

Weld Central High School Activity and Athletic Handbook



Weld County School District Re-3J

2018-2019

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ATHLETIC/ACTIVITY PHILOSOPHY AND OBJECTIVES

Athletic and activity programs are an integral part of the educational process of the Weld RE-3J Central School District. Athletics and activities promote a desire in our students and community to take part in school events either as a participant or a spectator.

Our aim is to develop well-rounded individuals who value education, sportsmanship, citizenship, health, competition, and scholastic attainment. The programs should also promote school morale and provide an additional source of self-esteem for our students, parents, staff and community.

Weld Central Schools Mission Statement for Athletics and Activities

The RE-3J School District supports the philosophy, that interscholastic programs are vital to the positive social, emotional, physical, and educational development of students. Interscholastic programs enhance and support the academic mission of the school system. We are committed to promoting the proper ideals of sportsmanship, ethical conduct, hard work, and achievement at all events. We support high standards of good citizenship, moral and ethical behavior, along with regard for the rights of others.

Being a member of the interscholastic program is a privilege to be earned and maintained throughout the season. All participants are expected to represent their family, team, and school in a responsible, sportsmanlike manner. This expectation holds true in meetings, practices, and events.

It is our responsibility to provide challenging opportunities for our students to compete successfully at the league, district, and state levels.

High School Opportunities

| Athletic Teams | Competition Based Activities | Co-Curricular Activities | Service Organizations | Career-Based Activities | Interest-Based Activities | School-Based Programs |
|---|---|--------------------------------------|-----------------------|-----------------------------|---|---|
| Football Volleyball Softball Boys Soccer Girls Soccer Cross Country Boys Basketball Girls Basketball Wrestling Baseball Track & Field | Knowledge Bowl Forensics Cheer Dance | Band Choir Theater Yearbook | STUCO NHS LULAC | FCCLA FBLA FFA TSA | Science Club Art Club Alliance Jazz Band Impressions Drama Spanish Club | Rebels United Ambassadors Link Crew |


REGISTRATION & FEES

Registration for athletic teams must be completed (paperwork and fees) before the date of the first official practice, unless a valid reason is cleared by the Athletic/Activity Director (i.e. late enrollment, transfer students, medical reasons) Those dates are as follows:

| Season | Registration Cut-Off Date |
|------------|-----------------------------|
| Fall | Friday, August 17, 2018 |
| Winter | Friday, November 9, 2018 |
| Spring | Monday, February 25, 2019 |
| Activities | Up to the end of Semester 1 |

Students who have not completed the registration packet properly, turned it in on time, and paid the fees on time will not be allowed to compete for that athletic season. Registration packets may be picked up in the main office.

Athletic/Activity fees are assessed upon the registration of a sport/activity. If fees are not paid, students will not be permitted to participate (practice or competitions) until the fees have been paid. It should also be noted that all fees paid will be applied to the general registration fee, as listed in the student/parent handbook, first.

|  Athletic/Activity Fees  | |
|--|---|
| Type | Fee Per Sport or Activity Per Year |
| High School Athletics Participation Fee | \$100.00 (2 sport cap) |
| High School Service Club | No Fee |
| High School Activities Fee (Clubs & Organizations) | \$25.00 (no cap) |
| Student Event Fee | \$30 (allows students to attend all regular season school events without paying a gate fee) |
| Player Packs | Cost is dependent and varies by sport |
| Lost, stolen, or damaged equipment | Cost is dependent upon the item |

- | | |
|---|--|
| | |
| <ul style="list-style-type: none">● A cap is set in place to limit the number of sports that a student athlete must pay for in order to participate. This does not limit the number of sports that student may participate in, but rather puts a \$200 limit on athletic participation fees. | |

STUDENT PARTICIPATION

In addition to embracing and committing to the school's philosophy, we will also encourage and promote the belief that students should be encouraged to participate in numerous sports and activities, none of which is held to a higher standard or level of importance than any other. With this in mind, scheduling conflicts are likely to occur for students participating in multiple sports or activities. When these conflicts arise, the student must choose which event to attend and communicate with the sponsors and/or coaches of each sport or activity in advance. Such conflicts may limit the level of involvement of the student, including a student's ability to participate or compete at the varsity level. Such conflict should never result in removal from a sport or activity. No coach or sponsor shall impose additional punitive measures against students with conflicting, school-sponsored events or activities (fees, harassment, etc). A sponsor or coach's request to make-up practice or training is not considered punitive if used to maintain the requisite level of skill and/or conditioning.

Participation in a Club, Organization or on an Athletic Team

It is important to understand that participation on an athletic team or activity at Weld Central is a privilege and not a right. Being on and maintaining one's membership on the team or activity means accepting all the responsibilities of a student-athlete. **However, unlike recreation teams, equal or guaranteed playing time does not exist.** In an effort to win, a coach will use players best suited to the conditions or demands of the contest at that time.

Physical Education Class Participation

To earn P.E. Credit for extracurricular athletic activities, you must successfully complete two seasons of a CHSAA sanctioned athletic activity, fill out the Extracurricular Athletic P.E. Credit Form (available in the counseling office), obtain the proper signature from your coach(s), and turn it into the counseling office. High School student athletes can receive 0.5 credits toward their physical education requirement for every two athletic seasons completed for a maximum of 1.0 credits. It is important to also understand that all student-athletes are expected to actively participate in all required Physical Education classes even when "in season" during their particular sport. Physical Education is an important and required course for graduation. Students who participate in interscholastic athletes should not expect "special" treatment from teachers to be excused from Physical Education classes even on the day of competition. Physical Education teachers will use prudent judgment with student-athletes on determining their participation level in class on the day of competition.

In an effort to increase attendance and school spirit, all students are assessed an "Event Pass Fee" of \$30. This fee grants students access to any open, school-sponsored event or activity held at the school. This does not include post season events (regional and state level competitions hosted by Weld Central) or dances.

Choosing of Team Playing Levels

Weld Central School District honors the philosophy of a no-cut policy.

Every coach/sponsor has the responsibility and authority for selecting his or her team. The criteria for selecting the team, is developed by the coach/sponsor.

