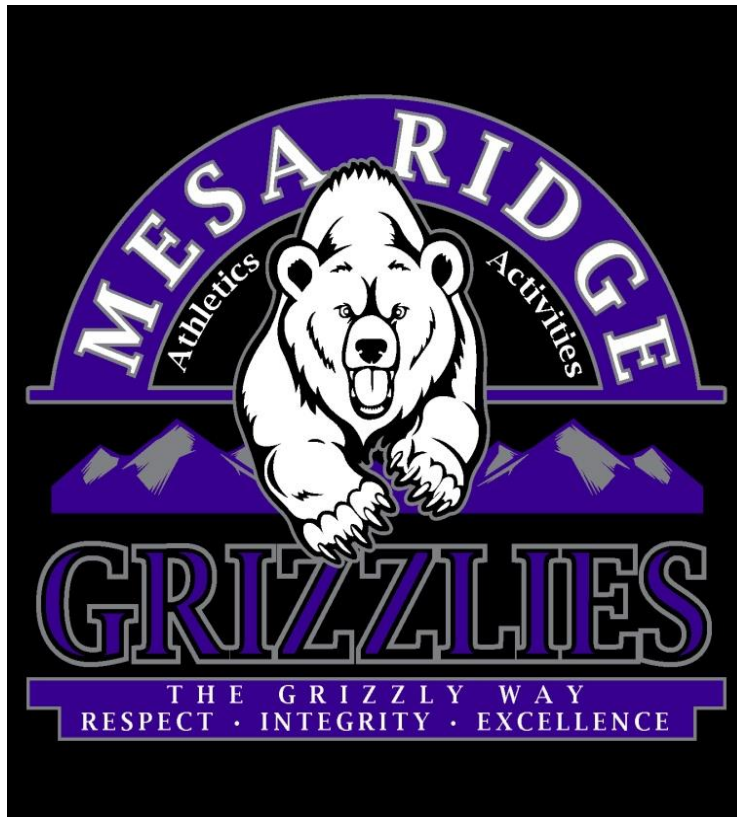


*MESA RIDGE HIGH SCHOOL  
GRIZZLIES*



**Parent / Athlete Handbook  
2018 - 2019**

**Widefield School District affirms that no person shall, on the basis of race, color, national origin, sex, or handicap be excluded from the participation in, be denied the benefits of, or be subjected to discrimination under any program or activity.**

## **Responsibilities of Sportsmanship**

### **A Goal for Everyone**

#### **The Player:**

1. Treats opponents with respect.
2. Plays hard, but plays within the rules.
3. Exercises self-control at all times, setting the example for others to follow.
4. Respects officials and accepts their decisions without gesture or argument.
5. Wins without boasting, loses without excuses, and never quits.
6. Always remembers that it is a privilege to represent the school and community.

#### **The Coach:**

1. Treats own players and opponents with respect.
2. Inspires in the athletes a love for the game and the desire to compete fairly.
3. Is the type of person he/she wants the athletes to be.
4. Disciplines those on the team who display unsportsmanlike behavior.
5. Respects the judgment and interpretation of the rules by the officials.
6. Knows he/she is a teacher and understands the athletic arena is a classroom.

#### **The Official:**

1. Knows the rules and their interpretations.
2. Places welfare of the participants above all other considerations.
3. Treat players and coaches courteously and demands the same from them.
4. Works cooperatively with fellow officials, timers and/or scorers for an efficient contest.
5. Is fair and firm in all decisions, never compensating for a previous mistake.
6. Maintains confidence, poise and self-control from start to finish.

#### **The Spectator:**

1. Attempts to understand and be informed of the playing rules.
2. Appreciates a good play no matter who makes it.
3. Cooperates with and responds enthusiastically to cheerleader.
4. Shows compassion for an injured player; applauds positive performances, does not heckle, jeer or distract players, and avoids use of profane and obnoxious language and behavior.
5. Respects the judgment and strategy of the coach and does not criticize players or coaches for loss of a game.
6. Respects property of others and authority of those who administer the competition.
7. Censures those whose behavior is unbecoming.



# *Athlete/Parent Handbook*

## Athletic Information Website

Includes schedules for all sports and cancellations/postponements as they become available. You can sign up your e-mail address and receive immediate notification of any cancellations or postponements.

