



**SAGE RIDGE**

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**S C H O O L**

**Athletics Handbook**

**2023 – 2024**

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## INTRODUCTION

Welcome to another year of Sage Ridge School Athletics. This handbook contains the policies and procedures of the Sage Ridge School Athletic Department and information concerning the responsibilities of coaches and athletes.

This handbook refers to the expectations of student-athletes & parents for both the upper and middle school. Remember: Being a part of an athletic team is a privilege, not a right. Furthermore, the Sage Ridge School Mission, Pillars, & Honor Code, which govern student behavior during the academic day, also extend to all facets of the athletic program.

## CONTACTS

Listed below are the primary contacts for the athletic department. If you have any athletic related issues, please contact Sierra Starbuck.

Athletic Director	<b>Sierra Starbuck</b> Office: 775.852.6222, ext 537 Email: <a href="mailto:sstarbuck@sageridge.org">sstarbuck@sageridge.org</a>
School Phone Number	775.852.6222
Athletic Website	<a href="http://www.sageridge.org/athletics">www.sageridge.org/athletics</a>
Head of School	<b>Dr. Ginger Hovenic</b> Office: 775.852.6222, ext 510 Email: <a href="mailto:gingerhovenic@sageridge.org">gingerhovenic@sageridge.org</a>

## **SPORTS TEAMS**

### **Upper School Varsity Teams**

#### FALL

Girls Cross Country  
Boys Cross Country  
Girls Volleyball  
Boys Soccer  
Girls Soccer  
Girls Golf

#### WINTER

Girls Skiing  
Boys Skiing  
Girls Basketball  
Boys Basketball

#### SPRING

Girls Track & Field  
Boys Track & Field  
Boys Golf  
Boys Swimming  
Girls Swimming

### **Middle School Sports Teams**

#### FALL

Girls Cross Country  
Boys Cross Country  
Girls Basketball  
Boys Soccer

#### WINTER

Boys Basketball  
Girls Volleyball

#### SPRING

Girls Track & Field  
Boys Track & Field  
Girls Soccer

## **SCHOOL STATEMENT**

Athletics is an integral part of the Sage Ridge educational experience, forming a significant component of the traditional college preparatory focus of the school. Emphasis is placed upon the pursuit of team and individual excellence, especially fitness, leadership, and sportsmanship. Athletics, as a part of the Sage Ridge School program, supports the SRS mission and pillars.

Sage Ridge's commitment is to excellence, and that is the standard of our athletics program as well.

Sage Ridge can get an athlete to the next level as well as any other school, but with the added emphasis on academics and the advantage of the independent school culture of nurturing the whole child.

Sage Ridge's strength in academics opens up opportunities with athletics. For the serious athlete, it offers not only academic preparedness, at the collegiate level but also life-long skills beyond athletics thereby increasing the success quotient for the student-athlete who decides to play at the next level.

## **ATHLETIC PHILOSOPHY**

### **Upper School**

Sage Ridge School athletic programs provide students that have the skills, commitment, time and dedication the opportunities to participate at a competitive level while developing life skills through the competitive experiences that emphasize personal growth, teamwork, and sportsmanship.

### **Middle School**

Participation in Middle School athletics is strongly encouraged. Middle school programs provide skill development through practice and build community through teamwork. Middle School students have the opportunity to participate and experience the benefits of sport while being part of a team.

## **PROGRAM GOALS**

### **Upper School**

- To be competitive with other Northern Nevada athletics programs
- To exemplify sportsmanship in practice and games by showing respect for officials, coaches, visitors, parents, opponents, and teammates
- To experience success
- To improve athletic skills and knowledge of the game
- To develop a strong work ethic
- To build and maintain good physical fitness and a sense of individual wellness
- To develop habits of health and safety
- To develop an understanding that participation in the SRS Athletic Program requires responsibility, respect, and commitment