It is also important to remember that there are no guarantees. Players from the previous year's JV team, for example, do not automatically make either the JV or varsity squad the following year. Having been a member of a team during the previous year or even being a senior does not ensure that a student-athlete will make the squad.

Parents should expect that every candidate is treated fairly and given every consideration. Coaches are sensitive to feelings of disappointment, will handle the task as positively as possible, and be available to answer student-athletes' questions.

Varsity Teams

Varsity-level programs are the most competitive of the athletic/activity programs and, for that reason, include the most skilled and/or well-prepared student-athletes. The student-athlete earns the privilege to make the team. It is the coach's responsibility to field the most competitive team available; starting position and athlete playing time is at the coach's discretion.

Sub-Varsity Teams

Sub-Varsity programs are focused toward the development of skills necessary for participation on the varsity level. The student-athlete earns the privilege to make the sub-varsity team. The coach of any sub-varsity program should emphasize development of areas needing improvement on an individual and team basis. The coach will be encouraged to play as many participants as possible.

Practice Sessions and Games

Practice sessions are normally closed to spectators and there is a very sound reason for this. These sessions are the equivalent of a teacher's classroom and there is real, quality instruction taking place. Interruptions and interference to a student-athlete's concentration and focus in practice cannot be allowed any more than a disruption would be tolerated in an academic setting. Education in any setting cannot be compromised.

Weld Central High School, practice sessions:

1. May last two hours.
2. May start and end at different times due to the schedule of the coach or of our facilities.
Check with the coach for the specific times.
3. Will not be held when school is dismissed early due to inclement weather.
4. Will not be held when school is not in session due to inclement weather.
5. May be held on Saturdays and over holiday periods depending on CHSAA policies.

Spectators at games, however, are very much encouraged. Positive and nurturing support of teams and student athletes can

be very helpful to performance in contests.

Trip Behavior and Expectations

The following transportation guidelines will be adhered to by all students participating in school activities/sports:

- All students are expected to follow all policies of the transportation department during all trips.
- All interscholastic activity participants will be transported to and from each contest/event on a district vehicle. We understand that there are situations that require parents to transport their students to and from events. In these types of situations, a student **MUST** have a travel waiver form filled out and returned to the office prior to the game/event.
- No teams will be transported by private vehicles.
- No student-athlete that is part of the in season team will be allowed to ride home with other student's parents, grandparents, brothers or sisters or friend of the family, or other students after any contest or activity unless a travel waiver form has been filled out and is on file with the office prior to the event.
- Students should ride with their club/team to and from any sponsored event. Any parent/guardian wishing to provide transportation must complete the required Travel Release form. It is the responsibility of the parent/guardian to physically check-in with the coach/sponsor prior to taking a student. Photo ID will be required to verify identity. Students may be transported by their parent/guardian **ONLY** as listed in school's Infinite Campus database or on an emergency card.
- Students participating in a school sponsored event are never allowed to drive themselves, or ride with another student to their in season event of participation unless approved by both the Athletic/Activities Director and the Principal.
- All Clubs, Organizations, and Teams are reminded that they represent their community and should conduct themselves in an honorable manner. Appropriate behavior is expected during the entire trip.
- All athletic teams are expected to treat our opponent's facilities with respect at all times. Any damage caused by a WCHS student will result in a fine being assessed to the student found liable.
- There may be times when teams will be allowed overnight trips. In these instances the athlete must:
 - Abide by the curfew set by the head coach
 - Not be in different gender rooms at any time
 - be aware that coaches may ask to check the athlete's bags before leaving, during, or after the trip.
 - Treat the hotel facility and staff with the utmost respect

Hazing

In extra-curricular settings, some may view hazing as a harmless rite of initiation or an important activity for team bonding. However, it is actually a form of harassment and represents a Weld Central SD RE 3J's Disciplinary Code offense. A more complete explanation of harassment can be found in the Weld Central High School Student Parent Handbook.

Weld Central Schools prohibits recognized groups, organizations, athletic teams or those that attend events or activities sponsored, organized or supported in any way by those organizations, from hazing members, prospective members, or other persons seeking to obtain benefits or services from any of these organizations.

Hazing is an action or activity, with or without consent from a person, whether conducted on or off Weld County RE 3J Schools property, which is designated to or has the reasonably foreseeable effect of humiliation, denigrating, offending, physically or mentally abusing or exposing to danger a person, as a condition, directly or indirectly, of the person's consideration for, continuation in, admission to, membership in, participation in activities of, receipt of benefits or services from, an organization, individual or group.

Any participant who chooses to not follow the above policy will be subjected to consequences on a case by case basis.

Risks of Athletic Participation (Assumption of Risk)

In spite of protective equipment, and the supervision and sound instruction by our coaches, there are some risks associated when an individual participates in athletics/activities. Injuries in some of our extra-curricular activities can and do occur. In extremely rare cases, death could also result. All student-athletes and parents need to be aware and understand this possibility. At Weld Central Schools we will do all that we can to ensure a safe and healthy environment for our student-athletes. For this reason student-athletes and parents will read and sign the CHSAA Form 2 "*Warning to Students and Parents*" sheet provided in the Athletic Participation Packet.

Non-student Participation

In accordance with CHSAA guidelines, athletics and activities programs are available to students not enrolled in Weld Central Middle and High School: i.e. students enrolled in homeschool, or online school. Students of this nature are still required to provide weekly grade reports (due every Thursday morning) from their institutions and will be held to the same eligibility standards of the students enrolled in Weld Central High School. If a student fails to submit a grade report by the Thursday deadline each week, they will be deemed ineligible for the following week.

Extra-curricular vs. Co-curricular activities

Co-curricular activities include clubs and organizations that are directly connected to courses offered within the school. These clubs and organizations have individual and specific rules regarding participation both in and out of school that impact a student's grade. If your student participates in a co-curricular, please communicate with that teacher-sponsor to determine the attendance and grading expectations and procedures.