Mesa Ridge High School	<a href="http://wsd3.org/domain/9">http://wsd3.org/domain/9</a>
Colorado High School Activities Association	<a href="http://chsaa.org">chsaa.org</a>
Sports Schedules	<a href="http://csmleague.org">csmleague.org</a>
Max Preps (Scores)	<a href="http://maxpreps.com">maxpreps.com</a>

## **Part I Philosophy and Values**

Athletes are an important part of the Mesa Ridge High School program. The experience of participating in athletics should be a part of the educations of all students who attend Mesa Ridge High School. Because participation in high school sports is a **privilege – not a right**, student athletes are expected to maintain the highest level of conduct as outlined in the handbook.

Participation in a sound athletic program contributes to good sportsmanship, character, physical development, coordination and a wholesome interest in sports. Trying out for an interscholastic sport or spirit team does not, however, guarantee any student a sport on that team. Depending on the sport, the number of people trying out and the number of slots available, cuts may or may not be necessary. Coaches always reserve the right to remove team members for disciplinary reasons. Earning a spot on a team as well as playing time shall be determined by – but not limited to – talent, attitude, attendance and conduct.

Interscholastic sports competition exemplifies the value of the democratic process and of fair play. Through participation, the student athlete learns how to work with others for the achievement of group goals. Participation in interscholastic sports is a living laboratory of equal opportunity in action where all students are treated without favor or prejudice.

Good sportsmanship practices have lifelong values. The athlete who acts fairly, who observes laws and customs, who treat others with consideration and who handles adversity earns respect. Students in today's schools are tomorrow's community citizens and, as adult spectators, will demonstrate some of the attitudes they are now learning.

Mesa Ridge High School emphasizes classroom instruction, and we, therefore, strive to maximize student-teacher classroom contact. While we make every effort to minimize the loss of school time caused by extra-curricular activities, we still feel the importance of participation justifies the release of our students for extra-curricular activities.

## Part II General Athletic Procedures

1. The safety of our student athletes is our number one priority. Participants must be aware that other student athletes' physical safety is extremely important and avoid any type of aggressive action which could lead to injury to another participant. Participants are also responsible for avoiding any activity which could lead to injury when not being supervised by an assigned faculty member or coach.
2. Each student is encouraged to participate in as many different sports during each school year as possible. The choice of sports should be determined by the student and his/her parents.
3. Student athletes are expected to report for sports at the beginning of each sport season as established by the Colorado High School Activities Association, our Leagues and Mesa Ridge High School. Coaches may establish a cut-off date after which no additional student athletes will be accepted for team membership.
4. 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 athlete cannot attend a practice or meeting, the validity of the reason will be adjudged 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 athlete, parent or guardian.
5. If a student athlete is eliminated from one sport, he/she is eligible to participate in another sport during that season at the discretion of the appropriate head coaches. A student athlete faced with this situation would be encouraged to go out for another sport unless eliminated because of disciplinary reasons or eligibility infractions.
6. Student athletes who are suspended from school (OSS) or who are placed in In-School Detention (ISD) will be ineligible to practice or participate in any event during the duration of the detention/suspension.  
**In-School Detention (ISD)** – the student athlete may practice or participate the day the ISD assignment is completed.  
**Out of School Suspension (OSS)** – the student athlete must be readmitted by the administration prior to regaining eligibility.
7. Student athletes who dropout of a sport will be eligible to participate in other sports provided they have returned all equipment and cleared all financial responsibilities for the sport they have quit. Student athletes shall not be permitted to practice with the new team without presenting a card from the athletic director's office stating that he/she is eligible to practice and/or participate. All student athletes must complete nine days of practice in any given sport before they are eligible under CHSAA rules to participate in any games and/or scrimmages.
8. Student athletes are expected to conduct themselves in a commendable manner at all times in the school, in the classroom, during athletic contests, toward opponents, toward officials and spectators. The use of profane language is not acceptable and will not be tolerated.

