

Welcome to
SARGENT HIGH
SCHOOL
“HOME OF THE FARMERS”



High School Activity/Athletic
Handbook

STATEMENT OF PHILOSOPHY

The Board supports the concept that a wide variety of extracurricular activities should be made available to students. Included in such activities shall be interscholastic athletics. However, participation in such activities is a **privilege** and not a right. The interscholastic athletic program of this district shall be considered as an extracurricular part of the total school program. The purpose of athletic programs in the secondary schools shall be:

1. To develop a program of competitive sports:
 - By developing good attitudes, pride, sportsmanship, and ethical behavior in students, participants, and spectators.
 - By providing opportunities for all students to experience success.
 - By promoting athletic programs that teach and develop learning outcomes through educational experiences not otherwise provided in the curriculum.
 - By promoting such values as good citizenship, good sportsmanship, high behavioral and ethical standards.
 - By encouraging and developing athletes in all school-sponsored sports and providing sufficient opportunity, especially at the junior high level, for students to develop individual ability.
 - By developing and maintaining a good relationship between athletic teams and the student body, faculty, administration, and community.
 - By teaching fundamentals and techniques of each sport in a progressive sequence as appropriate for students at higher-grade levels.

2. To provide a wide basis of participation in both team and individual sports and in interscholastic competition.

GENERAL ELIGIBILITY AND PARTICIPATION REQUIREMENTS:

1. If a student becomes 19 years of age after August 1, he/she is eligible to complete the remainder of that school year, and if he/she becomes 19 before August 1, is not eligible for any part of the school year.
2. Colorado High School Activities Association requires that all students be enrolled in and passing two and one half Carnegie units of credit. Eligibility lists are submitted to the state four times per year. (CARNEGIE UNIT: Typically each class represents .5 carnegie units. Therefore in a seven period day, a participant in activities/athletics must not be failing at the time of participation more than one course to be passing 3.0 carnegie units.
3. A student must have insurance and parent waiver forms filled out and signed by a parent and put on file in the Activities/Athletic Director's Office before the student participates or is issued athletic gear.
4. Every athlete must have had a physical and have the physical form on file in the Activities/Athletics Director before the student participates or is issued practice gear.

5. The athlete must either be insured by school insurance or insurance at home and have his/her form signed by parent or guardian as evidence of insurance.
6. A student must attend school at least four (4) class periods of the school day in order to participate in practice or a game that day unless previous arrangements have been made with the administration. In case of an out of school suspension: A student cannot participate in any school activity (i.e., practice, competition, banquet, etc.) until the student has been declared in good standing with the school. This is established on the next school day following a suspension term.
7. The athlete is ineligible for practice or participation while suspended from school or carrying less than 2.5 carnegie units.
8. Any student who quits one sport may not participate in another program until the sport he/she quit has completed its season.

WEEKLY ELIGIBILITY:

To be eligible to participate in extracurricular activities, a student must be passing 3.0 carnegie units and have acceptable citizenship status. The student is ineligible if:

1. Has more than **one** failing grade per week.
2. Has a failing grade **two weeks in a row** in the same class.

Grades will be checked **Friday** (reports must be input by 3:30 p.m.) and an eligibility list will be given to teachers and coaches by 10:00 a.m. Monday. The eligibility period runs from Monday through Sunday night for the designated week or period, one-week or longer. Students who are ineligible cannot participate in an event until they are reassessed for the new period which begins on the following Monday. Students receiving "Incomplete" are eligible to compete when the "I" is converted to a passing grade previous to the competition (and is passing 3.0 carnegie units). **Period exceptions:** At the end of the nine weeks the eligibility period is 2 weeks, and Thanksgiving week stays the same as the previous week. At the beginning of each nine weeks the eligibility period is 2 weeks based on the final grades for the previous nine weeks.

Ineligible students will not be allowed to miss class for any activity held during the school day. Ineligible players cannot travel with the team nor can they sit with the team during competition.