### **Middle School**

- To foster participation and improvement in a variety of activities
- To improve playing skills and knowledge of the game
- To develop respect for officials, coaches, visitors, parents, opponents, and teammates
- To build team spirit and cooperation
- To develop a strong work ethic
- To develop good habits of health and safety
- To develop an understanding that participation in the SRS Athletic Program requires responsibility, respect, and commitment
- To teach the value of healthy competition

## **EXPECTATIONS OF STUDENT-ATHLETES**

Sage Ridge School student-athletes are committed to their responsibilities both in athletics and academics. Responsibilities include, but are not limited to:

- Attending all practices, games, team meetings, and award nights.
- Contacting classroom teachers to make arrangements for class time missed due to athletic contests.
- Manage athletics and academics simultaneously.
- Demonstrate proper conduct and sportsmanship, following all school and league guidelines during practices, competitions and travel.
- Being respectful, supportive, and cooperative when dealing with officials, coaches, and opponents.
- Demonstrating respect for, and care of, athletic facilities, equipment, and uniforms.
- Completing and turning in all required forms to the coach, Athletic Director and/or front office including physical examination, Aktivite account, parental release, and parental permission form.

## **EXPECTATIONS OF SRS FAMILIES**

SRS community members represent the entire community when they attend an athletic event. Just as coaches and student-athletes are expected to display excellent behavior, community members are expected to do the same. There is nothing better than having a great turnout for a game, promoting sportsmanship, and providing a warm welcome to our opponents and their fans. Specifically, SRS community members are expected to:

- It is encouraged to volunteer for athletic events as needed.
- Give positive encouragement at all contests.
- Be publicly supportive of the coaches, and of decisions, even if in disagreement.
- Promote the “team” concept to their student-athlete(s).
- Help their children take responsibility for their actions.
- Encourage their children to talk to their coaches if they have any questions or concerns.
- Ask questions and express concerns regarding their child’s role on any team in private. Before, during, and after a contest is not the time to approach a coach.

## **ATHLETIC WEBSITES**

The SRS website, [www.sageridge.org](http://www.sageridge.org) has information on practice and competition schedules, sports that are offered, beginning and end dates, directions, contacts, staff, and other pertinent information on the day-to-day operations of the athletic department.

## SEASON SCHEDULING

### Upper School

SEASON	SPORT	FIRST PRACTICE	FIRST CONTEST	REGIONALS	STATE
Fall	Cross Country	August 5 <sup>th</sup>	See website	October 27	November 4
	Girls Volleyball	August 5 <sup>th</sup>	See website	Oct. 30 - Nov. 4	November 9 -11
	Soccer	August 5 <sup>th</sup>	See website	Oct. 30 - Nov. 4	November 10 - 11
	Girls Golf	August 5 <sup>th</sup>	See website	October 9 - 12	October 16 - 21
Winter	Skiing	November 11 <sup>th</sup>	See website	TBD	February 20 - 23
	Boys Basketball	November 11 <sup>th</sup>	See website	February 12 - 17	February 22 -24
	Girls Basketball	November 11 <sup>th</sup>	See website	February 12 - 17	February 22 - 24
Spring	Track & Field	February 17 <sup>rd</sup>	See website	May 4 - 11	May 17 - 18
	Swimming	February 17 <sup>rd</sup>	See website	May 6 - 11	May 18
	Boys Golf	February 17 <sup>rd</sup>	See website	May 6 - 9	May 13 - 16

## LEAGUE AFFILIATION

### Upper School

The Upper School athletic teams compete in the Nevada Interscholastic Activities Association (NIAA). As a member of the NIAA, Sage Ridge School works to create the best possible chance for our student-athletes to become successful. Sage Ridge School will conform to all rules and regulations of the NIAA.

Boys and Girls Soccer	2A/3A
Cross Country	2A
Boys and Girls Basketball	1A
Volleyball	1A
Boys and Girls Golf	2A
Track and Field	1A
Boys and Girls Swim	3A
Ski	5A



## **Middle School**

The Middle School athletic teams compete in the Tah-Neva League. The Tah-Neva League is made up of many middle schools from around the Reno/Tahoe area. Sage Ridge School competes in the Small School Division of the Tah-Neva League. Sage Ridge School conforms to all rules and regulations of the Tah-Neva League and the NIAA.