9. Hazing is unacceptable. The definition is “Any intentional knowing, or reckless act, by one or more persons, directed against a student/s that endangers the mental or physical health or safety of student/s for the purpose of being a member of a team or organization.” Examples are including but not limited to any type of physical brutality, such as whipping, striking, branding, or placing a harmful substance on a student; any type of physical activity that subjects a student/s to sleep deprivation, exposure to the elements, confinement in a small space and calisthenics; any type of activity involving consumption of food, liquid, alcoholic beverages (liquor), drugs, or other substances; or any activity that intimidates or threatens a student/s with ostracism, that subjects a student/s to extreme mental stress, shame or humiliation or that adversely affects the student’s mental or physical health or safety. Myths surrounding hazing include by not limited to unity builder, motivator and non-damaging. How do you know if it is hazing, ask yourself these questions? Is it an educational experience? Does it promote high ideals? Will it create respect for the organization? Do all members participate in the activity? Can parents witness the activity? Does the activity have value? Can the activity be defended in court of law? If your answer to these questions is no, then it could be considered a hazing activity. How do you “Break the Tradition”? By being proactive, alert and taking action.
10. Each student athlete is responsible for all athletic equipment issued to him/her. Payment for equipment not returned or damaged will be the responsibility of the student athlete and/or his/her parents or guardians. Student athletes will have one week from the end of the season to turn all equipment or to pay for replacement of the equipment. Student athletes failing to do so will be given a “condition” designation which prohibits practice for other sports, presentation of any post season awards and graduation. Personal equipment and apparel is to be stored in supplied lockers. As it is never possible to make any locker room completely secure, student athletes should never bring expensive items to practice nor store equipment in their lockers over extended periods.
11. It is the responsibility of parents to provide transportation for their student athletes to and from school for practice sessions and to catch the bus for transportation to athletic competitions. Coaches will make every effort to inform parents of practice schedules and return times from games on the road. Coaches will supervise student athletes after the end of practice, but parents must be aware that coaches cannot and will not assume responsibility for student athletes for more than a half hour after completion of practice or return from an away game.

### **Part III Training Rules and Team Regulations**

The following training rules, as well as team regulations, are necessary for the general welfare of interscholastic athletics at Mesa Ridge High School.

1. Observance of all training rules is a year-round responsibility (summer included).
2. Team regulations for specific activities will be given at the beginning of each season. Violations of team regulations established by coaches of specific activities may result in abbreviated periods of suspension and/or other disciplinary actions, including dismissal from the team. If the parents/guardians of the student athlete desire an informal hearing concerning the dismissal, an appointment with the dean/athletic director shall be made

within 72 hours. Subsequent appeals concerning dismissal decisions may be made to the coaches' council which shall be called into session by the dean/athletic director at the earliest possible time.

3. Possession and/or use of alcoholic beverages or any other controlled substance shall result in the following sanctions.

**First Offense:**

In season - Student athletes shall immediately be suspended from competition for a **minimum** of ten percent of the competitive season. (One game in the sports of football, track and field, tennis, cross country and swimming; eighteen holes of golf; two games or contests for all other sports.) **Penalties may be more severe if there are other conditions or sport regulations that apply.**

Out of season –Student athletes shall be suspended from competition for a minimum of ten percent of the next competitive season in which they participate. (One game in the sports of football, track and field, tennis, cross country and swimming; eighteen holes of golf; two games or contests for all other sports.) In order for this sanction to be considered fulfilled, the student athlete must complete the season in which he/she serves the suspension. A student athlete will have successfully completed a season if his/her season is ended early due to injury.

All student athletes who violate these training rules shall be placed on probation for one year. The terms of this probation shall include but not be limited to conduct and citizenship, school attendance and academic expectations.

**Subsequent Offenses:**

Student athletes who break the conditions of their probation or who violate training rules more than once shall appear before a committee of head coaches and the dean/athletic director for the purpose of hearing the allegations and to determine the duration of any probations and/or suspensions that will be enforced. Subsequent hearing meetings can be called to reconsider the duration of any disciplinary action. Appeal of these decisions may be directed to the high school principal, followed by the superintendent and eventually the local school board.

\* Note – Student athletes who fail to appear for their hearing will automatically be suspended from participation in any sport or activity until they show cause for their conduct.

4. Possession and/or use of tobacco products is strictly prohibited on school district property and at school sponsored activities. Violation of District rules concerning tobacco use will result in consequences in accordance with the Student Code of Conduct. Each coach may establish appropriate training rules dealing with the off-campus use of tobacco.