PROTECT YOUR ELIGIBILITY!!!

IN ADDITION:

A student is eligible for competition if and only if he/she meets all of the following criteria:

ACTIVITIES:

- a. Have parent's signed permission form (fall, winter, spring).
- b. Have accident insurance form.
- c. Completed emergency form.
- d. Have signed handbook form.
- e. Previous semester grades indicate that 3.0 carnegie units were passed.

ATHLETICS:

- a. Maintain amateur status.
- b. Have a physical examination every year as confirmed on the CHSAA physical examination form.
- c. Have parent's signed permission form (fall, winter, spring).
- d. Have accident insurance form.
- e. Completed emergency form.
- f. Have signed handbook form.
- g. Previous semester grades indicate that 3.0 carnegie units were passed.
- h. Outside competition: As a participant in any high school sport, you may not practice with a non-school team while you are a member of your school team **WITHOUT THE PRIOR CONSENT OF THE COACH AND PRINCIPAL.**

NOTE: Eligibility rules regarding make-up work.

- a. Weekly: all make-up work must be to the teacher prior to the teacher reporting the grades on each Thursday.
- b. End of a semester: All make-up work must be completed and turned in by the end of the semester. Semester grades will not be changed after the fact.
- c. Summer school: All make-up work must be turned in by end of summer school. Summer school credit or its equivalent credit accepted by the school may be used to replace any Carnegie Units or their equivalent (of the subject) on credit failed during the previous semester(s).

REGAINED ELIGIBILITY

If at the end of the semester (January or May) a participant received a non-passing grade or incomplete in two or more subjects, the participant will be ineligible the ENTIRE FOLLOWING QUARTER. Make-up work is NOT PERMITTED after the close of a semester for purposes of becoming eligible. HOWEVER, 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 on the Friday immediately prior to March 10th for the second semester if the participant

demonstrates proficiency by passing at least 3.0 Carnegie Units at the time of the above designated days.

PARTICIPATION

1. Under CHSAA rules, a student may not participate on any non-school team of the same sport, during the competitive season.
2. An athlete can drop a current sport to participate in another if and only if the decision to do so happens before he/she participates in the first contest of the sports season or a scrimmage prior to the sports season beginning.
3. At no time may an athlete use gymnasium equipment or facilities without supervision by a coach, certified personnel or a designated adult.
4. It is the athlete's responsibility to return all school issued athletic equipment to the coach upon completion of a contest, season, or quitting a team. Any loss or undue damage of equipment by athletes has to be paid to the Activities/Athletic Office before issuing other equipment for that sport or entering another sport. Once equipment is issued, it is entirely the athlete's responsibility. If the athlete later finds the missing gear, he may present it to the Activities/Athletic Director and his money will be refunded.

CONDUCT

1. Behavior: An athlete is to act as a gentleman or lady at all times; must be courteous to teachers, students, fellow athletes and adults.
2. General Appearance: An athlete must dress and look the part of an athlete. Hair well groomed, skin clean and clothes clean and neat.
3. School: An athlete is to be in class regularly, complete class work as delegated, and be pleasant and respectful at all times.
4. Poor Attitude, Swearing, Horseplay, Leaving Dressing Room Messy: An athlete may be dropped from the team at any time the coach believes his/her attitude is detrimental to the team or he may take any reasonable action to see that infractions of the above do not occur.

NOTE: individual cases involving "Conduct" may result in penalties ascribed by the coach, the Activities/Athletic Director, or the Principal.

CITIZENSHIP:

Citizenship is an important attribute recognized at Sargent School District. It is very important that our student athletes represent themselves with respect on and off the playing field.

1. Disciplinary problems during the sport season on school grounds, at school functions, on school time, traveling to or from school activities, while under direct school supervision, will also be addressed in the athletic code. These violations could be based on, but not limited to, overall attitude, non-contribution, and/or

disciplinary problems such as vandalism or disrespect. Student athletes with violations will be penalized as follows:

1st offense

The head coach will impose a consequence appropriate to the violation.