Fundraising

All athletic/activity fundraisers must be approved by administration. In compliance with federal lunch regulations, the distribution of food or drink that is ready for consumption is strictly prohibited before and during the school day. Catalog sales of items that will be delivered at a later date or time is allowed during the school day.

Safety

Students will have access to an athletic trainer. Students may access the trainer after school, during practice, and during sporting events. If a student is hurt or injured while practicing or participating in an event, the trainer should be informed

and provide assistance if available. **The athletic trainer makes the final determination of any athlete's readiness to rejoin practice or play after injury.**

All sponsors and coaches will maintain First Aid, CPR, CHSAA coaching and concussion certification

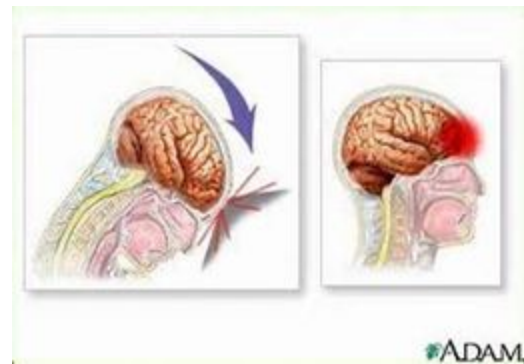
Concussions & Emergencies

*These guidelines are being published to clarify the Athletic Training Department's Policy & Protocol regarding mild traumatic brain injuries (MTBI), or more informally known as concussions. Data and information is based on the most up-to-date research on MTBIs, the Consensus Statement on Concussion in Sport, 4th International Conference on Concussion in Sport, Zurich, 2012. It is our obligation that all athletes, parents, coaches, athletic department personnel, school nurse and health clerk, and team physician become familiar with the following **Concussion Management Policy**.*

Definition of Sports Concussion

A sports concussion is defined as a complex pathophysiological process affecting the brain, induced by traumatic biomechanical forces. Further defined by:

- A direct blow with force transmitted to the head
- Rapid onset of short lived impairments
- Neuropathological changes and functional disturbance
- A graded set of clinical syndromes that may or may not involve LOC; resolution follows a sequential course
- Grossly normal neuroimaging studies



Education and Compliance

Athletic Department Personnel

All Athletic Department personnel (i.e. coaches, athletic trainer, athletic director, athletic training students, school nurse, and team physician) will be required to complete training on concussions by passing the **Concussion in Sports – What You Need to Know** course offered by the NFHS. A copy of course completion must be provided to the Athletic Director prior to assuming athletic department responsibilities, and will be kept on file in the athletic office.

Parents/Guardians & Athletes

The Colorado Senate Bill 11-040 (also known as “The Jake Snakenberg Youth Concussion Act”) which went into effect on January 1, 2012 mandates that all parents/guardians and athletes receive in writing a fact sheet pertaining to concussion signs & symptoms, the danger of returning too soon, and what to do if a concussion is suspected. Parents/guardians of all athletic candidates will receive, on an annual basis, a copy of the Weld Central High School Concussion Fact Sheet. Written verification of receiving and reading this form must be returned to the athletic trainer. Athletes will not be allowed

to participate in practices, scrimmages or games without this form on file in the athletic trainer's office.

Athletes

A baseline test of the SCAT3 (Sideline Concussion Assessment Tool 3) will be administered by the athletic trainer and athletic training students to each athlete at the beginning of the season for athletes who participate in **ALL** sports. Athletes will not be permitted to participate in practices, scrimmages, or games without a completed baseline test on file in the athletic trainer's office. **ALL** Athletes will also be required to complete a concussion awareness program consisting of video lectures to be given prior to the start of each season.

Concussion Management Protocol

In the event an athlete suffers a concussion, the following steps will be taken to ensure the highest level of care possible:

1. The athlete will be removed from the game/practice **(in accordance with CHSAA Policy and S.B. 11-040)**
2. The athletic trainer will complete an initial assessment, including administration of the SCAT3 test.
 - a. If the athletic trainer is not present (i.e. away game, off-season practice, etc.) the coach will communicate the injury to the athletic trainer via phone call or email.
 - b. Athletes will be instructed to visit a physician as soon as possible (team physician preferred; must be an MD, DO, NP, or PA).
3. The parent/guardian will be notified via phone call, and the athlete will be sent home with the Home

Instructions for Concussion packet.

4. The athlete is advised to visit a licensed healthcare provider (team physician preferred, otherwise MD, DO, NP, or PA) for further evaluation.
5. The athletic trainer will notify the Administration team, Counseling Office, and Health Office via e-mail to alert teachers of the potential setbacks the athlete may incur.

At this time, all athletes will be restricted from participation in practices, scrimmages, games, or PE until written clearance is obtained by a licensed healthcare provider (MD, DO, NP, or PA) and the athlete completes the *Return to Play Protocol* and **BRAIN Program**.

Return to Play Protocol

1. The athlete and parent/guardian will read and sign the **Concussion Clearance Form** indicating that they have read and are familiar with: the signs and symptoms of a concussion, what happens when returning to sports too soon, and the *Return to Play Protocol* and **BRAIN Program**.
2. The athlete and parent/guardian will complete the **Post-concussion Symptom Inventory** on a daily basis until the athlete returns to be seen by the athletic trainer.
3. Once the athlete is asymptomatic (displays no more symptoms) they will undergo another SCAT3 assessment to ensure all neurocognitive (i.e. memory, concentration, verbal/motor response, etc.) and balance systems are functioning properly.