## Part IV Preseason Preparation

The following items must be on file in the main office of the high school before a student athlete will be issued an “authorization to participate” card. No student athlete will be allowed to participate in practice until the card is presented to the coach. **Under no circumstances shall a participation card be issued unless all forms are completed and on file.**

1. The forms are:
  - (1) Mesa Ridge School District #3 Emergency Information Card (DSA-29)
  - (2) Athletic Participation Checklist / Handbook & Philosophy Statement (DSA-27)
  - (3) Medical History Form / Physical Examination Form (DSA-28)
  - (4) CHSAA Anti-Hazing policy form
2. All parents are encouraged to view the film “Sports Risk: You Be the Judge”. This film outlines the inherent risks of participations in sport activities. If you would like to see this film, please make arrangements with the athletic director to view it.
3. All transfer student athletes must receive a CHSAA packet and completely fill out Form 9 and bring it to their previous school to have the athletic director sign off regarding their eligibility. Mesa Ridge will then review the information provided and decide eligibility of that student-athlete. All forms must be approved by the league and CHSAA before the student-athlete compete.

CHSAA Transfer Rule (Effective as of June 1 2018):

- Any transfer from eighth grade to the first entry into Mesa Ridge High School on the first day of school is eligible to participate, provided he/she meets all other eligibility requirements.
- Bona-fide moves or non-participation outlined under CHSAA bylaw 1800.4 are the only transfers that will have varsity eligible.
- Any other student athlete who transfers to Mesa Ridge High School after June 1, 2018 and considered a non-bonifide move will be ineligible for varsity competition for 365 days in any sport in which the student athlete was a participant during the last 12 months. The student athlete may practice with the team and play at the sub-varsity level provided he/she meets all other eligibility requirements. (CHSAA bylaw 1800.1)
- Any student athlete who transfers to Mesa Ridge High School after the beginning of the school year will not have varsity eligibility for the remainder of the school year and subject to provisions. (CHSAA bylaw 1800.1, 1800.4)
- A student transferring, moving or for any reason to a new school where the student’s non-school coach is also a coach of the school team, is considered to be attending for athletic purposes. The student, as a result of this transfer, will be ineligible for varsity competition for one calendar year from the date of the transfer in any sport(s) they participated in during the twelve months prior to the transfer. As used in this Rule, the term “coach” includes any person who coaches, volunteers (regardless of compensation) or assists in any capacity with the coaching or training of the school or non-school team. (CHSAA bylaw 1800.4)

Note: A student athlete who transfers due to a bona fide family move will always have full transfer eligibility provided he/she meets all other eligibility requirements. A transfer waiver form **MUST** be completed and on file.

## **Part V General Appearance and Conduct**

1. Student athletes should dress in a manner that shows respect and pride in their team, school and community.
2. Student athletes should be well groomed and clothed in presentable attire when representing Mesa Ridge High School.
3. Team members must be kept together at all times during athletic trips. The plans of the coach for the team come first and should be understood at the start of the season. Parents/guardians of misbehaving participants may be required to come to the competition site to escort the student athlete home.
4. All participants are required to ride to and from away activities with the team or coach, unless a parent/guardian contact has been made **in writing and in advance**, and the participant has received permission from the coach. **Under no circumstances will a participant be permitted to ride with another student driver.**

## **Part VI Athletic Training Room**

Mesa Ridge High School is fortunate to have certified athletic trainers on our staff. Their responsibilities include performing therapeutic, preventative and emergency duties associated with the various athletic teams and events. They also supervise the high school student trainers and their duties at athletic events and practices.

A student athlete who has been seen by a physician (MO or DO) for any in-season illness or injury must have a physician's release prior to participating in practice or competition. Release forms are available in the training room offices or a release on the physician's letterhead is acceptable.

## **Part VII Season and Off-Season Practices**

1. Opening and closing dates for interscholastic sports are governed by Mesa Ridge High School, the Colorado Springs Metro League and the Colorado High School Activities Association. Approximate starting dates for all sports are as follows:
  - (a) Fall sports start mid-August and include:  
Golf, Cross Country, Football, Boys Soccer, Softball, Boys Tennis and Volleyball.
  - (b) Winter sports start mid-November and include:  
Boys Basketball, Girls Basketball, Girls Swimming and Wrestling.
  - (c) Spring sports start mid-February and include:  
Baseball, Girls Soccer, Boys Swimming, Boys Track, Girls Track, Girls Tennis.
2. Practice sessions shall not be called intramurals. Formal practices may be held only during the designed season.



