

# 2024-25 Athlete and Parent meeting



"Your education is a dress rehearsal for a life that is yours to lead." - Nora Ephron



# Introduction

## *Dale Ewart- Assistant Principal in charge of Activities*

- 24 years in education and coaching.
- 11 years as an Activities Director/Principal.
- 4 years as the District Activities Director.
- Served as the Region 3 Representative on the Alaska Schools Activities Association (ASAA) board of directors as the president.
- Current president of the Region 3 Activities board.
- Grew up in Cody, Wyoming and attended the University of Wyoming.
- Married with 3 children and love activities and all the amazing individuals I meet through my involvement with our students through activities.

# Mission Statement

## ❖ *CHS Activities Department Mission Statement:*

- ❖ **The focus of our department is to provide continued growth in leadership skills, teamwork, sportsmanship, and competition through student participation in all activities at Colony High School.**

## Goals for CHS Activities

1. Our goal is to ensure that all students have an opportunity to enjoy healthy participation, achievement and good sportsmanship in education-based activities.

*What does that look like?.....*

Extracurricular Activities are an extension of the classroom. Students and staff are treated with respect at all times, use appropriate language and ensure that all interactions and conversations are school appropriate.

# Changes

- Activity fees are now collected through parentvue and Linked to Synergy
- Fees need to be paid by first contest unless prior arrangements are made.
- Websites
  - The district changed the host for all websites, please be patient as we transfer over information from our previous site to the new site.
- RM18 -Private release of Transportation and Code of conduct added to registration process.
- You do not have to click and complete the assumption for risk for football and hockey if not participation in those activities.

## Success Criteria

We love to win, however that is not how we determine if extra-curricular activities are successful.

We must be intentional in our actions to create tomorrow's leaders! High School activities are the end game for 97% of our student-athletes, we will strive to provide a fun, safe and meaningful experience for all!

# Keys to success!

## FLEXIBILITY IS THE NAME OF THE GAME

1. Schedules can be found on [Arbiterlive.com](http://Arbiterlive.com), you can sign up to follow a team or activity to get the most up to date changes as they occur.
2. I encourage you to also join the communication platform being used  
For wrestling which is Band app or [facebook](https://www.facebook.com).
3. Communicate with coaches, don't be afraid to ask questions.
4. Get involved! Help with our invitational, senior night, duals.

## Keys to success Cont.

### 1. Academic Eligibility

Quarter 1 just ended, last day for grade changes in Nov. 6th  
2:30 pm.

### 2. Manage your Health

3. Adhere to MSBSD Co-Curricular Handbook, ASAA T.A.D.  
Policy and team rules.

4. Understand your Role as a Student-Athlete and as a Parent.



## Registration

- If you have questions or issues with registration, please see Steve Reynolds or Activities Secretary.

## Fees

- \$250 per activity, Family Cap of \$625.00 per student.
- \$125 per activity for free or reduced lunch approval
- Must be paid prior to first contest.

# Participation and Daily Eligibility

- If you are missing school due to travel, the day prior to the trip you need to gain eligibility by being in full attendance.
- If you wake up sick, stay home. You are a valuable member of the team, however we do not want the entire school or team possibly infected.
- If you have car trouble, slide in a ditch, etc. once you have notified your parents and are safe, please call Mr. Ewart. Office 761-5515 or cell 232-2396.

# Participation and Daily Eligibility

- Every player must have a min. of 10 practices before participating in a competition.
- You must be in school at least  $\frac{1}{2}$  of your scheduled classes in order to practice.
- Game Day you must be on time and in full attendance for all classes.

# Eligibility

- Underclassmen: must be enrolled in a min. of 5 classes or 2.5 credits and passed at least 5 classes or 2.5 credits the previous semester with a min. of a 2.0 GPA.
- At the end of Quarter 1 and 3, athletes must have achieved a minimum of 2.0 G.P.A.

## Eligibility Continued

- Upperclassmen: must be enrolled in a min. of 4 classes or 2.0 credits and on track to graduate.
- At the end of Quarter 1 and 3 athletes must have achieved a minimum of 2.0 G.P.A.



