

CANON CITY



TIGERS

CANON CITY HIGH SCHOOL

**ATHLETICS/ACTIVITIES
HANDBOOK**

TABLE OF CONTENTS

Introduction/Philosophy.....	page 2
Participation Warning.....	page 2
Position Statement Regarding Supplements.....	page 3
Training Code.....	page 4
Attendance Requirements	page 6
General Athletic Policies.....	page 6
General Eligibility Rules	page 8
Travel Rules	page 9
Age & Attendance Requirements	page 10
Unsportsmanlike Conduct Rule.....	page 10
Outside Organized Practice/Competition Rule	page 11
Appeals Process.....	page 12
Amateur Rule.....	page 12
General Awards Rule.....	page 13
Letter Requirements for Each Sport/ Activity.....	page 14
Letter Jacket Guidelines	page 18
NCAA Eligibility Center.....	page 19
South Central League Code of Sportsmanship.....	page 19

INTRODUCTION/PHILOSOPHY

In order to create a community where the quality of life is ideal for all its citizens, the athletic department at Canon City High School and the community of Canon City subscribe to the following standards of behavior.

SELF:

- To be responsible for your own actions.
- To be self motivated.
- To respect your body, mind, and spirit.

OTHERS:

- To be non-violent (physically and verbally).
- To reach out to others in an empathetic, compassionate and honest way.
- To respect authority.
- To influence others positively.

PROPERTY:

- To respect one's environment, personal property, and the property of others.

The athletic/activities program at Canon City High School is an integral part of the school curriculum. Participation in interscholastic athletics/activities is a part of the school's educational program and is **A PRIVILEGE, NOT A RIGHT**. Students wishing to participate are required to meet standards of personal behavior and academic performance that are rationally related to the school purposes.

Violations of the CHSAA Code of Conduct and the CCHS Code of Conduct include training rule violations, breaking of laws (other than minor traffic violations), under-age consumption of alcohol, possession of any illegal substance, lack of academic integrity/cheating, vandalism, or thievery. Violations of this nature can result in immediate suspension by a member of the CCHS administrative team. For specific information refer to the Training Code/Code of Conduct section of this manual.

All **STUDENTS ARE ENCOURAGED** to help maintain the high standards of our code. Any information related to violations of the code will be processed discreetly and student confidentiality will be protected whenever possible.

WARNING: 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. HOWEVER, 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 DO 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.

CANON CITY HIGH SCHOOL
POSITION STATEMENT REGARDING PROTEIN
SUPPLEMENTS
AND OTHER NUTRITIONAL SUPPLEMENTS

It is the position of Canon City High School and Canon City Schools that no coach or representative shall dispense, recommend, or encourage the use of dietary supplements by our athletes. This primarily includes protein supplements, but can include a wide range of products. Any questions from student athletes directed to coaching staff shall be referred to a physician. In the event a physician recommends a supplement, the athlete will be asked to do so off school grounds.

Prior to ANY usage, it is important that the parent and athletes make an informed decision.

Too many times athletes, parents, and coaches are caught up by all of the advertising and hype surrounding protein supplements and their ability to build muscle. There are numerous studies that suggest that protein from supplement powders does not build muscle strength or mass. Some studies of teenagers have shown that one of the biggest reasons that some athletes do not build as much muscle strength or mass is because of a poor diet. Before starting any supplement parents and athletes should study the diet and make the appropriate adjustments.

FACT: While athletic teenagers need more protein than normal teens, almost all can get that protein naturally by adjusting their diet.

FACT: There are so many protein supplements on the market they cannot all be studied.

FACT: The FDA does not regulate these supplements.

FACT: Studies of various supplements have turned up numerous harmful ingredients not listed on the label. These have even included steroids.

FACT: The three things required for adequate muscle development are:

1. Proper training regimen
2. Proper nutritional plan
3. Proper rest and recovery

The use of protein supplements has raised a red flag for many physicians. There are so many products that come and go, the long term effects cannot be studied. Information from the American Society of Pediatrics states that pediatricians feel that inappropriate supplements can cause long term effects that are irreversible. Overload of these protein powders can affect liver and kidney function in growing teenagers.

The National Federation of High Schools and the Colorado High School Activities Association have both issued position statements regarding the usage of supplements and the concerns that it raises. Parents and athletes should not get caught up in the growing trend to see fast muscle gain. They should instead study the topic and be well informed before consuming anything.

