

# **Athletics and Activities Handbook**



## **Fox Meadow Middle School All-Stars**

**1450 Cheyenne Meadows Rd  
Colorado Springs, Colorado 80906**

## Administration

Title	Name	Contact Information
Principal	Derek Fleshman	<a href="mailto:dfleshman@hsd2.org">dfleshman@hsd2.org</a>
Assistant Principal	Lee Cooper	<a href="mailto:lcooper@hs2d.org">lcooper@hs2d.org</a>
Assistant Principal	Sabrina Hurwitz	<a href="mailto:shurwitz@shsd2.org">shurwitz@shsd2.org</a>
Athletic Director	Paul Davies	<a href="mailto:pdavies@hsd2.org">pdavies@hsd2.org</a>

## Athletics Coaching Staff

Sport	Coach	Contact Information
Football	Paul Davies	<a href="mailto:pdavies@hsd2.org">pdavies@hsd2.org</a>
B/G Cross-Country	Kayla Loose	<a href="mailto:kruptakloose@hsd2.org">kruptakloose@hsd2.org</a>
B/G Cross-Country	Miranda Clausen	<a href="mailto:mclausen@hsd2.org">mclausen@hsd2.org</a>
Volleyball	Ma. Lyzzel Maghanoy	<a href="mailto:mmaghanoy@hsd2.org">mmaghanoy@hsd2.org</a>
Volleyball	Sariya Williams	<a href="mailto:swilliams@hsd2.org">swilliams@hsd2.org</a>
Cheerleading	Gabby Apodaca	<a href="mailto:grunyonapodaca@hsd2.org">grunyonapodaca@hsd2.org</a>
Boys' Basketball	Paul Davies	<a href="mailto:pdavies@hsd2.org">pdavies@hsd2.org</a>
Boys' Basketball	Andrew Hill	<a href="mailto:anhill@hsd2.org">anhill@hsd2.org</a>
Girls' Basketball	Miranda Clausen	<a href="mailto:mclausen@hsd2.org">mclausen@hsd2.org</a>
B/G Soccer	Brooke Bolin	<a href="mailto:bbolin@hsd2.org">bbolin@hsd2.org</a>
G Soccer	Nicole Douglas	<a href="mailto:ndouglas@hsd2.org">ndouglas@hsd2.org</a>
B Soccer	Miranda Clausen	<a href="mailto:mclausen@hsd2.org">mclausen@hsd2.org</a>
B/G Track & Field	TBD	TBD
Softball	TBD	TBD

## Activities Staff

<b>Activity</b>	<b>Name</b>	<b>Contact Information</b>
<b>Band</b>	<b>Krista Millard</b>	<a href="mailto:kmillard@hsd2.org">kmillard@hsd2.org</a>
<b>Weightlifting</b>	<b>David Flanagan</b>	<a href="mailto:dflanagan@hsd2.org">dflanagan@hsd2.org</a>

### **Purpose**

Fox Meadow Middle’s Athletics and Activities Department understands the benefits their programs have on aiding students in becoming members of a globally minded society who are persistent, open-minded, reflective, and courageous. The purpose of the Athletics and Activities Department at Fox Meadow Middle is to provide students with a challenging environment that aids in academic, social, emotional, and physical development. We believe that while participating in athletics and activities at Fox Meadow Middle our students will learn valuable life lessons that help build on their school curriculum, as well as build meaningful relationships within the school and community. Participation in athletics and activities is more than just competing to win. It is about learning that teamwork, dedication, and discipline are integral skills in becoming successful members of society.

### **Eligibility**

Students will initially be deemed eligible to participate in an activity if they:

- Have all the necessary paperwork signed and turned in.
  - Permission to Participate
  - Sports Physical
  - Emergency Contact
  - Handbook Procedures and Expectations
- Have attended a minimum of 5 practices prior to their first competition.
  - Football players must have attended a minimum of 9 practices prior to their first competition.

Once students have been placed on their team and met all initial eligibility requirements, their eligibility will be determined on a weekly basis. In order to participate in competitions, the student must:

- Have zero (0) failing grades.

- Have no more than one (1) D.
- Be in attendance the day before a competition.
  - If a student has an unexcused absence from school the day before a game/competition, they will not be able to participate in that game/competition.
- Be in attendance at least 50% of the day that there is a competition.
  - If there is a competition on a day there is no school, attendance from the previous school day will be used.

Failure to meet any of the eligibility requirements will result in the student being deemed ineligible for one (1) week.

- At the beginning of each quarter, a 2-week eligibility grace period will be allowed to give enough time for work to be completed and graded.
- If a student is quarantined or out sick for longer than 5 days, the student will be deemed eligible on their next week in order to give time to complete all missed work.