- a. The athlete must score within 95% of the baseline value on the SCAT3 in order to proceed to the next step.
4. Upon obtaining a score within 95% of the SCAT3 baseline value, the athlete will begin the BRAIN Program.

| | | |
|----------|---------|---|
| B | BIKE | - 20 min stationary bike @ 10 – 14 MPH |
| R | RUN | - 15 min jogging @ 10 min/mile, OR 1.5 miles total |
| A | AGILITY | <ul style="list-style-type: none"> - Shuttle run x10 (45 sec rest) - Plyometric workout (3 Circuits): <ul style="list-style-type: none"> 10 squats 10 medicine ball throws 10 sit ups - Non-contact sport-specific drills for 15 min |

| | | |
|--|--|---|
| <p style="text-align: center; font-size: 48pt; font-weight: bold;">I</p> | <p style="text-align: center;">IN-RED</p> | <p style="text-align: center;">- Non-contact practice</p> |
| <p style="text-align: center; font-size: 48pt; font-weight: bold;">N</p> | <p style="text-align: center;">NO RESTRICTIONS</p> | <p style="text-align: center;">- Full participation in practice</p> |

Athletes will progress through each step before returning to full participation in practice. Only one (1) step will be completed each day. Athletes must report symptom free the following day to progress to the next step.

a. Athletes must complete all five stages of the **BRAIN Program**, with 24-hours in between each stage, prior to returning to full participation in scrimmages or games. Athletes must present symptom-free each day before beginning the next stage of the **BRAIN Program**.

b. Athletes will not be allowed to progress to stage N without written clearance from a licensed healthcare provider (MD or DO only).

6. Clearance to return to participation must be obtained from a licensed healthcare provider (MD or DO only) and documented in the **Concussion Clearance Form** under the “Health Care Professional Clearance” section.

a. If clearance was obtained via physician’s note, the following must be clearly stated in order to return to full participation:

- i. Diagnosis
- ii. Clearance status
- iii. Physician’s name (**printed**) and contact information

7. Successful completion of the **BRAIN Program**, in combination with written clearance from a licensed healthcare provider (MD, DO, NP, or PA) will clear the athlete for full participation.

**THE ATHLETIC TRAINER RESERVES THE RIGHT TO HAVE THE FINAL SAY IN ALL RETURN TO PLAY DECISIONS. IN THE EVENT THE ATHLETIC TRAINER IS ABSENT, THE PHYSICIAN’S NOTE STANDS AS IS.
AT NO TIME WILL A COACH MAKE A RETURN TO PLAY DECISION.**

THIS CONCUSSION MANAGEMENT POLICY IS NOT ALL-INCLUSIVE, AND THE ATHLETIC TRAINER RESERVES THE RIGHT TO ALTER THE POLICY AT ANY TIME AS SHE BEST SEES FIT TO PROTECT THE ATHLETE.

Quitting And/Or Returning Equipment

Prior to quitting or dropping any sport or activity, the student should think the whole situation through and talk with the coaches/sponsors to see if a solution can be reached. If the student still desires to quit or drop an activity or sport and later decides to join another sport or activity, the athlete must receive permission from both coaches/sponsors before beginning a new sport. If the student is quitting a sport after the first 10 days of the season, no refund will be given for activity or athletic fees. If a student decides to quit a team or activity, they will not letter or be eligible for postseason honors or lettering. Any student-athlete that makes the decision to leave the team/activity will make an appointment with the head coach to notify him/her of their decision, and hand in any school issued equipment. This assists in the educational process in teaching accountability and responsibility to oneself, teammates and the school.

Each coach will give a deadline date for school issued equipment to be turned in. In the case of equipment not returned or returned in unusable or damaged condition, the student-athlete will be charged for the replacement of this equipment. Fees may also be assigned for any equipment that is returned dirty to cover the cleaning cost.

Lettering Policy

Due to the different requirements and skills required for success in each of the activities and sports provided by Weld Central, coaches/sponsors will develop their own lettering policies that will be tailored to their specific activity/sport. This policy will be provided at the start of the season or school year depending on the season of the activity/team during a pre-season meeting with parents and participants. If the team or an individual qualifies for the post-season, all players listed on the roster for postseason play will qualify for a letter. The following is the progression for Letterwinners:

| Year | Award |
|-----------------------------------|---|
| 1 st | Certificate, WC Letter or Activity Letter, Pin of the Sport/Activity |
| 2 nd – 4 th | Certificate and service bar |
| Multiple Sports | WC Letter and/or Activity Letter will be given upon lettering in the first sport along with pins for each sport lettered in. Service bars will be awarded based on the previously mentioned process |

For more information on the specific requirements to letter in your child’s individual activities or sports, please refer to the coach's/sponsor's handbook which can be found on the High School Website under the

athletics/activities tabs.

Special Commendations

It is the practice of many coaches and sponsors to coordinate an end-of-season banquet. This celebration is the appropriate time to share various awards and letters to participants.

An annual Athletics/Activities Banquet will be held for any club/participant/parent to share state-level awards, special recognition/awards, recognition of All-State Honors, and for inductions to the school "Hall of Fame".

ELIGIBILITY

Requirements for Student-Athletes

Weld Central is a member of the Colorado High School Activities Association (CHSAA). As members, Weld Central is subject to all rules, regulations and policies of CHSAA.

- Participation in interscholastic activities as a part of a school's educational 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 CHSAA and its member schools may exercise the fullest discretion permitted under law.
- Student athletes that fail more than one class in the previous semester (in-coming freshman excluded) will be subject to CHSAA rule 1720,e,2 - 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.
- Exception: Winter sport athletes who have been declared ineligible for the first semester and did not participate in a fall sport shall use the formal grading period closest to the beginning of winter practice to determine if eligibility is regained. Participating school districts and schools shall have the right to impose stricter standards for eligibility than those set forth herein. The General Eligibility Requirements are not intended to restrict any school from setting local academic requirements or otherwise exercising control over its curriculum, grading practices and policies regarding the granting of class credit

Weld Central Schools Eligibility Participation

Prior to participation in any interscholastic competition, it is required that all students have a signed Weld Central Schools Participation Contract, Emergency Card, current sport physical, Concussion baseline testing from the athletic trainer, and have paid required sport/activity fee's on file in the respective school's main office prior to the start of the regular season.

