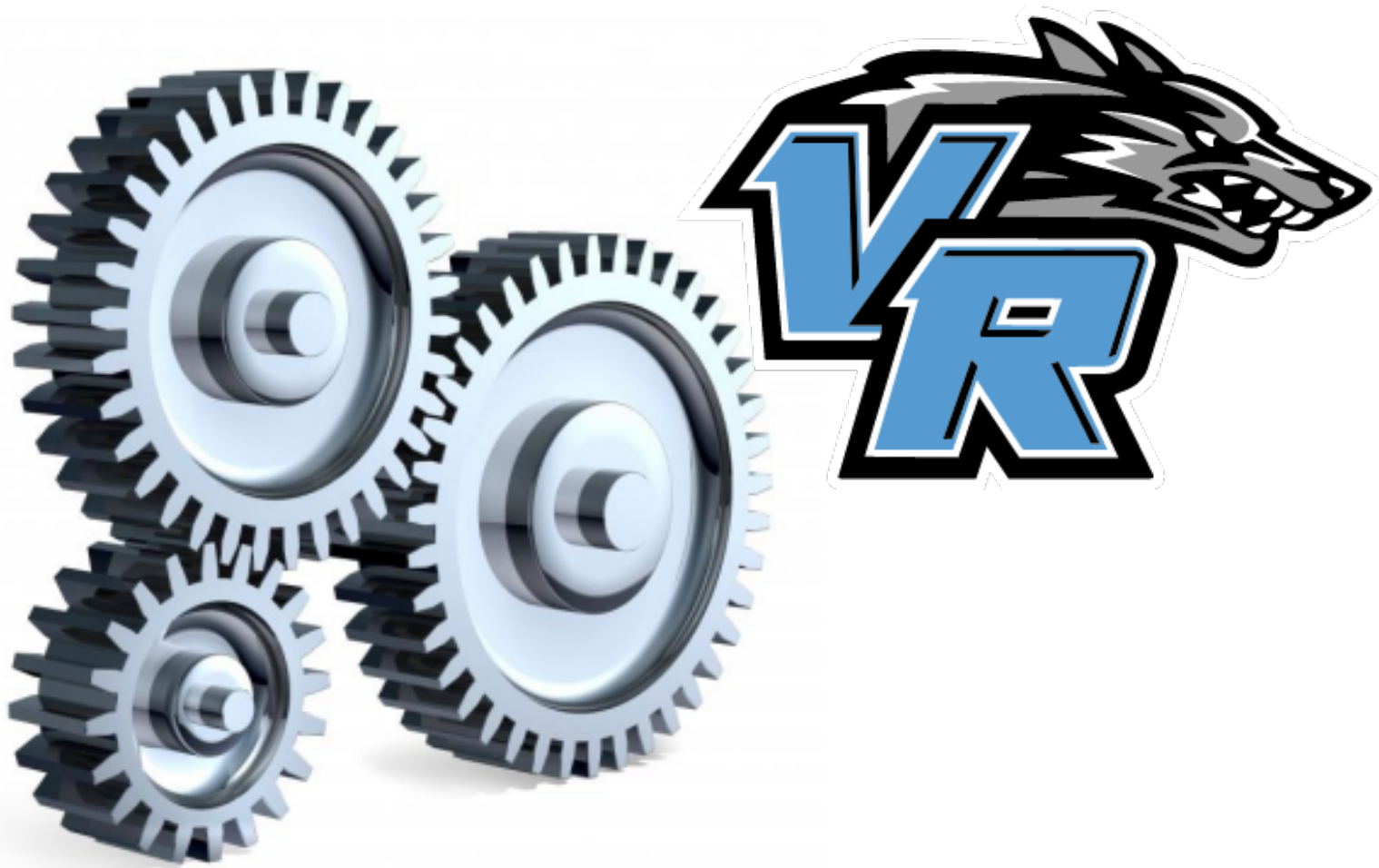


DISTRICT 49 ATHLETICS

Vista Ridge High School



STUDENT-PARENT HANDBOOK

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DISTRICT 49 ATHLETICS

HIGH SCHOOL: ATHLETE-PARENT HANDBOOK

Welcome to the District 49 Athletic Student-Parent handbook. This handbook is designed to answer many of the questions that parents/guardians may encounter during an individual's participation in extra-curricular athletics. Please use this document as a reference guide pertaining to the rules and regulations as well as policies and procedures for participation in extra-curricular athletics.

I. SCHOOL DISTRICT 49: STATEMENT OF ATHLETIC PHILOSOPHY

Falcon School District 49 believes that interscholastic activities are an integral part of the educational process, providing valuable educational experiences outside the classroom curriculum. Many valuable life-long lessons such as sportsmanship, teamwork, commitment, etc. are learned through participation in athletics and activities. It is the goal of District 49 to maximize the opportunities and effectiveness of the lessons learned through athletics.