## **AKTIVATE - (Upper School)**

Aktivate (formerly known as Register My Athlete) is the website used by Nevada for student-athletes to register for their prospective sports; for coaches/schools to create the official team rosters; and for schools to submit their Academic State Team Championship rosters.

A parent and/or guardian needs to create one account for their household; then add the student-athlete(s); then select/register for sports. If your student-athlete will be changing schools, the transfer/hardship appeal will be submitted via Aktivate.

Aktivate must be completed and submitted by the start of the season for the sport in which each student-athlete is competing in. Athletes will not be eligible to compete if their Aktivate account is not up-to-date for every sport.

## **[Aktivate Parent Manual](#)**

## **SEASON EXPECTATIONS**

### **Try-Outs**

Coaches reserve the right to hold tryouts at the beginning of the season to determine team placement. In some circumstances it may be necessary to make cuts to reduce the number of players on the team to the number of players who can dress for any single game.

### **Practice Players**

Coaches reserve the right to allow practice players during any given season. Head Coaches will set the guidelines for what is allowed and expected of practice players.

### **Playing Time**

Finding a balance between skill development and opportunities to play while competing to win are important. Playing time is earned through program attendance and effort, continued improvement of techniques, player attitude, commitment, player coachability, and understanding of team strategies. At higher levels, skill and ability factor into playing time.

## **AFTER SCHOOL PRACTICES**

### **Upper School**

The Upper School practice schedule is set up by the coaches with approval from the Athletic Director. The Upper School typically practices five days a week for no more than two hours each day. It is the responsibility of the coaches to publish/communicate their practice schedules prior to their seasons. Attendance at practice is kept by the coaches. Consequences for late and/or missed practices are assigned by individual coaches.

### **Middle School**

The Middle School practice schedule is set up by the coaches and Athletic Director. The Middle School can practice four days a week for up to an hour and a half each day. Practices typically run from 3:30 to 5:00 p.m. This can change based on the sport and if the team practices with the Upper School. It is the responsibility of the coaches to communicate to athletes their practice schedules prior to their seasons. Attendance at practice is kept by the coaches. Students who do not attend practice may lose the opportunity to play in games.

## **RELEASE TIME**

Missed class time for athletic events constitutes an excused absence. Members of the faculty assist student-athletes in making up missed work, but students are responsible for contacting faculty for assistance prior to leaving campus. It is the responsibility of student-athletes to let their teachers know at least one class meeting ahead that they will be missing class via email or the pre-arranged absence form. It should be understood that there may be consequences for those who do not give the proper notice to their teachers.

## **TRANSPORTATION**

When available, SRS vehicles are used to transport athletes to and from athletic competitions. Transportation to and from games and practices begin and end at Sage Ridge School.

Parents may elect to pick-up their son/daughter at away practice or game locations, but students are only released to their own parent/guardian. If families wish to send their child home with another guardian, it must be communicated and approved by the Head Coach prior to pick-up.

When it is necessary for a team to travel off campus for athletic practices and competitions, Sage Ridge School will provide transportation. Although it is strongly discouraged, it is recognized that, in some cases, it may be in the best interest of the student to drive himself/herself (or his/her parents) to and from athletic practices and competitions, when approved by the Head Coach and Athletic Director.

Students are never to provide transportation for another student/athlete under any circumstances. It must be discussed and approved by the Head Coach and Athletic Director prior to allowing students to drive to competitions.