ATHLETICS/ACTIVITIES TRAINING REGULATIONS AND GENERAL POLICIES

I. TRAINING CODE/CODE OF CONDUCT

- A. The athletic/activities participant will not do anything that embarrasses the individual, his/her team, his/her school, and/or community. This would include, but may not be limited to such actions as the use of tobacco, drugs or alcohol, law violations, lack of academic integrity/cheating, or incidents of vandalism.
- B. A student who is participating in any of the organized athletics or activities at Cañon City High School, shall not violate any of the established rules at any time during the period in which he/she is a member of an athletic/activity team or participating regularly in such organized sport or activity as recognized by the Colorado High School Activities Association. Code of conduct rules are in effect all year including the summer months, and not just during the student's particular athletic/activities season. Any violation of the code of conduct or criminal charges filed against a student will result in discipline and could affect the student's future athletic/activities participation.
Example: A student in the fall season, and not out for a fall sport, attends a party and consumes alcohol, he/she may be suspended from participation in winter and/or spring sports. If the athlete does not participate until the following calendar year, the discipline may affect the next year's participation in a similar manner.
- C. Letter Activities listed on page 18 will follow the majority of the Athletics/Activities handbook. Due to the fact that each activity has unique aspects, there are items in the handbook that may not apply. Each Activity will have specific items detailed for its members at the beginning of the specified season.
- D. VIOLATIONS:
1. Any violation of the Canon City High School training code/code of conduct by a student-athlete shall constitute immediate suspension from the sport for 25% of the sport's total number of contests. A table is provided on the next page for reference to each sport. The number of games the athlete is suspended is calculated on the total number of games, matches, or points in a season for the specific sport. In the event that a full schedule is not obtained, the suspension will be adjusted to reflect the current season.
 2. If a student-athlete is expelled for a drug or alcohol violation during their sport season, they shall be dismissed from the team for the remainder of that season.
 3. Due to the fact that Activity (listed on page 18) schedules vary from year to year, there is not a set number of events listed for the suspension period. The suspension time for a violation of the code of conduct will be 25% of the total number of events scheduled. The coach/sponsor will notify participants of the schedule and specified suspension period at the beginning of each season.
 4. During the time of the contest suspension, the athlete will be required to attend all scheduled practices and activities of the team.
 5. This policy becomes effective when a student enters a sport or activity and continues in effect as long as the student is involved in the activities program. It extends from year to year.

6. If an athlete cannot fulfill the suspension due to too few games remaining in the season, the suspension shall carry over to the next sport in which the athlete participates. This may be a different sport in the next season or may carry over to the following year if the athlete only participates in one sport. If the athlete does join another sport in order to fulfill their suspension, they must complete the season in good standing. If they fulfill the suspension and then quit, the suspension will not count.

GAME SUSPENSION TABLE

Baseball, Basketball, Softball, Hockey, Volleyball	5 game suspension
Soccer	4 game suspension
Cross Country, Football, Golf, Gymnastics, Tennis, Swimming, Track and Field	3 game suspension
Wrestling	7 point suspension
Cheerleading and Dance	8 game suspension

- E. Any athlete/student participant exhibiting conduct unbecoming an athlete/participant, or committing any violation of the training code/code of conduct, may have all awards withheld by the team involved and the athletic department. The athlete in violation will not represent CCHS in any all league or all state games in the school year of violation. In the event that it is a first offense for a senior, depending on the nature of the violation, a council of administrators and coaches may allow for community service to be performed allowing the athlete to participate in an all-state game.
- F. If a student is formally charged with assault or felony he/she shall be suspended immediately from the athletic/activities program pending the outcome of the case. If the student-athlete is found guilty, suspension shall be no less than one calendar year from the date of violation.
- G. Student Council members, Head Boy, and Head Girl are under the guidelines of this handbook. To be eligible to run for Head Boy/Girl a student must have successfully completed a minimum of one year of student council service and must have no violations of the training code during their junior academic year. The candidate must not have excessive absences as defined by the CCHS attendance policy.
- H. Class officers have a separate packet of guidelines that they are given at the beginning of the voting process. The packet will detail which parts of the Athletics/Activities Handbook class officers must adhere to.
- I. The individual coaches and/or sponsors will enforce curfew rules and other rules necessary for team success.
- J. Each coach or sponsor may establish policies that are more stringent than the rules listed in the Athletics/Activities Handbook.
- K. Multiple violations of the code of conduct may result in the participant being permanently dismissed from the individual sport or the athletic department.
- L. The way in which Canon City High School athletes conduct themselves around the school and community is of great importance. Athletes should be leaders and fellow students should be able to respect and follow their example. Real leaders will accept responsibility, realizing that they influence many others in the school. An athlete is expected to conduct himself/herself as a gentlemen/lady at all times in school, classrooms, halls, assemblies, shower rooms, training room, on athletic trips, and around the community. Athletes shall show respect toward opponents, officials, and spectators at all times. Foul language, horseplay, and disrespect will not be tolerated.

II. ATTENDANCE REQUIREMENTS

- A. If a student misses school due to a truant absence, the student may be withheld from participation in the next scheduled game or performance of the group.
- B. A student-athlete must be present at school for at least the second half of the school day before they will be allowed to participate in practice or a game. This shall not apply to excused absences.
- C. A student will be allowed to participate in the scheduled activity/practice if the absence was deemed to be an excused absence. Excused absences shall include:
 - 1. Absences due to illness or injury verified by a formal, medical excuse from a physician or a parent. This includes medical or dental appointments.
 - 2. An absence approved by the administration for school activities or class field trips.
 - 3. Absences due to physical, mental, or emotional disabilities verified by a physician.
 - 4. Any absence that is a result of being in the custody of the court or law enforcement agency.
 - 5. Bereavement.
 - 6. Any absence with prior approval by an administrator.
- D. If a student is suspended from school he/she may not participate in or attend any school-sponsored activity during the suspension.
- E. Excessive absenteeism, whether excused or unexcused, will result in the participant being withheld from competitions and may warrant dismissal from the team.