### **Violations**

As a member of Fox Meadow Middle athletics and activities all students adhere to a high standard of behavior. The following will not be tolerated:

- Persistent defiance to staff or authorities.
- Repeated interference in school staff's ability to provide education.
- Destruction or defacing of school property.
- Behavior on/off school property that puts others in danger.
- The improper use or possession of a deadly weapon while on/off school property or any offense in which expulsion is mandatory or alternative placement occurs.
- The use or sale of illegal substances/tobacco/alcohol.
- Sexual harassment, assault.

If a student is suspended from school while being involved in a sport/activity they may not attend practice/games/competitions until their suspension is over. If a student receives "in school" suspension they may attend practices but not games/competitions.

The following rules do not represent a complete list of violations that could happen. Athletic Directors and Administration reserve the right to use their discretion in any situation(s) that are not mentioned in this document. Violations will be ranked based off severity. Sanctions will differ based off the violation(s) committed.

**Level One Violations-** A level one violation is defined as:

- Defiance to staff/authorities
- Purposeful destruction or defacing of school property
- Repeated interference in the school's staff's ability to provide education.

For all level one violations, students will have infractions based on team rules that are communicated at the start of season. For a copy of your team's rules, please contact your student's coach.

**Level Two Violations-** A level two violation is defined as:

- Sexual harassment, physical assault
- Behavior on/off school property that puts others in danger.

The following sanctions will be enforced with any of the above level two violations.

- 1. First Infraction-** The first infraction will result in the student serving a three 20% suspension from allowable games/competitions. The student may be allowed to practice if the coach allows, but they cannot take HSD2 transportation to/from any event.
- 2. Second Infraction-** A second infraction during the same school year will result in a 30% suspension from allowable games/competitions. The student may be allowed to practice if coach allows, but they cannot take HSD2 transportation to/from any event.
- 3. Third Infraction-** A third infraction during the same school year will result in a 40% suspension from allowable games/competitions. The student may be allowed to practice if coach allows, but they cannot take HSD2 transportation to/from any event.

**Level Three Violation-** A level three violation is defined as:

- The improper use or possession of a deadly weapon while on/off school property or any offense in which expulsion is mandatory or alternative placement occurs.
- Sexual assault

The following sanction will be enforced with the above level three violations.

1. **First Infraction-** The first infraction will result in the student serving a 365-day suspension from all activity competitions. If the student wants to join in any practices, they may petition the Athletic Director. The Athletic Director may revoke the petition without explanation or may approve the petition with added stipulations that must be met by the student.

**Hazing-**

- The definition of hazing is any act committed against someone joining or becoming a member or maintaining membership in any organization that is humiliating, intimidating or demeaning, or endangers the health and safety of the person.
- All hazing violations will be dealt with on a case-by-case basis.

**Substance Abuse Violation-** Substance abuse is defined as:

- The use or sale of illegal substances, tobacco, or alcohol.

The following sanctions will be enforced with above substance abuse violation(s).

1. **First Infraction-** The first infraction will result in the student serving a 20% suspension from allowable games/competitions. The student may be allowed to practice if the coach allows, but they cannot take HSD2 transportation to/from any event.
2. **Second Infraction-** A second infraction during the same school year will result in a 30% suspension from allowable games/competitions. The student may be allowed to practice if coach allows, but they cannot take HSD2 transportation to/from any event.
3. **Third Infraction-** A third infraction during the same school year will result in a 40% suspension from allowable games/competitions. The student may be

allowed to practice if coach allows, but they cannot take HSD2 transportation to/from any event.

The table below will be used as a guide for games/competitions suspensions for all level 2, 3, and substance abuse violations.

Sport- Allowable Contests	20% Suspension	30% Suspension	40% Suspension
Girls' Basketball 9 Contests	1	3	4
Boys' Basketball 9 Contests	1	3	4
Cross-Country 6 Contests	1	2	2
Football 4 Contests	1	1	1
Girls' Soccer 7 Contests	1	1	2
Boys' Soccer 8 Contests	1	2	3
Softball 10 Contests	1	2	3
Spirit/Cheer 18 Contests	1	2	3
Track 5 Contests	1	1	2
Volleyball 9 Contests	1	3	4
Wrestling 10 Contests	1	3	4

- ❖ Based on the 2022-2023 season.
- ❖ Does not include semi-finals, playoffs, or championships.
- ❖ Subject to change based on the number of allowable contests.
- ❖ Suspension contest numbers are rounded to the nearest whole number.

### **Student Responsibilities**

Students are not required to take part in any sport or activity while at Fox Meadow, although they are encouraged! Participation is a privilege, not a right! Coaches and administrators have the right to revoke participation should the student not meet requirements set forth by this handbook or team. By participating in activities at Fox Meadow Middle the student agrees to:

- Consistently maintain eligible grades
- Act appropriately in class, practice, and competitions.
- Attend all practices and competitions.
- Represent yourself, your family, your school, and your community in a respectable manner.