# Steps to Participate

Be registered on  
Big Teams Student  
Central (formerly  
PlanetHS)

Link Parent and  
Athlete Big Teams  
accounts

Current physical  
on file

Pay sports fee

2.0 GPA

Attend required  
practices

# ASAA School of Eligibility & Transfers

High School activities are governed by the Alaska Schools Activities Association (ASAA). A student declares a school of eligibility through participation in an ASAA activity.

Once you have established a school of eligibility, all ASAA activities must occur at the same school. If you wish you change your school of eligibility, you are subject to transfer rules that may limit your ability to participate on varsity for 1 year.

If you are new to Colony High School and not a freshman, you may need to complete a transfer waiver. Please see Steve Reynolds or myself.

For more information, see the ASAA Handbook

# Concussion Management

- If a student is removed from an activity for a suspected concussion, they will be examined by onsite medical personnel that will conduct an assessment on the athlete and determine if the athlete is concussed.
- If they are deemed concussed, they will be removed and required to complete the M.S.B.S.D. return to play protocol.
- If they are cleared onsite by medical provider they can immediately return to the activity.



## Concussion Management Cont.

- If there is not a medical provider onsite, the athlete is removed and will be required to complete the return to play protocol.
- We are excited to be working with Orthopedic Physicians of Alaska (O.P.A.) for our athletic training needs. They are providing weekly training room coverage and are available for competitions.

# Injuries

- Report all injuries to a coach, coach's are required to fill out an accident report and turn into school nurse.  
Reporting will ensure that you receive the care needed.
- Athletic trainer is available during scheduled training room times, at games or by individual appointments when needed.
- Additional information on training room times will be provided to coaches on a weekly basis.

# Tobacco, Alcohol and Drugs Policy (T.A.D policy)

- **The T.A.D. policy is well developed program that promotes and provides:**
  - zero tolerance of the use of Tobacco, Alcohol, and Controlled Substances. This includes the use of vapes and e-cigs.
  - clear penalties for violation
  - DVD/web-based Educational Components for students and parents
  - Will apply to all student participants in all ASAA sanctioned activities.
  - Students will be subject to policy beginning with first participation in an ASAA Activity through graduation.
  - Student athletes are bound to the contract from the first practice of the year through the last contest of the year. Typically the last Wed of July through the first weekend of June.
  - You can receive a T.A.D. violation out of season.

## T.A.D. Violation penalties

- **First Offense** – The student will be suspended from interscholastic activities and practice for 10 (ten) calendar days (as defined in Section 10). Fifty (50) percent of the suspension will be forgiven and the student may return to practice once the student completes the First Offense educational component. (Required as of May 2022)

## T.A.D. Violation penalties Continued

- **Second Offense** – The student will be suspended from interscholastic activities and practice for forty-five (45) calendar days. Both the student and parent/guardian must complete the Second Offense educational component prior to the student's return to competition and there will be no forgiveness of calendar days of suspension. While under the period of suspension, the student may return to practice after completion of the Second Offense educational component. A student may need additional days of practice before returning to competition (See Article 7, Section 5).

## T.A.D. Violation penalties Continued

Any subsequent violations will lead to increased suspension time, increased educational components and can lead to the student becoming ineligible for participation in high school athletics.

## M.S.B.S.D. Proximity rule

- **Proximity rule:** if you find yourself in proximity to alcohol, tobacco, drugs or prohibited substances, leave immediately. If you choose to remain within proximity of said items you are guilty by association according to our school district guidelines and will receive a T.A.D. violation.
  - (See Co-Curricular Handbook for more detailed explanation)

# Hazing and Harassment

- we have zero tolerance for hazing or harassment!!! Hazing and Harassment can be verbal, physical, or electronic. If this is happening to you tell your coach, your parent, your teacher, the school nurse or school administrator immediately.
- Inappropriate content on facebook, instagram and other social media sites may lead to possible suspension and or dismissal from the activity. Student athletes regularly receive T.A.D. Violations and school suspensions for content that begins on social media.
- Forwarding inappropriate pictures is a crime.
- No picture taking in locker rooms.





## Varsity Letters and Participation



"Today I will do what others won't, so tomorrow I can accomplish what others can't."

