

Hinsdale County School District RE-1

24-25 Athletics & Activities Handbook



“HCS D is committed to building an inclusive athletic program that encourages participation, individualized growth, and sportsmanship as we partner with stakeholders to contribute to a balanced, productive experience for all.”

Greetings, Athletes and Parents! Welcome to another exciting year of sports and activities! We know that you enjoy participating as fans, plus CHSAA statistics show that those students involved in such endeavors tend to have better attendance rates, and higher GPAs and are less inclined to drop out of school. It is with great enthusiasm that we invite you to be a part of the tradition of Lake City Community School Fourteeners sports and activities teams.

Sincerely, Dan Scroggins, Activities and Athletic Director

Lake City Community School Athletics & Activities: 2024-2025

1. **Payment** of your \$75.00 participation fee for middle and high school students is due before the first practice in your sport. Make your check payable to “LCCS” and give it to the office.
 - Please contact the office for family/athlete maximum payment information.
 - Provisions available for those on free and reduced lunches when arranged in advance. High school: \$60.00 if on reduced lunches; \$35.00 if on free lunches.
 - See the office to complete the appropriate paperwork.

Situation	Regular Rate	Discount	District Students	Homeschooled Students
1 sport (1 child)	\$ 75	0%	\$ 75	\$ 113
1 sport (2 siblings)	\$ 125	15%	\$ 106	\$ 159
1 sport (3 siblings)	\$ 175	20%	\$ 140	\$ 210
2 sports (1 child)	\$ 125	10%	\$ 112	\$ 168
2 sports (2 siblings)	\$ 225	15%	\$ 191	\$ 287
2 sports (3 siblings)	\$ 325	20%	\$ 260	\$ 390
3 sports (1 child)	\$ 175	10%	\$ 157	\$ 236
3 sports (2 siblings)	\$ 325	15%	\$ 276	\$ 414
3 sports (3 siblings)	\$ 475	20%	\$ 380	\$ 570

2. Each high school athlete is responsible for arranging his/her **physical** exam and obtaining a current copy to turn in to the office *before participation in the FIRST PRACTICE*.
3. Please review BOTH sides of each sheet of this **packet**. Complete ALL pages and return to the office *before participation in the FIRST PRACTICE*.
4. The office will record the completion of the registration process and inform the Athletic Director of any outstanding paperwork needed.
5. Season sports starting dates are determined by CHSAA and Lake City Community School. Please contact the school, coach, or athletic director for further information.
6. If you require further clarification, please contact Dan Scroggins, Activities and Athletic Director at school, 970-944-2314 or cell number 928-530-4010.
7. Parents: Take your support to the next level...Join the Booster Club! Volunteer to drive, help out at the gate, volunteer at the scorer's table, or officiate games. Contact the office or the Athletic Director for more information.
8. Healthy participation and genuine expression of sportsmanship are two of the most important goals of extracurricular athletics. Lake City High School and Middle School athletes, managers, coaches, and fans shall be models of these qualities for our school and community, the Southern Peaks League (HS) and San Luis Valley League (MS), and at the district, regional and state levels.

“Participation is more important than succeeding or failing” - Jaicey Cathorine

Lake City Community School Athletics/Activities rules:

1. **Practice time schedules will be determined before the start of each season.**
 - Saturday/Monday - Coach scheduled
 - Sunday - No practice allowed. No deliberate or planned contact between any coach and any athlete is allowed. This CHSAA rule applies beginning the Sunday before the first day of officially sanctioned fall practice, inclusive of the Sunday before Memorial Day.
 - Start and end dates during the season for practice are regulated by CHSAA
2. **Eligibility: A student must be eligible per Colorado High School Athletic Association handbook rules.**

General Eligibility: Students who are on the ineligibility list may neither participate in nor attend events that require their absence during the school day. These events include attending away games or activities. If an activity or field trip is an extension of the classroom experience as part of the expected curriculum, the student is allowed to attend and participate. Any situation not covered explicitly in these rules will be handled by the coach or supervisor in a manner consistent with Board Policy, the Colorado High School Activities Association rules, and in a manner that best upholds the integrity of the team, program, and school district.

Interscholastic Activities: The interscholastic activities segment is an extra-curricular part of the total school program. It is neither required nor part of the basic instructional set of offerings. To participate in interscholastic activities a student must meet the requirements of the Colorado High School Activities Association, as well as any additional requirements set by coaches, sponsors, administration, and/or the Board.