III. GENERAL ATHLETIC POLICIES:

- A. All team members of all sports will attend all scheduled practices and meetings. No practices are to be missed. If circumstances should arise that do not allow the student to attend a practice or a meeting, the validity of the reason will be judged by his/her individual coach. In all cases, however, the coach must be notified by personal contact, phone call, or written statement prior to the practice or meeting missed.
- B. If an athlete is involved in two sports that overlap, they shall report to sport B immediately upon conclusion of sport A. Individual coaches may grant the athlete a specific number of off days before reporting to sport B. If the athlete does not report to sport B on the required day, they shall be required to make up each practice missed and will be required to have five practices prior to competing.
- C. While it is not the desire of Canon City High School to involuntarily terminate (cut) athletes from a team, unfortunately there are times when cuts will have to take place. Cuts vary from program to program because of the uniqueness of the sport and possible spots available for participation. Seniors will not play on sub-varsity teams unless a sport has low participation numbers, the senior wants to play sub-varsity, and his/her participation will ensure the availability of the sub-varsity program. Each program will have written criteria related to the evaluation process for making cuts. Lists of members who make a team may be posted, but names of participants who are cut from a program will not be posted. Coaches will discuss reasons for a cut with each individual interested. In the event that an athlete is cut, he/she is welcome to join another sport with the approval of the receiving coach. If he/she chooses not to pursue another sport during that season, the athletic fee shall be refunded.

- D. Quitting any sport.
1. Any student may drop out of a sport if it is done in the proper way. The student must make personal contact with the coach to make his/her reasons known. Secondly, he/she must return all equipment and clear all financial responsibility with the school. A student may not switch sports after the established cut-off dates for those sports.
 2. A student who drops out of any sport may not participate in the second sport during the same season until he/she obtains a written release from the coach of the sport dropped.
EXAMPLE: A participant should not quit football and commence basketball practice until the football season is completed.
- E. Good sportsmanship is a primary objective during practice and contests. All athletes will treat others with dignity and respect. Regardless of the circumstances, each player shall conduct themselves accordingly. This shall include actions toward opposing teams, coaches, fans, and students.
- F. Any student who refuses to participate in state mandated academic testing (e.g., PARCC/SAT) shall forfeit his/her privilege to participate in all school sponsored extracurricular athletics and activities for a period of one calendar year. This includes dances.
- G. To fulfill pre-sport preparation procedures the following items must be cleared before equipment will be issued:
1. Positive physical examination report.
 2. Signed parent or guardian permission form.
 3. Verification of athletic/participant accident insurance policy or insurance release form signed by parent or guardian.
 4. Completed CCHS emergency medical card with parent or guardian signature along with Impact Concussion Testing release to test.
 5. Signed agreement by athlete/participant and parent of the training rule contract.
 6. Completed athletic/participant registration card.
 7. Parent or Guardian must attend pre-season meeting.
 8. Athletic/Activity fee must be paid before student will be cleared to practice. Yearly applications for free or reduced lunches must be completed by a parent or guardian and verified by the food-service administrator.
 - a. Maximum cap of four (4) sports fee payments per family. This shall apply to immediate family members living at same address.
 - b. Athletic fee is non-refundable. Exceptions: Athletes that are cut from team by coach or athlete is declared ineligible prior to first contest.
 - c. Cheer and Dance team members will pay one fee per year.
- New fees are listed on page 20. As per CRS 22-32-116.5 any student that is home-schooled will be charged 150% of the designated fee for participation in extracurricular and interscholastic activities.
- H. Each student must assume responsibility for equipment issued to him/her and will be charged for any losses or damage beyond normal usage. **Uniforms and school issued apparel are not to be worn at any time except for games and specific days designated by the coach.** A student with outstanding fines for equipment lost or not turned in will not be issued a uniform until the fine is settled.

- I. No athlete shall use energy drinks or pills at any time. Such drinks may pose health risks to the individual and do not enhance athletic performance.
- J. Hazing and harassment will not be tolerated in the athletic program. Athletes are encouraged to report any such incident to the athletic office or the coach. Any athlete, who participates in a hazing activity or is involved in harassment, may be suspended by the athletic department for up to one calendar year from the date of the incident and can face criminal charges. By definition hazing means committing an act against a student, or coercing a student into committing an act, that creates a substantial risk of harm to a person, in order for the student to be initiated into or affiliated with a student organization, or for any other purpose. These acts include those considered physical in nature or those acts that cause significant mental or emotional stress. Hazing can be physical or verbal, but may also include hazing through some type of an electronic means as well.

Any person who believes they have been the victim of hazing or any person with knowledge or belief of conduct which may constitute hazing should report those acts immediately to the sport or activity sponsor, a school counselor, or any administrator. The principal should be made aware of all incidents of alleged hazing as soon as possible. Action will be taken to investigate the incident and at the discretion of the principal, action may be taken to protect all students that are potentially involved while the investigation is underway.

Appropriate administrative consequences can apply for any acts that constitute hazing. These include but are not limited to suspension and possible expulsion. Similar action may also be taken for cases where student's intimidate, harass, or otherwise seek reprisals for students who reported these acts of hazing.

