

# **Athletics and Activities Handbook**



**Harrison School District**

**1060 Harrison Road**

**Colorado Springs, Colorado 80905**

## 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@hsd2.org">lcooper@hsd2.org</a>
Assistant Principal	Whitney Hollier	<a href="mailto:whollier@hsd2.org">whollier@hsd2.org</a>
Athletic Liaison	Alisha Hill	<a href="mailto:ahill@hsd2.org">ahill@hsd2.org</a> 719-527-7104

## Athletics / Activities Coaching Staff

Sport	Coach	Contact Information
Football	Marcus Vance	<a href="mailto:Mlv1990@live.com">Mlv1990@live.com</a>
B/G Cross-Country	Miranda Clausen Sariya Williams	<a href="mailto:mclausen@hsd2.org">mclausen@hsd2.org</a> <a href="mailto:swilliams@hsd2.org">swilliams@hsd2.org</a>
Volleyball	Lyzzel Maghanoy Resly Andres	<a href="mailto:lmaghanoy@hsd2.org">lmaghanoy@hsd2.org</a> <a href="mailto:randres@hsd2.org">randres@hsd2.org</a>
Boys' Basketball	Lawrence Diggs Resly Andres	<a href="mailto:ldiggs@hsd2.org">ldiggs@hsd2.org</a> <a href="mailto:randres@hsd2.org">randres@hsd2.org</a>
Girls' Basketball	Miranda Clausen Sariya Williams	<a href="mailto:mclausen@hsd2.org">mclausen@hsd2.org</a> <a href="mailto:swilliams@hsd2.org">swilliams@hsd2.org</a>
Boys' Soccer	Lawrence Diggs Miranda Clausen	<a href="mailto:ldiggs@hsd2.org">ldiggs@hsd2.org</a> <a href="mailto:mclausen@hsd2.org">mclausen@hsd2.org</a>
Girls' Soccer	Lyzzel Maghanoy	<a href="mailto:lmaghanoy@hsd2.org">lmaghanoy@hsd2.org</a>
B/G Track & Field	Sariya Williams Resly Andres	<a href="mailto:swilliams@hsd2.org">swilliams@hsd2.org</a> <a href="mailto:randres@hsd2.org">randres@hsd2.org</a>
Cheerleading	Gabby Apodaca-Paterson Brittany Rabidue	<a href="mailto:gapodacapaterson@hsd2.org">gapodacapaterson@hsd2.org</a> <a href="mailto:brabidue@hsd2.org">brabidue@hsd2.org</a>
Softball	TBD	
Wrestling	TBD	
Band	Krista Millard	<a href="mailto:kmillard@hsd2.org">kmillard@hsd2.org</a>

## **Purpose**

The purpose of this handbook is to provide a practical guide for athletes and parents regarding the mission, philosophy, standards, rules, and expectations of the HSD interscholastic program at the middle school level. It is our goal to expose as many students as possible to the benefits derived from participation in education-based athletics at the scholastic level. Further, the best experience possible is best served when students, coaches, parents, and administrators are informed, have open lines of communication, know what is expected of them, and truly commit to assuring that the mission and ideals of education-based athletics are aligned with daily practice in the operation of these programs.

## **Mission**

To pursue excellence daily through character and education-based activities that: 1) are not defined by the scoreboard or rating sheet; 2) demonstrate a commitment to respect, the spirit of fair play, and the ideals of sportsmanship; 3) are aligned with the mission, values and policies of HSD and the CHSAA; 4) are led by coaches/sponsors that are committed to such ideals; and 5) are participated in by students with an understanding of their role in representing HSD, their school, their team, and their community.

## **HSD Athletics Values**

1. HSD does not discriminate on the bases of race, color, national origin, sex, sexual orientation, age, religion, creed, marital status, or disability in admission to or access to, or treatment or employment in, its programs and activities.
2. HSD is firmly committed to Title IX.
3. HSD believes in equity and balance across all education-based programming.

## Initial 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. 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 by 12:15 on the day of competition.
  - If there is a competition on a day there is no school, attendance from the previous school day will be used.
  - If there is an appointment, family emergency that requires the student to be in attendance after 12:15, an eligibility decision will be made by the AD.

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 Harrison School District 2 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 use or sale of illegal substances/tobacco/alcohol.
- Sexual harassment, assault.
- 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.

If a student is suspended out of 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.

Suspensions that are not fully served due to season ending or quitting of the team will roll over to the student-athlete's next sport.

