

**CHURCHILL COUNTY HIGH SCHOOL
PARENT/ATHLETE HANDBOOK
2024-2025**

Churchill County High School



Home of the GREENWAVE

**GUIDELINES AND EXPECTATIONS OF
PARENTS AND ATHLETES**

Vision: To be a model program excelling in academics and athletics

**Churchill County High School
1 Greenwave Circle
Fallon, NV 89406
775-423-2181**

Dear Athletes and Parents:

On behalf of the Greenwave Athletic Department at Churchill County High School, thank you for your involvement and participation in our competitive athletic program. All of us involved with athletics at CCHS look forward to a rewarding experience for you. The Greenwave athletic administration and coaching staff will work hard to ensure that you have a positive experience.

The CCHS athletic program grows and succeeds with the commitment of a high quality coaching staff, supportive parents, and dedicated student-athletes. In order for the CCHS Athletic Program to make the proper impact on the youth in our program, we must work together.

The mission of the CCHS Athletic Program is to continue the great tradition of making high school athletics a platform for students to set individual and team goals, commit and strive to reach those goals, learn determination to overcome obstacles and adversity, and other important character traits that will make them successful in life.

This handbook accompanies the athletic sports packet to assist you with any questions you may have regarding the CCHS Greenwave Athletic Program. It is the hope that this handbook will provide athletes and parents complete guidelines, expectations, and general information regarding athletic participation at Churchill County High School. I believe this will be of assistance, and encourage you to use it as a reference throughout the year.

CCHS is a member of the Nevada Interscholastic Activities Association (NIAA), and a member of the Northern 3A Conference. Our competitive athletics and activities are governed by these organizations, and the Churchill County School District Athletic Code and Regulations outlined in the athletic sports participation packet.

For the 2024-25 school year, Churchill County High School will use Aktivite (previously known as: Register My Athlete) for parents and student-athletes to complete the entire CCHS Sport Registration Packet. This also includes paying for sport registration fees online. All CCHS Sport Registration documents are located on www.registermyathlete.com and in this handbook.

Again, welcome to the Greenwave Athletic Program and thank you for your participation and commitment. I look forward to seeing you at the games/contests and wish your son/daughter the best of luck. Go Greenwave!!!

Sincerely,
Brian Mello
Athletic Director
Churchill County High School

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This handbook describes the rules, policies, procedures, and framework within which the Churchill County High School Athletic Department functions. The content should be carefully reviewed by both the prospective student-athlete and his or her parents/guardians. After reviewing the contents, the student and his or her parents/guardians should sign the attached contract and then submit it to the coach prior to the first contest.

PHILOSOPHY

Interscholastic athletics supplement and support the academic mission of the school system and assist students in their growth and development. A comprehensive program of student activities is vital to the educational development of our students. Athletics assist in promoting the importance of teamwork, effort, dedication, goals, and commitment.

Winning is important and trying to win is essential. Without the passionate pursuit of victory much of the enjoyment of sports will be lost. Interscholastic athletics is highly competitive, but winning is not the primary measure of success. Sportsmanship, respect for participants, and dignity in the face of adversity are more important than the outcome of the contest. The greatest value of sports is its ability to enhance and uplift the character of participants and spectators.

CCHS ATHLETIC PROGRAM/SPORTS TEAMS

The Athletic Department at Churchill County High School consists of the following sports or activities:

FALL: Cheerleading Freshman/ JV/ Varsity

Boys Cross Country Varsity

Girls Cross Country Varsity

Football Freshman/ JV/ Varsity

Girls Golf Varsity

Boys Soccer JV/Varsity

Girls Soccer JV/Varsity

Boys Tennis Varsity

Girls Tennis Varsity

Girls Volleyball Freshman/ JV/ Varsity

WINTER: Boys Basketball Freshman/ JV/ Varsity

Girls Basketball Freshman/ JV/ Varsity

Cheerleading Freshman/ JV/ Varsity

Wrestling JV/ Varsity

SPRING: Boys Baseball JV/ Varsity

Boys Golf Varsity

Girls Softball JV/Varsity

Boys Swimming Varsity

Girls Swimming Varsity

Boys Track Varsity

Girls Track Varsity

Aktivate - RegisterMyAthlete.com

The NIAA requires all student-athletes to register for NIAA sanctioned high school sports online at: <https://www.registermyathlete.com/login/>

Please see the instructions for parent form and the Register My Athlete instructions posted on the Churchill County High School website in the Athletics section.