IV. GENERAL ELIGIBILITY RULES:

To be eligible to represent your school in any interscholastic activity (athletics and/or activities), you must:

- A. Be considered by administration a good citizen of the school and community.
- B. Be an undergraduate of Canon City High School.
- C. Be enrolled in a minimum of four credit courses that meet daily and offer a minimum total of 2 units of credit per quarter. You must not be failing any of the credit courses at the time of participation. This shall include 4 half-credit classes. TA's (teacher's assistants) are one-quarter credit. A student who is enrolled in 4 half-credit classes and a T.A., and fails a half-credit class will be passing 1 3/4 credit and will be deemed ineligible for the one-week eligibility period.
- D. Students are encouraged to carry 5 credit courses that offer a minimum total of 2.5 credits per quarter. You must not fail more than one course at the time of participation. (Students can earn 2.5 credits when enrolled in five courses per quarter.)
- E. At the close of a semester a student must have passed at least 3.5 credits in order to retain eligibility or have passed 2 credits at the end of a quarter during the school year.

- F. Students deemed ineligible at the close of a semester may regain academic eligibility at the two specific dates determined by the Colorado High School Activities Association. These two dates are in October and March. *Exception:* Winter sports athletes can regain eligibility at the end of first quarter. To regain eligibility the athlete must successfully meet the general academic eligibility in accordance with paragraph "C" or "D" of this section. The student must be passing 2 credits at the specific check date to regain their eligibility. If they are not passing 2 credits they will remain ineligible for the remainder of the semester.
- G. Make-up work shall not be permitted after the close of a semester for the purpose of becoming eligible. A "condition", "incomplete", or "withdraw failing" shall be considered the same as a failure when determining eligibility.
COMPLETE ALL MAKE-UP BEFORE THE END OF A SEMESTER.
- H. Summer school, or its equivalent credit accepted by the school toward graduation, may be used to replace any Carnegie units or equivalent of credit failed if completed by the first day for an allowable contest in that sport. Credits made up through summer school should be in the same curricular area and be accepted to meet graduation requirement of classes previously failed.
- I. Weekly eligibility.

If a student is ruled ineligible according to paragraph "C" or "D" the student will be ineligible for the period of one week, and until the grade deficiency has been corrected. Participant grades will be checked on Monday morning. After that time, makeup work cannot count for that eligibility check. Eligibility lists will be compiled Monday and coaches and/or sponsors will be notified of the ineligible students. Beginning on Wednesday, the athlete will be held out of the contests in that activity for the next week. Reports of inappropriate behavior in class will be reported to the activities office by the individual teacher and may result in the student being withheld from activity.

NOTE: One nine-week class, if successfully completed, equals one-half credit. One eighteen-week class, if successfully completed, equals one credit.

V. TRAVEL RULES:

OUT OF TOWN GAMES:

- A. Travel in private cars to contest sites is not allowed unless approved in advance by the principal or athletic director.
- B. Students who ride to a contest or activity in school transportation will be required to return in the transportation provided by the school, unless other arrangements have been made.
 - 1. To be allowed to travel in private transportation with parent/guardian, the athlete shall notify the coach and fill out the appropriate form. The form is available from the coach. The signed release form must be in the hands of the sponsor or coach before the student/athlete will be released. The athlete will only be released to a parent and the parent must make personal contact with the coach.

2. A parent/guardian may wish to have their son/daughter released to someone other than the parent/guardian. In this case the parent must sign the proper form available from the Athletics/Activities office at least one day prior to the trip. If the coach/sponsor does not know the person to which they are releasing the student, they may ask the person for proper identification. If the person cannot produce identification the student will not be allowed off the bus.

OFF CAMPUS /IN TOWN

Certain sports require off-campus travel for practice or games. It shall be a requirement of the sport for athletes and parents to arrange their own transportation to and from these activities.

- A. Sports that require **daily** off-campus travel include:

Softball (Harrison K-8/Rouse Park)	Soccer (Middle School)
Golf (4mile Ranch GC)	Sub-Varsity Baseball (Middle School)
Tennis (Rudd Park- Varsity) (Centennial Park- JV)	Gymnastics (Canon Academy of Gym.)

- B. Sports that require **periodic** off-campus travel include:

Cross Country (Various city locations)
Track and Field (Various city locations)
Dance (Various city locations)
Cheer (Various city locations)

NOTE: Due to facility conflicts at times, there are occasions when all teams may practice at a location off campus. Students will be notified in advance so that arrangements for transportation can be made.

VI. AGE AND ATTENDANCE REQUIREMENTS:

- A. You are eligible to enter interscholastic competition if your 19th birthday falls on or after August 1st.
- B. In a 4-year high school, you are eligible to compete for eight consecutive semesters.

VII. UNSPORTSMANLIKE CONDUCT RULE:

- A. Any player who has been disqualified from a match or contest for committing any unsportsmanlike act shall be disqualified for the remainder of that match or contest.
 1. In addition, the player shall be ineligible for the next match or contest of the same level (c-team, junior varsity, or varsity).
 2. He/She may not take part in any other games or contests at any level during this time.
 3. Any player ejected from a second match or contest during the same season shall be ineligible for the next two matches or contests of the same level.
 4. Any player ejected from a third match or contest during the same season shall be subject to a penalty to be determined by the Commissioner of the Colorado High School Activities Association.

