

**MOUNTAIN VISTA  
COMMUNITY SCHOOL  
ATHLETE/PARENT  
HANDBOOK  
2023-2024**



# **PHILOSOPHY AND VALUES**

Athletics are an important part of the Mountain Vista Community School educational program. The experience of participating in athletics is an excellent opportunity for all students who attend school Mountain Vista Community School. Participation in a sound athletic program contributes to good sportsmanship, character and physical development, coordination, and a wholesome interest in sports.

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 life-long values. The athlete who acts fairly, who observes laws and customs, who treats others with consideration, and who takes adversity gracefully earns respect. Students in today's schools are tomorrow's community citizens and, as adults, will demonstrate some of the attitudes they are now learning.

Mountain Vista Community School is aware of the importance of the athletic program, but it recognizes that it should never overshadow the emphasis placed on classroom work. We strongly support the maximization of student-teacher classroom contact by minimizing the loss of school time involved in extra-curricular activities.

## **I. BENEFITS OF PARTICIPATION**

The secret is that athletics are not just a way to have fun or be with friends; they are valuable educational tools. Interscholastic sports enrich a student's school experience and are inherently educational. Athletic programs provide valuable lessons in many practical situations – teamwork, sportsmanship, winning and losing, and hard work. Through participation in athletic programs, students learn self-discipline, build self-confidence, and develop skills to handle competitive situations.

Athletics foster success in later life. Participation in middle school athletics is often a predictor of later success – in high school, college, a career, and becoming a contributing member of society.

## **II. GENERAL ATHLETIC PROCEDURES**

- A. Athletes are always expected to conduct themselves in a commendable manner in the school, classroom, during athletic contests, toward opponents, officials and spectators. Remember you are an ambassador of Mountain Vista Community School.

- B. Athlete safety is a top priority. Athletes are encouraged to participate to the best of their ability but while doing this they must be aware of the physical safety of other athletes and avoid aggressive actions that could injure another athlete.
- C. Athletes must pass a physical examination prior to participation. This examination is valid for one calendar year from the date of the examination. If the examination expires during a season, the student must have another examination and turn into the school athletic office before being allowed to practice or participate in contests. Students must provide current health insurance information. Not all local types of doctor office programs meet the insurance criteria. Check with the school for allowable types of insurance.
- D. Students must have a signed parent permission slip signed prior to being able to participate and turned into the front office or athletic director.
- E. If a student is enrolled in a physical education class, he/she must dress out and participate in order to practice or play that day. If a student has a doctor's note excusing them from physical education class, that will also apply for sports practices and contests.
- F. It is the responsibility of the athlete and parent to report a concussion and/or other injuries that have been diagnosed by a healthcare provider or not diagnosed to the coach, trainer and/or school health tech. If an athlete is diagnosed with a concussion, he/she will begin the return to learn/play protocol after being excused from a health providers care.
- G. No student athlete will engage in hazing/bullying behaviors. Hazing/bullying is an abusive behavior and will not be tolerated. If you suspect hazing or bullying report it to school administration.
- H. Athletes will represent their school with integrity at the opponent school and other sites. The athlete will help keep locker rooms in opponent schools and in their own school clean. Vandalism and stealing will not be tolerated.
- I. Athletes will self-advocate.
- J. Athletes should be aware of the policies, procedures and the rules that govern interscholastic participation as defined by Mountain Vista Community School.
- K. Building administration has the authority to hold student athletes accountable to proper representation of the school's ideals in matters of citizenship, conduct and sportsmanship. **Participation in extracurricular activities is a privilege, not a right.**

### **III. RESPONSIBILITIES OF ATHLETES**

Participation in interscholastic activities 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 related to school purposes.

All athletes are expected to abide by the Athlete/Parent Handbook and maintain the highest standards of conduct and appearance as a condition of participating in their athletic activity. All athletes will conduct themselves in accordance with the following rules during the school year and whether they are in season or out of season. However, the following rules do not represent a complete list of expectations. In addition, the

Athletic Director and coach reserve the right to use their discretion in any situation that is not specifically mentioned in this document.