Activity rules are set up by the school district's philosophy and guidelines. These guidelines are in writing in this packet, and a copy is given to participants and their parents. Each participant must follow these rules or be subject to suspension from the team. The purpose of athletic/activity programs shall be:

- to provide a wide basis of participation in both team and individual activities in interscholastic competition;
- to foster a program of competitive sports and activities by encouraging development in all offered activities, providing sufficient opportunity for students to grow in their individual ability, developing good attitudes, pride, sportsmanship and ethical behavior in students, participants and spectators, forging and maintaining a good relationship among teams, the student body, staff, administration and community and providing equal opportunity for all participants sports/activities in giving equal time for the use of facilities.

Ineligible Student Participants: If a student participant in a sport or activity is academically or behaviorally ineligible, they may not play or participate in any of the contests or team activities in their normal capacity. The student may not accompany the team on away trips to do managerial chores, stats, etc. It is the discretion of the coach/supervisor in conjunction with the parents whether or not the student can attend practice. At home contests, he or she will be under the direct supervision of the coaching staff to sit on the team bench and undertake chores as assigned.

Suspended Participants: If a student is suspended due to chronic attendance/tardy issues, behavioral situations, game ejection, training rules violations, or other serious transgressions, they may not attend practices or team activities, nor in any way be associated with the team for the duration of the suspension.

Specific Eligibility Rules About Sports and Activities: These rules affect any/all in-season CHSAA-sponsored athletics and activities (Cross Country, Basketball, Track, and Student Council). For sports not hosted by Lake City Community School, athletes will follow the sponsoring school's eligibility rules.

A. Age: A student may NOT participate in the upcoming school year if he/she reaches the 19th birthday before August 1.

B. Longevity: A student is eligible for a maximum of eight consecutive semesters. **C. Grades:** The administration has elected to operate under CHSAA's Option B as follows: a) A student must be enrolled in a minimum of 2.5 credit units as defined by the school's accreditation policy every 18 weeks;

- b) HIGH SCHOOL: Eligibility is determined every week. Reports are run each week. Any grades below a C will render the student ineligible for the next week Monday-Saturday. Eligibility may be regained/or lost after each week.
MIDDLE SCHOOL: Eligibility is determined every week. Reports are run each week. Any grades below a C will render the student ineligible for the next week Monday-Saturday. Eligibility may be regained/or lost after each week.
- c) HIGH SCHOOL: Eligibility shall be calculated cumulatively by semester. Thus, by default, both first and third quarters, based weekly as described in part (b) above, will speak for themselves; eligibility for the second and fourth quarters will also be based weekly, but cumulatively, so if you have an F in any class at the end of the semester you will be ineligible for the beginning of the next semester until the sixth Thursday following Labor Day (1st semester) and the Friday immediately following March 10th (2nd semester).
MIDDLE SCHOOL: Grades start fresh each quarter.

C. Attendance: School attendance is necessary for extracurricular athletic and activity participation. A student must be in attendance for the entire day to participate in extracurricular activities (including practice) that day or on Saturday if the absence is on a Friday. Exceptions to the full-day attendance requirement must be pre-approved by the Athletic Director. Excessive tardies will be dealt with on an individual basis.

E. Conduct: Behavior is also a component of eligibility to participate. If a student has received one or more referrals, the principal will decide whether a student may or may not participate.

3. General guidelines by coaches/sponsors:

- **Students are required to fulfill after-school academic and discipline obligations before going to athletic practice.**
- Each coach shall file with the AD a copy of specific rules for any activity, such as curfews, practice requirements, travel procedures, release procedures, etc.
- Per CHSAA, All participants must complete 3 days of practice before their first competition or scrimmage against another school.
- Coaches will be referred to as “Mr., Mrs. or Ms. (as appropriate), or Coach” or by other similar titles of respect at all times.
- Proper respect shall be shown to all other players, coaches, managers, fans, and officials. No technical fouls of any unsportsmanlike nature shall be incurred. In addition to CHSAA and HCSD consequences, the school and coach may impose further sanctions.
- No profanity will be tolerated.
- Please attempt to schedule vacations that coincide with the scheduled school breaks.
- Shoplifting or theft, while on school trips and under school supervision, will result in an expulsion from the team and suspension according to District policy.
- Transportation: All participants shall ride to contests in vehicles provided by the school district. Any student who does not ride to a contest with the team will not be allowed to participate unless prior arrangements are made with the coach/sponsor and administrator. Students may be released to parents/guardians or an adult approved in advance by parents/guardians if the athlete’s parent contacts the coach, athletic director, or administrator. Vehicles are to be cleaned by the group that uses them.
- Ineligible student-athletes may do book, clock, gate, or line duties at home games as long as they do not miss any school.
- All uniforms from the previous sport must be turned in (or payments for any missing uniform made to the office) before participation in the next sport.
- An athlete who quits a team during the season must meet with their parent, the coach, the athletic director, and the administrator, if necessary, to determine the athlete’s status of participation for the next season.
- Any situation not covered explicitly in these rules will be handled by the coach, athletics, and activities director, and/or principal by applying interpretation in a manner consistent with Hinsdale County Board Policy, the Colorado High School Activities Association Rules, and in a manner that best benefits the team.

