



Strasburg 31J Athletic Department

Strasburg High School

56729 Colorado Ave, Strasburg, CO 80136

303-622-9212 ext. 893

www.strasburg-athletics.com

7/22/2024

To: All Student-Athletes and Parents
From: Rick Jacoby, Athletic Director, Strasburg 31J
Re: 2024-25 Sports Seasons

Dear Parents and Student Athletes:

Welcome to another year of Strasburg Indian Athletics, we hope to keep progressing as we move forward into this exciting year. Sports and extracurricular activities are key to the health and wellbeing of our students and I truly believe that my athletic story is what made me into the person I am today.

My name is Rick Jacoby and I am the new Athletic Director for Strasburg School District 31J! I bring with me a 26-year career in education, including the last 7 years dedicated to athletic administration. I have many experiences in terms of coaching various sports at a multitude of levels, currently serving on CHSAA Committees and enthusiasm in this new role to help coaches and student-athletes be the best they can possibly be. I have spent much of my career along the I-70 Corridor, between Byers and Bennett as a teacher, coach and administration, and I'm eager to return to familiar territory and lead the athletic programs at Strasburg High and Hemphill Middle Schools. Most recently I spent two years at Fort Lupton as an Assistant Principal and Athletic Director. My passion for sports and dedication to student-athletes is my **WHY**, and I'm excited to collaborate with coaches, parents, and the community of this esteemed school district. I am committed to fostering a supportive environment for student-athletes of 31J!

I am looking forward to working with each of you and I value that you have made Strasburg and Hemphill Schools your second home! As a part of the Indian family, you are committing yourselves to the responsibilities, tradition, and pride that exist within our programs. The athletic/activity programs are an extension of the classroom where your student-athlete will be challenged to improve both academically and athletically. The student/athlete is the backbone of every school and sets the tone for school pride, dedication, and commitment. We must remember that **STUDENT** always come before **ATHLETE** and we will hold you accountable to that. Every commitment that is made here at Strasburg 31J Schools is done so with honesty, pride and integrity. Every student will give their best in every aspect of their experiences.

I like to think of athletic programs as a house and every house comes with a foundation. Our foundation is **TEAMWORK**, **COMPETITION**, and **HARDWORK**. Our Pillars to our house are: **EDUCATION**, **TEAM FIRST**, **EXECUTION**, **CONSISTENT WINNING**, **PHYSICAL EXCELLENCE**, and **GOAL SETTING**

We will hold true to our Indian Athletics House and keep the **TRIBEREADY** mentality. **Ready in the Classroom, Ready in Competition, Ready in the Community and Ready in Life**

This athletic handbook provides you with an overview of the expectations of your student-athlete to participate in sports at 31 J Schools; this handbook helps to guide you as parents on the important information and standards to be met by your student-athlete.

If you have any questions about any policies, please contact me at your convenience.

Sincerely,

Rick Jacoby
Activities and Athletic Director
Strasburg School District 31J
www.strasburg-athletics.com

**Please access our website for our current Student Athlete Handbook at <https://www.strasburg31j.com/athletics1/athletic-forms>

Strasburg School District 31J
Activities and Athletic Department
Student/Parent Handbook



TRIBE READY

2024 – 2025

www.strasburg-athletics.com

2024-2025 Strasburg Indian High School Coaching Staff

Athletic Office Staff

Athletic Director	Rick Jacoby	720-347-5184	rjacoby@strasburg31j.com
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Athletic Secretary	TBD	TBD	TBD
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Fall Season

Bowling (Unified)	Vicki Manahan	303-888-7182	vickim@ecboces.org
Boys' Golf	Eric Gilbert	970-443-0045	egilbert@strasburg31j.com
Boys' Soccer (Bennett)	Mike Rinner	303-502-0615	mikerinner@msn.com
CO-ED Cross Country	Mike James	802-999-8175	mjames@strasburg31j.com
Girls' Volleyball	Larry Deffenbaugh	303-916-4142	ldeffenbaugh@strasburg31j.com
Football	Brian Brown	720-233-9792	bkb868@gmail.com
Softball	Wes Madrill	720-323-7363	wmadrill@gmail.com
Spirit	Stephanie Peabody	303-912-0449	speabody@strasburg31j.com

Winter Season

Boys' Basketball	Kyle Bollers	303-919-1298	kbollers@strasburg31j.com
Boys' Wrestling	Matt Croft	303-551-2901	matthew.a.croft.sa@gmail.com
Girls' Basketball	Merci Ames	720-334-2874	mames@strasburg31j.com
Girls' Wrestling	Matt Croft	303-551-2901	matthew.a.croft.sa@gmail.com
Spirit	Stephanie Peabody	303-912-0449	speabody@strasburg31j.com

