

UNIVERSITY

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HIGH SCHOOL ATHLETICS/ACTIVITIES HANDBOOK 2017-18

Philosophy

The athletics/activities program at University Schools is an integral part of the total educational experience. It has the potential to enhance physical conditioning, healthful living, skill development, and a positive self-concept. A sense of belonging to a team can enable a student to develop deep and lasting friendships. The experience of winning and losing is very much a part of every person's life and the athletics/activities program helps teach how to win and lose graciously and with good sportsmanship. The opportunity to commit to a team and its needs can enable a student to realize individual potential as a caring and contributing member of a group.

Participation in athletics/activities, however, is not without risk. There is always the possibility of injury and certainly periodic times of frustration. Unfortunately, these events are not always an equal-opportunity situation: some students are bigger and stronger; some run faster and jump higher; some make the team while others do not; some participate a great deal while others very little. Opportunities may exist, but guarantees are absent.

Interscholastic Activities Offered

High School Activities Offered:

Fall:	Boys' Tennis, Cross Country, Football, Spirit (Cheer & Poms), Volleyball, Softball
Winter:	Boys' Basketball, Girls' Basketball, Knowledge Bowl, Spirit (Cheer & Poms), Wrestling
Spring:	Baseball, Girls' Tennis, Track and Field

NOTE: Students may participate in activities/sports at other schools if University does not offer the activity/sport. The activities director must be notified if the student plans to participate at another school.

Clearance Procedures

All students must meet the following requirements before beginning practice:

1. Complete registration of sport/activity at FamilyID.com or universityschoools.com, under the activities tab. If you do not have internet access, registration can be done in the athletic office.
2. Copy of a current physical examination
3. Paid athletic/activity fee, this fee is non-refundable after the first competition

Colorado High School Activities Association (CHSAA) Eligibility Rules

1. A student must meet all eligibility requirements established by the Colorado High School Activities Association outlined in the CHSAA Brochure. Check with the activities director regarding transfer rules or other special eligibility situations.
2. If a student is ejected from a contest for unsportsmanlike conduct, he/she will be ineligible for the next contest at that level including qualifying and state contests. The student may not participate in any contests at any other level during this period.
3. As a member of any high school team, a student may not compete on any other team, nor in any non-school activity or event in that sport during that sport season without written permission from the principal and activities director.
4. A student may not be a graduate from any high school and participate in high school athletics.
5. A student's 19th birthday must fall on or after August 1st of the current school year.
6. A student is allowed a maximum of 4 seasons in any sport.
7. A student may not practice or compete without a physical exam on file at the school of participation.
8. A student's parent/guardian must sign a form acknowledging the risks involved with participation and granting permission for the student to participate.
9. A total of 5 different days of practice is required, 9 practice days for football, (exclusive of Sundays) before a student can participate in a game or scrimmage. There are no minimum practice requirements for tennis and softball. A student cannot be required to practice or compete outside of the season as a condition of making the team.
10. Individuals participating in any activity/sport shall not accept cash or merchandise awards.
11. Each competitor must maintain amateur standing as part of the interscholastic program. In order to retain amateur status, a competitor cannot compete with professionals; accept money or sign a professional contract; compete under an assumed name; accept a cash or merchandise award for demonstrating athletic ability.

Eligibility Rules

1. Student must be enrolled in at least 5 classes during the trimester of participation. Students taking classes at UNC or Aims should consult the counseling office or the activities director to ensure classes are appropriate for credit. **Note: Advisor/Advisee cannot be counted toward eligibility and Student Aide only counts if it is taken for a grade.**
2. Students must pass the equivalent of at least 5 classes the trimester prior to the season they are participating in a sport/activity.
3. **Weekly Eligibility Check.** An eligibility report is compiled from current grades **at 10:00 a.m. on THURSDAYS** and distributed to coaches. Eligibility will be based on a point system, 2 points for an "F" and 1 point for a "D." A student with a total of 4 points, or any student who is not passing 5 classes will be ineligible for competition. Ineligibility begins the Monday following the check and runs through Saturday.

4. The weekly eligibility check is a state eligibility rule. Students cannot regain eligibility with make-up work until the following Thursday eligibility check. The ineligible student will be required to continue practicing and to attend team meetings during the period of ineligibility as deemed by the coach. Ineligible students will not be excused from classes to attend a contest with his/her team.
5. Students who represent University are expected to meet appropriate standards of personal conduct in addition to standards of academic performance. A student may be declared ineligible for a specific period of time if, in the judgment of the school administration or coach, the student has not represented the school's ideals in matters of conduct.
6. Students are expected to abide by all rules established by each coach. A student who violates a team rule may be dismissed from the team.