Weld Central Schools Academic Eligibility

Weld Central Schools have specific eligibility requirements for each individual participating in athletics/activities within the school district outlined below:

- Eligibility will be pulled every Thursday. If a student is determined to be ineligible they will not be able to participate in any contests from the upcoming Sunday until the following Sunday.
- A student will remain ineligible for a seven day period, regardless of the grades on the following Thursday when the next eligibility check is made.
- Ineligible students may still practice but may not be on the bench or sidelines during home games. They may not travel or have early dismissal for home or away competitions.
- Coaches and sponsors are encouraged to create stricter eligibility guidelines. Stricter eligibility guidelines must be clearly communicated in writing to parents and students prior to the start of the season.
- If a parent/guardian or the student disagree with an ineligible status, the STUDENT must go to the classroom teacher(s) of the classes they are not passing to resolve the problem. Please do not send the student to the office, as we will refer them to the teachers of their failing classes.
- Grade changes are only done if there is teacher error involved. If a teacher has made a mistake in their grade book, the student in collaboration with the teacher, must fill out the grade correction form and email (through an attachment), or bring it to the athletic/activity director, indicating that there was an error on their part and the student had an incorrect grade.
- Late work will be accepted at the teacher's discretion for eligibility. **Do not** expect a teacher to make a grade correction based on late work to gain eligibility for the upcoming week.
- Students that have missing assignments that have resulted in ineligibility due to bereavement, family emergencies, unavoidable pre-arranged absences (*not including: vacations, hunting trips or similar type leisure absences*), will be allowed to make up the work to count towards maintaining or regaining eligibility and must be cleared by the Athletic Director, Activity Director or Principal. Students must work with their teacher to accommodate this situation.
- Grade correction forms will be watched closely and questioned if necessary. Grade corrections forms must be submitted prior to the close of the school day on the Friday following the Thursday when eligibility reports were pulled and approved by the Athletic Director, Activity Director, or Principal.
- If a student has one F or two D's, they will be deemed academically ineligible for the upcoming eligibility period.
- When a student is ineligible, he/she may attend practices the remainder of the week, but may not participate in contests or activities.

ATTENDANCE

Attendance

The Weld Central Athletics and Activities Department wholeheartedly believes that the number one priority of our high school is to promote academic success and for students to meet the requirements demanded for receiving a high school diploma. For this reason, attendance during the school day and of each class is of the utmost importance. Students are

required to be in class every period each day. If a student misses any period during the day with an unexcused absence, they will be deemed ineligible to practice or participate in games, competitions, meetings, or productions that day. Should a student need to be absent for medical reasons, a doctor's note is required in order for the absence to be marked as medically exempt. Parents need to contact the attendance office in order to have an absence excused or exempted.

We do understand that special circumstances arise. In these instances, the main office needs to be contacted and the Athletic/Activities Director will make a decision for the circumstance presented. If the AD is not present, another admin team member will make the call.

DISCIPLINE

Students facing discipline for behavioral issues in school will likewise be subject to consequences in athletics and activities. If a student is assigned detention, the administrator may contact a coach/sponsor to determine an adequate consequence. If a student is assigned in or out of school suspension, he or she will be deemed ineligible for the event/competition that immediately follows the consequence. School administration will work with coaches/sponsors to determine additional consequences on a case-by-case in the instance of multiple disciplinary referrals up to and including removal from all school athletics and activities.

Unacceptable Interactions & Ejections

Weld Central students are expected to conduct themselves in an appropriate manner and represent the school with honor. It is a privilege to be apart of extracurricular activities and should be treated as such.

Interactions with coaches, teammates, opposing players, opposing coaches, officials, administration, and spectators should always be conducted in a positive manner. At no point is it okay for a student to negatively address any of the aforementioned. If a problem occurs, the player should alert the coach/sponsor and let the coach/sponsor address the situation. If a student conducts themselves in a negative manner towards any of the aforementioned, the student will be subject to discipline and/or suspension from the team/organization.

If a student is ejected from an event or competition, at a minimum, that student will be required to serve a minimum of a one game/event suspension as well as be required to complete any team discipline the coach has set forth for them. Dependent upon the severity of the infraction, WCHS administration reserves the right to increase the suspension and consequences. In the event that a student is ejected from a second competition during their respective season, they will be removed from that team/organization for the remainder of the season.

Social Media

The Weld Central High School Athletics and Activities Department recognizes and supports its student athletes' rights to freedom of speech, expression, and association, including the use of social networks. In this context, however, each student athlete and coach must remember that playing and competing for WCHS is a privilege, not a right. As a participant on an athletic team or as a member of a club or organization at Weld Central, you

are representing the high school and are expected to portray yourself, your team, and the high school in a positive manner at all times.

If you participate on a social networking site, you must keep the following guidance in mind:

- Everything you post is public information - any text or photo placed online is completely out of your control the moment it is placed online, even if you limit access to your site. Information may be accessible even after you remove it.
- Limit information about your whereabouts or plans to minimize the potential of being stalked, assaulted, or the victim of other criminal activity
- What you post may affect your future. Many employers and school admissions officers review social networking sites as part of their overall evaluation of an applicant. Carefully consider how you want people to perceive you before you give them a chance to misinterpret your information
- Similar to comments made in person, the Athletics/Activities Department will not tolerate disrespectful comments and behavior online, such as:
 - Derogatory or defamatory language
 - Comments that create a serious danger to the safety of another person or that constitute a credible threat of serious physical or emotional injury to another person or entity
 - Comments or photos that describe or depict unlawful assault, abuse, hazing, harassment, or discrimination; selling, possessing, or using banned substances; or any other illegal or prohibited conduct, including violating the WCHS student code of conduct.

Failure to abide by these standards will be considered a violation of the student-athlete code of conduct and the WCHS Athletic Handbook. The violation may result in disciplinary action by the athletics department and school and may include the following:

- **1st Offense** - Parent meeting with the head coach. Consequences will be determined based on the severity of the infraction and may include suspension or dismissal from the team or athletics/activities.
- **2nd Offense** - Parent meeting with the head coach and the Athletic/Activities Director. Consequences will be determined based on the severity of the infraction and may include suspension or dismissal from the team or athletics/activities
- **3rd Offense** - Parent meeting with the head coach and Athletic Director. Student will be suspended for the remainder of the season and will be ineligible to receive awards or varsity letters.

