

# Thunderbird Pride

Sangre de Cristo High School

Athletic/Activities Handbook

2011-2012

This material is presented because your son/daughter has indicated a desire to participate in interscholastic athletics. The community, staff, and students of Sangre de Cristo School District Re-22J have a strong belief in the philosophy that athletics are a true function of the educational process. We are here to assist our students in reaching their full mental, physical, and emotional potential. In order to achieve the greatest positive development, the athlete must listen, learn, persevere, and perform. Training must be an integral part of the mind and character of the athlete. It is our mission, through athletics, to equip our students with the necessary skills to be successful throughout life.

The following are the core ideals of the athletic program at Sangre de Cristo School District.

**Game fundamentals and knowledge:** All participants will be instructed in the fundamental skills particular to each sport. Coaches will provide instruction with the utmost concern for safety.

**Teamwork:** Student athletes will be provided with a variety of opportunities to feel good about their contribution to the team. Student athletes will be guided in the development of skills, and will be expected to show respect for themselves, their teammates, competitors, spectators, coaches, and officials.

**Sportsmanship:** A positive attitude will be expected before, during, and after any athletic event or practice. It is understood that a student athlete is a representative of Sangre de Cristo School District and, win or lose, every student athlete's behavior will remain consistently respectful.

**Participation:** A successful athletic program is dependent upon the individual participation of students, parents, staff, and community. It is our expectation that through significant participation by all parties, a heightened sense of pride in our schools and community can be achieved.

**Achievement:** We believe that one link to increased academic achievement is athletics. Students who are active and involved are more likely to succeed in school. The other part of achievement is high achievement for our teams and individual participants. Our athletic program will strive to provide every opportunity for teams to be successful and for individuals to be recognized for their achievements.

## REQUIREMENTS FOR PARTICIPATION

Remember that athletes are not eligible to participate in any sport until the following items have been completed.

1. **Physical examination completed and kept on file in the office.**  
Physicals are valid for one calendar year. If a student receives an injury that prevents him/her from participating in the sport for a period of time (as stated by a doctor), the student cannot return to practice or participate in games until the same doctor releases the injury restriction.
2. **Insurance form completed and on file in the office.** Athletes must have current insurance (or a payment plan that covers injuries) to participate. They must have their own or purchase the schools. (if there is a problem with insurance see Mr. Curtis)
3. **All academic eligibility requirements have been met.**
4. **Parent permission form and release on file in the office.**
5. **Parent/Guardian must attend parent meeting prior to the sports season.** This meeting will be set up by the athletic director and coach. If it is impossible to attend the meeting, notify the athletic director to set up alternative communication.
6. **Athletic Department Handbook Agreement** and, if applicable, sport training rules signed and dated by the athlete and parent/guardian.
7. **Transfer students must have a notarized transfer form on file.**

## REQUIREMENTS PRIOR TO COMPETITION

1. **Emergency data card** – carried by coaches at all times in case of injury or health problem.
2. **Parents must sign the random drug testing form**

A student who elects to participate in athletics is voluntarily making the choice to follow our training rules. There are reasons we place such stress on good training habits. We are striving for excellence, and do not want our athletes to compromise with mediocrity. When a student athlete wears the colors of our school, they assume the responsibilities that go with representing our school. Our younger students are watching our athletes. They copy our athletes in many ways. As role models, our student athletes must set good examples for them. Parents/guardians should understand that

they play an important role in their child's participation in extra-curricular activities and adherence to this set of policies. These activity policies are in effect during the school year, in or out of school, and in or out of town.