2nd offense

The athlete will receive an automatic one week suspension from the activity.

3rd offense

The athlete will receive an automatic dismissal from the team and forfeiture of their athletic letter in that sport.

2. Students who are suspended from school during the competitive season will receive the following consequences:

1st offense

The athlete will be suspended from the team for the time of school suspension and cannot practice.

2nd offense

The athlete is expelled from the team but may compete in the next sports season if conduct warrants.

Disciplinary problems that occur during the sport season, off school grounds, during non-school functions, during non-school hours, while not under direct school supervision may also result in disciplinary action? This includes any infractions of city, county, state, or federal laws other than minor traffic violations. Because of the nature of a wide variety of situations in the violations of these laws, it is impossible to write one rule that will cover all situations.

- a. Each situation or case will be judged separately as to its nature.
- b. Possible action by the activities/athletic director could be probation, game or games suspension, removal from the team and/or forfeiture of athletic letter.
- c. The coaches and staff members must report all violations to the school administrators.

DRUG, ALCOHOL AND TOBACCO:

Sargent School District does not, under any circumstances, condone the use of drugs, alcoholic beverages and/or tobacco. The use of drugs, alcoholic beverages and/or tobacco will not be tolerated. Use is defined as any consumption or possession of illegal drugs and/or alcohol and possession or consumption of tobacco products.

Student violators will serve the following penalties:

1st time:

Ten (10) days of out of school suspension and the next two competitions, following the suspension that they would have participated in. If at the end or the beginning of a

season, they will miss the first two competitions of the next activity the student chooses to participate in.

2nd time:

Dropped from team for the rest of the season. However, if the incident occurs within the last 20 days of that specific competitive season, a student will be suspended from participation in his/her next choice of activity up to but not to exceed 20 days.

3rd time:

Dropped from athletics for the remainder of the year (calendar year; from the time of the infraction). However, to be fair to all competitive seasons, if the infraction occurs during the winter or spring seasons, the student will be suspended from being able to participate during the fall or winter competitive seasons or both during the following school year. (Documentation of attending a rehabilitation program is required upon return).

Attendance at parties where there is illegal consumption and/or possession of drugs and/or alcohol may be construed as active participation of an illegal act. Immediate removal of the student athlete from the premises is strongly recommended.

DUE PROCESS:

1. The coach/sponsor of the particular activity shall be the initial source of investigation to any alleged violations by an athlete as it pertains to the Sargent Athletic Code or team rules.
2. The Activities/Athletic Director (A.D.) will only be involved in cases where there is a direct violation of the Sargent Athletic Code or team rules.
3. The A.D. will investigate the allegation and render a decision as soon as possible. During the time of the investigation, the athlete may be restricted from participation in any contest, not to exceed 5 days.
4. The athlete may then appeal the decision within 3 days to the Executive Council (E.C.). The E.C. is comprised of all the head coaches, the A.D., and the principal.
5. The responsibility of the E.C. is to hear cases that have been appealed. The E.C. is not a policy enforcing body. If there is no request for an appeal before the E.C., the A.D.'s decision will be final.
6. District Policy applies for further review.

The Head Coach is usually the judge of what shall be done when rules are violated, the Principal and Athletic Director should be kept informed when

any serious violation occurs. Strong suspicion or strong public sentiment that any student in question is guilty may be sufficient reason for suspension from an activity for a period of time to be determined by the Coach and the Athletic Director.

Student's Responsibilities

Equipment: It is the athlete's responsibility to return all school issued athletic equipment to the coach upon completion of a contest, season, or quitting a team. Any loss or undue damage of equipment by athletes has to be paid to the Athletic Office before issuing other equipment for that sport or entering another sport. Once equipment is issued, it is entirely the athlete's responsibility. If the athlete later finds the missing gear, he may present it to the Athletic Director and his money will be refunded.