## Games and Travel

Throughout the season, teams generally leave school early in order to make it to games out of town. When traveling and/or missing school, the following guidelines apply:

- Student-athletes must notify their teachers at a minimum of one class meeting **in advance** when game schedules dictate they will miss class. All school work must be completed and turned in before they leave campus, unless other arrangements have been made. The prearranged absence form may be used but is not required
- The Athletic Director will notify the office of departure times and release times for teams. Students may not leave class before the posted dismissal time.
- Student-athletes must travel to and from all games on team transportation, when available. SRS will provide transportation back to campus after every scheduled competition. It is understood that some families need to take their children directly from the game. Families who wish to do so need to meet the guidelines set forth by the coach in regards to taking a child home from a scheduled competition.
- Student-athletes are responsible for purchasing their own meals on any team travels.
- When visiting other schools' facilities, team areas must be left cleaner than when you arrived.
- SRS vehicles are to be cleared of all personal belongings and trash following the return to Sage Ridge School.
- When student-athletes are using locker room facilities, they must be properly supervised.
- Student-athletes should be respectful and courteous.
- Remember student-athletes are representing Sage Ridge School and are expected to act in a manner that would make people proud of our school. Please wear Sage Ridge School attire and colors whenever possible.
- On days when school is in session, students must be on campus by 10:30 a.m. in order to participate in any team related activity.
- Overnight Trips:
  - Head coaches are responsible for making all team travel arrangements for out-of-town travel, with the guidance and approval of the Athletic Director.
  - League Travel Expenses: SRS will pay for transportation and accommodations for **all league travel**.
  - Non-league Travel Expenses: It is the responsibility of the student-athlete to pay for non-league/postseason travel expenses. This includes:
    - Regional and State contests
    - Any tournaments throughout the season
    - Any non-league contests
  - Chaperones: Coaches will chaperone the team at all times and know the whereabouts of all team members and managers at all times. The coach will perform a bed check each night of the trip. Teams will eat together, with the coach as a supervisor. All Sage Ridge School rules apply on

overnight trips. A final “lights out” time will be given to the athletes and checked by a coach.

- When the students are a different gender than the coach, a same gender chaperone will be appointed to accompany the team. The Head Coach and Athletic Director will work together for who will be the assigned chaperone in these circumstances.

## **POST SEASON**

### **Upper School**

As a member of the NIAA, teams may travel in the postseason because of season ending regional and state tournaments. It is the responsibility of the student-athlete to pay for travel in the postseason. The athletic department and head coaches may make the reservations for the team to travel together. Fundraising opportunities can be provided to help offset some of the costs with post season travel. If a Head Coach / team is fundraising, all proceeds will be directed to the athletic department and dispersed to the specific team under approval of the Athletic Director. (Refer to [fundraising](#) section).

### **Middle School**

Middle School does not travel overnight to games in the postseason. It competes in the Tah- Neva league and all post season games are within the driving range for Sage Ridge School.

## **TEAM SPORT PARENTS**

It is the discretion of the Head Coach to determine their use of team sports parents every season.

It is important to note that all sports need volunteers for competitions and other arising tasks throughout the season. The hosting schools for competitions sometimes require each school to bring volunteers. As part of your commitment to the athletic program, it is encouraged to volunteer, where needed, to allow our student-athletes to have a safe and enjoyable season.

The role of designated team sport parents is to assist the Athletic Director and Head Coach as needed throughout the season. Jobs will vary from sport to sport. They include, but are not limited to:

- Scheduling food and drinks for games.
- Recording scorebooks or working the scoreboard at competitions.
- Volunteering at competitions when needed.
- Assisting with hosting home games and visiting teams.
- Senior Night for Upper School athletes.
- Assisting with the coordination of end of the season banquets/celebrations.
- Assisting the Athletic Director and Head Coach with other jobs related to each sport.

## TEAM UNIFORMS

The Athletic Director orders uniforms and equipment. Team uniforms will be replaced by the athletic department as the need arises and on a consistent basis. Uniforms for new teams are designed by the Athletic Director with input from the Head Coach.

When representing SRS, all team members must be in the correct team uniform. Spirit wear or other warm-up clothing can be worn under approval by the Head Coach.