1. General and semester eligibility to participate in interscholastic athletics shall be determined with reference to the Constitution and by-laws of the Colorado High School Activities Association and the rules of the school district. In order to participate in any extra-curricular and/or CHSAA activity, a student athlete cannot be failing more than .5 Carnegie units at the end of the semester. This is the equivalent of one class. Classes approved by the school guidance counselor and/or athletic director may be taken during the summer to recover credits. All coursework must be completed and notification of a passing grade received by the counselor or athletic director for an ineligible student athlete to become eligible. A student athlete failing more than one class will regain eligibility after six weeks if passing all but one class at that time.
2. All policies/rules established for the students by Sangre de Cristo School District must be followed. Please refer to the student handbook. A student athlete ineligible may practice during the week of the ineligibility. However, he/she is NOT eligible to participate in all school activities that week. For example, the student athlete may not dress or sit on the bench. Student athletes who have received an out-of-school suspension are NOT eligible to practice or participate in events. This includes attendance at games.
3. Sangre de Cristo High/ Middle School have a weekly eligibility policy. Any student athlete failing a class is considered ineligible for participation in games and meets that week. Teachers turn in eligibility lists on Monday by the start of second period. Eligibility can be regained the following Monday. A student athlete cannot make up work later in the week and be eligible for the weekend events. The student athlete can practice after checking with teachers to determine the cause of low grades, and develop a plan to improve the grades. Options available for failing student

athletes include Friday school, tutors, and study sessions with teachers before or after school.

4. If a Sangre de Cristo High School or a Middle School Athlete has been ineligible for 3 weeks (does not have to be consecutive) during a sports season, they will be ineligible for the rest of that sports season and be dismissed from the team. They can regain eligibility in the next sport that follows immediately after that season.
5. All students, including student athletes are expected to dress in accordance with the District dress code, and conduct themselves in accordance with the policies/rules of the Sangre de Cristo School District, including this activity policy.
6. A student athlete must attend school for at least 1/2 day in order to participate in practice or participate in a contest unless the absence (doctor or dentist appointments, for example) was prearranged with the head coach. A student athlete must attend school 1/2 day on the day preceding an event and attend the practice immediately prior to an event to participate in weekend games. Absences due to emergencies, i.e. death in the family, legal affairs, will be handled on an individual basis. The coach or athletic director must be contacted as soon as possible. Attendance at a Friday game may be considered for participation at a Saturday event. Extenuating circumstances may be reason for the administration to make exceptions to this absenteeism clause.
7. Any student athlete who fails to turn in equipment for one sport/activity, or who hasn't paid fines from their last sport/activity, will not be allowed to play in a contest until all fines have been paid and/or all equipment has been returned. Care and cleaning of uniforms and equipment checked out to an athlete is the athlete's responsibility. The student athlete will be responsible for the replacement cost of a uniform should loss, theft, or damage of a uniform

occurs. The uniform may not be modified without the permission of the athletic director.

8. Student athletes (including cheerleaders) will not be allowed to provide their own transportation to or from out-of-town events. Student athletes will travel with their team and coach/sponsor to events. Permission may be granted for a student athlete to ride home with his/her parent or guardian if a written statement is given to the coach/sponsor stating that the student athlete will be with the parent. Student athletes cannot be released to a person other than their own parent or guardian.
9. Student athletes will remain with their team and under the supervision of the coach when attending away contests. This includes at the game, during another game, and at restaurants.
10. Every candidate for athletic teams will be given equal consideration. Coaches will place students where they can best learn and develop their abilities. This will be at the varsity, junior varsity, or “C” team level. There may be overlap in team membership.
11. The substance abuse policy is in effect during the activity/sports season. Infractions can occur on or off campus. Verification will be determined by law enforcement, student athlete’s parent or guardian, staff member, or by first person account.

Students may not:

- A. Use, possess, or sell alcoholic beverages
- B. Use, possess, or sell drugs or paraphernalia
- C. Use, possess, or sell tobacco products

A violation of this rule will result in application of the following policy. Offenses do not carry over from middle school to high school, but are cumulative during middle school and again, during high school.

\*First:

A first offense will result in suspension from any competition for the next two weeks of scheduled interscholastic events to run concurrently from activity to activity. (For example the final week of sport “A” to the first week of competition in sport “B”) The student athlete will be required to receive 8 hours of counseling from a Sangre de Cristo approved drug, alcohol, tobacco abuse class or center. The counseling will be arranged and paid for by the student and/or parent. The student athlete will be allowed to practice, but not participate in any interscholastic events until the athletic director is notified by the counselor/center that all hours have been completed, or are in the process of being completed, and the two-week period has elapsed. Failure to comply with required counseling will result in an extension of the suspension until the required counseling is completed. Parents are encouraged to participate in counseling with their student.