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

- Defiance to staff/authorities
- Purposeful destruction or defacing of school property.
- 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 20% suspension from allowable games/competitions. The student may be allowed to practice if the coach allows.
- 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 the coach allows.
- 3. Third Infraction-** A third infraction during the same school year will result in a 30% suspension from allowable games/competitions.

**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 principal. The principal 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. Infractions may range from game suspension(s) to removal from all athletics for a calendar year.

**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 three 20% suspension from allowable games/competitions. The student may be allowed to practice if the coach allows.
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 the coach allows.
3. **Third Infraction-** A third infraction during the same school year will result in a 30% suspension from allowable games/competitions. The student may be allowed to practice if the coach allows.

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	10% Suspension	20% Suspension	30% Suspension
Girls' Basketball 10 Contests	1	2	3
Boys' Basketball 9 Contests	1	2	3
Cross-Country 6 Contests	1	1	2
Football 5 Contests	1	1	1
Girls' Soccer 10 Contests	1	2	3
Boys' Soccer 10 Contests	1	2	3
Softball ? Contests	1	1	2
Spirit/Cheer 9 Contests	1	2	3
Track ? Contests	1	1	2
Volleyball 10 Contests	1	2	3
Wrestling ? Contests	1	2	3

- ❖ Based on the 2024-2025 season.
- ❖ The percentage of suspension does not include semi-finals, playoffs, or championships. Suspensions will be served during play-offs/semi-finals/championships if applicable.
- ❖ Subject to change based on the number of allowable contests.
- ❖ Suspension contest numbers are rounded to the nearest whole number.



## **Social Media Policy**

Social media refers to internet-based applications designed to create and share user generated content. Any form of digital magazines, internet forums, web-blogs, podcasts, photographs, video, rating, and social bookmarking found on websites or applications such as Twitter, Facebook, Instagram, SnapChat, TikTok or Tumblr that is open to public viewing is considered to be social media. This is a rapidly changing network and many more not mentioned will arise, which are also included in this policy. Any and all disciplinary measures may apply depending on the severity of the infraction.

Harrison School District student-athletes are expected to conduct themselves in a respectable manner as a member of their teams and our Athletic Program. As a student-athlete you are responsible for your social media use. Any malicious use of social media platforms shall not be tolerated. Malicious use may include, but be limited to:

1. Derogatory language or remarks regarding fellow athletes, students, coaches, administrators, faculty, and staff of Harrison School District or other middle schools.
2. Demeaning statements or threats that endanger the safety of another person.
3. Incriminating photos or statements regarding illegal criminal behavior, underage drinking, use of illegal drugs, sexual harassment, or violence.

As a student-athlete I have reviewed and carefully read, with my parent(s) legal guardian, the Social Media Policy and agree to abide by ALL provisions contained within. Furthermore, I understand that violation of said rules may result in loss of athletic privileges and/or suspension from participation.

## **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 School 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 a student has tryouts for a team/activity, they 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 School. 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 School 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 PARTENTS/ATHLETES**

As a parent/guardian at Fox Meadow Middle School 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 School are professionals who make judgments and decisions based on the best interests 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 the give and take of opinions and suggest the following procedure to be followed to help quickly resolve the issue(s) at hand.

- Harrison School District 2 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 Alisha Hill, Athletic Liaison, 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 Department to discuss the situation. Appropriate steps will be determined to rectify the situation and help bring closure.
- If after meeting with the Athletic 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 to 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***

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

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Student Name	Student Signature	Parent/Guardian Signature	Date
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**PERMISSION TO PARTICIPATE/  
RELEASE, ACKNOWLEDGEMENT OF RISK, ASSUMPTION OF  
PERSONAL RESPONSIBILITY AND INDEMNITY**

I/We, the undersigned Parents/Guardians of \_\_\_\_\_ (herein Child), hereby give our consent and permission for our child to participate in and attend the Summer Camps, Training Activities, and School Sponsored Sports which shall occur on (8/1/24-7/31/25.)

I/we understand that during my Child's participation in the Activity; he/she may be exposed to risk, possible injury or death. I/we understand that I/we assume the risk for any injuries or damages resulting from my child's participation in this activity.

I/we have accepted responsibility to verify with my physician that my Child has no physical or psychological problems or diseases including COVID-19 that would prohibit his/her participation in the activity, and agree to advise my Child to comply with the instructions and directions of the Harrison School District Two, or its agents, volunteers and/or employees as participants in this Activity.