- A. No Student is obligated to take part in athletics. It is stressed that athletics is a privilege and the coaches and administrators have the authority to revoke this privilege when the student athlete does not meet requirements and standards of the activity.
- B. We understand that it is a privilege to wear the uniforms of Mountain Vista Community School.
- C. Therefore, there will be zero tolerance for any incidents of hazing, initiation, harassment, disorderly conduct toward, intimidation of, bullying of, or discriminating against any other student, parent, or coach from Mountain Vista Community School, or any of their opponents.
- D. Athletes who violate the Athlete Handbook or are suspended out of school may not practice or compete during the period of the suspension and may not attend extracurricular events. Athletes suspended "in school" may attend practice but may not compete during the period of the suspension and may not attend extracurricular events. Building administration has the discretion to grant, appeal or extend athletic suspension. Period of suspension starts the time of suspension and end the next school day after the suspension.
- E. Athletes who are suspended from school as the result of a physical altercation will be considered for immediate removal from the sport they are participating in at the time of the incident for the remainder of the season. The same athlete will also be put on probation for the next sport season for the sport they participate in.
- F. All athletes are students first and subject to the same rules and consequences as other Mountain Vista Community School students. School consequences will be addressed separately than athletic consequences.

### Hazing

- A. In athletic settings, some may view hazing as a harmless rite of initiation or an important activity for team bonding; however, it is a form of harassment and represents a Mountain Vista Community School disciplinary offense.
- B. Mountain Vista Community School prohibits recognized groups, organizations, athletic teams or those that attend events or activities sponsored, organized or supported in any way by those organizations, from hazing members, prospective members, or other persons seeking to obtain benefits or services from any of these organizations.
- C. Hazing is an action or activity, with or without consent from a person, whether conducted on or off
- D. Mountain Vista Community School property, which is designated to or has the reasonably foreseeable effect of humiliation, denigrating, offending, physically or mentally abusing or exposing to danger a person, as a condition, directly or indirectly, of the person's consideration for, continuation in, admission to, membership in, participation in activities of, receipt of benefits or services from, an organization or group.

- E. Any participant who chooses to not follow the above policy will be subjected to consequences on a case by case matter.

#### **IV. SUBSTANCE ABUSE**

Student-athletes shall not use, possess, sell or distribute alcoholic beverages, controlled substances, tobacco products or vaping products.

The following sanctions will be imposed for any violation(s) listed above:

- A. Tobacco products and vaping products.
  - 1. First infraction the student-athlete will be immediately suspended from interscholastic competition in the sport in which currently participating, which suspension shall continue for 10% of allowable contests including playoffs or post season contests.
  - 2. Second infraction the student athlete will be immediately suspended from interscholastic competition in the sport in which currently participating, which suspension shall continue for remainder of the season participating in.
  - 3. Third infraction the student athlete will be immediately suspended from interscholastic competition in the sport in which currently participating, which suspension will be for one calendar year from the date of the offense.
- A. Alcohol and Controlled Substances to include performance enhancing drugs.
  - 1. First infraction the student-athlete will be immediately be suspended from interscholastic competition in the sport in which currently participation, which suspension shall continue for 20% of allowable contests including playoffs or post season contests.
  - 2. Second infraction the student-athlete will be immediately suspended for one calendar year from the date of the offense.
  - 3. Third infraction at any time during the student-athlete middle school tenure they will have athletic participation privileges permanently revoked at any district school. The student-athlete will have the right to petition for reinstatement to the building Principal after one calendar year from the date of the third violation. At that time the Principal may reinstate the student-athlete with terms and conditions or revoke the petition. If reinstated the student-athlete must adhere to the conditions for reinstate. Further violation would result in the student-athlete being permanently revoked from interscholastic athletic programs.

#### **V. SCHOOL ATTENDANCE POLICY**

There are attendance requirements that may cause a student-athlete to lose eligibility for a daily or seasonal period. In order to participate in a scheduled athletic contest, student athletes must be in school for four or more class periods on the day of the contest.

Athletes who are suspended out of school may not attend practice, participate or compete during their period of suspension. Athletes who are suspended in-school may be allowed to practice but may not be allowed to compete. Habitual tardiness could also result in possible disciplinary action. Exceptions can be made in the case of illness, disabling injury, or extenuating circumstances previously discussed with the coach.