For the 2024-2025 school year, Churchill County High School will use RegisterMyAthlete.com for parents and student-athletes to complete the entire CCHS Sport Registration Packet. This includes paying for sport registration fees online. All Sport Registration documents are located on RegisterMyAthlete.com.

For those that prefer to register in person, please contact the high school at 775-423-2181 to set up a time.

Parents and/or student-athletes that do not have computer access can complete Register My Athlete requirements at Churchill County High School.

For more information regarding RegisterMyAthlete or CCHS Sport Registration please contact Churchill County High School Athletic Department at 775-423-2181

Parents and student-athletes must submit all required documents that have been uploaded on [RegisterMyAthlete.com](https://www.registermyathlete.com) before they will be cleared to practice and participate in a contest/game.

This includes:

- 1. Physical Examination** completed on **NIAA Form D** for all Freshmen, Juniors, and first year students at Churchill County High School.
- 2. Complete NIAA Form B – Pre-Participation History Form** (All new athletes).
- 3. Complete NIAA Form E – Health Questionnaire/Interim Form** (All returning athletes).
- 4. Complete the Emergency Information.**
- 5. Complete the Insurance Form**, and show proof of Insurance Coverage.
- 6. Sign Off-Season Sport/Conditioning Permit.** Both the parent and student-athlete must sign.
- 7. Sign CCHS Athletic Code/NIAA Contract.**
- 8. Sign CCSD Banned and Illicit Substance Testing of Student Athletes Agreement**, and **Consent to Perform Urinalysis for Substance Testing Form.**
- 9. Sign Social Media Contract/Agreement.**

ATHLETIC/SPORT FEES

An athlete must pay for the following athletic fees at the time of registration and sports clearance:

- CCSD Athletic Participation Fee - \$50.00
- CCHS Student Body Card - \$20.00

Athletes will not be allowed to play in a game or contest until all fees have been paid.

PARTICIPATION & TEAM SELECTIONS

It is important to understand that participation on an athletic team at Churchill County High School is a **privilege** and not a right. Being on and maintaining one's membership on a team means accepting all the responsibilities of an athlete. However, unlike recreational youth sports, or intramural teams, **equal or guaranteed playing time does not exist**. In an effort to win, a coach will use players best suited to the conditions or demands of the contest at that time.

Every coach has the responsibility and authority for selecting his or her team. The criteria for selecting the team are developed by the head coach with assistance from the athletic director if needed.

Coaches are required to have mandatory **two-day tryouts** for the sports that require limited participation.

It is also important to understand that there are no guarantees. Players from previous year's JV team, for example, do not automatically make either the JV or Varsity squad the following year. Having been a member of a team during the previous year or even a senior does not ensure that an athlete will make the squad.

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

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

LEVELS OF COMPETITION AND PURPOSE

Freshman

Freshman teams exist for the sport of Football, Boys and Girls Basketball, Girls

Volleyball and Cheerleading. The emphasis at the freshman level is on the opportunity to develop skills, gain experience, and on participation. Striving to win is important in athletics. However, compiling a great record should not be the primary objective of a freshman team.

Squad limitations will/may occur at this level. Attempts will be made to play as many student athletes as possible while striving for victory for the entire team.

Junior Varsity

The emphasis at this level of competition begins to focus on skill refinement and winning. JV teams exist to provide those athletes who are unable to participate on the varsity squad an opportunity to further develop skills and gain experience. Participation on a JV team may enhance the athlete's potential to make the varsity squad in the future.

Squad limitation will/may occur at this level and it is possible that not every player will play in every game.

A caution must also be given. Being a member of a JV team does not guarantee that an athlete will automatically move up the following year to the varsity squad. The athletes best suited for varsity competition will make the squad each year.

Varsity

The perfection of skill, putting the best players in the game, and winning is the emphasis at this level. While winning at all costs is not a part of the athletic department's philosophy, no apology should be necessary if the varsity team does all it can to win each contest within the bounds of ethics, integrity and sportsmanship.

Squad limitations will be used at this level and it is extremely likely that not every player will play in every contest.