*Jerry Rice*

- Maintain academic eligibility throughout the season
- Attend 100% of practices and team events (including fundraising opportunities, etc.)
  - Excused absences from practice/events will not count against the athlete if they clear it in advance with the Head Coach
- Participate in 50% of available Varsity quarters/periods
- Incur no school suspensions during the season
- Must end the season in good standing on the team
- **Coaches can increase the mandatory requirements for a Varsity letter – this information will be covered in the sport-specific parent meetings.**

**Play time or placement on a specific team (Varsity/JV/etc.) is not guaranteed in high school athletics.**

# Sportsmanship is an Expectation!

At Colony High School we cheer on our student-athletes and teams success in a positive manner!

We respect our opponents, officials, and visiting fans.

No foul language or Taunting in any form.

Poor sportsmanship on your part can result in removal of your privilege to attend games.

# Roles and responsibilities

## Student-Athlete Responsibilities

- Student -athletes are tasked with both excelling in the classroom and growing as an individual and a team mate within their respective activity.
- Student-athletes must be dependable, and self motivated individuals that are coachable while representing Colony High School.
- Students -athletes are expected to show respect for all team mates, opponents, officials, volunteers, administrators and for their respective sport at all times.

# Roles and responsibilities Cont.

## Coaches Responsibilities:

- Coaches are tasked with providing a fun, safe educational based activity for our student athletes.
- Coaches must ensure that all requirements, regulations and responsibilities are met throughout the season to ensure a great experience for all involved.
- Coaches will continue to seek opportunities for growth through continual education, experience and feedback from stakeholders.
- Coaches will remain professional at all times. This includes communication, enforcement of rules, following schedules and posted timelines such as practice times.

# Roles and responsibilities Cont.

## Parents Responsibilities:

- Provide support for your student-athlete so that they may maximize their enjoyment and experience in the activity.
- Provide Support for coaches and the program.
- Be an involved parent in the program through your presence and willingness to help at events and with the booster club.
- Ask your kids if they had fun!
- Poor sportsmanship or barading of officials will not be tolerated.
- -65% of high school students that choose to quit an activity report that they quit because they didn't have fun or that they felt they could not meet their parents expectations.

# Transportation

- In- district transportation will be provided (one way) if travel occurs during the school day.
- In-district evening and weekend events may not have a bus.
- If a bus is provided, the expectations is that all student-athletes ride the bus unless they have an extenuating circumstance and has received admin. approval.
- Parents may also drive their child from games. Please check out with coach.
- If your child is riding home with another family, it will need to be requested in writing and pre-approved. I will not accept verbal permission from anyone regarding transportation.

# Chain of Command, Concerns

**Head Coach:** If you have a concern, I encourage you to reach out to the coach at an appropriate time to discuss the issue. If after meeting with the coach, you feel that the issue was not resolved, please schedule a meeting with the the coach and the Activities Principal.

**Activities Principal: Dale Ewart**

**Principal: Kristy Johnston**

Our goal is to solve issues at the building level in the most effective way possible. Many times frustrations occur due to lack of communication or understanding of policies and procedures. We will look at these moments as an opportunity for growth and improvement.

## Streaming of Games

All home events in the gym are streamed on [NFHSnetwork.com](http://NFHSnetwork.com), this is the only site we are streaming from.

All valley games are available on this site as well as games some games in Anchorage, Kodiak, Kenai Peninsula and Fairbanks.



# Thank you!

- Thank you for attending this evening, We look forward to the outstanding accomplishments that your son or daughter will achieve this year. We hope that all participants and spectators display exemplary sportsmanship and represent Colony High School appropriately.
- If you have any questions, please don't hesitate to contact me.

Contact information:

Dale Ewart -Activities Principal

907-861-5515 Work

232-2396 Cell

[dale.ewart@matsuk12.us](mailto:dale.ewart@matsuk12.us)

# Break out meeting locations

Football -Large Gym

Flag Football -Commons

Cheer-Small Gym

XC Running-Theater

Tennis-Coach Brunner's room

**Fans:**

**RESPECT**

**OFFICIALS.**

**PROTECT**

**HIGH SCHOOL  
SPORTS.**

