

ATHLETIC HANDBOOK

CHRISTINE DUNCAN HERITAGE ACADEMY

“ZORROS”

Middle School Athletics Philosophy

The purpose of middle school athletics is to promote sportsmanship and fair play, while enabling our student athletes to gain experience in selected sports. Middle school athletics play a vital role in the total educational program when they are effectively planned, organized, administered, supervised and evaluated. Through school athletics, many of the interest and need of students can be served. Team membership is both an honor and a responsibility. At CDHA, we pride ourselves on and expect good sportsmanship and student athletes who display the highest level of conduct.

Athletic Handbook

All CDHA students interested in participating in a sport need to read the handbook with their parents/guardian and then complete the form at the end. Turning in the handbook form will be part of a student’s requirements to participate on a team/squad. Coaches may have individual team rules that go “above and beyond” this handbook, but requirements/consequences cannot be less than are stated here. You represent CDHA and any inappropriate behavior is a reflection of our school. Treat opponents, teammates, and coaches with respect. Play hard, but within the rules. Exercise self-control at all times, setting the example for others to follow. Respect officials, and accept their decisions without gesture or argument. Win without boasting, lose without excuses, and never quit. To play on the MS team you have to be in grades 6-8.

Middle School Athletics Programs

Fall

Coed Flag Football

15 players per team (cuts may be made).

Boys and Girls Cross Country

All students may participate in cross country.

There is no limit for participation.

Boys and Girls Basketball

There will be a maximum of 15 players per team (cuts may be made).

Cheerleading

There is a maximum of 15 members (cuts may be made).

Spring

Volleyball

There may be a maximum of 15 players per team (cuts may be made).

Coed Soccer

15 players per team, at least six need to be female (cuts may be made).

Track

All students may participate in track. There will be no cuts.

Eligibility

In order to participate in the athletic program each student must be enrolled in CDHA. Participating students are required to compete in the gender listed on their original or amended birth certificate.

In order to participate in the athletic program each student must have a physical. This must be completed before a student is allowed to practice. The form should remain on file with the designated coach. If a parent chooses to waive the physical the school must have that waiver form on file. Every student must have an equal opportunity to participate and play for the school athletic program, unless health or injury prevents it. CDHA does not discriminate or preclude students from participating based upon disabilities defined by the Americans with Disabilities Act (ADA).

For liability purposes, students participating in these programs must be insured. Participants must be covered by accident/injury insurance prior to participation. They may carry school offered insurance or provide the school with documents that they are covered by a private insurance carrier. A document signed by the student and parent verifying insurance coverage must remain on file with the designated coach.

In order to participate, students must maintain a 2.5 GPA and no D's based on a 4.0 grading scale, or its equivalent, in both academics and citizenship for the semester grading period immediately preceding participation. You are a student first, then an athlete. Therefore grades are very important for you to be eligible. For students not eligible at the semester, the next six or nine week grading period can be used to regain eligibility.

General Rules and Guidelines

Parent Meetings

Coaches will have a parent meeting before a season starts.

Uniforms

All students and parents must work with the designated coach to purchase their own uniform. Students may be required to purchase accessories at their own cost. The cleanliness of the uniform is the student's responsibility. No additions, alterations may be made to any uniform. A student cannot change or add to his/her appearance in uniform unless approved by the coach.

Fundraising

At times, students participating on a team/squad will be asked to assist in fundraising. An effort is required for fundraising. Coaches may institute rules/consequences regarding fundraising for their team/squad, as approved by the administration.

Attendance at Practice and Games

Each member of an athletic team/squad must assume the responsibilities associated with having such a position and understand his/her obligations to the team. One of these obligations is regular attendance at practices and athletic events. Emergencies do arise, but absences should be few. In the event of an emergency, the parent/guardian should notify the coach by phone, note, or in person. If done correctly, the absence will be seen as excused. Excused absences include professional appointments, death in family, school sponsored field trip and illness. Other obligations such as social events, other athletic obligations and personal vacations/trips will not be excused.

Absence from Practice	Excused absence	No action
	Unexcused absence – 1st Offense	Conference with coach and discipline of athlete (discipline is up to coach)
	Unexcused absence – 2nd Offense	Suspension from next competition/event
	Unexcused absence – 3rd Offense	Dismissal from team

Attendance at School

A student must attend school on the days of an athletic practice or event in order to participate. Students who are absent part of the day, but present a professional, non-illness related excuse will be allowed to participate that day. A copy of the excuse should be turned in to the main office.