Attendance and Athletics/Activities

A student must have attended **ALL** of his/her classes in order to practice or compete. If the student misses a part of a class, a full class, or all of the school day due to illness or truancy, he/she may not practice or compete on the day of the absence. Parents must call the attendance office to prearrange absences for appointments prior to the day of the absence or by 9:00 am the day of the appointment. The activities director may approve absences due to last minute circumstances or other emergencies.

Participation in a Sport/Activity

Attending Meetings, Practices and Games

Team members of all activities are expected to attend all scheduled meetings, practices and games. Those who miss may jeopardize their chances for participation. If circumstance should prevent a student from attending, the student or parent/guardian must notify the coach by phone call or written statement prior to the absence. Coaches reserve the right to judge the appropriateness of the reason for the absence. It should be noted that meetings, practices and games may include Saturdays and/or holiday breaks. Exceptions are mandatory restrictions from CHSAA that allow no student contact on Sundays or December 24 -27 and New Year's Day.

Awards

Each sport will have some type of awards program/banquet at the conclusion of the season. However, it should not be expected that all team members would receive an award.

Care of Equipment and Check-in

Loss or damage of any equipment is the participant's financial obligation. Participants are expected to turn in all uniforms at the conclusion of their participation in the sport/activity to avoid being billed for the uniform. It is expected that uniforms be clean and in good repair.

Communication

If parents or students have concerns regarding the sport/activity, the following chain of communication should be followed:

1. For the first step, the student is asked to set up a meeting with the coach.
2. The next step, if necessary, is for parents to set up a meeting with the student, the coach and the parent.
3. If the concern has not been resolved, parents should request a meeting with the student, coach and athletic/activities director.
4. If the concern still is not resolved, parents can request a meeting with the student, coach, athletic/activities director and the high school principal.

Discrimination

Students will not participate in or condone discriminatory practices against a fellow participant due to age, gender, race, ethnicity, religion, sexual orientation or disability.

Dress Code

In all cases, students are expected to wear clothing in practice that is appropriate for competition in each activity/sport.

Dropping a Sport/Activity

If a student stops participating in a sport during any part of a game, practice, or meeting he/she will no longer be a part of the team and will forfeit the opportunity to earn a letter in that sport/activity. A student who quits one sport will be permitted to participate in another sport/activity during that season.

Note: Any student who is dismissed from a sport/activity for disciplinary reasons may NOT go out for another sport/activity until that season is over.

Hazing and Harassment

Hazing is defined as any activity where a person recklessly endangers the health or safety or causes a risk of bodily injury to an individual for purposes of initiation, admission into or affiliation with any student organization. Harassment is an act of insensitivity. Harassment at school can take many forms. The most common of which are: verbal abuse, racial or gender slurs, threats or such things as "freshmen initiation." Harassment or hazing in any form will not be tolerated. Any student involved in hazing will be subject to discipline, which may include suspension from school in accordance to the University Schools Student Handbook.

Inclement Weather

If school must be cancelled or dismissed early because of inclement weather, practices and contests will be cancelled. Notification will also be available at www.universityschoolathletics.com, twitter and facebook @udogathletics.

Lettering Requirements

In order to letter, a player must be eligible under the rules of CHSAA and the Patriot League. The award of a letter in each sport shall be based upon predetermined criteria for the amount and quality of participation in each sport. University coaching staff shall establish guidelines for the issuance of letters in each program prior to the beginning of the sport season. It is anticipated that not all participants will receive a letter.

- Coaches will review with students the criteria for lettering for their specific sport/activity at the beginning of the season.
- All coaches and the athletic/activities director have the right to award a letter when unusual circumstances exist.

Out of Town Travel

1. Students are under the direction of the coaching staff on all school-related trips.
2. All students are expected to ride to and from the contests with the team. **Exception: athletes may be released to ride home with their parent/guardian provided the coach receives a request from the parent/guardian in person and in writing. Such requests should be made prior to the student's departure.** Note: At no time will a participant be released to anyone other than his/her parent/guardian. No student is allowed to ride home with another student who is the driver. Students are not allowed to drive themselves to away contests in which they are participants.
3. Coaches may have specific rules regarding travel to and from the contest site. If coaches have such rules, they will take precedence over any of the exceptions listed above.

4. If students need to be excused from classes, the coach will provide the attendance secretary with a list of students by 7:30 am the day of departure. The coach will state dismissal time from class. **Athletes should never leave before the indicated time or without being dismissed by their teachers. Ineligible students will not be excused from classes to attend a contest with his/her team.**
5. It is the responsibility of athletes to see their teachers prior to missing classes and to get class work in advance of the absence.
6. If a team stops to eat following an out-of-town contest, students are expected to represent themselves and their school in a manner which brings credit to themselves and to University Schools.
7. Students who violate University Schools' discipline code of conduct while staying in hotel rooms will be sent home early and parents will be billed for their lodging expenses if paid for by University Schools or the University Schools Booster Club.