VIII. OUTSIDE ORGANIZED PRACTICE/COMPETITION RULE:

- A. The following rules pertain only to those sports offered at Canon City High School.
- B. An athlete who wishes to participate on sport teams outside of CCHS, may request permission to participate on an outside team after the in-season sport has commenced with practice for a period of three weeks (21 calendar days). Permission form in Athletic/Activites Office. Both the in season and out of season coach will need to approve the athlete's participation on the out of season team. The coach and/or athletic director may waive the twenty-one day rule if extenuating circumstances apply.
- C. An athlete may participate on a team outside of school by completing the proper permission form in the Athletic Office. The form must carry the signature of the athlete, the parents, the outside team coach, the head coach, and the athletic director. This form is available in the athletic office. According to the CHSAA the athlete must provide proof of having a "C" grade point average at the time of request and the "C" grade point average must be maintained during the entire sport season. If the athlete fails to maintain the "C" grade point average, the head coach and/or athletic director will request that the athlete give up the outside team sport. Failure to withdraw from the outside sport team could result in exclusion from the CCHS sport.
- D. Anytime there is a conflict of participation on an outside team the student must fulfill his/her obligation to the school team or the student athlete will be excluded from the school team.
- E. This rule (VIII) is not intended to regulate any individual's right to obtain private instruction for improvement, to practice or to play for recreation or leisure. It does restrict his/her entering any kind of organized competition as an individual (i.e., golf, tennis, gymnastics, wrestling tournaments, etc.) or with a team (i.e., softball, basketball, soccer, volleyball contests or tournaments) without following the proper procedure as outlined in VIII-C. Failure to do so could result in exclusion from the outside team.
- F. As a member of any high school team, you may practice or compete in that sport during that sport season in a non-school event with prior written permission of the principal or athletic director.
- G. Members of high school teams may compete on non-school teams following the completion of the final state championship in that sport.
- H. High school students with remaining high school eligibility can jeopardize their eligibility and the eligibility of their team by participating on recreation teams with and against school personnel on Sundays. Due to this fact, any student/athlete with remaining high school eligibility will not be allowed to participate in the adult recreation district program on Sundays. This includes practice or contests. Other participation is authorized if consented to by the student's athletic director and principal.

IX. APPEALS:

- A. Upon notification of a violation of handbook rules the coach should follow these steps:
1. Write a brief report of the violation of the specific rule violated.
 2. Present report of the alleged violation to the athletic director for review, prior to student and parent notification. If an investigation by the athletic director shows that the alleged violation did occur, the athlete will be suspended until such time as a final decision can be made regarding the violation. (If the athletic director is not available, contact should be made with an assistant principal/principal)
 3. The athletic director shall notify the athlete that he/she has been reported to be in violation of the athletic handbook.
 4. The athletic director shall notify the parents immediately of the violation and the suspension. Provisions for appeal should be presented to the parents at that time.
- B. Upon notification of a decision by the head coach, the athlete and/or parent may appeal the ruling in the following order:
1. Coach that issued the decision.
 2. The Athletics/ Activities Director.
 3. The Principal.
 4. The Superintendent of Schools.
 5. The Board of Education.

X. AMATEUR RULE:

- A. The amateur rule applies only to those activities that are recognized by the CHSAA as part of the interscholastic program.

In order to retain amateur status, a student/athlete must not:

1. Compete with professionals as a member of the same team or against a team composed all or in part of professionals.
2. Accept money or sign a professional contract.
3. Compete under an assumed name.
4. Accept an award in a non-school activity and convert it to cash.
5. Accept merchandise prizes exceeding \$50 in value.

XI. GENERAL AWARDS RULE:

- The general awards rule applies to those athletic and non-athletic activities sponsored by the CHSAA and Canon City High School.
 - You may not accept any award except those presented by your school, the CHSAA, or a group approved by Canon City High School or the CHSAA. The award may not exceed \$50.00 in value.
- A. SPORT AWARD
A certificate will be awarded to any athlete who completes the season in good standing, but does not qualify for a letter.
- B. LETTER CERTIFICATE
A chenille letter, or certificate on concurrent years, will be given to an athlete who fulfills the required criteria in a specific sport.
- C. FOUR YEAR PARTICIPATION AWARD
A certificate shall be awarded to seniors who have been regular members of a squad for four years and who have fulfilled all other requirements for the specific sport.
- D. FOUR YEAR LETTER AWARD
A foil certificate will be given to any senior who has lettered four years. A senior shall not receive both the four-year participation certificate and the four-year letter award.
- E. ALL-CONFERENCE, ALL-AREA, ALL-STATE
Awards will be given to those athletes who have been named All-Conference, All-Area, All-State, etc. The award given will be a patch for first team and a certificate for all lower level teams. Any awards of esteem above and beyond All-Conference will be made at the discretion of the athletic director and the building principal.
- F. STATE QUALIFIER
Any team or individual that qualifies for state play will be awarded a jacket patch. State play shall include the final 16 teams for team sports (final eight teams if so designated by CHSAA), and participation in the state tournament for individual sports. Recognition of the team will be at the discretion of the principal, athletic director, and the coach. This discretion includes the time, place, and manner of recognition to be given.
- G. LEAGUE CHAMPIONS / LEAGUE RUNNER-UP
Any team that finishes in first or second place in the league will be awarded a jacket patch.
- H. THE "BIG 12" AWARD
Any athlete that completes three sports for four years shall receive the "Big 12" athletic award. The athlete will receive a plaque and will have his/her name engraved on a plaque that will be permanently displayed in the trophy case at CCHS. Athletes should participate in sports because of desire to participate, not merely to receive the Big 12 award. Please keep in mind that some teams require a selection process and some athletes may not be selected. The possibility of an athlete having a chance at the "Big 12" award shall not be deemed as the sole reason for selection to a team.
- I. Transfer students who have participated at a previous school may be considered for four-year awards.