PARENT GUIDELINES AND EXPECTATIONS

The administration at Churchill County High School understands that being a parent is often challenging. This effort and responsibility is frequently complicated by being a parent of an athlete. Hopefully, this handbook with its guidelines and suggestions, will give some insights into this responsibility. In addition, please remember the importance and responsibility of being a good role model while understanding some of the important relationships that are involved with being an athlete and the parent of an athlete.

The Player – Coach Relationship:

The player – coach relationship is perhaps the most critical relationship in athletics.

The parent can have a pronounced effect on this very important and delicate relationship. Parents have the opportunity to positively or negatively affect the player-coach relationship and must consider the importance of encouraging successful interactions. While one may not agree with all the decisions of a coach, how and when one expresses these feelings can have a definite effect upon the athlete.

Parents that express negative opinions in the presence of the athlete need to remember that he or she will return to practice/game the next day and may carry with him or her these convictions and attitudes. Your son or daughter will then have to interact with this coach.

Receiving technical or strategic instruction at home may interfere and conflict with the instructional process of the coach at practice sessions and games. This may ultimately impede your son or daughter's progress and affect his or her playing time or even winning a starting position.

The Parent – Coach Relationship:

The administration and coaching staff of Churchill County High School feel that parental/guardian support is essential to the overall success of our student-athletes. We understand that every parent/guardian is concerned about their child's welfare, and wants the best for him/her. **However, an athlete can have only one coach. Allowing the coach to instruct and guide the team without interference is extremely important for individual and team success.**

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Knowing when to discuss questions, concerns, or any specific situation is imperative for both individual and team success. Should you have any questions or concerns, **please do not approach the coach during practice, immediately after practice, or at the conclusion of a game or contest.** This may be a very emotional time for all involved. **Parents/Guardians are asked and encouraged to call and make an appointment for a later date with the coach in order to discuss the situation in a calm, courteous, and logical manner.** Parents are always welcome to request the presence of the Athletic Director and/or Principal.

One of the responsibilities which a coach has at the conclusion of a game/contest is to conduct a brief post game meeting with his/her players. 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, and allow the coach and their athletes to discuss the contest, upcoming events, and lessons to be learned. Please allow for this time as plans are being made for pick-up and departure times.

Communication You Should Expect from Your Athlete's Coach:

- Philosophy of the Coach.
- Expectations the Coach has for your athlete.
- Team Rules/Requirements.
- Locations and times of practices and contests.
- Procedure that should occur in the event your athlete is injured.
- Participant Conduct Code and consequences for not following these guidelines.
- Communication concerning your athlete's role on the team.
- Requirements for earning varsity letters.
- Responsibility for unreturned, lost, or damaged equipment/uniforms after the season.

Communications Coaches Expect from Parents:

- Questions or concerns expressed directly to the coach.
- Information about the health and well-being of your athlete.
- Notification of any schedule conflicts well in advance.

As your son/daughter becomes involved in the various athletic programs at Churchill County High School, he/she will experience some of the most rewarding moments of his/her life. **It is important to remember that at times, things may not go the way that your son/daughter wishes. At these times, discussions with the coach may be the quickest, most effective way to clear up the issue and avoid any misunderstandings.**

The Parent – Player Relationship:

At times, 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. Numerous national studies have shown and determined that most athletes participate for enjoyment, fun, and for being a part of a team. Excessive pressure or expectations can alter these most fundamental reasons for playing.

When you do speak with your child after a contest, don't dwell on his or her individual play, how many points they scored/statistics, if they started, or how much playing time they received. Instead, first ask how the team did? Did they play hard, give 100%, sacrifice for the good of the team, and have a good experience? Try your best to be completely honest about your child's athletic ability, competitive attitude, and actual skill level.

Be helpful but don't coach them. Don't compete with the coach. If your child is receiving mixed messages from two different authority figures, he or she will likely become disenchanted.

Be positive. Being on a high school team is quite an accomplishment. Don't let playing time dictate the athlete's happiness.

ATHLETIC CHAIN OF COMMAND

Churchill County High School requests that parents and athletes utilize the following **chain of command** if there are any questions, problems or concerns involving some aspect of our athletic program. The point of contact should be in this order.

