**Grand Mountain School**



**Student - Athlete Handbook**

Dear Parents/Guardians:

Welcome to Grand Mountain School and its athletic programs. GMS offers nine competitive activities for student-athletes. We are members of the South Metro League, which includes Widefield School District 3, Harrison School District 2, Fountain-Fort Carson School District 8, and Cheyenne Mountain School District 12. We ask that you carefully review the contents of this handbook with your student-athlete. Inside you will find our interscholastic sports policies, expectations for behavior, and other essential details. It is important that both you and your child understand the guidelines and expectations set forth by Grand Mountain School.

We look forward to your child’s participation in our athletic programs.

I have reviewed the Grand Mountain School Athletic Handbook with my child

and agree to its standards.

Student Signature Printed Name

\_\_\_\_\_\_\_\_\_\_Grade (6/7/8)

Parent or Guardian Signature Printed Name

Please sign in the appropriate spaces above. Attach this page with a completed physical packet and submit to the office prior to the start of practice. Only one form per student is required each school year.

Extracurricular activities are an integral part of the ongoing educational process at Grand Mountain School. Through participation in various activities, students gain a sense of responsibility, sportsmanship, and team play. It is our goal to encourage all students to participate in extracurricular activities.

**Interscholastic Athletic Eligibility**

Students who represent GMS in athletics take pride in their accomplishments. A student-athlete is a student first and an athlete second.

The following policy should be read and understood by all student-athletes and their respective parents/guardians. It reflects minimum requirements for all athletic programs. Individual coaches may develop additional expectations that will be communicated in writing at the beginning of each sport. To be eligible, a student-athlete must maintain a good standing socially and academically:

**Social Standing** - A student-athlete is required to display appropriate behavior toward all school personnel and students in and around Grand Mountain School and at all related school activities. In upholding this commitment, a student-athlete agrees not to be involved in the use, sale, or distribution of tobacco, alcohol, or drugs of any kind. Failure to do so may result in suspension from an athletic contest and/or dismissal from an athletic team. Students who are serving in-school detention will not participate in or attend games, matches, or meets until in-school detention is complete.

**Academic Standing** - A student-athlete must maintain a passing grade in all classes.

1. An athlete who is failing one or more classes will be ineligible to compete in any

athletic contest until failing grades become passing grades.

2. It is the responsibility of the student-athlete to seek extra help and take the necessary steps

to become eligible.

3. A passing grade is defined as a D grade or better, reflecting the cumulative effort for

the current grading period. (Coaches have discretion to require grades above D letter grades)

4. Grades will be monitored weekly during each athletic season with the first check

occurring prior to the first athletic contest and will include midterms and quarter

grades, when possible.

5. Grade checks will be conducted on Wednesday of each week. Student-athletes have until Friday

of the same week to rectify failing grades. If grades are not improved, the student-athlete is

ineligible for the following week of play.

*Student participation at practices will continue through the ineligibility period.*

*Consequences for multiple offenses are at the coach’s discretion.*

**Grand Mountain School Schedules**

Schedules for all sports will be posted on the Grand Mountain School website as they become available.

* Navigate to <https://grandmountain.wsd3.org/>
* Click *Athletics* or *Calendar*

**Interscholastic Athletic Policy**

1. Participation
   1. Each student must have a Widefield School District 3 permission form signed by the parent/guardian authorizing athletic participation.
   2. Each student must have a statement signed by his/her parent/guardian and a practicing physician certifying that he/she has passed an adequate physical examination within the current school year before participating in any interscholastic sport. Securing the physical is the responsibility of each individual student.
   3. Each student is required to have a parent/guardian complete the emergency information card.

*District forms for physical examinations, emergency information, and parent permission for participation may be obtained from any secondary school or from the district administration building.*

* 1. Each student-athlete will need to maintain the eligibility standards as defined in this handbook in order to participate.
  2. If a student is absent from school for 5 periods or more during the school day, the student will not be permitted to participate in any interscholastic event unless approved by the school administration prior to the event.
  3. Team members of all sports are required to attend all scheduled practices, meetings, and scheduled events during the established sport season. If circumstances arise whereby the student cannot attend a practice or meeting, the validity of the reason will be judged by the individual coach. In all cases, however, the coach must be notified prior to the practice or meeting missed, by personal contact, phone call, or written statement from the student’s parent/guardian.
  4. Each student-athlete is required to participate in at least nine practices for football and five practices in other sports before they are permitted to play in any event.

1. Selection Criteria
   1. Some sports cannot keep all student-athlete participants who try out for the team. It will be at the discretion of the coaches to decide how many student-athletes are retained on the team. The following sports may cut if numbers are high: softball, volleyball, basketball, and cheerleading.
   2. Selection will be determined by evaluating the following:

Academic responsibility

Athletic ability

Attitude and behavior

1. Sportsmanship and Appropriate Behavior
   1. Grand Mountain School is committed to promoting good sportsmanship. We are representatives of our school and as such, we directly reflect our school and community. The way we present ourselves on the bus, in the locker room, on the court or field, in the stands, on the sidelines, and before and after the contest, sends messages to everyone around us about who we are.
   2. Students will:

* Treat teammates with respect
* Treat opponents with respect
* Respect the judgment of contest officials, abide by the rules of the

contest and display no behavior that could incite fans

* Cooperate with officials, coaches, and fellow participants to

conduct a fair contest

* Exercise self control at all times
* Win without boasting, lose without excuses, and never quit
  1. Coaches will:
* Be an exemplary role model by supporting their teams in a positive

manner

* Respect their players, opposing teams, and officials
* Discipline those on the team who display unsportsmanlike behavior
  1. Parents will:
* Respect decisions made by contest officials
* Respect fans, coaches, administration, and participants
* Be an exemplary role model by supporting teams in a positive manner, including the content of cheers
* Realize that being a spectator is a privilege

1. Transportation
   1. The school provides bus transportation to and from away athletic events. Students are expected to ride the bus to all away games unless other arrangements are made between the coach and parents/guardians prior to the contest. If a student does not ride the bus back to school, a written note or conversation from the parent/guardian must be provided.
   2. It is the parent’s/guardian’s responsibility to provide transportation to and from practices and after the bus returns from away events, if needed.
2. Other
   1. Each athlete is responsible for all athletic equipment issued to him/her. Payment for equipment not returned or damaged will be the responsibility of the athlete and/or his/her parent/guardian.
   2. Any student-athlete who wishes to resign from a sport or activity should first have a conference with the coach. Coaches will notify parents when a student resigns.
   3. Any athlete demonstrating disrespect for other players, coaches, or school facilities at home or away may be dismissed from participation in athletics. Student-athletes could also be subject to school consequences for their actions while participating in athletics for GMS. Training and moral conduct rules will be strictly enforced by the coaches and athletic director.
   4. While all coaches strive to provide playing time to our student-athletes, there may be instances where an athlete does not receive playing time in a contest.