Spring Season

Baseball	Jeromie Bongard	303-601-0139	jbongard@strasburg31j.com
CO-ED Track & Field	Brandi Marrero	303-229-5728	bmarrero@strasburg31j.com
Girls' Golf	Les Day	720-659-0669	amcan8069@outlook.com
Girls' Soccer (Bennett)	Mike Rinner	303-502-0615	mikerinner@msn.com

Other

Principal	Scott Andrews	720-347-5170	sandrews@strasburg31j.com
Assistant Principal	Victoria Dickens	720-383-2242	vdickens@strasburg31j.com
Dean of Students	Jeromie Bongard	720-383-5382	jbongard@strasburg31j.com
Booster Club	Mandy Lasecke	720-281-8726	mlasecke@strasburg31j.com

***Please note that if we do not offer a sport and our students choose to play that sport for another school that the regulations outlined in the Strasburg High School athletic handbook apply to these student-athletes as well.**

**2024-2025
Strasburg Indian
High School Activity Sponsors**

Activities Office Staff

Activities Director	Rick Jacoby	303-810-4730	rjacoby@strasburg31j.com
Activities Secretary	TBD	TBD	TBD

Booster Club

BOOSTER CLUB	Mandy Lasecke	720-281-8726	mlasecke@strasburg31j.com
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Class Sponsors

SENIOR CLASS	TBD	TBD	TBD
JUNIOR CLASS	TBD	TBD	TBD
SOPHOMORE CLASS	TBD	TBD	TBD
FRESHMAN CLASS	TBD	TBD	TBD
PROM	TBD	TBD	TBD

CTSO

FBLA	Kim Harris	Ext. 814	kharris@strasburg31j.com
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Educational Focus

BOOK CLUB	TBD	TBD	TBD
KNOWLEDGE BOWL	Josie Hemphill	Ext. 825	jhemphill@strasburg31j.com
NHS	Tobi Whitehead	Ext. 800	twhitehead@strasburg31j.com
STUDENT COUNCIL	Mandy Lasecke	Ext.	mlasecke@strasburg31j.com
YEARBOOK	Amanda McDowell	Ext. 831	amcdowell@strasburg31j.com

Performing/Visual Arts

TBD	TBD	TBD	TBD
BAND	Michael Martindale	Ext. 816	mmartindale@strasburg31j.com
DRAMA GUILD	Michael Martindale	Ext. 816	mmartindale@strasburg31j.com

Leadership/Social

DUNGEONS AND DRAGONS	Greg Ferber	Ext. 834	gferber@strasburg31j.com
SNAP	Alaina Franklin	TBD	afranklin@strasburg31j.com
UNIFIED CLUB	Vicki Manahan	303-888-7182	vickim@ecboces.org

Other

Principal	Scott Andrews	720-347-5170	sandrews@strasburg31j.com
Assistant Principal	Victoria Dickens	720-383-2242	vdickens@strasburg31j.com
Dean of Students	Jeromie Bongard	720-383-5382	jbongard@strasburg31j.com
Grounds/Maintenance	Glen Wallace	303-358-0818	gwallace@strasburg31j.com
Custodial	Ana White	303-551-5021	awhite@strasburg31j.com
Transportation	Don Bailey	720-347-5125	dbailey@strasburg31j.com
Technology	Darel Dodge	303-594-1868	ddodge@strasburg31j.com

**2024-2025
Hemphill Indian
Middle School Coaching Staff**

Athletic Office Staff

Athletic Director	Rick Jacoby	303-810-4730	rjacoby@strasburg31j.com
Athletic Secretary	TBD	TBD	TBD

1st Quarter Season

Girls' Volleyball	Arica Herman	303-475-8088	aricaherman1723@gmail.com
Football	Matt Vance	303-241-5643	matthew.c.vance@gmail.com

2nd Quarter Season

Boys' Basketball	Rigel Stephenson	720-318-3298	rstephenson@strasburg31j.com
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3rd Quarter Season

Girls' Basketball	Marissa Hauser	720-413-3202	mhauser@strasburg31j.com
Wrestling	Jason Kinghorn	856-718-1664	jasonkinghorn1978@gmail.com

4th Quarter Season

CO-ED Track & Field	Chris McCoy	303-905-4189	cmccoy@strasburg31j.com
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Other

Principal	Johnnie Excher	720-347-5151	jecher@strasburg31j.com
Assistant Principal	Avis Devlin	720-383-2278	adevlin@strasburg31j.com
Booster Club	Mandy Lasecke	720-281-8726	mlasecke@strasburg31j.com

Introduction

This athletic and extra-curricular handbook outlines guidelines, expectations, and procedures that apply to every sport and school sponsored extracurricular activity at Strasburg High School. Each team and activity will also provide guidelines that explain specific expectations for that sport or activity. All coaches, players, and parents/guardians will sign that they have read and agree to uphold the expectations contained in this handbook before competing in any event.