The following components contribute to the enhancement of the philosophy:

- Vertical Integration – youth and middle school programs that support the high school athletic programs
- Development of fundamental sports skills
- Competitive high school athletic programs that promote academic and athletic excellence
- Programs that allow for maximum opportunities for student participation and that are developmentally appropriate, tailored to the physical, mental and emotional maturity levels of the participants
- Principles of fair play and sportsmanship, both on the field and in the stands
- Highly qualified coaches and staff with opportunities for professional growth and development
- Competitive resources for programs at each level made available through operating funds, participation fees and fundraising

II. SPORTSMANSHIP

Sportsmanship is highly emphasized and positive behavior is expected by students, athletes, parents, guardians and fans at all Vista Ridge High School sponsored events. We strongly encourage family members and students to share in our athlete's experience by attending games and demonstrating positive and constructive support. Vista Ridge High School will not tolerate any inappropriate behavior or unsportsmanlike conduct. Spectators must demonstrate positive behavior or that spectator may be asked to leave by an official, school personnel, administrator, or police officer. If the person resists leaving, the police will charge the person accordingly.

- A spectator who is removed from an event will forfeit his/her privilege of attending future contests – either home or away. If removed from a game, the spectator may have an opportunity to meet with the athletic director to try to resolve the issue. If the spectator shows up at future contests without resolving the issue, he/she may be charged with trespassing.
- If an athlete acts inappropriately (see guidelines presented in the Athlete's Code of Conduct), the coach is expected to take disciplinary action. This may include suspension for the remainder of the game or longer. Consequences for such behavior should be outlined in team rules and expectations and discussed prior to the competitive season.
- If a coach acts inappropriately (see guidelines presented in the Coaches Code of Conduct), the coach will be dealt with by the Administrator. Consequences may range from verbal reprimand, to written reprimand, to suspension, to dismissal.
- Coaches are expected to set strong examples and should model expected behavior at all times!!

III. FUNDAMENTALS OF SPORTSMANSHIP

- Gain an appreciation and understanding of the rules of the sports; please remember that they may change as your athlete increases their levels of play.
- Exercise exemplary conduct at all times.

- Recognize and appreciate skilled performance regardless of affiliation.
- Exhibit respect for contest officials. (Provide only positive remarks to the officials)
- Openly display respect for opponents. (Our opponents are not the enemy)
- Display pride in your actions (Will you feel good about your actions when you are home and have time to think about them?)

IV. ATHLETE CODE OF CONDUCT

As a student athlete representing Vista Ridge High School, you carry a huge responsibility to act in a way that will bring pride to District 49, Vista Ridge High School, your team, and your family. In as such, the following are guidelines of expected behavior. After reading this code of conduct, you agree to abide by these standards of behavior set forth by District 49.

- I agree to respect and care for the equipment I am issued and agree to do the best I can to return it at the end of the season in good condition.
- I agree to respect those in authority, including the coaches, administrators, custodians, teachers, and adult officials from other schools.
- I agree to practice good sportsmanship before, during and after contests, recognizing the talents and efforts of my opponents and the game officials.
- I agree to congratulate my opponent on her/his effort
 - I agree to respect calls made by officials
 - I agree to practice self-control at all times, in regards to fighting, taunting and other negative behavior which would bring disrespect to my team and school
- I agree to leave the facility I am visiting in better condition than when I arrived. This includes refraining from damaging or vandalizing school property, stealing, or leaving trash behind.
- I agree to represent my team with pride by following the agreed upon dress code on game days – at school and to/from contests.

- I agree to represent my team and my school with integrity and character when visiting opponent schools, restaurants or a place of lodging with the team.
- I agree to encourage and remind my teammates of expected behavior and to correct it when necessary. He/she is representing the program of which I am proud to be part of.
- I agree to attempt to resolve conflicts or concerns with my coaches before asking my parents to get involved. I understand that part of the lesson I am learning through participation in sports is that I have responsibility for my actions and for learning how to handle adverse situations.

V. PARENT/LEGAL GUARDIAN CODE OF CONDUCT

As a parent of a student/athlete representing Vista Ridge High School and District 49, it is expected that you role model behavior conducive to good sportsmanship and behavior that will not embarrass the school, your student, or yourself. After reading this you agree to abide by these standards of behavior set forth by Vista Ridge High School.