\*Second offense while enrolled as a student at Sangre de Cristo School:

A student athlete violating this policy a second time will be suspended for four weeks of competition, to run concurrently from activity to activity. The student will be required to spend 20 hours of counseling in a District approved drug, alcohol, tobacco abuse class or center. The counseling will be arranged and paid for by the student and/or parent. The student athlete will be required to practice, but not participate in any interscholastic events until the athletic director is notified by the counselor/center that all hours have been completed or are in progress. Failure to comply with required counseling will result in an extension of the suspension until the required counseling is completed. Parents are encouraged to participate in the counseling with their student.

\*Third offense while enrolled as a student at Sangre de Cristo Schools:

The student athlete will be suspended from practicing and competing in any interscholastic event for one calendar year (365 days) from the time of the offense. The student will not be awarded a letter for the season during which the offense occurred. The school strongly suggests that a drug and alcohol abuse clinic be contacted and intensive therapy be sought from this source for the student.

12. A coach may have specific rules for the sport he/she coaches. These rules, approved by the athletic director, are to be followed in addition to the rules in this policy, and are to be distributed by each coach to his/her players, signed by parent/guardian, and on file in the office.

13. Each sport has specific lettering requirements on file in the high school office. Disciplinary and substance abuse violations may affect post-season awards at the school, conference, and state level.

14. If an athlete or parent has a problem with a coach or the athletic department, be certain that you have discussed the situation thoroughly with your child. Your first contact at school should be the coach of the sport in which your child is participating. Please wait a minimum of 12 hours following a contest, to contact a coach. If you are not satisfied with the outcome of this meeting, your next avenue is to meet with the athletic director, followed by the superintendent. It is hoped that this handbook will also help answer any questions that you may have.

## Sportsmanship

The Colorado High School Activities Association and Sangre de Cristo School District encourage athletes to practice good sportsmanship and bring about desirable relationships with other schools and their athletes. Students and fans at our athletic events should:



1. Remember that a student or fan represents their school the same as an athlete does.
2. Recognize that the good name of the school is more valuable than any game won by unfair play.
3. Accept decisions of officials without comment.
4. Recognize and applaud an exhibition of fine play or good sportsmanship on the part of the visiting team.
5. Insist on the courteous treatment of the visiting team as it passes through the streets or building, and extend every possible courtesy to visitors.
6. Acquaint others of the community and the grade school pupils with ideals of sportsmanship that are acceptable in our schools.
7. Advocate that any spectator who continually shows poor sportsmanship be requested not to attend events.
8. Insist on fair, courteous, and truthful accounts of athletic contests in local and school papers.
9. Encourage the full discussion of fair play, sportsmanship, and school spirit through class work and other extra-curricular activities in order to discover ways by which students can develop and demonstrate good sportsmanship.

**Sangre de Cristo School District Extra-Curricular Activities Participant  
Training Rules and Academic/Attendance Eligibility Standards  
Agreement**

**JUNIOR/SENIOR HIGH ATHLETIC SIGN OFF SHEET**

We, the undersigned, agree to these terms and conditions for participating in Sangre de Cristo School District athletics/activities. We have had an opportunity to read these training rules. We agree to abide by all rules and accept the consequences for behavior that violates these rules and policies. PLEASE SIGN, DATE, AND RETURN THIS FORM TO YOUR COACH OR SCHOOL OFFICE BEFORE PARTICIPATION IN AN ATHLETIC ACTIVITY.

Student \_\_\_\_\_ Grade \_\_\_\_\_

Student \_\_\_\_\_ Grade \_\_\_\_\_

Student \_\_\_\_\_ Grade \_\_\_\_\_

Student \_\_\_\_\_ Grade \_\_\_\_\_

Student \_\_\_\_\_ Grade \_\_\_\_\_

\_\_\_\_\_  
Parent/Guardian

\_\_\_\_\_  
Date

\*\*The student is ineligible to participate in Sangre de Cristo School District athletics/activities unless this Agreement is signed by his/her parent/guardian.