Truancy/Skipping, and/or unexcused absences in any class at any time could cause an athlete to be suspended from practice and/or competition. A conference between the coach, athlete and Athletic Director will be held to determine consequences.

- A. Tardiness: Coach/Athlete conference will occur for tardiness. The coach may recommend a variety of actions based upon the frequency of the tardiness. Habitual tardiness could result in dismissal from the team.

## **VI. ACADEMIC ELIGIBILITY REQUIREMENTS**

Mountain Vista Community School is committed to the principle of academic excellence. While athletics and other activities are an important part of middle school life, the main purpose of our institutions is to prepare students academically for success in life after middle school, either at the high school level or in their post-graduate endeavors.

Participation in interscholastic activities 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 academic performance.

Academic athletic eligibility is determined under the policies of Mountain Vista Community School are as follows:

The general eligibility requirements are not intended to restrict any school from setting local academic requirements or otherwise exercising control over its curriculum, grading practices and policies regarding the granting of class credit.

- A. A student athlete in Mountain Vista Community School must meet the academic guidelines of the Student/Athlete Handbook.
- B. Grades and citizenship of students participating in the athletic program will be checked at the close of each one-week period, starting with the third week of each quarter and semester.
- C. Eligibility publication will take place on a Friday or the last day of class for that week, and enforcement of the policy will be in place the following Monday-Saturday.
- D. Any student who earns two (2) **Ds** or one (1) **F** at the beginning of the weekly eligibility check will be ineligible for the remainder of that eligibility term (one week).
- E. Athletes who are ineligible **cannot** practice or participate in contests.
- F. To regain weekly eligibility, the student/athlete must be passing the class that they were once ineligible for at the next one-week grade check.
- G. If 50% of team is ineligible, coaches will hold tutoring instead of practice.

## **VII. CONTEST MISCONDUCT – PENALTIES**

- A. Any athlete participating in an athletic event, who flagrantly violates the rules of good sportsmanship, will be removed from the game immediately by the coach, regardless of the action taken by game officials. School administrators and the athletic director have the responsibility to determine if further disciplinary action is necessary.
- B. Any athlete who has been ejected from a contest for committing any unsportsmanlike act shall be disqualified for the remainder of that contest. The athlete shall be ineligible for the next regularly scheduled contest of the same level (A-team, B-team, C-team). After reviewing the situation, the Athletic Department may impose further suspension. If such ejection occurs in the final contest of the season, then that athlete shall be ineligible for the first contest of the next season of sports competition in which the athlete chooses to play.
- C. Any athlete ejected from a second contest during the same season may be suspended for multiple contests of the same level. After review by the Athletic Director and or Principal, loss of athletic privileges for the remainder of the specific sport may be imposed.
- D. Any player ejected from a second contest during the same season or school year shall be suspended from all interscholastic competition for one calendar year from the date of the third infraction.
- E. Fighting in any interscholastic sport shall be construed to consist of:
  - 1. An invitation to fight, such as closely following an opposition player during a disturbance and making taunting gestures or sounds;
  - 2. Throwing a punch or slugging with fists, whether a punch is landed;
  - 3. Wrestling or tackling an opponent outside a legal play situation.
- F. Fighting shall bring an automatic suspension for the remainder of the contest and from the next scheduled game(s). After review, additional suspension may be imposed by the Athletic Director and or Principal.
- G. Any athlete leaving the bench area during a fight will receive an ejection from the contest and a one (1) game suspension. After review, additional suspension may be imposed by the Athletic Director and or Principal.
- H. An athlete who is ejected during the final contest of the season will be ineligible to participate in the first contest of the same level in the next season he/she plays. After review, additional suspension may be imposed by the Mountain Vista Community School Athletic Director and Principal.

## **VIII. TEAM SELECTION**

Choosing the members of an athletic team is the sole responsibility of the coaches of those teams. The students who play in athletic contests will be those individuals who, in the coaches' judgments, will contribute to the team's success. In determining this, the coaches will take into consideration:

- A. Practice attendance
- B. Practice performance
- C. Any injury that could affect performance or athlete's future health

- D. Citizenship, which includes adhering to athletic handbook rules and school rules
- E. Attitude, behavior, coachability

It is important to understand that participation on an athletic team in Mountain Vista Community School is a privilege and not a right. Being on and maintaining one's membership on the team means accepting all the responsibilities of a student-athlete. However, unlike recreation teams, equal or guaranteed playing time does not exist. To win, a coach will use players best suited to the conditions or demands of the contest at that time.