3. School equipment shall only be issued for practices during the formal practice season.
4. Sports seasons begin with the first formal practice session. All sports seasons shall end with the final game, meet, or match scheduled for that varsity team.
5. Summer restrictions and sport camps guidelines:
  - (a) A sports camp is defined as an instructional class limited to one sport and which involves physical participation by the individual student athlete.
  - (b) No student athlete may use school equipment while attending a sports camp other than that approved by the athletic director or principal.

6. Outside competition: (CHSAA Ruling)

Note – Student athletes should be aware that different organizations have amateur rules which are different than those of the Colorado High School Activities Association (CHSAA). A sports season begins with the first formal practice session established in the CHSAA by-laws and ends for a member of a high school athletic team on the day following the completion of his or her school’s competition at the level at which the student athlete competes. Players certified to participate as members of any high school sport team may compete on any other team, in any non-school activity or event in that sport during the sports season with the express written permission of the principal. Permission shall be granted if the student athlete’s class attendance is not compromised and the student athlete is in good academic standing under the school’s activities policy applicable to all student athletes.

Note – Any player who violates the Outside Competition Rule shall be ineligible to participate in a specific or all interscholastic athletic activities for a period of time to be determined by the Commissioner of the Colorado High School Activities Association.

7. Out-of-season conditioning:

It is the philosophy of Mesa Ridge High School athletic program that out-of-season conditioning is of paramount significance to the success of all our programs. However, when programs come into conflict, the expectations, rules and regulations of the program in season must take president. Hence, while in season, student athletes shall not participate in other out-of-season conditioning programs without the explicit permission of the in-season coach.

### **Part VIII Eligibility**

1. Standards for athletic eligibility are set by the Colorado High School Activities Association.
2. Although Mesa Ridge High School is governed by the state association, our school may set more stringent eligibility requirements than required by the state.
3. Listed are most of the general eligibility rules as set by the CHSAA.
  - (a) **Participation in interscholastic athletics 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 rationally related to school purposes. In this regard, the Colorado High School Activities Association and its member schools may exercise the fullest discretion under law.

- (b) A student shall be eligible to represent his or her high school in an interscholastic activity sanctioned by the CHSAA if such student meets the following specific requirements.

1. **Age Requirements** – Your 19<sup>th</sup> birthday must fall on or after August 1 of the current school year. Exceptions to this rule, based on educational handicaps, may be requested, provided your original class has not graduated.
2. **Consecutive Semesters** – Upon entering high school, your eligibility will continue only until your original class graduates. One entering ninth grade, you have eight consecutive semesters of eligibility. Note: If you drop out of school or miss competition due to an injury, you will not receive additional eligibility.
3. **Total Seasons** – No high school student shall play more than four seasons in any one sport.
4. **Academic Eligibility** – To be eligible, a Mesa Ridge High School student must be enrolled in subjects for which at least five units of credit can be earned and be failing no more than the equivalent of one unit. Also, the student must have carried subjects for which at least five units of credit were granted the previous semester, and not failed more than one unit. During the sports season, weekly grades will be checked. Students failing more than one unit of credit on the weekly check will be ineligible for competition Monday through Saturday of the following week.
6. **Make-Up Work and Incompletes** – No makeup work shall be permitted after the close of the semester for the purpose of becoming eligible. A student failing to complete work during the normal semester because of a manifest hardship – injury, illness or other circumstances beyond his/her control – may be permitted at the discretion of the school principal, to make up the work within a reasonable time following the student’s recovery. A “reasonable time” in most cases would be a two day extension for each day the student was absent from school. Incompletes not made up within this period of time, will become F’s and will count against an athlete’s eligibility.
7. **Regaining eligibility** – Any student who is academically ineligible because of failing more than one class during the previous semester may regain eligibility by:
  - a. Completing an entire semester in which the student has carried a minimum of five courses and has not failed more than one,
  - b. Being eligible on the sixth Thursday following Labor Day for the first semester and on the Friday immediately prior to March 10<sup>th</sup> for the second semester,\* or

- c. Making up a course failed in summer school. The equivalent credits must be completed by the Thursday prior to Labor Day.