XII. LETTER REQUIREMENTS FOR EACH SPORT/ACTIVITY. (Policy updates 5-11)

BAND

- 1.) Student must be in band the whole year.
- 2.) Student must have a 95% or higher in band
- 3.) Student must attend all scheduled band rehearsals & performances

In addition to the above requirements, students must accumulate at least 45 points in order to letter in Band.

Below is a list of activities that gain points.

Activity:	Point Value	# Times/Year	Max Points
All State Band Audition	3 points	1/semester	3 points/year
Basketball Pep Band	1 point each	8/semester	3 points/year
Blossom Festival Work	2 points/day	2/semester	6 points/year
Community Band Participation	5 points	1/semester	5 points/year
Honor Band Audition	2 points	1/semester	4 points/year
Jazz Band/Combo Participation	5 points	1/semester	10 points/year
New Instrument (@ prof. level)	5 points	5/year	5 points/year
Practice Logs w/ 400 min/mon.	1 point	1/month	9 points/year
Private Lessons	5 points	5/semester	10 points/year
Scale Assessment	5 points	1/year	5 points/year
Solo/Ens.-Ensemble Performance	2 points	1/semester	2 points/year
Solo/Ens-Solo Performance	3 points	1/semester	3 points/year

Total available pts/year: 70

Total required to letter in Band: 45

BASEBALL

- A. Complete the season in good standing.
- B. Return all equipment that was checked out to you.
- C. Participate in 25 percent of the total innings at the varsity level.
- D. Any individual does not meet the required participation criteria, but has made a significant contribution at the varsity level, may be awarded a letter at the discretion of the coaching staff.

BASKETBALL (GIRLS' AND BOYS')

- A. Play in 25 percent of the total number of quarters at the varsity level.
- B. Complete the season in good standing.
- C. Any individual who does not meet the required participation criteria, but has made a significant contribution at the varsity level, may be awarded a letter at the discretion of the coaching staff.

CHEERLEADING

- A. Perform in 80% of all scheduled performances.
- B. Attend 80% of all practices.
- C. Complete the season in good standing.
- D. Any individual who does not meet the required participation criteria, but has made a significant contribution, may be awarded a letter at the discretion of the coaching staff.

COLOR GUARD / DRILL TEAM

- A. Must participate in 2 of 6 competitions
- B. Must attend all practices or have written excuse
- C. Must complete the season in good standing

CROSS COUNTRY (GIRLS' AND BOYS')

A varsity athlete may be recommended for a letter if he/she has competed in three-fourths of all meets and has met at least one of the following criteria:

- A. Win an individual first, second, or third in any varsity meet.
- B. Participate on a team that places first, second, or third in league or equal competition.
- C. Place individually in the top ten in the CSML.
- D. Participate on a team that places in the top twenty in the State Meet.
- E. Place individually in the top twenty in the State meet.
- F. Any individual who does not meet the required participation criteria, but has made a significant contribution at the varsity level, may be awarded a letter at the discretion of the coaching staff.

DANCE

- A. Perform in 80% of all scheduled performances.
- B. Attend 80% of all practices.
- C. Complete the season in good standing.
- D. Any individual who does not meet the required participation criteria, but has made a significant contribution, may be awarded a letter at the discretion of the coaching staff.

FOOTBALL

- A. The athlete must participate in 14 quarters at the varsity level during the regular season.
- B. Complete the season in good standing.
- C. Any individual who does not meet the required participation criteria, but has made a significant contribution at the varsity level, may be awarded a letter at the discretion of the coaching staff.

GOLF (GIRLS' AND BOYS')

To be eligible for a letter the athlete must complete one of the following criteria:

- A. Compete in 50 percent of all scheduled varsity matches.
- B. Qualify for state meet.
- C. Any individual who does not meet the required participation criteria, but has made a significant contribution at the varsity level, may be awarded a letter at the discretion of the coaching staff.

GYMNASTICS

To be eligible for a letter the athlete must meet one of the following criteria:

- A. Compete in half of all varsity matches.
- B. Place in the top six at league, district, or state meet.
- C. Seniors who complete the season in good standing on the varsity team will earn letters.
- D. Any individual who does not meet the required participation criteria, but has made a significant contribution at the varsity level, may be awarded a letter at the discretion of the coaching staff.