Coaches are reminded that, in accordance with our philosophy of athletics and to encourage as many students as possible to participate in the athletic program, they should use as many students as they can in all athletic contests at the B-team and C-team levels, without jeopardizing the integrity of the sport.

#### Cutting the Team

While our ultimate goal is to promote the greatest athletic participation possible in Mountain Vista Community School, it may be necessary to cut a player from a team. This may occur due to limitations of our facilities, regulations specific to some sports, travel restrictions, and other factors.

Every coach has the responsibility and authority for selecting his or her team. The criteria for selecting the team, is developed by the coach.

It is also important to remember that there are no guarantees. Players from the previous year's B-team, for example, do not automatically make either the B-team or A-team the following year. Having been a member of a team during the previous year or even being an upper-classmen does not ensure that a student-athlete will make the squad.

Parents should expect that every candidate is treated fairly and given every consideration. Coaches are sensitive to feelings of disappointment, will handle the task as positively as possible, and be available to talk with student-athletes' questions.

While we understand that being cut is disappointing for many student athletes and even for their parents, we unfortunately cannot always keep everyone. Anyone cut from a team is welcome to try out again next season or to try another sport. When parents and student-athletes understand and support the coach's decision, this difficult process becomes a less painful experience for all.

#### The Purpose of a B-team and C-team

B- and C-teams exist to provide those student athletes unable to participate on the varsity squad an opportunity to develop skills and gain experience. While the student athlete's age, size, or skill level may be the limiting factor in not making the varsity team,



participation on a C-team may enhance the student athlete's potential to make the varsity squad in the future.

A caution, however, must also be given. Being a member of a C-team does not guarantee that a student athlete will automatically move up the following year to the B-team or A-team. The student athletes best suited for A-team competition will make the squad each year.

Striving to win is important in athletics; however, compiling a great record or winning a championship should not be the primary objective of a C-team. The development of student-athletes should be the ultimate purpose of a C-team while at the same time acknowledging the value of winning, learning, and enjoying being a member of a team.

## **IX. PRACTICE SESSIONS**

- A. Team members of all sports are required to attend all scheduled practices and meetings during the established sport's season. If circumstances arise whereby the student cannot attend a practice or meeting, the individual coach will determine the validity of the reason. **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 parent or guardian.**
- B. Practice sessions are normally closed to spectators and there is a very sound reason for this. These sessions are the equivalent of a teacher's classroom and there is real, quality instruction taking place. Interruptions and interference to a student-athlete's concentration and focus in practice cannot be allowed any more than a disruption would be tolerated in an academic setting. Education in any setting cannot be compromised.
- C. Mountain Vista Community School practice sessions:
  - 1. May last up to 2 hours.
  - 2. May start and end at different times due to the schedule of the coach or of our facilities. Check with the coach for the specific times.
  - 3. Will not be held when school is dismissed early due to inclement weather.\*
  - 4. Will not be held when school is not in session due to inclement weather.\*
  - 5. May be held on Saturdays and over holiday periods.

\*Practice may be held if needed for participation in a state event or if approved by the District Athletic Director and the Superintendent.

## **X. TRAVEL**

- A. All athletes must travel to and from "away" athletic contests in vehicles provided by Mountain Vista Community School, unless alternate arrangements are approved in writing by the head coach or Athletic Director.
- B. Athletes who miss the bus will not be allowed to participate in the contest unless there are extenuating circumstances.

- C. All regular school rules that apply are to be followed at all times, i.e. home events, away events and overnight events. Failure to follow the rules will result in appropriate sanctions.
- D. Athletes suspended from regular school transportation may not ride the athletic/activity bus.

## **XI. INJURY PROCEDURES**

- A. Athletes must report all injuries to their coach.
- B. If a student athlete has sustained an injury and the coaches are not aware of the problem, parents are encouraged to assist coaches in understanding the extent of the injury.
- C. Injuries that occur while participating in athletics should be reported to the coach. If the injury requires medical attention by a doctor or treatment center, an injury report form must be completed.
- D. Once a physician treats an athlete, the athlete must obtain the doctor's permission in writing in order to return to the activity. A date for resumption of activity must be included.
- E. In the event that an injury takes an extended time to heal, the athlete is expected to attend practices, meetings, and games, even though they cannot actively participate.
- F. All students must present documentation that they are covered by health insurance as part of the required paperwork to begin the season.