- 1. Coach**
- 2. Head Coach of Program**
- 3. Athletic Director**
- 4. Building Principal**
- 5. Superintendent**

Meeting Procedures:

The athlete should first contact the appropriate coach, and then the head coach of the program.

If there is no resolution at this level then the **parents and the athlete are asked to meet with personnel in the order listed above.**

When expressing an occasional concern with the coach, please refer to and use the following guidelines:

- **24 Hour Rule** - Never approach a coach immediately after a contest. This is not the proper time or place for discussion concerning your child or the team.
- Call the following day and make an appointment which is convenient for both you and the coach to meet. If the coach cannot be reached, call **Brian Mello, CCHS Athletic Director @ 423-2181**. An appointment with the coach will be arranged for you.
- Raise your concerns in a calm and civil manner. Yelling, being rude, or using foul language is totally unacceptable.
- Once you have stated your question or concern, listen to the explanation. Often a parent may be blinded by emotion and this overrides logic and reason. Listening receptively may really help you to understand any explanation which is given.

Appropriate concerns to discuss with the Coach:

- The mental and physical treatment of your child.
- What your child needs to do to improve.
- Concerns about your child's behavior.

Issues Not Appropriate to Discuss With the Coach:

- **Playing time issues** for athletes and parents **will not be discussed at any time by the coaches or athletic director**. However, the athlete or parent has every right to ask a coach what needs to be done to earn more playing time.
- **Team Strategy**

- **Play Calling**
- **Matters concerning other student-athletes.**

PRACTICE SESSIONS

Practice is an integral part of the athletic processes where coaches determine the abilities and capabilities of their athletes as well as building team cohesiveness. **It is very important that athletes do not miss practice.** If an athlete has to miss practice, he/she must directly consult his/her coach **before** missing practice. **Relying on a teammate to deliver this message is unacceptable!** Missing practice or a game without good reason will be dealt with according to specific team rules and the CCHS Athletic Code.

An athlete must be in school the entire day in order to practice or participate in a game/contest that day. An exception will be made if the student has a medical or professional appointment, approved by the athletic director prior to missing school. Written documentation from the professional may be requested.

Practice sessions are normally **closed to spectators** because interruptions and interference are a distraction and disruption to the athletes and coaches. These sessions are equivalent to a teacher's classroom, and there is real, quality instruction taking place.

The achievement of athletic team objectives will not be jeopardized, and the athlete's focus and concentration in practice will not be compromised.

At Churchill County High School practice sessions:

- Will start and finish on time.
- May start and end at different times due to the facility
- May last longer than two hours.
- May be held on Saturdays and over holiday periods.

RESPONSIBILITY AND CONDUCT OF A CCHS STUDENT-ATHLETE

Participation on an athletic team at Churchill County High School is a **privilege**, not a right. Being a member of a CCHS Greenwave athletic team, means accepting all of the responsibilities expected of an athlete.

These responsibilities include appropriate conduct and behavior at all times, assuming a leadership role by becoming a role model, maintaining successful academic and citizenship achievement in the classroom, and understanding that the team **always** comes before the individual.

When you wear the green and white, you must understand the sense of pride it carries and be willing to assume the responsibilities that go along. By participating in athletics at CCHS you are contributing to the reputation of our school and the community of Fallon. Our community and other communities judge our school by your conduct and attitudes both on and off the field/floor.

Always be sure to conduct yourself in a way that makes Churchill County High School and the Fallon Community proud of you.

Responsibility of an Athlete

- Follow NIAA Rules, CCHS Athletic Code Rules, and Team Rules.
- Maintain a positive attitude at all times.
- Understand that the team goals, welfare and success must come before those of each individual athlete.
- Maintain excellent physical conditioning.
- Be receptive to coaching and constructive criticism, and follow instructions given.
- Report all injuries to the coach and athletic trainer immediately.
- Consistently attend practice sessions. This includes weekend and holiday periods.
- Care for and return all school issued equipment, uniforms, etc. at the conclusion of each sport season
- Maintain a positive attitude at all times.

Responsibilities of a Coach

At Churchill County High School coaches are responsible for the following:

- Selection of each team or squad.
- The determination of style of play, including the offensive and defensive philosophy implemented.
- Teaching and instruction given during practices and games/contests.
- The determination of who starts and how long an athlete plays in each athletic contest.
- The decision of who plays what positions.
- The selection of team captains.
- The establishment of team rules.
- The determination and enforcement of the requirements to earn a varsity letter.