Controlled Substances Policy

Possession, use or distribution of controlled substances and/or paraphernalia is in direct violation of the Weld Central High School Code of Conduct. Controlled substances may include, but are not limited to tobacco, alcohol, vapor devices and products, marijuana (THC), cocaine, opiates, phencyclidine (PCP), amphetamines (including methamphetamines), stimulants, anabolic agents, performance enhancing drugs (PEDs), diuretics, hormones, masking agents, and any other controlled substances as defined in law, or any prescription or nonprescription drug, medication, or other chemical substances not taken in accordance with the Board policy.

Proper use of a drug authorized by a medical prescription from a health care provider and in conjunction with Re-3J policy is not a violation of this rule. While the rules do not prohibit over-the-counter products known as sports enhancing supplements, the advertised purpose of which is to assist an athlete, enhance his/her overall physical development, and in some cases designed to enhance a specific athletic event, it should be noted that the district does not endorse or condone the use of such substances, and hopes that parents/guardians will support the view that the use of such supplements should not be encouraged. A student who finds himself/herself at a place where any of the above substances are being used should leave the area to avoid being associated with that behavior.

If a violation of the above policy occurs, the following steps will be taken:

- **1st Offense** - Immediate suspension from 50% of the athletic/activity contests/events for their respective sport/activity.
- **2nd Offense** - Immediate suspension from 75% of the athletic/activity contests/events for their respective sport/activity.
- **3rd Offense** - Immediate suspension from all sports and activities for a period of 365 days from the day the ruling is made.

The offense can carry over to the next season if needed to fulfill the rest of the suspension. If an athlete is not on an active team, the athlete will be suspended the assigned amount of time during the next available season. In the event that an athletic team makes it to postseason play, postseason games will count towards the total game suspensions. No athlete serving suspension will be allowed to participate in postseason play until the suspension has been served in its entirety. Any student choosing to serve a suspension in a sport/activity they would not normally participate in will be expected to start and finish the season to remain in "good standing." If the athlete does not finish the season, the suspension will be carried over to their next sport and all time served would be revoked.

If an athlete admits to a violation voluntarily (self reports) within 7 days of the incident to the principal or athletic director, the penalty shall be reduced by half of the allotted suspension time for the first offense only.

Theft & Vandalism

Students participating in the athletics and activities provided by Weld Central High School are expected to be leaders on and off the field and are held to a higher standard of character and behavior. Weld Central students shall not vandalize property at school or at other schools. Students will not engage in theft or be in possession of any stolen items from any source including our school or other schools.

- Violation of Theft or Vandalism Policy - a student committing this offense will be addressed on a case by case basis. A mandatory meeting with the student athlete, parent, school admin, and head coach will determine the consequences of this infraction. Law enforcement may also be involved.

WELD CENTRAL ATHLETICS/ACTIVITIES OBJECTIVES

1. To provide opportunities to learn and improve skills to the best of their abilities.
2. To develop physical fitness and desirable health, hygiene and safety habits.
3. To provide opportunities to make real friends with team members and widen circles of friends by meeting students from opposing teams/schools.
4. To provide opportunities to observe and practice good sportsmanship.
5. To learn self-control and individual sacrifice to benefit the whole.
6. To realize that participation and competition is a privilege that carries definite responsibilities with it.
7. To reap the benefits of the special type of discipline that comes from participation and competition.
8. To understand the concept of teamwork and the individual's role as a team member.
9. To be used as a tool to teach life skills.
10. To develop a sense of community by working with the community whenever possible.
11. To understand that their involvement in the sport/activity is their most important accomplishment.

COMMUNITY OBJECTIVES

1. The community should realize that control of and responsibility for school sponsored extracurricular sports/activities rests entirely with the school authorities.
2. School athletics/activities should furnish a recreational opportunity for the general public as long as the community is willing to see that the program is conducted solely for the benefit of student competition and student spectators.
3. The community should judge the success of the season on the number of participants, the number of spectators, new skills acquired and good citizenship and good sportsmanship taught, rather than on the number of games won or lost.
4. The community should constantly keep in mind that an athletic/activity contest or event is part of the school program and therefore is governed by the same philosophy.
5. To cheer FOR my team, not AGAINST my opponent. Demeaning others only lowers me.

SCHOOL AND STUDENT-BODY OBJECTIVES

1. Athletics/activities should be educational and teach responsibility.
2. Athletics/activities should promote pride in one's school and community.
3. Proper student interest should be promoted.
4. All visiting schools should be treated as guests.
5. School policy should be consistently applied so as not to provide students with special privileges.
6. Sportsmanship, fair play and good school citizenship should be the goals of all students.
7. Every effort should be made to provide the best coaching, facilities and equipment possible within the economic constraints of the school district's budget.
8. Learn to help and respect others while establishing positive leadership traits.

Being a parent is often challenging, this effort and responsibility is frequently complicated by being a parent of a student

involved in extracurricular activities. This handbook, with its guidelines and suggestions, will give you some insights into this responsibility. There are many relationships and different dynamics that are involved in being the parent of a student involved in extracurricular activities.

The Student-Coach/Sponsor Relationship

Unfortunately, through televised games and the more recent proliferation of cable TV, many adults feel that they understand or perhaps know more than many coaches/sponsors. Everyone becomes an expert. While this newfound expertise may heighten your appreciation of a sport, as a parent, remember, you are not the coach/sponsor.

The student-coach/sponsor relationship is perhaps the most critical relationship in athletics/activities. Unfortunately, a parent can have a pronounced effect on this very important and delicate relationship. While you may not agree with all decisions of a coach/sponsor, how and when you express your feelings can have a decided effect upon your child.

If you express a negative opinion in front of your child, you need to remember that he or she will return to practice the next day and may carry with him or her your convictions. Your son or daughter will then have to interact with this coach/sponsor. You, as the parent, can greatly affect this delicate relationship.

Receiving technical or strategic instruction at home may interfere and conflict with the instructional process at practice sessions and games. This may ultimately impede your son or daughter's progress and affect their playing/participation time or whether they win a starting position.