## **XII. EQUIPMENT**

- A. Mountain Vista Community School will provide game uniforms for all teams. It is the responsibility of athletes to furnish their uniforms, shoes, socks, mitts, undergarments, towels, etc.
- B. School equipment checked out or assigned to the student athlete is his/her responsibility. The athlete/player is always expected to keep it clean and in good condition.
- C. If a student destroys or loses issued equipment/uniforms, etc., restitution/payment must be made to the front office for the replacement cost of the item(s).
- D. Student athlete that quits the team will make an appointment with a coach of that specific sport to hand in any school issued equipment. Verification of return of equipment will be needed for the student athlete to participate in another sport.
- E. Athletic equipment/uniforms issued to a student athlete is the property of Mountain Vista Community School. In the case of equipment/uniform etc. is not returned or returned in non-usable condition, the student-athlete will be charged for the replacement. Additionally, a student athlete will not be able to start another in-season sport or preseason if equipment/uniform etc. have not been turned in. If the equipment/uniform etc. was lost or stolen it must be paid for to participate in an in-season sport or preseason.

### **XIII. LOCKER ROOM REGULATIONS**

Be alert for slippery floors and/or changes in floor surface or elevation. Use caution. Report any hazardous conditions to the coach.

- A. Only coaches, authorized staff, and assigned players are allowed in the locker rooms.
- B. Horseplay, roughhousing, hazing, initiations, bullying and throwing objects are not
- C. permitted in the locker rooms.
- D. Do not wear cleats or spikes in the locker room or building. Knock off all dirt outside the building without hitting shoes against the wall.
- E. Athletes are responsible for keeping the locker room neat and orderly. Do not leave anything on the floors. Use trash cans for all trash.
- F. Report any foot or skin infections or irritations to coach(es) immediately.
- G. Mountain Vista Community School will not be responsible for items stolen from the locker room.
- H. In-season sports have priority on all lockers in the locker rooms. Pre-season coaches will obtain permission from the in-season coaches for use of the locker rooms.
- I. Glass containers are not permitted in the locker room.
- J. Athletes will not permanently occupy a locker during the off-season.

### **XIV. GYM/FIELD USE REGULATIONS**

- A. No students are allowed in the gymnasium or on a field without the supervision of a certified coach. Restricted coaches will not have supervision of athletes in the gymnasium, on a bus, or at an activity.
- B. Any student found in the gymnasium or on a field without proper authorization or supervision will be referred to a Principal.
- C. During the practice of any sport, only those students involved in the particular sport are to be present in the gymnasium or on the field. Pre-season sports coaches will seek permission of all in season coaches for desired use of the gymnasium or field.
- D. No food, or chewing gum is allowed in the gymnasium or on a field, including during contests.
- E. No street shoes are allowed on the gymnasium floor.
- F. All students are responsible for taking good care of the gymnasium and fields and keeping them neat, clean and orderly always.

### **XV. IN-SEASON AND OFF-SEASON PRACTICE**

- A. The South Metro League governs opening and closing dates for interscholastic sports.
- B. Practice sessions shall be called intramural. No formal practice is to be held outside of the season.
- C. The sport season ends for a member of Mountain Vista Community School athletic teams when the athlete is released by the head coach from the team with which the athlete has been playing.

## **XVI. PARENT RELATIONSHIPS**

Being a parent is often challenging, this effort and responsibility is frequently complicated by being a parent of a student athlete. This handbook, with its guidelines and suggestions, will give you some insights into this responsibility. There are many relationships, which are involved in being the sport-parent of a student athlete.

The role of the parent in the education of a child is important. The support shown in the home is often manifested in the ability of the student to accept the opportunities presented at school, in the classroom and through co-curricular activities.

There is a value system -- established in the home, nurtured in the school, which young people are developing. Their involvement in classroom and other activities contributes to that development. Integrity, fairness and respect are lifetime values taught through athletics, and these are the principles of good sportsmanship. With them, the spirit of competition thrives, fueled by honest rivalry, courteous relations and graceful acceptance of the results. Please see the information at the end of the handbook for additional tips and expectations regarding sportsmanship.