- I agree to applaud the effort of ALL players on both teams.
 - I agree to cheer FOR our team, not AGAINST another team.
 - I agree that officiating is a difficult, thankless task, and that officials are doing the best they can to be fair to both teams and accept their decisions.
 - I agree not to taunt players, officials, coaches or fans before, during, or following a competition.
 - I agree to help control unacceptable behavior of other spectators by reminding them that it is ok to cheer for our own team, but inappropriate to cheer against another.
 - I agree to support the goals of sportsmanship and help bring pride and respect to my son/daughter and the school they are representing.
 - I agree to support my son's/daughter's role on the team, even if I don't understand his/her position on the depth chart. If I (or my student) have

concerns, I will direct my son/daughter to approach the coach at an appropriate time to discuss our concerns. If I feel it is necessary to meet with the coach, I will set up an appointment with the coach, but will not harass or verbally assault the coach when I am emotionally responding to an issue.

- I agree to pay my son/daughter's athlete/athletes fees before or on the first day of contest. If fee is not paid it will be charged to the student's account. Student may then be ineligible to participate in farther athletic actives until fee is paid or arrangements are made with the Athletic Director.

VI. RESPONSIBILITIES OF THE ATHLETE

1. All athletes are students first and subject to the same rules as other high school students.
 - a. Each athlete will be monitored for academic progress.
 - b. Any athlete suspended from school will be ineligible to practice or play in a contest during that time.
2. All athletes should be aware of the policies, procedures, and rules that govern interscholastic participation as defined by CHSAA. Can be found at www.chsaa.org
3. Once the athlete is out for a sport, he/she is considered to be committed for that season which extends through the athletic awards night.
4. The athlete may not participate in a game or practice on a day when he/she is absent from school. An absence on Friday would require a parent call to the coach to allow Saturday participation. Exceptions to this rule are if a student is on a school-sponsored trip, student has a doctor's appointment, funeral or court ordered appointment or permission from school administration.
5. All athletes should be exemplifying good behavior on and off the field. We expect athletes to set a positive example for other students.
6. All athletes should treat teammates and coaches with respect and loyalty. Athletes should respect the efforts of other STUDENT athletes and support all groups representing the school.
7. All athletes will communicate any injury that they sustain to the trainer or coach. If treatment is required, a coach must be aware of the injury and the condition of the individual.

VII. ELIGIBILITY RULES

There are several rules that govern participation in athletics. Some of these rules are state regulated and others are local, instituted by the Falcon School District. All rules are for both the benefit of everyone who participates.

1. Colorado High School Activities Association rules:
 - a. Age – No one may participate in high school athletics if they turn 19 prior to August 1st of the upcoming school year without first being granted a waiver from the CHSAA office.
 - b. Semester of Attendance – Athletes are restricted to a specific number of consecutive semesters of attendance in which they must participate. There is no red-shirting in high school athletics. An individual has 8 consecutive semesters to complete their eligibility.
 - c. Minimum Classes Required to Participate – Each athlete must be enrolled in a minimum of five (5) full credit classes or their equivalent per semester, and may fail no more than one of those classes.
2. Vista Ridge High School Rules:
 - a. Heads-up Eligibility will be pulled at 10:00 am on Wednesdays.
 - b. Final Weekly Eligibility will be pulled at 10:00 am on Mondays.
 - c. A student/athlete with more than one failing grade on Monday's Final Weekly Eligibility Check –becomes INELIGIBLE immediately on Monday continuing for *three* weeks.
3. A student/athlete that is on the Ineligibility List may practice with the team, however will not be able to suit-up, dress-out, or wear any school uniform for any competitions or events during the duration of the ineligibility period. Also, no student/athlete who is ineligible will travel with the team.
4. Student/Athlete may be ineligible if any past athlete fees are due on their Vista Ridge High School student account and could remain ineligible until fees are paid or approval from athletic director.
5. Appeals Process – All appeals will be directed to the athletic director. The athletic director will gather information and render a decision based on the input of the athlete, coach, and teacher.
6. Forms: Certain forms must be on file through the digital platform (rSchool Today) with the Activities/Athletic Director, prior to the participation of any athlete in a scrimmage or contest.
 - a. Athletic Participation Form: Complete all sections for
 - Athlete Information
 - Student Eligibility/Anti-Hazing policy
 - Insurance Waiver Section
 - CHSAA Statement for participation by Physician
 - Participation Warning Section
 - Read Parent-Athlete Handbook online
 - Emergency Information Card
 - Current physical (good for 365 from date of exam)

b. Wrestling Weight Card (for wrestlers only)

VIII. COLLECTION OF CO-CURRICULAR FEES

District 49 charges a co-curricular fee. Fees are as followed: \$150 - Cross Country, and Track. \$175 for Boys and Girls Soccer. \$200 for Baseball, Boys and Girls Basketball, Football, Boys and Girls Golf, Wrestling, Softball, and Volleyball. 1st Year Co-Ed Cheer \$700; Returning Girls Cheer \$400. 1st Year Boys Cheer \$600; Returning Boys Cheer \$300.