\*Note – Students who are attempting to regain eligibility and who fail more than two courses by the eligibility deadline will remain ineligible until the end of the semester. Athletes who have a chance of becoming eligible may practice with the team provided he/she has the approval of the head coach and the athletic director.

8. **Outside Competition** – As a member of any high school team, you may not practice or compete with any individual or non-school group in that sport without prior approval of the high school principal. See athletic director for a form.
9. **Amateur Status** – An amateur is one who engages in sport solely for pleasure and the physical, mental and social benefits. A student must be an amateur to be eligible to represent Mesa Ridge High School.
10. **Attendance on Day of Competition** – An athlete must attend **all classes on the day of a contest** or on the Friday preceding a Saturday contest to participate, unless the absence is excused and prearranged. Physical illness or recuperation from injury is not considered an acceptable excuse.
11. **Citizenship and Sportsmanship** – A student is eligible to participate if, in the judgment of the administrators, coaches and teachers, he/she is representative of the school's ideals in matter of citizenship and sportsmanship. All athletes are held to the highest expectation of conduct during the school day, during practice and competition, and in the community as a whole.
12. **Student Five Day Team Practice Requirement** – Each student competing in an interscholastic sports program must have had a minimum practice period of five days in his/her sport(s) (exclusive of Sundays) before representing his/her school in an interscholastic contest or scrimmage. A student must have a minimum of nine days of practice in football.

A more detailed compilation of the eligibility regulations is available in the *Colorado High School Activities Association Constitution and By-Laws Handbook*.

4. Under CHSAA guidelines, student athletes may participate in more than one sport during the same season. Student athletes who wish to participate on more than one sports team may do so with permission of the athletic director and the head coaches of both sports.

In order for student athletes to be eligible for both sports, they must meet the five day practice requirements (nine days for football) of both sports. These requirements may be met

by practicing for both sports at one time, but a minimum of five days (nine days for football) of conditioning must be met. Football rules for preseason conditioning must also be met. Student athletes must declare at the conference with athletic director prior to the start of the season a primary sport. If schedules for the sports competitions and/or practices come into conflict, the student athlete will first meet the expectations of the primary sport.

Student athletes on the spirit squad may compete on specific athletic teams under the rules of the specific sport and the guidelines of spirit squad in question.

When an student athlete quits one sport and wishes to participate in a second sport that season (permission to participate cards are issued for each sport), the original card must be returned to the main office by either the coach or the student athlete and a new card will be issued for the other sport. Without the original card being turned in, a new card will not be issued.

**Part IX**  
**College Eligibility Center**  
**Websites: NCAA : [www.eligibilitycenter.org](http://www.eligibilitycenter.org)**  
**NAIA : [www.playnaia.org](http://www.playnaia.org)**

The NCAA and NAIA has established a central clearinghouse to certify athletics eligibility for college athletes. The following is a brief outline of pertinent information regarding this process. For more specific information concerning your future as a college athlete visit the websites listed above.

If you intend to participate in Division I or II athletics as a freshman in college, you must be registered with and be certified by the NCAA Initial-Eligibility Clearinghouse. Please note that initial-eligibility certification pertains only to whether or not you meet the NCAA requirements for participation in Division I or II athletics and has not bearing on your admission to a particular Division I or II institution.

**Minimum Certification Requirements:**

Qualifying test scores are required for participation at both Division I and II institutions. Your scores may be sent to the clearinghouse directly from the testing agency (mark code 9999 when you register for the test) or the test scores may be taken from your official high school transcript. Check with your counselor for specific information.

**Note: The SAT test given to all juniors at Mesa Ridge does count towards NCAA eligibility. The NCAA Clearinghouse is continuously reviewing SAT policies and is subject to change at any time, so see your counselor for current policy. All scores must be sent directly from SAT/ACT to the NCAA.**

**Registration:**

You should meet with your guidance counselor and register with the eligibility center whenever you decide you would like to participate in athletics as a college freshman. It generally is best to register at the beginning of your sophomore year. **Although you can register any time prior to participation, if you register late, you may face delays that will prevent you from participating and competing.** You will need to obtain registration materials from the website.

## **Attendance at Multiple High Schools:**

If you have attended more than one high school since ninth grade, each school will need to send your official transcript to the clearinghouse. You also will need to make copies of the release form and send them to the counselors at the other schools you have attended.