Uniforms are property of Sage Ridge School. They are distributed and assigned to each athlete by the Head Coach. It is the responsibility of the athlete to take care of their uniform throughout the season. Uniforms are to be returned to the Head Coach or front office at the conclusion of the season. Any uniforms that are damaged or not returned in a timely manner to the athletic department, are charged to the family at the cost of the replacement.

## FACILITIES

Sage Ridge School has access to different facilities both on and off campus. On campus, we have access to the soccer field, Great Space, and SAC, which can accommodate many of the sports that we offer. When necessary, Sage Ridge School rents space for team practice and competitions.

Student-athletes and fans are expected to treat all facilities with respect. It is also important to remember that you represent the Sage Ridge community when you are at a SRS athletic contest.

Sports that are “in-season” are given priority over all other sports for access to the facilities. Priority is also given to Upper School teams.

## SPORTSMANSHIP

Sage Ridge School has enjoyed a great tradition of sportsmanship. This has been due to the stellar work of student-athletes, parents, coaches, and other team members. SRS Athletics follows the Honor Code first and foremost, but also abides by the following sportsmanship statement.

*“Welcome to another year of Sage Ridge School Athletics. This is a general announcement for all students, staff, faculty, parents, and any other members of the Sage Ridge School Community about the behavior at athletic events throughout the year.*

*As a member of the Nevada Interscholastic Activities Association, we would like to take this time to remind you that sportsmanship and the objectives of our educational institution are a top priority. Your entry into this event entitles you to enjoy and support the student-athletes' hard work as they look to compete for their schools. We request that your support is expressed in a positive and encouraging manner. Booing, taunting, intimidating, and/or any other type of unsportsmanlike conduct towards any player, coach, official, or other will not be tolerated and are grounds for immediate removal from the facility. Your cooperation and support of the values of respect and good citizenship is appreciated. Thank you and enjoy the contest.”*

## **ELIGIBILITY**

The academic criteria for eligibility for extracurricular commitments (sports, drama, etc.) are based on a student's letter grades in the quarter previous to, and during the time-period of the activity.

Eligibility for extracurricular commitments, including athletics, is based on a student's letter grades in the quarter during the period of the activity. Grades will be checked every two weeks beginning with the second week of a grading quarter.

### **Guidelines**

Any student with an F or two Ds the prior marking period or in any 3 week period during their season is not eligible to compete or practice. Students will be removed from the activity until the low grades have improved or unless the student appeals their removal and the appeal is granted.

### **Incomplete Grades**

Students who receive a grade of incomplete and do not meet the contracted deadline to complete the work due, are removed from the activity until the next assessment point.

### **Reporting of Student Status and Appeals Process**

Within 48 hours of notification, the student may appeal the decision to the Eligibility Appeals Council (EAC). The EAC reviews appeals on a case-by-case basis and the decision is final. The EAC is composed of the following:

#### ***Eligibility Appeals Council***

Athletic Director (Chair of the Appeals Council)

Activity Director or Head Coach

The Appealing Student's Advisor

### **NIAA Rules - Upper School**

As stated in NIAA rules, student-athletes in the Upper School must also maintain a 2.0 GPA at all grading periods to be eligible to participate in Upper School sports. Upper School student-athletes must meet NIAA and Sage Ridge School requirements in order to participate. NIAA rules on eligibility may not be appealed like SRS rules and are final until the following grading period.

### **Attendance at School on the Day of an Extracurricular Activity**

Students must comply with school policy relating to attendance. In order to be eligible to participate in after school activities, a student must be signed in by 10:30 a.m. on the day of the event. Similarly, a student who participates in Saturday and/or Sunday extracurricular events must be signed in by 10:30 a.m. on Friday or the student will not be permitted to participate.

### **Homeschooled Students**

Sage Ridge School does not allow homeschooled children to compete on SRS sports teams.

## NIAA Sanctioned Sports

SRS students are only allowed to participate in NIAA sanctioned athletics that are offered at Sage Ridge School.