### **A. The Player-Coach Relationship –**

1. The player-coach relationship is perhaps the most critical relationship in athletics. Unfortunately, a sport-parent can have a pronounced effect on this very important and delicate relationship. While you may not agree with all decisions of a coach, how and when you express your feelings can have a decided effect upon your child. If you express a negative opinion in front of your child, you need to remember that he or she will return to practice the next day and may carry with him or her your convictions. Your son or daughter will then have to interact with this coach. You, as the sport-parent, can greatly affect this delicate relationship.
2. Receiving technical or strategic instruction at home may interfere and conflict with the instructional process at practice sessions and games. This may ultimately impede your son or daughter's progress and affect their playing time or whether they win a starting position.

### **B. The Parent-Coach Relationship –**

1. In your role as a sport-parent, you obviously love and are concerned about your child's welfare. You want the best for him or her. But a student athlete can have only one coach. Allowing the coach to instruct and guide the team is crucial in many respects.
2. Should you have any questions or concerns, do not approach the coach immediately at the conclusion of a contest. At this time, coaches have other responsibilities and it may be an emotional time. Call and make an appointment for a later time and approach this meeting in a calm, courteous and logical manner.
3. One of the responsibilities, which a coach has at the conclusion of a contest, is to have a brief meeting with his or her players. Student-athletes should not pause to talk to parents or friends immediately after games.

These brief meetings are essential to the learning process involved in athletics.

C. The Parent-Player Relationship –

1. Some sport-parents may try to live through their child's athletic efforts. Being positive and supportive is important but adding pressure and unrealistic expectations can be extremely harmful. Allow your son or daughter to enjoy and grow from this valuable experience. In numerous national studies, it has been determined that most student-athletes participate for enjoyment or fun. Excessive pressure or expectations can alter this most fundamental reason for playing.
2. When you do speak with your child after a contest don't dwell on his or her play, how many points they scored or if they started. Instead, first ask how the team did? Did your son or daughter play hard, give 100% and have a good experience?

D. Relationship with Officials –

1. There is an age-old refrain often used by irate fans, "How much are you paying the officials?" The home school does not obtain or hire the officials. All officials are assigned by a commissioner or assigner of the sport and neither team has control of which officials are assigned.
2. Officials agree to and follow a code of ethics. They really do not care or have a vested interest in which team emerges as the victor. It is also important to understand that they are a very necessary part of a game. A contest cannot be played without them.
3. While you may not agree with all their calls, please do not harass or taunt them. It is also important to remember that they oversee the contest and have complete authority to have unruly spectators removed. In many sports, a team will see the same official several times during a season. Coaches, athletic administrators and schools often work hard to establish a rapport and good working relationship, which can easily be damaged by spectators.

E. Spectator-Cheerleader Relationship –

1. Cheerleaders try to infuse spirit into the fans/spectators and to lead them in selected cheers. Taking this responsibility into your own hands is not appropriate. Fans that leave the stands to direct cheers may often cause or lead to confrontations with the opponents. Following the cheerleader's directions, therefore, is necessary at all athletic contests.
2. The emotion and atmosphere at athletic contests can be very exciting and the cheerleaders need to be allowed to direct and control this aspect of the event.

F. Good sportsmanship, whether a student or a parent, shows a true leader within the school and the community. As a parent of a student, your sportsmanship goals should include:

1. Realizing that athletics are part of the educational experience, and the benefits of involvement go beyond the final score of a contest;

2. Encouraging our students to perform their best, just as we would urge them with their classwork, knowing that others will always turn in better or lesser performances;
3. Participating in positive cheers that encourage our athletes; and discouraging any cheer that would redirect that focus;
4. Learning, understanding and respecting the rules of the game, the officials who administer them, and their decisions;
5. Respecting the task our coaches face as teachers; and supporting them as they strive to educate our youth;
6. Respecting our opponents as students, and acknowledging them for striving to do their best as you do with your own family member;
7. Developing a sense of dignity under all circumstances; and
8. Be a fan...not a fanatic!