ELIGIBILITY/ACADEMIC STANDING

In order to compete in extra-curricular activities, a student must meet certain academic standards. A student maintains eligibility by satisfying the following requirements:

- Must have maintained a 2.00 GPA or better the preceding semester.
- Must have passed a minimum of two (2) units the preceding semester.

- Must be enrolled in courses having a minimum credit value of two (2) units.
- Must not be failing any course during the season. Progress will be monitored every three (3) weeks to determine if a student is passing all classes. If a student is failing one or more classes at the grade check, he/she will be declared ineligible for a one-week period. This period will commence on the Monday immediately following the grade check. Students who are ineligible will be monitored weekly until such time when they are passing all classes.
- Must maintain a sixty percent (60%) grade average at the end of each quarter. If the student receives a grade below the required average, he/she will be ineligible to compete for a three-week period. This three-week period will commence on the Monday immediately following the issuance of report cards. In order to become eligible, the student must have at least a 60% average at the end of the three-week period. If the student's grade average is still below 60%, he/she will be ineligible for an additional three-week period.
- A student who has been ineligible for three (3) weeks may be subject to review by the Athletic Director, and/or Coach and may be declared ineligible for the remainder of the sport season.
- Ineligible student-athletes must attend and participate in practices to maintain their placement on the team.
- One credit properly earned by summer school or by correspondence may apply to fulfilling NIAA regulations of earning two credits the previous semester. One credit properly earned in summer school or by correspondence may apply to fulfilling eligibility requirements. The credit and grade will be factored into the previous semester records.
- **Athletics should NEVER be used as an excuse to avoid responsibilities in the classroom.** Participation is a privilege, not a right, thus academics must come first.

Athletes must have the above eligibility requirements before they will be allowed to try out for a sports team at CCHS.

Additional Consideration for Sport Eligibility:

In order to be eligible to participate in an Interscholastic Contest, a student must:

- Participants must be a student of the 9th, 10th, 11th, or 12th grade.
- Student-athletes whose 20th birthday occurs during a season is ineligible to participate in any sectioned sport during that season and any season that is conducted after that date.

- Be entitled to four (4) consecutive years or eight (8) consecutive semesters of participation after entering the 9th grade.
- Reside with parents, the parent with legal custody, or a court appointed guardian.
- Not participate in more than one high school sport during any one-sport season.
- Be in good standing and not under current suspension or expulsion from Churchill County High School, or any other school district.
- Not conduct himself/herself in a manner that reflects discredit on the school which includes, but not limited to, the use of tobacco, drinking of alcoholic beverages, stealing, vandalism, the use of drugs other than those prescribed by a qualified physician, violations of the Churchill County School District Athletic Code, or violation of any team attendance, training, or curfew rule.

RANDOM DRUG TESTING OF STUDENT ATHLETES

Random drug testing of student athletes participating in sports at Churchill County High School will be enforced.

At the beginning of each year/season or when a student moves into the District, all students wishing to participate in athletics may be subject to testing of banned or illicit substances. Following initial testing, up to 20% of eligible student athletes will be randomly tested on up to a bi-weekly basis anytime during the school year.

Any student who refuses to submit to testing will not be allowed to participate in any Churchill County High School athletic program.

Please refer to CCSD Banned and Illicit Substance Testing of Student Athlete Policy in the CCHS Sports Registration Packet.

SOCIAL MEDIA

Churchill County High School student-athletes are expected to represent Churchill County School District, Churchill County High School, The Greenwave Athletic Program, and the Fallon Community in a positive way at all times.

The Greenwave Athletic Department requires student-athletes to exercise good judgment in the use of social media, and to conduct these activities in a respectful and responsible manner.

Please refer to the Student-Athlete Social Media Agreement on Page 22.

REMOVAL FROM A TEAM

After the athletic team or squad has been selected, only a head coach of the sport may request removal of a student from a team. It is expected that the head coach will

exercise mature judgment and give ample time of consideration before recommending removal of a student from an athletic team.

Notification to the Athletic Director should be given within twenty-four (24) hours if a coach is going to recommend a student to be removed from the team.

Final determination of student-athlete removal from the team will be determined by the Athletic Director and Principal.