### **Transportation**

Students will need to be picked up promptly after all practices and competitions. For away games, students will be required to take HSD2 transportation to/from the event unless a written agreement is made between coaches and parent(s)/guardian(s). If your student walks home after practice, please inform the coach of this either through email or in a note.

### **Homeschool/Aspire Academy**

Any student who is homeschooled or enrolled in the Aspire Online Academy must participate in athletics/activities at their designated home school. Once you try out for a team/activity, you cannot tryout for any other District 2 school for the remainder of the school year.

### **Parent(s)/Guardian(s)**

We are excited that your child has decided to participate in programs here at Fox Meadow Middle. Our main goal is to provide a safe and supportive atmosphere in which the experience our students have will be positive and beneficial. This goal is only attainable through effective interactions between all involved parties. Part of



this handbook has been developed to establish appropriate lines of communication between coaches, parents, administrators, and athletes.

### **COMMUNICATION EXPECTATIONS FROM THE COACH**

As a parent/guardian at Fox Meadow Middle you can expect your child's coach to communicate their:

- Coaching philosophy.
- Expectations and rules for your child and the team.
- Times and location of all practices, games, and meetings.

### **COMMUNICATION EXPECTATIONS FROM PARENTS/ATHLETES**

As a parent/guardian at Fox Meadow Middle we expect that you communicate the following to your child's coach:

- Special needs of your child (i.e., physical/mental limitations that may not be obvious, issue(s) outside of school).
- Schedule conflicts.

As you and your child become more involved in the various athletic and activity programs that Fox Meadow has to offer, it is important to remember that things do not always go as your child wishes. During these situations communication may not be desirable, but in fact it is encouraged in order to clear up any issue and avoid misunderstandings.

### **AREAS NOT APPROPRIATE FOR A PARENT TO DISCUSS WITH A COACH**

- Playing time/position/assignment
- Team strategy
- Other students

### **PROCEDURES TO FOLLOW WITH CONCERNS**

Many aspects of competition can be highly emotional. As this handbook has explained, some concerns can and should be discussed with the coach, while others should be left alone. The coaching staff at Fox Meadow Middle are professionals who make judgements and decisions based on the best interest of all students involved. If a situation does arise that requires a conference, it is

important for both parties to have a clear understanding of the other party's point of view. As a school, we encourage a give and take of opinions and suggest the following procedure to be followed to help quickly resolve the issue(s) at hand.

- Fox Meadow Middle asks that you do not attempt to confront the coach before, during, or after any contest or practice. Instead, we require that you follow our 24-hour rule before deciding on whether the situation requires a meeting.
- Player must first discuss with coach face to face what is bothering him/her.
- If the situation has not been resolved, parent(s)/guardian(s) contact the coach to schedule a time to meet.
- If the coach does not respond/cannot be reached within **TWO** days, contact Paul Davies, Athletic Director, to arrange a time to meet with the coach.
- If your student has met with the coach. The parent(s)/guardian(s), student, and coach have met, but the situation still has not been resolved, please contact the Athletic and Activity Department to discuss the situation. Appropriate steps will be determined to rectify the situation and help bring closure.
- If after a meeting with the Athletic and Activity Department the issue has still not been rectified, a meeting must be set up with the building administration.

### **TIPS FOR PARENTS/GUARDIANS OF STUDENT-ATHLETES:**

1. Cheer for your athlete and team, not against any individual(s) or team.
2. Try not to relive your athletic life through your child in a way that creates pressure. Instead, let your child create and experience their own athletic journey.
3. Being a parent is tough enough, so there is no need to compete with the coach. Do not degrade the coach in your child's presence. This sends mixed signals to your child that their coach is unqualified and should not be listened to or respected.

4. Focus on your child's growth and attitude. There is no need to compare your child's abilities with his/her teammates'.
5. Attend all meetings that pertain to your child's sport/activity in order to become acquainted with the coach and understand his/her philosophies and expectations.
6. Always remember that miscommunication and exaggerations both happen when praised and when criticized. Investigate before reacting.
7. Refrain from talking to or coaching your child on the sidelines. We want your child's attention on their contest, their coach and their teammates.
8. Competition can be frightening and uncomfortable at times. Remind your child that it is okay to feel these emotions, but it is not okay to use these emotions as a reason to quit. Instead, use it as an opportunity to overcome obstacles and challenges.

Your child's success or lack of success in sports does not indicate what kind of parent you are. But having an athlete that is coachable, respectful, a great teammate, mentally tough, resilient and tries their best IS a direct reflection of your involvement with the athlete

### ***Parent/Guardian and Student Signatures***

---

By signing this document, you and your student acknowledge you have read and agree to follow all expectations and procedures discussed within this handbook.

---

Student Name

Student Signature

Parent/Guardian Signature

Date