*NAC 385B.732 Pupil who attends private school that does not offer sanctioned sport.  
A pupil who attends a private school that does not offer a sanctioned sport is not eligible to participate in that sanctioned sport at his or her school of residence.*

## **DRUGS/ALCOHOL POLICY**

Student-athletes, who possess or use drugs or alcohol at any time during the season, may be dismissed from the team and have their privileges revoked for future athletic seasons. The following is the school policy on drugs and alcohol.

“Sage Ridge School is a drug-free, smoke-free, and weapons-free campus. Students are forbidden to consume any drugs, alcohol, tobacco, possess vaping pens or paraphernalia, or have weapons on campus. The School reserves the right to open and inspect lockers, bags and any personal possessions at any time, without prior notice. .” (Family Handbook)

Student-athletes must also abide by rules and policies of the NIAA.

## **LETTERING**

Lettering is administered on a school-wide basis. In order to receive a Varsity Letter for participation, the student-athlete must:

- Finish the season as a productive member of the team
- Attend at least 90% of all practices, excused or not
- Participate in at least 50% of all competition on the Varsity level

*NOTE: student-athletes **must** meet **all** requirements listed above to receive a Varsity Letter. They do not receive a letter merely for being on the roster.*

## **AWARDS**

### Varsity Plaques

Awards are given at the banquet for each respective sport. Awards are determined by the Head Coaches.

- **Most Improved Athlete**
  - This award is given to the student-athlete who made the most improvement during the season.

- ***Team Captain***
  - This award is given to the student athlete who has exhibited the qualities that the coach looks for in their team captains: leadership, dedication, respect, work ethic, and being a role model for their teammates and peers.
- ***Bill Heim Coach's Award***
  - Given annually by the coach to an athlete who best demonstrates, throughout the season, the true spirit of Sage Ridge Athletics. It is given not only for hard work and personal improvement, but for a willingness to understand, to learn, to enter into a partnership with coach and teammates in an effort to recognize one's full potential.
- ***Outstanding Athlete***
  - This award is given to the student athlete who has demonstrated outstanding athletic ability and talent in their respective sport.

### **End of Year School Awards**

Awards are given to student-athletes for their contributions to athletics for that year.

- ***Outstanding Student Athlete Award***  
(Upper and Middle School)
  - The Outstanding Student Athlete award is given annually to a male and female student who have excelled in athletics during the school year. Recipients must have competed in at least two sports during the school year in which the award is given. Students are nominated by coaches and chosen by the Athletic Director.
- ***Golden Scorpion Award***  
(Upper School)
  - The Golden Scorpion Award was created to honor senior student-athletes who excel in the classroom and on the playing field by setting examples of leadership, effort, and sportsmanship. On top of that, to receive this award the student-athlete must meet the following criteria:
    - Graduate with:
      - An unweighted GPA of 3.5
      - No semester grade of D or F in Grades 11 and 12
      - 60 hours of community service in both Grades 11 and 12
      - Completion of 4 AP courses with no semester grade lower than a B-
      - A grade of no less than a B+ on the senior thesis
      - Completion of at least one AP in History/Social Science or English
      - Completion of at least one AP in Math or Science
    - Participate in 12 athletic credits



## FUNDRAISING

- All fundraisers that occur for athletics must be approved by the Athletic Director and Fundraising Committee.
- The athletic department and Head Coach will work together in fundraising efforts for athletics and each individual sport.
- It is the responsibility of the Head Coach or designee to take charge of the fundraising efforts for their respective sport if an individual team wishes to fundraise.
- If fundraisers are offered to raise funds for trips/travel/postseason etc., students who do not or cannot raise money will still have the same opportunity to go. All proceeds are put together and distributed to cover team costs **evenly**.
- All money raised for athletics through fundraising must be given to the athletic department. All funds will be distributed to the team based on Athletic Director approval.
- Donations will be reported to the appropriate person in development at SRS so that they can be recognized properly as in the Gift Acceptance Policy.