I. Strasburg Indian: Athletic Philosophy

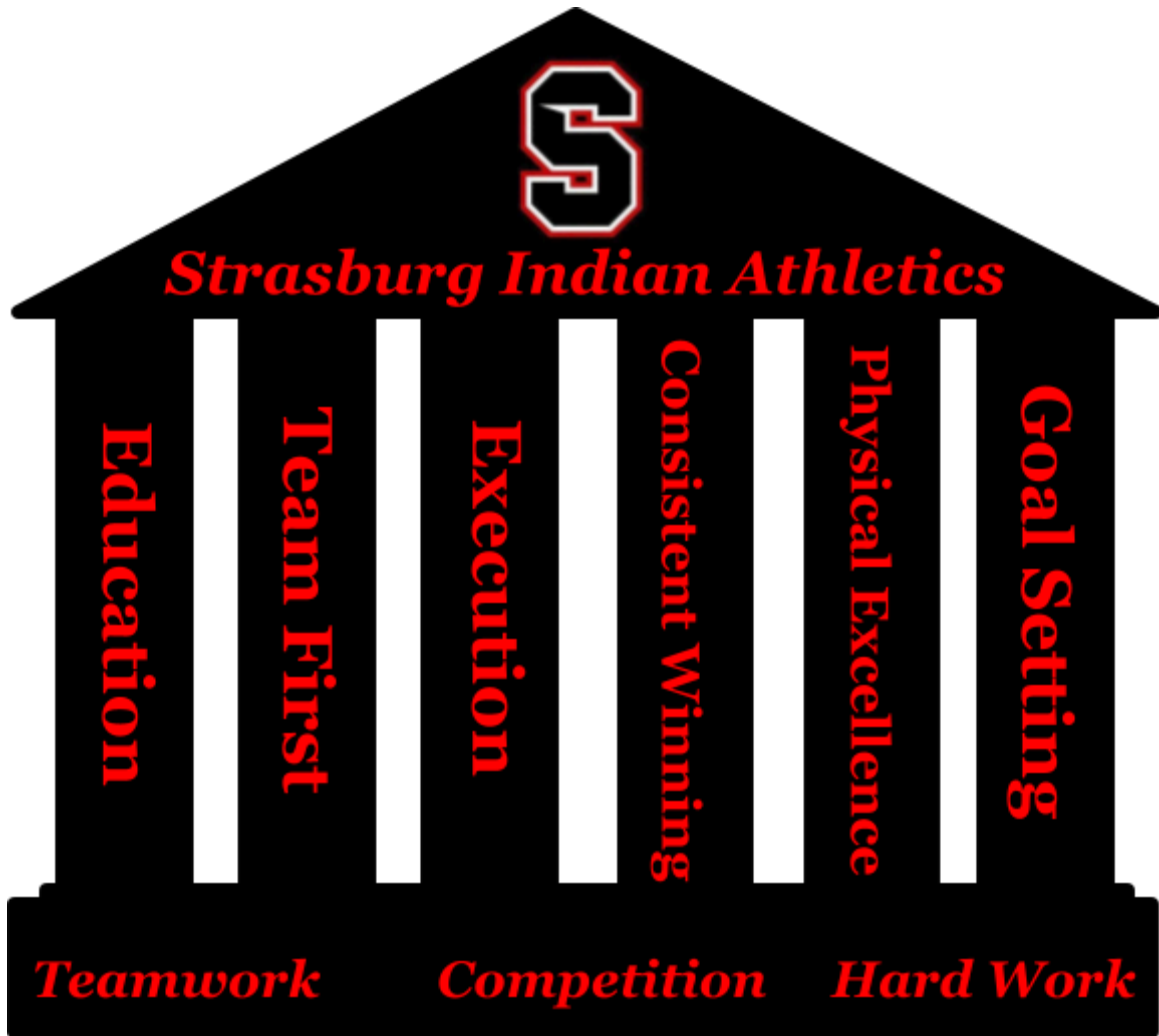
Strasburg Athletics Mission

The purpose of the Strasburg Extra Curricular/Athletic Program is to develop character and promote good sportsmanship through a positive, competitive athletic environment.

Strasburg Athletics Vision

Preparing tomorrow's leaders by developing students and teams which pursue excellence by Strengthening Core Values in **Teamwork, Competition, and Hard Work** while stressing and monitoring the **Primacy of Academics**.