COMMUNICATION PROCEDURES

At the beginning of the school year there will be a general athletic meeting held by the Athletic Director for all MS/HS students. The Athletic Director will meet with coaches at the beginning of each season to review expectations.

Each athletic season will require an athlete/parent meeting before the start of practice to include practice and meet schedules, communication plans with parents, and general information.

Coaches are expected to maintain fluid and consistent communication links with all of their student/athletes, the student/athletes' parents/guardians, administration, and staff regarding the sport they supervise. The protocol is to utilize school email, school messenger, and websites explicitly endorsed by Hinsdale County School District R-1.

The District policy strongly discourages the use of social media in communicating with students/athletes. Any communication media outside those listed in the paragraph above that contain inappropriate messages, language, images or otherwise disparaging remarks that are brought to the attention of the administration will be addressed by the administration and the coach.

Communication with the coach is the easiest way to address any concerns - set up an appointment to talk with them (there should be no discussion with a coach when either party is upset - take time to cool down and then set an appointment to speak with the coach).

The proper chain of command should be to go to the coach first, then the AD, and if the issue is unresolved go to the principal.

Parents should let the coach do the coaching and only get involved if directed by the coach. Parents should not come onto the court, track, or course unless asked by the coach to do so. If the child appears to be injured let the coach assess the situation and he/she will let the parent know if they are needed. We will have an EMT at each home contest to aid in any injuries.

4. High School Letter requirements:

4.1 Volleyball - Participating in a minimum of 1/2 of the varsity games and/or to be determined by the coach.

4.2 Basketball - Participating in a minimum of 1/2 of the varsity games and/or to be determined by the coach.

4.3 Track & Field - Competing in a minimum of 50% of all competitions and/or to be determined by the coach.

4.7 Cross-Country

a. Competing in 50% of the regular season meets including our home meet and/or to be determined by the coach.

4.9 Student Council - Participating in 75% of meetings and activities and/or to be determined by the Student Council Advisor.

NOTE:

Education (PE) graduation requirement.

- Coaches may award letters when the situation is not covered by the guidelines above.
- Volleyball, Track, Cross Country: Each sport completed **as an athlete** will constitute 0.25 credit toward satisfying the District Physical Education requirement; Basketball: will constitute .50 credit toward satisfying the District Physical Education requirement.

5. Athletic Training Rules About Drugs, Alcohol, Tobacco, and Electronic Vapors

Purpose: To foster in each student a three-fold discipline:

- a) respect for the law; b) personal health and safety habits; c) integrity in representing Hinsdale County School District interscholastic participation.

Standards: Honoring legal codes regarding underage drinking, and the purchase, use, sale, or distribution of illicit drugs, alcohol, and tobacco products in any form (vaping devices/paraphernalia, etc.) are the behavior expectations of all participants. Breaking the law in any of these areas equates to breaking the training rules, so any participant found in violation is subject to the following procedures (5.1-5.4). This is consistent with policies in place during activities as established by the National Federation of State High School Associations.

Reporting: The consequences below will be enforced by the athletic director and administration when the violation is reported by law enforcement, a school staff member, an adult commissioned by the school or the parent(s)/guardian(s) of the athlete(s) involved or confirmed by the administration of the school and such allegations are confirmed.

5.1. In-season consequences:

First offense = Suspension for 25% of the season-in-progress (of the scheduled games/meets). Suspension for X number of games and a weekly drug and alcohol education taught in class. Other consequences are determined by the Athletic Director.

If the season-in-progress does NOT have enough remaining contests to serve out the determined percentage of suspension, then the next season of their participation will be affected, using the numbers from the season during which the violation occurred. As a component of readmission to the team, the student/athlete may be required to be enrolled in a cessation program and complete the education component of the suspension.

