athletes are expected to be gracious in defeat.

PRE-SEASON SPORTS PREPARATION

Every athlete, no matter what level they are participating, must complete all forms prior to participation in any activity. Forms include the following:

1. Physical must be current (physicals are valid for 365 days from exam date) & turned in to the athletic office.
2. All forms must be completed online
 - a. gostallionsports.com – registration tab
3. All athletic fees must be paid for athlete to be cleared

TRYOUTS

Tryouts for programs are open to all students providing they meet the standards of:

1. Academic Eligibility
2. School citizenship
3. Registration online completed
4. Basic physical/health qualifications (medical history & physical) turned in to the athletic director

Students wishing to participate in athletics must complete online registration, turn in an updated physical to the athletic department, and receive an athletic clearance slip.

In some sports, more students try out than can be kept on a team. When this situation occurs, cutting is necessary. Cutting students is a difficult process and all coaches realize that sensitivity and communication are necessary.

Throughout the try out period the coach will communicate and explain team information, expectations and criteria used to select players. It is the student's responsibility to demonstrate to the coach that he/she understands the information and can meet the criteria.

It is the coach's responsibility to evaluate and communicate with each athlete during the tryout period and decide which students will be placed on the team. Athletes who are cut from a program are encouraged to speak with the coaching staff as to the reason for not making a team. Coach's e-mail addresses are posted on the Sierra athletic website for athletes and parents to use in case there are questions. Students who are not selected for a team are encouraged to join another athletic program if possible.

Tryout dates for all sports are as follows:

Fall: August 15 (golf: Aug. 8)

Winter: November 11

Spring: February 27

REQUIREMENTS FOR PARTICIPATION

1. Student must be cleared by the athletic department & all athletic fines paid in full.
2. **Daily Commitment**
 - a. During tryouts and after team selection, the head coach will communicate and explain expectations related to practice times and locations and game schedules. Students are expected to make at least a six-day, two-to-three hours daily commitment to the team each week

- b. Weekend or evening practices/games are common, students should expect regular involvement during these times.
- c. Students who anticipate being absent from team activities for an extended period of time due to family vacation plans, religious obligations, or school sanctioned activities are expected to contact their coaches to discuss absences **prior to** making plans. If the coach is unavailable please contact the athletic department.
- d. Practices may be conducted during school breaks, **practices must be attended.**
- e. Individual sport contracts applicable – please ensure you are familiar with each sports policies.
- f. Athletes must attend 75% of the school day to be eligible for practices and/or competition. Excused absences (doctor’s note, school trip, etc.) do not count against the athletes absences.

QUITTING A SPORT

Any athlete that quits one sport may not go to another sport until the season of the sport he/she quits is concluded. The only exception to the rule is if the two coaches involved mutually agree the change would be the best decision for the athlete. In this case, the approval of the athletic director is required.

Athlete quitting policy:

1. Quitting is not an acceptable practice. Athletes are encouraged to always finish what they started.
2. Any athlete that has decided to quit must schedule a meeting with the athletic director and the head coach of the sport.
3. Any athlete not completing the entire season will not be eligible for a varsity letter in that sport.
4. Any athlete that quits any sport, at any time, will not be allowed to compete in any other sports until that season is completed. Athletes will be granted a one week grace period (beginning the first day of practice) before final commitment is made. At the conclusion of the one-week grace period, the athlete is committed to the sport.

SUBSTANCE ABUSE AND THEFT

The use or possession of **tobacco, drugs (including steroids) or alcoholic beverages on or off school property** in any form will not be tolerated. Athletes who violate the training rules may be required to attend all practices, if not suspended from school, but may not dress in team uniform or compete in any scrimmages or interscholastic competition. Theft of any personal belongings will not be tolerated.

Violations will be subject to the following disciplinary actions:

1. The first violation of these rules will result in minimum one-contest suspension. If the violation occurs between seasons the suspension will carry into the next season of participation.
2. A second violation occurring in the same school-year will result in a suspension from all sports for the remainder of the school-year.

These represent the minimum suspensions for violation of this policy. In cases of greater severity, school administration may increase the suspension up to and including suspension from all interscholastic participation.