HOCKEY

- A. An athlete must meet the lettering criteria for the cooperating school and be approved by the CCHS athletic director.
- B. A Canon City High School letter is awarded. The recipient shall not place another school letter on his/her jacket.

RIFLE

SPORTER AIR RIFLE: 1 st Year: 200	PRECISION AIR RIFLE: 1 st Year: 225
2 nd Year: 220	2 nd Year: 245
3 rd Year: 240	3 rd Year: 265
4 th Year: 260	4 th Year: 285

Must be shot during a scheduled 3X10 match. If 3X20 format is used, requirements are doubled.

Must compete in 80 percent of the scheduled matches.

Athletes may also qualify if they finish individually in the top 20 percent of any CMP Cup Match, National Council Championship, National Junior Olympic Championship, or National JROTC Championship. They may also qualify if they are a member of a team that places first, second, or third in the same category of matches.

Members must follow all policies and procedures in the Athletic/Activities Handbook.

SOCCER (GIRLS' AND BOYS')

- A. Participate in at least one-third of the varsity halves during the season.
- B. Must complete the season in good standing.
- C. Any individual who does not meet the required participation criteria, but has made a significant contribution at the varsity level, may be awarded a letter at the discretion of the coaching staff.

SOFTBALL

- A. Complete the season in good standing.
- B. Participate in one-fourth of total innings at the varsity level.
- C. Any individual who does not meet the required participation criteria, but has made a significant contribution at the varsity level, may be awarded a letter at the discretion of the coaching staff.

SPEECH AND DEBATE

- A. Attend ten tournaments.
- B. Earn 100 or more NFL points.
- C. Have no rule infractions.
- D. Compete in CHSAA districts, CHSAA state (If you qualify), NFL National Qualifying Congress, and NFL National Qualifying Districts.
- E. Complete a project to benefit the team.

SWIMMING

- A. An athlete must meet the lettering criteria for the cooperating school and be approved by the CCHS athletic director.
- B. A Canon City High School letter is awarded. The recipient shall not place another school letter on his/her jacket.

TENNIS (GIRLS' AND BOYS')

- A. Play in 50% of varsity matches and compete in the regional tournament.
- B. Complete the season in good standing.
- C. Any individual who does not meet the required participation criteria, but has made a significant contribution at the varsity level, may be awarded a letter at the discretion of the coaching staff.

TRACK AND FIELD (GIRLS' AND BOYS')

To be eligible for a letter an athlete must meet one of the following criteria:

- A. Score 15 varsity points.
- B. Score in an individual event at the regional meet.
- C. Be a senior who has successfully completed three seasons without lettering.
- D. Any individual who does not meet the required participation criteria, but has made a significant contribution at the varsity level, may be awarded a letter at the discretion of the coaching staff.

VOCAL MUSIC

- A. Maintain regular attendance with NO unexcused or truant absences from classes or performances during the school year.
- B. Maintain a "B" grade or better for the entire year.
- C. Earn 100 lettering points from outside classroom obligations (Letter point activities are available from the vocal instructor)
- D. Follow the code of conduct. Any infraction may result in loss of lettering privilege for the year. The loss of lettering privilege will be in addition to any and all consequences deemed necessary by the director in conjunction with administration for said infraction.

VOLLEYBALL

- A. Complete the season in good standing.
- B. Play in twenty-five percent of the total matches of the total number of games at the varsity level
- C. Any individual who does not meet the required participation criteria, but has made a significant contribution at the varsity level, may be awarded a letter at the discretion of the coaching staff.
- D. A letter will be earned by a manager provided that the manager completes the season in good standing and must attend or be present for a minimum of 90% of all team activities.
- E. Any player that receives a varsity uniform for ½ or more of the season.

WRESTLING

To be eligible for a letter, an athlete must meet three or more of the following criteria:

- A. Wrestle in 24 or more matches in 1 season with 50% or more wins.
- B. Place in the top three at three or more tournaments (Varsity).
- C. Wrestle on the varsity team a minimum of 8 times.
- D. Compete in the regional tournament.
- E. Attend practice regularly (no more than 6 absences).

XIII. LETTER JACKET GUIDELINES

Students shall have the opportunity to earn a letter in a sport and or activity that meets at least two of the following criteria:

1. Must be sanctioned by the Colorado High School Activities Association
2. Must compete interscholastically for Canon City High School
 - a. Be a member of a CHSAA designated league
 - (or)
 - b. Compete in at least three sanctioned competitions
3. Must have a school district contracted/compensated coachCanon City High School will offer two letters, one for activities/academics and one for athletics. The activities letter will be an interlocking CC and the athletic letter will be a single C.