TRANSPORTATION

Student-athletes are required to ride the activity bus to and from each away athletic contest. Parents who want their son or daughter to return home with them after games/contests must make personal contact with the head coach, or submit a written note. The student-athlete will then be released.

Parents may also request, twenty-four (24) hours prior to a specific event, that their son/daughter be released to an adult relative or friend, after the event. In order to do this they must submit to the Athletic Director a completed copy of the **CCHS SPECIFIC EVENT TRANSPORTATION RELEASE FORM**.

Upon approval, the student may then leave with the approved party after the event/activity.

A student-athlete is NOT allowed to ride home with a friend or anyone under the age of 18.

CCHS Specific Event Transportation Form can be obtained at the main office of CCHS.

It is the request of the CCHS athletic department and all coaching staffs that athletes ride home with the team after away contests. The student-athlete will only be released for family emergencies.

OVERNIGHT TRIPS/HOTEL PROCEDURES

The following procedures have been established for CCHS Athletics for overnight trips and staying in hotels:

1. An itinerary of the trip will be developed by the coach/advisor and approved by the athletic director/principal prior to trip departure.
2. Trip itinerary will be distributed to parents and student-athletes 24 hours prior to departure.
3. Athletic Director and Coach/Advisor will hold a meeting with the team/group to discuss rules and procedures of overnight /hotel stay prior to trip departure.
4. Bag checks can be administered by coach/advisor prior to trip departure.

5. A room curfew will be established for all overnight trips. Student-athletes will need to be in hotel rooms on established time by coach/advisor. Coach/advisor will ensure that all individuals are in assigned rooms. Individuals can watch television, talk, etc until bed checks. Students-athletes are not allowed to leave the hotel room.

6. A student-athlete is never allowed to leave the hotel site on their own.

7. Mandatory bed check will be done by coach/advisor at 11:00 pm, or an earlier time, if coach/advisor designates.

8. Room keys will be collected by the coach/advisor at bed check. If a student-athlete needs to leave room after room curfew or bed check they will need to request permission from the coach/advisor.

9. Cell phones and communication devices will be collected by coach/advisor at bed checks, held overnight and then returned at wake up the next morning.

10. Parents and student-athletes will need to contact coach/advisor if an emergency develops in which they need to communicate after bed checks.

11. Hotel desk will be informed by the coach/advisor to turn off room phones of student athletes during the entire overnight stay.

12. Members of the opposite sex will not be allowed in hotel rooms at any time during an overnight trip.

13. Student-athletes from another school or persons not a part of the team will not be allowed in hotel rooms at any time.

14. Coach/advisor can perform random checks during the night to ensure all student athletes are in their room.

15. Parents will be notified immediately by coach/advisor if they are not in room at room curfew, bed check, or anytime during a random check.

16. Coach/advisor will contact the athletic director/principal immediately if a violation has occurred.

Violations of the overnight trip policy will result in game suspensions and/or dismissal from the team depending on severity of infraction.

Game suspensions and dismissal from the team will be administered by the athletic director and principal.

HAZING

The Churchill County School District believes that hazing activities of any type are inconsistent with the educational process and prohibits all such activities at any time in school facilities, on school property, and/or off school property. No administrator,

faculty member, or other employee shall encourage, tolerate, or engage in any hazing.

Hazing will result in school suspension and/or expulsion from school and immediate denial of athletic participation.

Please refer to the Hazing Policy at the end of the parent-athlete handbook.

INSURANCE COVERAGE

The Churchill County School District and Nevada Interscholastic Activities Association requires that a student **MUST BE COVERED** by health insurance in order to participate in interscholastic athletics. Family or individual insurance coverage is acceptable. CCSD School insurance can be purchased for those student-athletes that do not have insurance coverage. Please talk with the Athletic Director or High School Principal should this be a concern. A student-athlete will not be allowed to try-out or practice on a team without health insurance.

OUT OF SEASON PARTICIPATION/CLUB SPORTS

The Churchill County High School administration and coaching staff understands that many student-athletes will compete on club teams or traveling all-star teams from time to time. However, the high school sport's season takes precedence over club/travel teams. During the season, the athlete's primary commitment needs to be to the high school team that he/she is currently participating with.