You can have a major influence on your child's attitude about academics and athletics. The leadership role you take in sportsmanship will help influence your child, and our community, for years to come.

## **XVII. GUIDELINES FOR PARENT AND STUDENT ATHLETE PARTICIPATION**

All meetings with coaches are to be made by appointment only. Coaches will make their work numbers available to parents. Parents will refrain from calling coaches at their homes, unless completely necessary. There will be no meetings between parents and coaches on the athletic fields, gyms, or locker rooms.

Coaches are NOT required to discuss player position, playing time, offensive, defensive or game philosophy/decisions with parents.

There will be no establishment of parent groups, websites, athlete groups, etc., without the written consent of the head coach, the Athletic Director, and the Principal.

The protocol when resolving an issue between student athlete and coach is as follows:

- A. Student athlete will make an appointment and meet with the coach;
- B. Student athlete and parent will make an appointment and meet with coach;
- C. Student athlete and parent will make an appointment to meet with coach and athletic director;
- D. Student athlete and parent will make an appointment to meet with coach, Athletic Director, and Principal;
- E. The student athlete and parent will meet with District Athletic Director along with the school representative. The District Athletic Director can meet with the parent(s) separately than with school official(s); however, this will be on rare occasions.

Parents and/or guardians will be the representatives for families. Family friends, supporters, fans will not be involved in Steps A-E.

### **XVIII. CODE OF ETHICS**

In order to be of maximum effectiveness in serving and fostering the education of the students so entrusted to us, and in promoting and supplementing the regular curriculum, it is the duty of all concerned with our athletic and activities programs to:

- A. Cultivate an awareness that participation in athletics and activities is part of the total educational process and as such, the coach/advisor should neither seek nor expect academic privileges for the participants.
- B. Emphasize the proper ideals of sportsmanship, ethical conduct and fair play as they relate to the lifetime impact on the participants.
- C. Develop a working awareness and understanding of all rules and guidelines governing competition, both in letter and intent.
- D. Recognize that the purpose of athletics and activities is to promote the physical, mental, moral, social, and emotional well-being of the individual participants.
- E. Avoid any practice or technique, which would endanger the present or future welfare or safety of any participant.
- F. Adhere to policies, which do not force or encourage students to specialize or restrict them from participation in a variety of activities.
- G. Refuse to disparage an opponent, an official, an administrator or spectator in any aspect of the activity.
- H. Strongly encourage the development of proper health habits, including the non-use of chemicals, alcohol, tobacco and other mood-altering substances.
- I. Always exemplify proper self-control, accepting adverse decisions without public display of emotion or of dissatisfaction with the officials or judge.
- J. Encourage all to judge the true success of the athletic and activities programs based on attitude of the participants and spectators, rather than on the basis of wins or losses.
- K. Refuse to disparage an opponent, an official, an administrator or spectator in any aspect of the activity.
- L. Strongly encourage the development of proper health habits, including the non-use of chemicals, alcohol, tobacco and other mood-altering substances.

### **SPORTSMANSHIP EXPECTATIONS**

#### Acceptable Behavior

- A. Applause during introduction of players, coaches and officials.
- B. Players shaking hands with opponents who foul out while both sets of fans recognize player's performance with applause.
- C. Accept all decisions of officials.
- D. Cheerleaders lead fans in positive school yells in positive manner.
- E. Handshakes between participants and coaches at end of contest, regardless of outcome.
- F. Treat competition as a game, not a war.

- G. Coaches/players search out and congratulate opposing participant or coach.
- H. Applause at end of contest for performances of all participants.
- I. Everyone showing concern for injured player, regardless of team.
- J. Encourage only sportsmanlike conduct.

#### Unacceptable Behavior

- A. Yelling or waving arms during opponent's free-throw attempt.
- B. Disrespectful or derogatory yells, chants, songs, or gestures.
- C. Booing or heckling an official's decision.
- D. Criticizing officials in any way; displays of temper with an official's call.
- E. Yells that antagonize opponents.
- F. Refusing to shake hands or give recognition for good performances.
- G. Blaming loss of game on official, coaches, or participants.
- H. Taunting or name calling to distract an opponent.
- I. Use of profanity or displays of anger that draw attention away from the game.