Coaches/sponsors are looking out for the best interest of the team as a whole and what will assist in achieving the most success. How your child fits into this framework will depend on your child's ability to interact with the coach/sponsor and how well he/she can adapt to the parameters of the coach's/sponsor's expectations. Let the coach's/sponsor's coach/instruct, let the players play, let the fans cheer and the officials officiate. It takes each piece to have a successful, positive experience for all involved.

The Parent-Coach Relationship

In your role as a parent, you obviously love and are concerned about your child's welfare and experience. You want the best for him or her. But a student can have only one coach/sponsor. Allowing the coach/sponsor to instruct and guide the team is crucial in many respects.

Should you have any questions or concerns, do not approach the coach/sponsor immediately at the conclusion of a contest. At this time, coaches and sponsors have other responsibilities and win or lose it will be an emotional time. Call and make an appointment for a later time and approach this meeting in a calm, courteous and logical manner. We employ the 24 hour rule...wait 24 hours and if you still feel the need to contact the coach/sponsor then do so.

One of the responsibilities a coach/sponsor has at the conclusion of a contest is to have a brief meeting with his or her students. Students should not pause to talk to parents or friends immediately after games, contests, or events. These brief meetings are essential to the learning process involved in athletics/activities.

At no time is a parent allowed to approach a coach/sponsor during a contest, on the bench or otherwise. Coaches and sponsors have a responsibility to a team and interference with this will result in possible ejection from a contest. Remember, coaches and sponsors are responsible for more than just your child. The entire team requires the attention of the coach/sponsor.

The Parent-Player

Some parents may try to live through their child's efforts. Being positive and supportive is important, but adding pressure and unrealistic expectations can be extremely harmful. Allow your son or daughter to enjoy and grow from this valuable experience. In numerous national studies, it has been determined that most students participate for enjoyment or fun. Excessive pressure or expectations can alter this most fundamental reason for playing and actually drive the student away from the game/activity.

When you do speak with your child after a contest don't dwell on his or her performance, how many points they scored or if they started. Instead, first ask how the team did? Did your son or daughter play hard, give 100% and have a good experience? It is very destructive to bash coaches/sponsors, officials, other players or game situations. Doing so will only lead to erosion of team chemistry and positive cohesiveness of the team.

Relationship with Officials

There is an age-old refrain often used by irate fans, "How much are you paying the officials?" The home school does not get the officials. All officials are assigned by a commissioner or assigner of the particular sport and neither team has control of which officials are assigned.

Officials agree to and follow a code of ethics. They really do not care or have a vested interest in which team emerges as the victor. It is also important to understand that they are a very necessary part of a game. A contest cannot be played without them.

So while you may not agree with all of their calls please do not harass or taunt them. It is also important to remember that officials are in charge of the contest and have complete authority to have unruly spectators removed. In many sports/activities, a team will see the same official several times during a season. Coaches, sponsors, athletic administrators and schools often work hard to establish a rapport and good working relationship, which can easily be damaged by spectators.

Spectator-Cheerleader

Cheerleaders are present to infuse spirit into the fans/spectators and to lead them in selected cheers. Taking this responsibility into your own hands is not appropriate. Fans that leave the stands to direct cheers may often cause or lead to confrontations with the opponents. Following the cheerleader's directions, therefore, is absolutely necessary at all athletic/activity contests.

The emotion and atmosphere at athletic/activity contests can be very exciting and the cheerleaders need to be allowed to direct and control this aspect of the event.

ADDRESSING CONFLICT

All meetings with coaches/sponsors are to be made by appointment only. Coaches/sponsors will make their work numbers available to parents. Parents will refrain from calling coaches/sponsors at their homes, unless completely necessary. There will be no meetings between parents and coaches/sponsors on the competition fields, gyms, or locker rooms.

Coaches/sponsors are NOT required to discuss player position, playing time, offensive, defensive or game philosophy/decisions with parents.

There will be no establishment of parent groups, websites, athlete groups, activity groups, etc., without the written consent of the head coach, the athletic director, the activities director, and the principal of Weld Central High School.

The protocol when resolving an issue between student and coach/sponsor is as follows:

1. student will make an appointment and meet with the coach/sponsor, to discuss the issue
2. Next step... student and parent will make an appointment and meet with coach/sponsor,
3. Third step... student and parent will make an appointment to meet with coach/sponsor and athletic/activities director.
4. final step... student and parent will make an appointment to meet with coach/sponsor, athletic/activities director, and principal.

Side stepping this protocol is not acceptable and will result in much conjecture and many unanswered questions which will prolong the resolution of the issue.

Expressing Concerns

When expressing an occasional concern with a coach/sponsor, please refer to and use the following guidelines:

1. Never approach a coach/sponsor immediately after a contest. This is not the proper time or place for a discussion concerning your child or the team.
2. Call the following day and make an appointment, which is convenient for both you and the coach/sponsor to meet.
3. Raise your concern in a calm and civil manner. Yelling, being rude or using foul language is totally unacceptable and will lead to an unproductive meeting.
4. Once you have stated your question or concern, listen to the explanation. Often a sport-parent may be blinded by emotion and this overrides logic and reason. Listening receptively may really help you to understand any explanation, which is given.
5. Remember coaches/sponsors are serving the best interest of the team. Your son/daughter is part of the team and only part of the whole picture.

Different Coaching Styles

Just as our students are exposed to a variety of teaching styles and techniques, our student athletes are exposed to a variety of coaching styles and techniques. Consequently, the Athletic Department does not have any rules, which mandate the amount of playing time received by each player. The Athletic Department also does not dictate to coaches on their coaching style or techniques. Those decisions ultimately rest with the coaches in the program. Questions or concerns about playing time, are best addressed in a player-coach or a parent/player-coach conference.

Responsibilities of a Student Athlete

Coach will expect a student athlete to adhere to the following guidelines:

1. The team's goals, welfare and success must come before any individual.
2. A student-athlete needs to consistently attend practice sessions. This also includes weekend and holiday periods.
3. Players must be receptive to coaching...listen, ask appropriate questions and work to gain skills and knowledge presented by the coach.
4. Team members are responsible for all issued uniforms and equipment.
5. As a member of a team, a student-athlete must agree to and follow the team rules. Student athletes need to remember that they are ambassadors and represent not only themselves, but the coaching staff, the school and the community at large.
6. If injured, a student-athlete must report all injuries to the coaching staff or if available, an athletic trainer.