Reporting Injuries: Unless the coach or some other person witnesses an injury and takes the necessary steps to report the incident, the responsibility for reporting the injury to the coach rests upon the student or his parents or guardian. Injuries must be reported promptly, fully, and accurately to the coach in charge. *OTHERWISE, THE INJURY MAY NOT QUALIFY FOR INSURANCE BENEFITS*

SQUAD CUTS

All reasonable attempts will be made (particularly at the sub-varsity levels) to forego the cutting of squad members. However, in certain co-curricular programs, limitations related to facilities, equipment, and manageable numbers may make it necessary to limit the number of participants.

TIME-OFF BETWEEN SPORTS

MANDATORY: Athletes will be given a minimum of three (3) school days off (no practice or competition) when going directly from one sport season to the next.

Exception: Due to post-season play where the play-offs overlap the beginning of another season; the athlete may join the new team immediately, once the play-offs have concluded.

QUALIFICATIONS FOR VARSITY LETTERING

NOTE: The Sargent School District RE-33J letter jacket/school colors are black and gold. When a varsity letter has been earned, it must be worn on the traditional Sargent letter jacket only. If a student chooses not to purchase the specific jacket, then it is their only option to display the earned letter at home. If a student wishes to display their earned letter on a non-traditional letter jacket, then it is the administrator's duty to ask that student to remove the varsity letter and/or return it to the activities/athletic department

**All activities/athletics lettering is at the discretion of the head coach, however, suggested qualifications follow:*

Football:

1. *Athlete will participate in at least 50% of the quarters for the regular season or 50% of the quarters in post season competitions.*
2. *Athlete will participate in 70% of the lifting days during the summer and complete the football season.*

Volleyball:

1. *Participation in (at least 50% of all varsity games played) during the regular season or 50% of the varsity games during post season play.*

Cross Country:

1. *Must earn 15 points to letter*
5 points – for finishing in the first third of a race
3 points – for finishing in the second third of a race
1 point – for finishing in the final third of a race
1 point – for every varsity meet you compete in and finish

Basketball: (Boys and Girls):

Participation in at least one more varsity quarter than the total number of varsity games scheduled. (i.e.; 18 games = 19 quarters or more played) or 50% of the varsity games during post season play.

Wrestling:

1. *Earn more than 15 team points in varsity matches.*
2. *Place in the top 4 at the League or Regional Tournament.*

Baseball:

Participation in one inning over one-half of the innings played during the regular season or 50% of the innings played during post season play.

Track: (Boys/Girls)

1. *An athlete must earn a total of at least 40 varsity team points during the regular track season.*
2. *Place within the top 6 positions of an individual event or within the top 3 positions of a team relay race during a League, District, or Regional Meet.*
3. *Qualify for the State Track Meet.*

Athletic Varsity Managers/Statisticians: Letters will be awarded on the following conditions:

3. *Attend all practice sessions; exception--excused absences.*
4. *Be present at all competitions.*
5. *Perform tasks outlined by the head coach.*

DOCTOR RELEASE FOR INJURED ATHLETES:

The CHSAA Board of Control approved a proposal submitted by the Intermountain League which states that; "If at any time during participation, a doctor removes an athlete from participation because of an illness or injury, the athlete must have a written release form doctor before participating again. Note: The release may be satisfied if upon removal the doctor specifies the duration of the student's restriction from participation."

A couple situations that have been raised concerning the above ruling.

Situation 1:

During a contest a student is injured and removed from participation by a doctor. When may the student return to practice or competition?

Ruling 1:

The student may return when he/she has presented a written statement from the doctor that he/she is medically fit to participate.

Situation 2:

In a similar situation to Situation 1, except that a home team doctor removes an injured member of the visiting team from competition, must the student have written verification from the same doctor who removed him?