I/we, in return for my child's opportunity to participate in the Activity do hereby exempt and release the Harrison School District Two, its directors, officers, employees, volunteers and agents from any and all liability, claims, demands or actions whatsoever arising out of any damage, transmission of disease, loss or injury that my child or I/we might receive or sustain while my child is participating in the Activity, whether or not such damage, loss or injury results from the acts or omissions of the Harrison School District Two, its directors, officers, employees, volunteers or agents. I/we understand that if I/we do not sign this Release, then my child will not be permitted to participate in the Activity. I/we hereby represent that I am/we are 18 years of age or older, and that I am/we are the parent(s) guardian(s) of the Participant.

I/we further acknowledge that no representations or promises by the Harrison School District Two representatives have been made to induce me to sign this Release. I/we further agree to indemnify, hold harmless and defend the Harrison School District Two, from any claim, cause of action or demand, of any sort or nature, which may at any time be filed or asserted by the participants or participation in the Activity which indemnification shall include any costs and attorneys' fees that may be incurred as a result of any claims, causes of action or demands. This release is valid and effective whether the damage, transmission of disease, loss or injury is a result of any act or omission on the part of the Harrison School District Two or its agents, volunteers, or employees. I understand that I voluntarily give up my right to sue the above-mentioned parties.

**I ACKNOWLEDGE THAT I HAVE CAREFULLY READ THIS WAIVER AND RELEASE AND FULLY UNDERSTAND THAT IT IS A RELEASE OF ALL LIABILITY AND A WAIVER OF ANY RIGHT THAT I MAY HAVE ON BEHALF OF MYSELF AND/OR MY CHILD/WARD TO BRING LEGAL ACTION OR ASSERT CLAIM FOR INJURY OR LOSS OF ANY KIND AGAINST HARRISON SCHOOL DISTRICT TWO. IF ANY ATTEMPT FOR CLAIM IS MADE, I UNDERSTAND I WILL BE RESPONSIBLE FOR ALL DEFENSE COSTS INCURRED. I HAVE HAD SUFFICIENT OPPORTUNITY TO READ THE ABOVE, BEEN GIVEN THE OPPORTUNITY TO ASK QUESTIONS, CONSIDER ITS EFFECTS, UNDERSTAND THIS ENTIRE DOCUMENT AND AGREE TO BE BOUND BY ITS TERMS.**

\_\_\_\_\_  
Child/Participant

\_\_\_\_\_  
Signature of Parent/Legal Guardian

\_\_\_\_\_  
Date

**CONTACT AND EMERGENCY PERMISSION FORM**

NAME: \_\_\_\_\_ SPORT: \_\_\_\_\_

PHYSICAL EXPIRES: \_\_\_\_\_ GRADE: \_\_\_\_\_ AGE: \_\_\_\_\_

PARENT/GUARDIAN NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

HOME PHONE: \_\_\_\_\_ CELL PHONE: \_\_\_\_\_

HOSPITAL PREFERENCE/REQUIREMENT BY INSURANCE: \_\_\_\_\_

Please list any significant health problems that might be critical to a physician evaluating your child in case of an emergency: \_\_\_\_\_  
\_\_\_\_\_

Please list any allergies to medications, etc \_\_\_\_\_  
\_\_\_\_\_

Has student been prescribed an inhaler or epi-pen? Circle Yes or No

Is student presently taking medication? Circle Yes or No

If yes, what type? \_\_\_\_\_

Does student wear contact lenses? Circle Yes or No

Please list date of last tetanus shot: \_\_\_\_\_

**Emergency Authorization:** In the event I cannot be reached in an emergency, I hereby give permission to the physician, coach, athletic trainer, school representative, and other qualified medical providers to hospitalize, to secure proper treatment for and to order injection and/or anesthesia and/or surgery for the person named above during all periods of time in which the student is away from his/her legal residence as a member of an interscholastic activity team or group.

My student is currently insured by our family policy with:

Name of Company: \_\_\_\_\_

Policy Number: \_\_\_\_\_ Name of Policy Holder: \_\_\_\_\_

NOTE: If your insurance changes at any time, it is the parents' responsibility to notify the athletic department immediately.

I certify that all of the above information is correct and my signature below confirms agreement with this form.

Signature of parent or guardian: \_\_\_\_\_ Date: \_\_\_\_\_

Relationship to student: \_\_\_\_\_