Second offense = Dismissal from the team.

The student will also be unable to participate in a sport/activity for the subsequent season for a period that equals the percentage of the first season that they completed before the dismissal: for example, if the student incurs their second offense three-fourths of the way through the season, then they will NOT be able to participate in the comparable first 75% of the subsequent season activity.

Third Offense = Not eligible for extracurricular activities for one calendar year.

Fourth Offense = Not eligible for extracurricular activities for the remainder of their high school career.

5.2: Out-of-season consequences:

Violation of these training rules out of season during the entire school year will result in a warning by the supervising coach. The student will formulate a plan by which they will demonstrate conformity to the standards by the time the next activity season begins.

5.3: Other stipulations:

The student will also be subject to the disciplinary consequences as outlined in the student/parent handbook. Consideration for referral to attend programs addressing substance abuse, necessary treatment, and subsequent rehabilitation will be addressed.

5.4: Enforcement:

The coach, in conjunction with the administration and in consultation with the parents, is authorized to enforce the rules immediately when the investigation leads to the conclusion that there was a violation. The following statement serves as a guide. "Athletes must comply with the regulations regarding the use of drugs and alcohol as defined by the City of Lake City, the County of Hinsdale and the State of Colorado. These laws prohibit the use of these substances for citizens under the age of 21.

**WARNING TO STUDENTS AND
PARENTS/GUARDIANS
SERIOUS, CATASTROPHIC, AND PERHAPS FATAL INJURY
MAY RESULT FROM ATHLETIC PARTICIPATION.**

By its very nature, competitive athletics may put students in situations in which **SERIOUS, CATASTROPHIC,** and perhaps **FATAL ACCIDENTS** may occur.

Many forms of athletic competition result in violent physical contact among players, and the use of equipment, which may result in accidents, strenuous physical exertion, and numerous other exposures to risk of injury.

Students and parents must assess the risks involved in such participation and make their choice to participate despite those risks. No amount of instruction, precaution, or supervision will eliminate all risk of injury. Just as driving an automobile involves the choice of risk; athletic participation by students also may be inherently dangerous. The obligation of parents and students in making this choice to participate cannot be overstated. There have been accidents resulting in death, paraplegia, quadriplegia, and other very serious permanent physical impairments as a result of athletic competition.

By granting permission for your student to participate in athletic competition, you, the parent or guardian, acknowledge that such risk exists.

By choosing to participate, you, the student, acknowledge that such risk exists.

Students will be instructed in proper techniques to be used in athletic competition and the proper utilization of all equipment worn or used in practice and competition. Students must adhere to that instruction and utilization and must refrain from improper uses and techniques.

As previously stated, no amount of instruction, precaution, and supervision will eliminate all risks of serious, catastrophic, or even fatal injury.

If any of the foregoing is not completely understood, please contact the school for further information.

Note: Emergency consent-to-treat forms are filled out at registration and are on file in the office.

COVID Note: While Hinsdale County School District continues to closely monitor the proceedings related to the COVID-19 pandemic and endeavors to take every precaution for the safety of your student, no amount of planning and diligence can ensure 100% certitude of not contracting the virus.

Hinsdale County SCHOOLS SPECIAL OVERNIGHT EVENT RULES OF CONDUCT

As representatives of Lake City Community School, student-athletes, coaches, managers, statisticians, parents, and fans have a privileged opportunity to present a positive image of the community as a whole. How each person conducts him or herself will speak volumes about our pride in ourselves and our respect for others.

1. Athletes must follow the rules of coaches and sponsors at all times.
2. Student code of conduct is in effect for all student participants and boosters.
3. It is the policy of Lake City Community School to allow high school students to view ONLY PG-13 or less-rated films. NO R-RATED movies are allowed without parental permission.
4. In the interest of maintaining focus on the event(s) that brought you here, it is important that you get your rest to perform well.
 - a. Obey curfew hours established by the coach.
 - B. Students must be in their designated rooms only unless approved by the coach/sponsor.
5. Students must **ALWAYS** speak directly to the coach to gain permission to go with their parents. **STUDENTS MAY BE RELEASED ONLY TO THEIR PARENTS - unless prior approval is granted.**
6. Any matter not specifically covered in these rules will be handled by the supervisor, sponsor, or coach in a manner that best upholds the principles outlined in the opening paragraph of this sheet.