Ruling 2:

Upon returning from the away game the student may go to his/her own doctor for an examination but a written statement from that doctor must accompany his/her return to participation.

LOCKER ROOMS AND CARE OF EQUIPMENT

- 1. The locker rooms are for players and coaches only during the interscholastic contest.*
- 2. There shall be no horseplay in locker rooms at any time. Hazing of other students is strictly prohibited and could result in removal from the team.*
- 3. Locker rooms are to be kept clean. (On away trips, we are to pride ourselves on that we leave the locker rooms cleaner than when we arrived).*
- 4. Each student is responsible for the proper care and safekeeping of the school equipment issued. Lockers must be secured before and after practices or competition.*
- 5. Lost or stolen school supplies items must be paid or through the Activities/Athletics Office and receive a receipt.*
- 6. No student will be allowed to practice with another activity/athletic program until all equipment and/or uniform obligations are cleared up with his/her previous coach/sponsor.*
- 7. Any damage that a student causes must be paid for before that student may participate in practice and/or competition.*

TRANSPORTATION REGULATIONS

1. Participants must to and from contests in transportation provided by Sargent School District RE-33J. The only exceptions are:
 - a. Injury or illness to a participant requiring alternate transportation.
 - b. Arrangement between the participants' parent/guardian and **ONLY** these authorized persons. Request must be in writing, dated and signed. **UNDER NO CIRCUMSTANCES MAY PARTICIPANTS DRIVE THEMSELVES!**
2. In the event of an absence due to a vacation, a student must:
 - a. Contact the head coach/sponsor *pri*or to the vacation.
 - b. Practice one day for each day missed prior to resuming competition.
 - c. Be willing to assume the consequences related to their status on the squad (i.e., first chair, starter, second string, etc.)

MOST IMPORTANT: PERSONAL CONDUCT

All participants shall conduct themselves in such a way as to reflect positively on themselves, their family, and their school while representing the school on and off the performance areas.

Parents are advised that before your student can participate in athletics or sports programs, the student must be covered by insurance. Please indicate below the insurance information requested.

Type of Insurance

Policy Number

Name of Company

Date

Parent/Guardian Sign.

Address

Phone Number

**PARENT OR GUARDIAN PERMIT
WARNING TO STUDENTS AND PARENTS**

WARNING: Although participation in supervised interscholastic athletics and activities may be one of the least hazardous in which any student will engage in or out of school, BY ITS NATURE, PARTICIPATION IN INTERSCHOLASTIC ATHLETICS INCLUDES A RISK OF INJURY WHICH MAY RANGE IN SEVERITY FROM MINOR TO LONG-TERM CATASTROPHIC. Although serious injuries are not common in supervised school athletic programs, it is impossible to eliminate this risk.

Participants can and have the responsibility to help reduce the chance of injury. PLAYERS MUST OBEY ALL SAFETY RULES, REPORT ALL PHYSICAL PROBLEMS TO THEIR COACHES, FOLLOW A PROPER CONDITIONING PROGRAM, AND INSPECT THEIR OWN EQUIPMENT DAILY.

By signing this permission form we acknowledge that we have read and understood this warning. PARENTS OR STUDENTS WHO DO NOT WISH TO ACCEPT THE RISKS DESCRIBED IN THIS WARNING SHOULD NOT SIGN THIS PERMISSION FORM.

I hereby give my consent for _____ to compete in athletics for _____ high school, in Colorado high school activities Association Approved sports except those crossed out below.

Baseball, Basketball, Cross Country, Football, Golf, Gymnastics, Ice Hockey, Skiing, Soccer, Softball, Swimming, Tennis, Track and Field, Volleyball, Wrestling

Date _____ Parent/Guardian Signature _____

Date _____ Student's Signature _____

NOTE: This statement should be on file in the principal's office for every student participating in interschool athletic competition.