HAZING

Hazing is the practice of rituals and other activities involving harassment, abuse or humiliation used as a way of initiating a person into a group. Encouraging, aiding, or engaging in hazing is prohibited.

Students engaging in hazing will be subject to the following disciplinary actions:

1. The first violation will result in a suspension from athletics for the remainder of the sports season.
2. A second violation occurring in the same school year will result in a suspension for the remainder of the school year.
3. A third violation occurring over the course of the student-athlete's career will result in full suspension from interscholastic participation.

These represent the minimum suspensions for violation of this policy. In cases of greater severity, school administration may increase the suspension up to and including suspension from all interscholastic participation.

CONFLICT RESOLUTION/COMMUNICATION

Athletic involvement is highly emotional and very time consuming. Sometimes, conflicts arise between students, coaches, and occasionally parents. However, the student's interest is best served when each participant understands the position of the other. This understanding can only be accomplished by open and honest communication. When conflicts or issues arise, it is important that they be addressed immediately, and as directly as possible, so that they can be promptly resolved.

Students and their parents should use the following process as a guideline when seeking resolution to conflicts or issues between an athlete and a coach:

1. First Step: Contacting the Coach

- a. The athlete should wait at least 24 hours before presenting the conflict/issue to the coach. If personal contact is not practical, a student may ask his/her team captain to approach the coach. If the personal or captain route is not possible, contact may be made by the athlete's parent at an appropriate time. In order for the contact to be as productive as possible, times that athletes, captains, or parents should avoid are:
 - i. Prior to, during or immediately following a contest
 - ii. During an active practice session
 - iii. When other students/athletes are present or when it would be readily visible to others that the discussion is taking place
 - iv. When it is apparent that there is no sufficient time to allow for a complete discussion.

2. Second Step: Contacting the Athletic Director

- a. If a satisfactory solution is not reached through direct contact with the coach, the student and/or parent should contact the athletic director. The coach should be informed that this contact is going to be made. In this case, the athletic director will schedule a meeting with all parties involved (student-athlete, parent, coach, etc.). The student-athlete is required to attend any meeting involving the coach and/or athletic director.

3. Third Step: Contacting the Principal

- a. If there is still not a satisfactory resolution, the student or parent may contact the high school principal. The athletic director should be informed that this contact is going to be made.

TRANSPORTATION

1. Athletes must travel with coaches in district vehicles to/from any athletic contest sanctioned by CHSAA.
2. Athletes will remain with your team and under the supervision of your coach when attending any contest.
3. You must travel to and from all athletic contests in transportation provided by Sierra.
 - a. You may travel home with parents/legal guardians **with written permission from parents/guardians and with consent from your coach.**
4. In order to travel to a game/contest with your parents/guardians you must get preapproval from the athletic director.
5. If you miss the bus it will be at the discretion of the head coach if the athlete is allowed to compete.

6. **Parents, please be available to pick up your child after practice, games, and away trips.** Coaches are required to stay until the last child is picked up. If they have to wait for you, then that puts them home late for their own families.

STUDENT ELIGIBILITY

1. The Colorado High School Activities Association sets standards for athletic eligibility.
2. Although a school is governed by the state association, a school may set more stringent eligibility requirements than set by the state. Each program may also set more stringent academic standards.
3. Listed are most of the general eligibility rules as set by CHSAA. For complete CHSAA eligibility standards see the athletic director.
 - a. Participation in interscholastic athletics as a part of a school's education 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 Colorado High School Activities Association and its member schools may exercise the fullest discretion permitted by law.
 - b. A student shall be eligible to represent his or her high school in an interscholastic activity sanctioned by the CHSAA if such student meets the following specific requirements:
 - i. The student is a bona fide undergraduate member of his or her high school.
 - ii. In the judgement of the principal of the student's school, he/she is representative of the school's ideals in matters of citizenship, conduct, and sportsmanship.
4. Option A
 - a. The student must carry 5 full-credit classes (or equivalent) which total a minimum of 2.5 Carnegie units per semester and be failing no more than one class (.5 Carnegie units). Although a school is governed by the state association, a school may set more stringent eligibility requirements than set by the state.
 - b. Eligibility shall be determined by a weekly check of the student's grades in progress from the beginning of the grading period for each class, to the close of the certification day for the interscholastic activity in question. In all cases, the period of eligibility and ineligibility must be equal and at no time may the two groups become eligible on the same day.
5. Students must have been eligible in accordance with Option A at the close of his/her last prior semester of attendance.
6. A student will be considered in attendance if he/she has been enrolled for 15 days or has competed interscholastically at any time during that semester.