CCHS does not require participation in any out-of-season activity to be able to participate in a sport. CCHS adheres to NIAA policy and regulations concerning out-of-season participation.

SPORTSMANSHIP/GAME BEHAVIOR

All athletes, parents, and spectators are expected to adhere to the sportsmanship standards and guidelines established by the Nevada Interscholastic Activities Association, the Northern 3A Conference, and Churchill County High School. All participants will be responsible for any and all guidelines shared at any point during the season or school year.

Any participant that violates those standards may be subject to dismissal from the CCHS athletic program.

Parents and spectators that violate the standards of good sportsmanship may be removed from the premises and may forfeit future privileges of attendance at athletic events.

FACILITY USAGE

No student-athlete is to use any facility (gym, weight room, practice fields, batting cages, etc.) without a coach or staff member being present.

ATHLETIC AWARDS/LETTERS CRITERIA

You may be fortunate enough to receive an athletic award. The CCHS Athletic Department and Block F Club give the following awards to athletes who meet the requirements set forth by the athletic department:

- **Varsity Letter** (One per entire high school career)
- **Varsity Certificate**
- **JV Certificate**
- **Freshman Certificate**

For the above mentioned awards the following general criteria will apply:

- Athletic Director and Coaches will determine Varsity Letter requirements in each sport.
- Complete the entire sport season.
- Regular attendance and participation.
- Meet responsibilities set by the coach.
- Turn in all uniforms and equipment.

In addition, each coach will determine individual and team awards for their sport at the conclusion of the season.

TEAM: INDIVIDUAL:

- Northern Regional Titles/Champions 1st Team – Northern All League
- State Titles/Champions 1st Team– Northern Region
- State Runner Up 1st/2nd Team – State
- NIAA State Academic Team Champions

COLLEGE RECRUITING/SCHOLARSHIPS

Student-athletes who have aspirations of competing at the college level need to contact the head coach, school counselor, athletic administrator and/or athletic director for **NCAA Clearinghouse** information, recruiting regulations, and academic eligibility standards.

PARENTAL CONDUCT CODE
2024-2025 CCHS Greenwave Athletics

1. Please don't shout advice to your child during the game. Shout encouragement? You bet. A steady stream of technique suggestions, though, has no value. Your insightful tips may conflict with the coach's instruction.

2. Please don't harass the refs/officials. Parents that loudly harass the referee are embarrassing to the player and the team. When a parent makes a spectacle of him/herself at a game, the player is embarrassed. If the ref is being yelled at by a parent for a bad call (by definition, a bad call is any decision made against the parent's child), what does the player learn? He/she learns that the mistake wasn't his/her fault. It was the result of poor officiating. This is a bad habit to exhibit. ***Don't encourage your child to place the blame for their failures upon others. One of the benefits of playing sports is learning to accept responsibility instead of making excuses.***

Sometimes a call is hard to take for whatever reason. Such times are tests of emotional control. If a player can learn to bite his/her lip and move on, a parent can learn to sit quietly for a moment and let the emotion pass.

Learning to cope with disappointment is a valuable life skill.

Please leave the questioning of an official's call to the coaching staff. Allow them to discuss the situation in a professional manner.

3. Don't blame the coaches for your child's problems or lack of playing time. Your child's struggles to succeed are your child's problems. Let him/her work them out without your interference.

For example, a player has every right to ask a coach what needs to be done to earn more playing time. ***But a parent stepping in to demand playing time is another thing altogether.***

4. Please don't talk bad about the coaches in front of your child.

The worst thing a parent can do is take pot shots at the coach, criticizing decisions, and complaining about the coaches. ***Support the coaches and stand behind their decisions.***

5. Please don't razz the other team's players or coaches. The other Team's players and coaches should be considered off limits. Yelling at or deriding someone else's child is a shameful practice for an adult at a sporting event. Parents who intend to disrupt, distract, or upset players exhibit the worst of poor sportsmanship.

As a parent, be involved in a **positive** way.

Attend your child's games as often as you can. ***Cheer for all the kids on the team.*** Help with fundraising, and volunteer time with the Greenwave Booster Club. Assist with logistics. If you're not sure how to help, ask the coach. There are probably a

hundred ways to be a good team member and a good parent at the same time. When the larger definition of **team** is working well, the experience can be wonderful for everyone involved. ***People who see our program in action will want to be a part of it.*** Parents looking ahead to when their child will be old enough to participate will want to fit in and help. This kind of teamwork perpetuates itself. Once it gets momentum, it can be quite a force. It just takes parents who care.