These fees pay for expenses such as game officials, entry fees, transportation fees, accommodations, incidentals, athlete apparel, etc. The fee limit per individual student is \$450, family max of \$750, Cheer fees will not be included in these. **The athletic fee is due on or before the date of the first game or event. The athlete will not be allowed to participate (practice or game play) until the fee is paid in full.**

IX. ATHLETIC DEPARTMENT POLICIES

There are several things that both athlete and parent should be aware of prior to participation. These policies allow for a successful functioning of the athletic department.

1. Practice Policy – Each student-athlete is expected to attend all scheduled practices and team meetings. This may include Saturdays. Holiday practices are voluntary. There are no Sunday practices, ever. If any athlete is in school, they are expected to be at practice. Individual coaches will deal with excused and unexcused practices.
2. Dual Participation – No student-athlete can participate in two sports simultaneously without coach and administrative approval. Although, we encourage all students to participate in each season's athletics.
3. Equipment Liability – All equipment issued to the student-athlete is property of the Vista Ridge High School. Any issued equipment that is lost is the responsibility of that individual. The student-athlete and their parents/guardians will be billed. If the bill is not paid, District 49 reserves the right to prevent future participation.
4. Transportation Policy - All participants are expected to ride district transportation to school sponsored events and contests, when provided. Return of athletes on district transportation is dependent upon school resources and the location of the event.

When return trips are provided by the district, parents may sign for their

child at the conclusion of the event or contest using a check-out sheet provide by the coach.

When a return trip is not provided by the district, parents will be responsible for arranging a ride home for their child. When district transportation is not available, parents will be responsible for arranging a ride home for their child.

X. TRAINING EXPECTATIONS

“No student-athlete will use or distribute alcohol, drugs, tobacco products or electronic smoke inhalation devices (ex. E cigarettes, hookah pens), during their eligibility in a District 49 sponsored activity.”

“No student-athlete will engage in Hazing/bullying behaviors. Hazing/bullying is an abusive behavior which also harms victims and negatively impacts a team and school culture by creating an environment of fear, distrust, intolerance and intimidation. District 49 is committed to providing a competitive environment that promotes respect, tolerance, and equality.”

The training rules and consequences for non-compliance will be enforced for the duration of an athlete's competitive time in high school. Therefore, when a student-athlete begins participation, these rules will be followed:

VI. ALCOHOL, DRUG AND TOBACCO D49 B.O.E. Policy JICH-R

“No student-athlete will use or distribute alcohol, drugs, tobacco products or electronic smoke inhalation devices (i.e. electronic cigarettes, hookah pens), during their eligibility in a district 49 sponsored activity.”

First offense - The student-athlete shall be removed from competition for one interscholastic contest. During that time, the student-athlete shall remain with the team in practice, shall attend the contest, but shall not be dressed in any team apparel during the contest. Parents shall be involved at this stage to support the student-athlete's drug abuse abatement strategy.

Second offense- The student-athlete shall be suspended from athletic participation for the remainder of the team or individual sports season. The student-athlete and his/her parents may petition the activities director for reinstatement if the student-athlete has successfully completed a drug or alcohol rehabilitation program.

Third offense- The student athlete shall be denied the privilege of participating in interscholastic competition in any sport for one calendar year. The student-athlete and his/her parents may petition the activities director for reinstatement after a period of 6 months away from athletic competition; if the student-athlete has successfully completed a clinic-based or residential drug or alcohol rehabilitation program

XI. PARENT COMPLAINT PROCEDURE

During the span of an athletic season, parental concerns arise and need to be expressed. Communication is the best solution to most problems. Therefore, the following protocol needs to be followed by administration, coaches and parents:

Step 1 – Athletes should discuss the problem with their coach. If a solution cannot be reached then proceed to step 2.

Step 2 – Parents should discuss problem with the coach. If it involves an assistant, the head coach should be involved. If a solution cannot be reached then proceed to step 3.

Step 3 – The Activities/Athletic Director will be notified and a meeting will be conducted involving the player, parent, and coach. If a solution cannot be reached then proceed to step 4.

Step 4 – An appeal can be made to the building principal. The Activities/Athletic Director and coach will also be involved. If a solution cannot be reached then proceed to step 5.

Step 5 – The problem should then be discussed with the District Athletic Director, Athletic Director, Principal and/or coach may be asked to be involved. If a solution cannot be reached then proceed to the final step in the grievance process.

Final Step – If the parent is not satisfied, the problem should be discussed in the executive session with the Board of Education. All participants may be asked to be present once a decision is rendered at this level there are no more appeals.

Each meeting will be documented. This documentation will allow for a complete picture to be set forth if further problems arise of this nature or of a different nature concerning the same individuals. It is important that each of us work to improve relationships and maintain open lines of communications. All discussion should be approached from a positive perspective looking for a win-win solution.

By signing the Vista Ridge High School Athletic Participation form your signature indicates you have read the Vista Ridge High School Parent-Athlete Handbook and understand the policies.