7. All incoming ninth grade athletes are automatically eligible for the first semester athletics regardless of their grades from eighth grade.

The following is a list of interscholastic events, which will be affected by this policy. Any events not listed will be considered on an individual basis

- A. All high school athletic competitions
- B. All-State choir and band competition
- C. All-City honor band
- D. One-Act plays/musicals
- E. All forensics meets

REGAINING ELIGIBILITY

1. Students who have 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 the Friday immediately prior to March 10th for the second semester.
2. A student who has been ineligible, but now regains eligibility for the upcoming semester shall not complete in any interscholastic contest and/or scrimmage until the day following the close of the current semester, or in the case of regaining eligibility in a quarter, on the following day after the quarter.
3. No make-up work shall be permitted after the close of the semester and/or the designated period of eligibility check for the purpose of becoming eligible; and a "condition" (incomplete, unfilled outcome, etc.) shall, for the purpose of determining eligibility, count as a failure.
4. A student is ineligible for the interscholastic competition upon arriving at age 19, but if his/her birthday occurs on or after August 1st, he/she shall be eligible to participate in all sports that year.
5. The period of eligibility for a high school athlete shall be limited to eight (8) consecutive semesters.
6. No high school student shall play more than four seasons in one sport.

SUMMER SCHOOL

Courses taken after the close of the second semester may be used to replace any units failed. Equivalent courses taken must be accepted by the school toward graduation. The equivalent credits must be completed by the Thursday prior to Labor Day. Credits made up through summer school must be in the same curricular area, be accepted to meet graduation requirements of classes previously failed and be recorded on the student's transcript.

TRANSFER RULE

All transfers to Sierra High School must pick up a transfer packet from the athletic director or registrar. This packet must be completed by the family and returned to the athletic director prior to participation in athletics.

ENFORCING & FOLLOWING PROCEDURES

Any other types of behavior that violate training standards established by each head coach or that bring discredit to the Sierra athletic department, will be dealt with on an individual basis. Such violations may incur disciplinary consequences by the coach or athletic director.

Athletes not wishing to comply with these guidelines are demonstrating that they no longer wish to participate in the athletics program and, therefore, are subject to dismissal.

As an athlete you are obligated to not only follow athletics policies, but to also adhere to all the more general policies and rules that apply school wide to the entire student body. Understand that if you violate a school wide policy, you may be disciplined not only under school policies, but may be subject also to discipline or dismissal from the athletics program.

LETTERING REQUIREMENTS

Football, Basketball, Soccer, Volleyball: play in at least three-quarters (3/4) of the total number of varsity quarters, periods or games.

Baseball: play in two-thirds (2/3) of all varsity innings (pitchers must pitch in 1/4 of all innings).

Wrestling: Participate in two-thirds (2/3) of varsity matches.

Track and Field: earn 25 points during the regular season or score points in a state meet.

Cross Country: run three-quarters (3/4) or more of the varsity meets.

Golf: Play in three-quarters (3/4) of the varsity matches

Swimming: Participate in three-quarters (3/4) of dual meets and invitationals or score points in district, league or state meets.

Softball: Play in two-thirds (2/3) of the varsity innings.

Cheerleading: A pep squad member must two seasons in order to letter. (Seasons can be in different years, i.e. Fall season in two separate years or Fall season in one year and Winter season in the next.)

Tennis: Participation in 2/3 or more of the total varsity matches.

Team Managers: To be determined by the coach.

*Student-athletes not meeting these requirements may receive a varsity letter at the head coach and/or athletic director's discretion.

*Student-athletes that quit or are removed from a program for any reason are not eligible for a varsity letter.