#### Dos and Don'ts

- A. Cheer **for** your team.
- B. Don't yell at your opponents.
- C. Do not use vulgar or profane language.
- D. Yelling at officials **will not** be tolerated.
- E. Do not yell at or distract a player shooting foul shots.
- F. Taunting and trash talking directed at players, coaches and fans is not permitted.
- G. Remain in the bleachers during the contest.
- H. Do not interfere with our opponent's cheerleaders and their attempt to lead cheers.
- I. Do not kick the bleachers; not only does this display poor sportsmanship, but this also damages them.
- J. As a parent, please set a positive example for our students and student athletes.

If you see or hear something, which is inappropriate, please help us by saying something to the offending individual or report to building staff.

Remember, that purchasing a ticket provides you with the opportunity and privilege to watch a contest; it is not a license to verbally assault others or to be obnoxious.

*MOUNTAIN VISTA COMMUNITY SCHOOL RESERVES THE RIGHT TO EJECT ANY SPECTATORS WHOSE CONDUCT IS DETRIMENTAL TO GOOD SPORTSMANSHIP. MISBEHAVIOR AT SPORTING EVENTS MAY LEAD TO PROSECUTION AND/ OR SCHOOL DISCIPLINARY ACTION FOR STUDENTS AND LOSS OF PRIVILEGE TO ATTEND GAMES. NON-STUDENTS MAY ALSO LOSE PRIVILEGE TO ATTEND GAMES, EVENTS, CONCERTS, MATCHES, ETC.*

### **MOUNTAIN VISTA COMMUNITY SCHOOL SOCIAL MEDIA AGREEMENT**



Student leaders have the responsibility to always portray your team, your coaches, your school and yourself in a positive manner. Instagram, Twitter, Snapchat, Facebook and other social media sites have increased in popularity globally and are used by most student-athletes in one form or another.

Student-athletes should be aware that third parties-including the media, faculty, future employers, and college officials could easily access your profile and view all personal information. This includes pictures, videos, comments and posters. Inappropriate material found by third parties affects the perception of the Mountain Vista Community School athlete, the school and the district. This can also be detrimental to a student-athlete's future options (i.e.: high school, college, profession). Examples of inappropriate and offensive behavior concerning participation in online communities may include depictions or presentations of the following:

- A. Photos, videos, comments or posters showing the person use of alcohol, drugs, tobacco including vaping.
- B. Photos, videos, comments that are sexual in nature. This includes links to websites of a pornographic nature and other inappropriate videos.
- C. Pictures, videos, comments or posters that condone during related activity. This includes but is not limited to images that portray the personal use of marijuana and drug paraphernalia.
- D. Content online that is unsportsmanlike, derogatory, demeaning or threatening toward any other individual or entity (ex: derogatory comments regarding another school and derogatory comments against race and/or gender). No posts should depict or encourage unacceptable, violent or illegal activities (ex: hazing, sexual harassment/assault, gambling, discrimination, fighting, vandalism, academic dishonestly, weapons, underage drinking and illegal drug use).
- E. Content that is demeaning of your team, other players, staff, and doesn't represent you, your school and Mountain Vista Community School in a positive manner.
- F. If you are ever in doubt of the appropriateness of your online public material, consider whether it upholds and positively reflects your own values and ethics as well as the high expectation of Mountain Vista Community School. Remember, always present a positive image and do not do anything to embarrass yourself, the team, your family, your school or Mountain Vista Community School.

By signing on the signature page you affirm that failure to adhere to student-athlete social media policy/guidelines may result in consequences that may include suspension or removal from your athletic team and you may be subject to additional penalties imposed by the school.

## **MOUNTAIN VISTA COMMUNITY SCHOOL SOCIAL MEDIA AGREEMENT**

I, \_\_\_\_\_, desire to be a participant in the athletic program representing Mountain Vista Community School. Participants include team members, team managers, and other students who are members of the program. My signature acknowledges the following:

1. I have read and understand the Mountain Vista Community School Athletic and Parents Handbook and agree to comply with it.
2. I have read and understand the Mountain Vista Community School Student-Athlete Social Media agreement and will comply with it.
3. I attend Mountain Vista Community School.

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Student Name

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Date

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Student Signature

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Grade

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Parent/Guardian Name

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Date

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Parent/Guardian Signature

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Phone Number

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Address