LETTER SPORTS

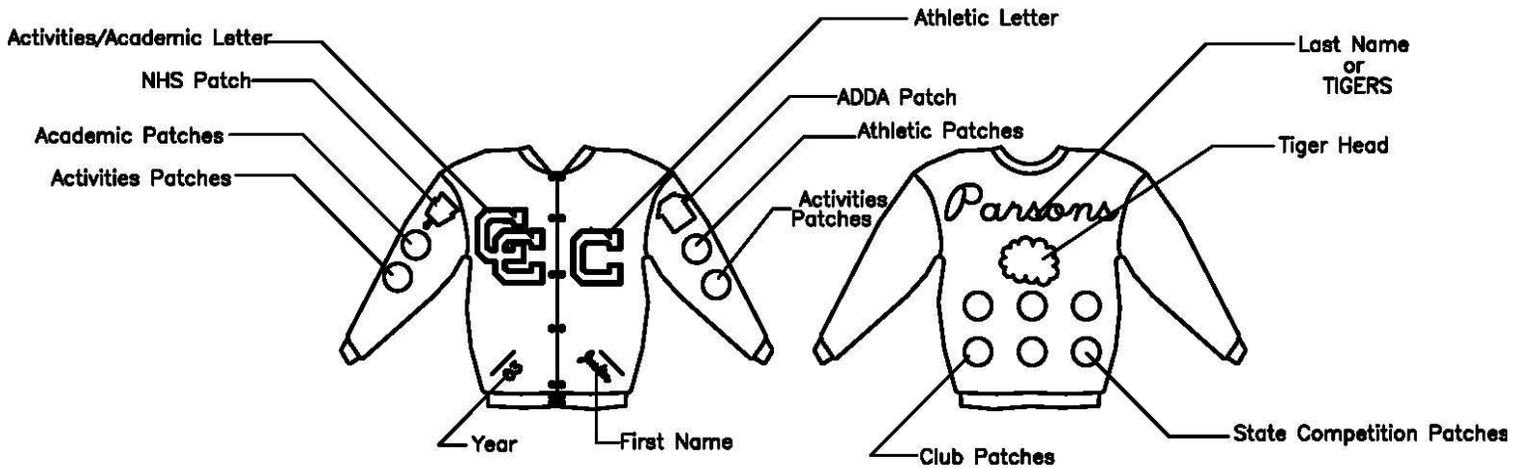
Baseball
Basketball (Boys and Girls)
Cheerleading
Cross Country (Boys and Girls)
Dance
Football
Golf (Boys and Girls)
Gymnastics
Soccer (Boys and Girls)
Softball
Tennis (Boys and Girls)
Track and Field (Boys and Girls)
Volleyball
Wrestling
Co-op Sports (Swimming, Hockey
Lacrosse)

LETTER ACTIVITIES

Band
Rifle Team
Drill Team & Color Guard
Speech and Debate
Vocal Music
Academics

- A student lettering for the first time will be awarded the chenille letter and a jacket pin for that activity or sport. Each subsequent year that the student letters in that specific activity/sport, he/she will earn a gold bar. If a student letters in a different activity or sport, he/she will be issued a pin representing that sport or activity to place on the appropriate letter.
- Guidelines for placement of awards on the jacket will accompany each letter given to a student. Guidelines shall include the placement of school issued awards. The letter jacket shall not be used for non-school awards and patches.
- Each sport or activity that offers a letter for students shall have specific criteria to earn said letter. Criteria for a letter shall be updated and published yearly.
- Students earning a letter will have the opportunity to purchase their own letter jacket from local merchants.

- Anything placed on the jacket must be school issued or school approved. If there are any questions please see the Athletics/Activities office prior to placing an item on the jacket.
- Replacement pins can be purchased from the Activities Office for \$1.
- When putting pins on the letter put a drop of Elmer's glue in the pin back hole. It is recommended that you not use super glue.
- If you choose to purchase a specific sport number patch, it should not exceed four inches in diameter and should be placed on the back or sleeve.



If a student does not wish to put patches on the leather sleeves they may put all patches on the back of the jacket.

XIV. NCAA ELIGIBILITY CENTER
(Formerly known as the NCAA Clearinghouse)

Any student-athlete that plans on playing sports in college at any Division I or Division II school, must be registered with the NCAA Eligibility Center. Information and registering procedures may be found at www.eligibilitycenter.org

If students or parents have any questions regarding the NCAA Eligibility Center please contact your school counselor or the athletic office.

XV. Colorado Springs Metro League *Code of Sportsmanship*

**"Sportsmanship is competitiveness with ethics, integrity and dignity."
Dick Katte**

School District Fremont RE-1 Cañon City Schools does not discriminate in any of its programs, activities or employment with regard to sex, color, disability, race or national origin

Complaints may be filed verbally, in writing or anonymously. If you wish to file a complaint using the district complaint form, please submit to: Mrs. Misty Manchester Title IX, Section 504, and Americans with Disabilities Act Coordinator 101 North 14th Street, Cañon City, Colorado 81212 - Telephone: (719) 276-5700

CANON CITY HIGH SCHOOL

1313 COLLEGE AVENUE

CANON CITY, COLORADO 81212

276-5870 (Administration)

276-5878 (Athletics/Activities)

ADMINISTRATION

Mr. Bill Summers, Principal

Ms. Michelle Johnson, Asst. Principal

Ms. Andrea Davis, Asst. Principal

Mr. Ken Cline, Discipline Coordinator

Mr. Scott Manchester, Athletics/Activities Director

Colorado Springs Metro League

Code of Sportsmanship

- Positive attitudes, statements, and behavior equal a positive competitive environment.
- Treat others as you would want to be treated.
- Be a positive role model and leader at all times.
- Respect for all aspects of competition.
- Have fun. It's just a game.

SPORTSMANSHIP,
ETHICS, AND
INTEGRITY