## **Information Requests:**

The eligibility center will send your eligibility status to any Division I or II institution that requests it, provided you have given your permission on your students release form for that institution to receive that information. Please note that the eligibility center will not send your eligibility information at your request; rather, the institution must make the request.

## **Try-Outs:**

The NCAA has many rules regarding try-outs. One such requirement is a letter of permission from your high school athletic director certifying that your commitment to your high school sport season has come to an end prior to any collegiate try-out.

Please see your high school athletic director before attending any collegiate try-out.

## **Part X Security**

Student athletes are encouraged to make use of quality locks on their lockers. Student athletes should never store valuable and large sums of money in their lockers. The school district cannot accept the liability for stolen or vandalized property.

## **Part XI General Lettering / Awards Guidelines**

1. No awards of any kind other than awards by the school, the CHSAA, or a group approved by the school district shall be made to any athletic participant. All awards given shall be limited to \$50.00, excluding engraving. (CHSAA policy)
2. If unapproved awards are offered and accepted by the participants, such participants shall jeopardize their eligibility to represent their school in any interscholastic activity; and further, such acceptance shall jeopardize standing of the school in the association and may result in the suspension of the school. (CHSAA policy)
3. The state rules on citizenship, scholarship and attendance are to be followed. (CHSAA policy)
4. The decision of giving an athletic award to a player, once the sport guidelines have been met, shall be subject to the approval of the coaches. These names are then submitted to the athletic director / principal for final approval.
5. The awards are given to the student athlete by the school. **The coaches and the school administration reserve the right to pick up the award for violation of Mesa Ridge High School athletic policies.**

6. All letter awards should be presented at team gatherings to be held at the discretion of the head coach.
7. Only varsity awards may be earned by a student athlete. Points may be accumulated in sub-varsity events that might be used to earn a varsity letter in subsequent seasons.
8. Only one chenille letter will be given to a participant during his/her high school career. Subsequently, if a letter is earned, only a service bar, a sport emblem and a certificate will be awarded.
9. All requirements, including completion of the season, must be met before a student athlete can be recommended for a letter.
10. A student athlete competing in a district, regional, quarterfinal, semifinal or final state event may be recommended by the coach to receive a letter.
11. Awards may be granted under the following conditions:
  - a. **Varsity Award** – Any student athlete may earn a varsity letter provided they complete the requirements for lettering. These requirements are set by each sport's head coach and shall be clearly stated prior to the beginning of the season.
  - b. **Service Award** – A senior girl or boy who has completed 2 or more years of participation in a sport may be recommended by the coach for a varsity award. A letter may not be recommended for a senior who has not completed 2 years of participation.
  - c. **Hardship Award** – Any student athlete who is injured or ill and who, in the opinion of the coach, would have earned an award had the injury or illness not occurred may be considered for an award.
  - d. **Manager's Award** – Managers are eligible for a letter after successfully completing one season's service to any sport. Lettering requirements are set by each sport's head coach and shall be clearly stated prior to the beginning of the season. The service award also applies to manager.
  - e. **Athletic Trainer Award** – In order to letter, a girl or boy must participate in the Student Athletic Trainer program for two seasons in one school year.

## **Tips for Sport Parents**

Dr. Jim Taylor of the Ft. Lauderdale Nova University Center for Psychological Studies makes the following suggestions to parents to help them save their sanity while their son and daughters are participants in athletics:

### **Do:**

- Leave the coaching to the coaches.
- Have a life of your own outside of your children's sports.
- Communicate with coaches about your children.
- Assist your children in setting realistic goals for participation.
- Give your children unconditional love.
- Show them that you love them whether they win or lose

### **Don't:**

- Base your self-concept on the success of your children.
- Care too much about how your children play.
- Expect a paycheck.
- Coach your kids.
- Ignore your children's behavior on the playing field.
- Demand that your child talk with you immediately after a game.
- Compare your kids with other projects.

## **Ten Things Students Want Spectators to Remember**

Be supportive of my team; don't put down their team.

Be proud of me – win or lose.

Understand that players, coaches and officials are human – we all make mistakes.

Provide feedback – but wait until I'm ready.

Don't take the game more serious than me.

Know the rules.

Be interested.

Exemplify the expected behavior.

Practice what you preach.

**Remember, it's just a game.**