Starting a Season Late

A student may start a season late if the team is short members or loses members. No one may be cut to add a late entry.

Students who transfer to CDHA mid-season may also join a team if it is short or has lost members.

All mid-season starts must be approved by the principal and coach.

Accidents/Injuries

In the event of an injury, the coach will evaluate the student and notify the parents/emergency services as needed.

The coach will also complete an accident report within 24 hours and turn it in to the main office. A student who has had an injury or illness that has prevented him/her to participate in athletics (by a doctor) will not be allowed to participate without the doctor's written clearance.

Playing Time

While it is true that the goal of athletics is to broaden the experiences of students, and that playing time enhances experience, it is also an important goal of CDHA to strive toward excellence. Therefore, no minimum per game playing time provisions or minimum numbers of athletic events in which athletes must compete are established. Playing time decisions are left up to the individual coaches, but providing meaningful playing time is encouraged.

Schedules

Schedules of events are made by the coach in conjunction with the Albuquerque Charter School League.

Coaches determine practice schedules.

The coach should give each member a schedule (of events and practices) and update it immediately if there are changes (all event schedules can be accessed on the ACSL website).

Practices will not be held on the following days:

Weekends

Holiday/breaks from school (unless approved by principal because there are events during a break).

In the event that school has been released early or cancelled due to inclement weather (no practices and no events).

Transportation

Most practices take place right after school. If a practice is later in the evening, the student must go home and return to the school at the appropriate time. Students are not allowed to “hang out” unsupervised at school until time for practice.

Students are also not allowed to stay after school and wait for a game unless they have been told to by their coach (and the coach supervises them the entire time). For most away games, teams leave shortly after school is out.

Students may only leave away athletic events with their parents/legal guardians. The parents/legal guardians must notify the coach face-to-face that they are taking their child from the away event. No exceptions are made to this rule, so please do not ask.

Students should be picked up promptly after practices.

Failure to pick up students in a timely manner may result in dismissal from the team.

Coaches are required to stay with all students until they have all been picked up.

Discipline

In the event a student violates the CDHA Student Handbook, or the CDHA Athletic Handbook, or the expectations of sportsmanship, discipline will become an issue.

Violations/incidents during the school day:

Students who receive ISS are not allowed to participate in any after school activities the day they serve their ISS (this includes games).

Students who are suspended are not allowed to be on campus at all during their suspension or to participate in any after school activities.

Athletic Related Incidents

Violations committed during athletic events will be referred to the principal. Consequences can include, but are not limited to ISS, OSS, social probation, suspension from 1 or more events, dismissal from the team, and banning from participation in any athletic event for a determined amount of time. Some violations that occur during athletic events are required to be reported to the ACSL.

Parent Behavior

Practices and Events

Parents are welcome at practices, but if the behavior of any parent/guardian becomes inappropriate or harassment like to the player or coach, the parent will be banned from attending practices.

Parents (and fans) who act inappropriately at games (including away games) can be banned from all future games or banned from the CDHA campus completely for a determined amount of time.

Interaction with Coaches

Parent/coach interaction should be civil and respectful. Yelling and harassing coaches will not be tolerated.

Handling Issues/Disputes

All issues/disputes related to athletic matters should be handled in a respectful manner.

The person with the issue (student or parent) should follow the chain of command:

Coach

Principal

If the situation is not resolved at one level, proceed to the next.

Please do not make issues out of regulations that are clearly stated in the athletic handbook.

CDHA Athletic Handbook Form

Student's printed name:

I have read the CDHA Athletic Handbook and understand the rules and requirements that are to be followed in order to participate in athletics at Christine Duncan Heritage Academy. I also understand that failure to comply can result in disciplinary consequences and dismissal from teams/squads.

Student's signature: _____

Date: _____

Parent's/Guardian's printed name:

I have read the CDHA Athletic Handbook and understand the rules and requirements that are to be followed in order for my child to participate in athletics at Christine Duncan Heritage Academy. I understand the expectations from my child and from me as a parent.

Parent's signature: _____

Date: _____

Please return this form to the designated coach.