See you at the games!! Go Greenwave!!!
Brian Mello, CCHS Athletic Director

**CHURCHILL COUNTY HIGH SCHOOL
PARENT/ATHLETE CODE OF CONDUCT**

INFORMED CONSENT FORM

Student Name _____ Grade _____

AS A STUDENT-ATHLETE:

- I understand and agree that participation in athletic activities is a privilege that may be withdrawn for violation of the Athlete Code of Conduct.

- I have read the Athlete Handbook and thoroughly understand the consequences that I will face if I do not honor my commitment to the Code of Conduct outlined in the Athlete Handbook.

- I agree to assume full responsibility for all equipment and uniforms issued to me, and confine the use of that equipment to practice, games, or contests.

- I further agree to pay for any and all equipment and uniform that I may lose, misplace, or damage through carelessness or intent.

- I understand and realize that there is a risk of injury in participating in athletic activities.

Signature of Student _____ Date _____

AS A PARENT/GUARDIAN:

- I have read the Parent Handbook and the Code of Conduct and understand the responsibilities of my son/daughter as a participant in athletic activities at Churchill County High School.

- I understand and realize that there is risk of injury to my student-athlete in participating in athletic activities.

Parent/Guardian Signature _____ Date _____

Greenwave Athletics Student-Athlete Social Media Agreement

Churchill County High School student-athletes are representatives of the High School, the Athletic Program, and the Community. Playing and competing in sports for Churchill County High School is a privilege. As a CCHS Greenwave student-athlete, you have a responsibility to represent your team, your school, your community, and yourselves in a positive manner at all times.

Social media is an extremely productive and useful tool to communicate with teammates, coaches, fans, and others. If not careful, or used inappropriately, social media can be dangerous. Posting of pictures, tweets, quotes, links, etc that you put online is forever a digital footprint of yourself.

The CCHS Greenwave Athletic Department requires student-athletes to exercise **good judgment** when using social media, and to conduct their activities in a **responsible** and **respectful** manner.

As a Churchill County High School Student-Athlete:

- I will abide by all team policies, athletic department policies, and NIAA rules when utilizing social media.
- I take full responsibility for my use of social media, and I will think twice before posting. I will consider **“Is this the me that I want you to see?”** If you don’t want your parents, coaches, teachers, or school administrators to see your post, don’t post it.
- I will not use social media to trash talk or degrade my opponents before, during, or after games/contests.
- I understand it is impermissible for a student-athlete to post information, photos, and other representations of sexual content, inappropriate behavior (example – drug, alcohol use).
- I will not post items that could be determined as demeaning or inflammatory and will not use electronic communication to threaten, harass, or bully.
- I will not use social media for retaliation and will post only positive comments/remarks about my teammates, coaches, teachers, opponents, representatives of other schools, and officials.
- I will follow all respective social media website rules.

Violations

Violation of the Student-Athlete Social Media Agreement, will result in disciplinary action, including temporary or permanent suspension from the team, and/or all Churchill County High School athletic programs, as determined by the Athletic Director and Principal.

I have read and agree to all expectations above.

Printed Student-Athlete Name	Signature of Student-Athlete	Date
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Printed Parent/Guardian Name	Signature of Parent/Guardian	Date
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**Churchill County High School
1222 South Taylor Street
Fallon, Nevada 89406
775-423-2181**

CONTACT INFORMATION
Athletic Office

Athletic Director Brian Mello 423-2181 mellob@churchillcsd.com

Athletic Secretary 423-2181 ext.4106

Athletic Secretary 423-2181 ext 4101

FALL SPORTS

Start Dates:

Football ONLY July 29th, 2024

August 3rd, 2024 – All Other Sports

Sport Teams Head Coach Phone # Email

ADDITIONAL INFORMATION ON THE WEB

CCHS Athletics/Sports:
<https://cchs.churchillcsd.com>

Nevada Interscholastic Activities Association:
www.niaa.com

Sports Schedules/Calendar:
www.nndv1a.org

Scores and Schedules:
www.maxpreps.com/nv/fallon/churchill-county-greenwave/