Responsibilities of a Coach

At Weld Central, a coach has the responsibility for the following:

1. The selection of the squad (at all levels)
2. The determination of the style of play, including the offensive and defensive philosophy.
3. The teaching and instruction at practice sessions.
4. The determination of who starts and how long an athlete plays in a contest.
5. The decision of who plays in what position.
6. The establishing of team rules.
7. The selection of team captains.
8. The communication with student-athletes and parents with respect to when practice sessions will be held, and when the sessions will start and finish.
9. Game strategies

Understand that it is a privilege to wear the red, white and blue of Weld Central. We understand the sacrifices made to be part of this tradition. Therefore, we will have NO part in any incidents of hazing, initiation, harassment, disorderly conduct toward, intimidation of, bullying of, or discriminating against any other student, parent, or coach from Weld

Central High School, or any of our opponents.

BOOSTER CLUBS

Weld Central Schools Booster Club exist to support all teams and the entire athletic program. Booster Clubs should have three primary goals: raise funds to assist the athletic programs, increase school spirit and to encourage and promote good sportsmanship.

The Booster Club is not a vehicle to remove coaches, advance vested interests or to alter Athletic Department policy. It is a service and support organization, which works in harmony with Weld Central Schools and its athletic programs.

All parents are encouraged to join a Booster Club and become an active member. Most Booster Clubs hold monthly meetings throughout the year.

SPORTSMANSHIP

Students, staff, parents, and community members are encouraged to support, attend, and cheer for all participants and all events. It is required of all those attending events to incorporate good sportsmanship practices and moral and ethical behavior while on school property. All policies in the student/parent handbook will apply and be followed at all events and activities.

Weld Central High School and Middle School are committed to fair play, ethical behavior, and integrity. This means:

- There can be no vulgar or inappropriate language or gestures from our athletes, coaches, parents, fans or spectators.
- Taunting or trash talking of our opponents and their cheerleaders cannot be tolerated.
- Spectators cannot leave the bleachers or enter onto the court or field during a contest.
- Fans should be supportive and positive. Cheering should be done for our team and not against our opponent.
- We should not impede or interfere with our opponent's cheerleaders from leading their cheers.
- Always remember to treat others as you would like to be treated.
- The use of drugs, tobacco and/or alcohol by students, faculty or fans will not be allowed at any school sponsored activity and anyone violating this rule shall be ejected.
- Participants will conduct themselves in a responsible manner, realizing that as athletes, they represent Weld Central MS/Sr High School.
- Weld Central will respect the rights of opponents, teammates, officials, and fans by treating them with the utmost respect.

- Teams, fans, officials and the home team's property should be respected.
- Respect the task our coaches face as teachers; and supporting them as they strive to educate our youth;
- Respect our opponents as students and guests, and acknowledging them for striving to do their best;
- Developing a sense of dignity under all circumstances
- Be a fan...not a fanatic!

Weld Central High School will abide by the Game Management & Sportsmanship Expectation Guide set forth by CHSAA. The following are some of the expectations of students, coaches, parents, and fans at home and away events:

- National Anthem-When the National Anthem is played or the Pledge of Allegiance is recited, students, fans, coaches and players should remove their hats, stand at attention and face the flag.
- Banners-Banners may be used, but must be sanctioned by the game management, principal, and/or athletic director before the contest. The words and graphics on banners must be positive: i.e. "beat", "outscore", "conquer", etc; Negative banners: i.e. "kill", "maim", "scalp", etc, will be confiscated and may result in no future use of banners. Banners may not block the view of others.
- Noisemakers-All artificial noisemakers are prohibited. This includes: cowbells, drums, whistles, horns, plastic clackers, thunder sticks, etc. Exception: bleacher kicking. An air horn or cannon may be used on the field and only if supervised by a school designee. They should never be disruptive to the playing of the game and used during dead ball periods at the end of playing action.

For a full listing of good sportsmanship expectations and a listing of acceptable and unacceptable behaviors during games, please review the CHSAA Game Management & Sportsmanship Expectation Guide on the following web page:

http://www2.chsaa.org/activities/sportsmanship/pdf/Sportsmanship_Manual.pdf

If you see or hear something, which is inappropriate, please help us by saying something to the offending individual or find an activity supervisor.

Event Disciplinary Actions

All athletic, school, district and CHSAA policies are expected to be followed. Should a violation of these policies be committed, disciplinary action may be taken by the administrative team and may result in suspension or removal from a team, event, or facility.

Student/Parent Handbooks can be accessed on the district website: www.re3j.com

All CHSAA rules and regulations can be accessed at: <http://chsaanow.com/>

Remember, that purchasing a ticket provides you with the opportunity and privilege to watch a contest; it is not a license to verbally assault others or to be obnoxious.

NCAA Clearinghouse Information

The NCAA Clearinghouse is an organization outside of the NCAA which performs academic record evaluation to determine if a prospective student-athlete is eligible to participate at the NCAA Division I or Division II college as a freshman student-athlete.

NCAA Eligibility Center

www.eligibilitycenter.org/

The Official Website of the NCAA Eligibility Center. Explore NCAA Divisions I and II initial eligibility requirements and register to participate.

For more information about the NCAA Clearinghouse, please contact Erica Egyd in the WCHS Counseling Office at 303-536-2162.

WELD CENTRAL RE3J RESERVES THE RIGHT TO EJECT ANY SPECTATORS WHOSE CONDUCT IS DETRIMENTAL TO GOOD SPORTSMANSHIP. MISBEHAVIOR AT SPORTING EVENTS MAY LEAD TO PROSECUTION OR SCHOOL DISCIPLINARY ACTION.

Please feel free to call with comments concerning this handbook. Hopefully, you have found it useful. You might also want to take ten minutes and share this information with other family members attending Weld Central Schools. Have a great season!



Ryan Witzel
High School & Middle School Athletic/Activities Director
303-536-2105