Parent Expectation

Spectators at home or away events are expected to be role models for our students. Please cheer for our participants using positive comments and support. Being disrespectful toward officials, coaches or participants will not be tolerated and may result in removal from current and future contests.

Participation Fees

The participation fee for high school is \$120 per sport/activity. There is a family maximum of \$480 for the school year. If a student participates in more than one sport/activity in the same season, the student will be responsible for paying the full participation fee for both sports/activities. **This fee is non-refundable after the first competition.**

Team Rules

The head coach of each program will establish team rules. The rules will be in writing and reviewed with team members. A copy will be on file with the activities director. Parents/Guardians should attend the "early season meeting" held by the coaching staff. If attendance is not possible, parents should request the information covered at this meeting from the coach.

Team Size

In some sports, resources and team size may limit the number of students who can participate. Choosing team members for a particular sport is the role of the coaching staff. Any student who does not make the team remains eligible for other sports offered in the same season and is encouraged to try out for one of the other sports.

Training Rules/Drug and Alcohol Policy

The purpose of University Schools' training rules is to create a positive, healthy, drug and alcohol-free atmosphere. In keeping with this philosophy of wellness, student participants are expected to refrain from the use or possession of alcohol, tobacco, and other regulated and or harmful drugs, including performance-enhancing drugs. Students are expected to be leaders within the student population by avoiding environments where alcohol or drug consumption is taking place. Any student who is having difficulty making decisions about use or possession of regulated or harmful drugs is urged to seek assistance from the coach, activities director, administrator, advisor, or counselor. University Schools is committed to offering resources to help students who are struggling with these and other decisions affecting their lives at school.

During the school year, students who willingly violate the following training rules **in or out of season** will face consequences.

1. Use/possession of tobacco products is prohibited.

2. Athletes may not attend a public place or private residence where underage consumption of alcohol and/or drugs is taking place.
3. Consumption/possession of alcoholic beverages are prohibited.
4. Use/possession of controlled substances and the possession of paraphernalia for their use are prohibited.

Consequences for violating training rules of this type are listed below. The school reserves the right to bypass any intermediate discipline steps it determines appropriate.

Consequences

If an infraction occurs, students are encouraged to self-report to a coach, administrator, teacher and/or athletic director. The student may self-report a violation within 24 hours of the infraction one time during his/her high school career and may receive a reduction of his/her consequence for the infraction. The athletic director/administration may determine any potential reduction.

Explanation of Infraction	Consequence for the Infraction
First violation of rule number(s) one and/or two.	Student athlete will be deemed ineligible for a period of 20% of the maximum contests allowed per sport by Colorado High School Activities Association.*
First violation of rule number(s) three and/or four.	Student athlete will be deemed ineligible for a period of 40% of the maximum contests allowed per sport by CHSAA.*
Second violation of rule number(s) one, two, three, and/or four within the same school year.	Student athlete will be deemed ineligible for one calendar year from the day the consequence is determined and will forfeit the opportunity to earn a school letter in that sport/activity.

**The student must continue to practice and attend all team meetings and events.*

Suspensions and other restrictions will carry to the next season the student athlete completes or to the following academic year if not completed in the current academic year.

Procedural Process

1. Once a potential violation has been reported to the school, the athletic director and administrator(s) will be notified immediately.
2. The athlete will be extended due process and the opportunity to meet with the appropriate school personnel to present information regarding the incident.
3. If it is determined that a violation has occurred, the appropriate school personnel will apply the outlined consequences.
4. An attempt to notify parents will be made as soon as a consequence is determined, before the student athlete returns to class/practice.
5. Coaches will be notified as soon as a consequence is determined for the student athlete.
6. Parents may request a meeting with appropriate school personnel for further clarification. The student athlete may be present at the request of the parent and/or appropriate school personnel.
7. The student athlete must complete the Athletic Participation Reinstatement Checklist to be reinstated to full team membership and participate in contests again.

University Sports Number of Contests to be Missed

Sport	20%	40%
Baseball	4	8
Basketball, Boys & Girls	4	8
Cheer	TBD	TBD
Cross Country	2	4
Football	2	4
Knowledge Bowl	2	4
Poms (Dance)	TBD	TBD
Softball	4	8
Tennis, Boys	3	5
Tennis, Girls	3	5
Track, Boys & Girls	2	4
Volleyball	5	9
Wrestling	4	7

NOTE: IF AN OFFENSE OCCURS DURING SCHOOL TIME OR AT A SCHOOL SPONSORED EVENT, THE SCHOOL DISCIPLINE AND CODE OF CONDUCT POLICY SUPERSEDES THE PROCEDURES DESCRIBED ABOVE.