Strasburg Indian Athletic House



II. Education Through Athletics

- A. Extra-curricular programs are a key element of the Strasburg Schools experience. Our goal is to provide an experience outside the classroom which stimulates the overall growth of our students. Achieving this means a dedication to these principles:
 - 1. Transformational leadership is a coaching requirement! We must build character and integrity within ALL our programs. We are all working collectively to produce quality, well-rounded human beings while also driving their athletics capabilities.
 - 2. ***Athletics is a privilege, not a right.*** We are **ALWAYS** representing our families, community and school, and will ensure **FIRST CLASS PROGRAMS**.
 - 3. Providing our students with meaningful learning opportunities for growth, enhancing school pride, encouraging cooperation, and developing positive relationships between school, programs, and individuals is imperative to successful growth, maturity, and achievement.
 - 4. Each coach and student will be provided with a positive environment to develop strong interpersonal relationships. Cooperation within and throughout ALL athletic programs enables both staff and students to develop characteristics of becoming a well-rounded individual.
- B. Parents and community members must work continually to enhance the school community partnership. Strasburg Schools is not a place where student-athletes are specialized in singular sports. The advantages of being multi-sport athletes are far too great, not just to other coaches, but to the mental and physical health of our athletes. This diversity includes off-season activities and weight room work. Positive and constructive involvement is no longer an encouragement, but an expectation. Our programs will only improve through partnerships and joint community efforts. This includes involvement and support from school staff and the student body.
- C. Programs conducted according to these principles allow us to realize the positive impact the extra-curricular programs have on the educational goals of Strasburg Schools and what it means to be ***TRIBE READY***.

III. League and CHSAA Affiliation's

A. Patriot League - 2A East Football Conference

- 1. Strasburg High School is a member of the 2A/3A/4A Patriot League and of the Colorado High School Activities Association (CHSAA) for all sports with the exception of Football. Other members of the Patriot League are: *Brush, Eaton, Fort Morgan, Frontier Academy, Highland, Liberty Common, Platte Valley, Resurrection Christian, Sterling, University, Valley, Weld Central and Windsor Charter*. Football plays in the 2A East Conference other members are: *Bennett, Elizabeth, Englewood and Kent Denver*.
- 2. Hemphill Middle School is independent of a league and will schedule accordingly.

IV. Sport Participation Requirements

- A. Every athlete **MUST HAVE ON FILE** within the rSchool system the following forms, prior to participation in any sporting practice, scrimmage, and event, etc.:
- B. **Strasburg Activities and Athletic Handbook form:** This will be completed by a checkbox on the rSchool platform. By checking this the parent and student has read and understands the policies within the Athletic and Activity handbook and agrees to adhere to them.
- C. **CHSAA General Eligibility:** This form is to inform the CHSAA rules for participation and requirements of the student-athlete.
- D. **Parent Permission form:** This form must contain the signature of each athlete and parent or guardian. It certifies that the parent has given permission for the athlete to participate in Strasburg 31J Athletics. It includes the rights and the responsibilities of athletes and their parents should an eligibility violation arise. The parent must give us information on the medical insurance carrier that covers the athlete if injured.
- E. **Medical Examination Report (Sports Physical):** A clearance must be obtained from a doctor, nurse practitioner, or physician assistant. A copy of the report must be on file in the rSchool system. A physical within the past 12 months is necessary to complete eligibility status. It is against CHSAA rules and school district policy to allow a student to participate in practices, scrimmages, and contests if they do not have a current Doctor's Physical Form on file with the school. It is the coach's responsibility to make sure athletes do not participate

without a current Physical. ***NEW for 2024-2025 you must use the new CHSAA Physical form. A link to the New Approved Forms is Below:**

1. [CHSAA Approved Physical \(English\)](#)
2. [CHSAA Approved Physical \(Espanol\)](#)

F. Medical Emergency Card: The completed Medical Emergency Card will be available via RSchool. No athlete is allowed to participate until coaches have received their Medical Emergency Card via RSchool– NO EXCEPTIONS.

G. Assumption of Risk Form

H. Initial Eligibility List Accuracy: Prior to the first official practice date; an eligibility list will be compiled, showing the athlete's name and required documentation received on file as well as Initial CHSAA Academic Eligibility. As of the official date of practice, only the eligible athletes who have completed paperwork and who qualify academically will be shown on the "eligible" list; all others will be marked "ineligible". The eligible athletes are reported to the CHSAA office. Please help us to ensure the accuracy of the list of athletes. These eligibility lists can be used as a roster that is needed to board our district buses.

V. Academic Eligibility

A. Initial Eligibility Requirements (HIGH SCHOOL)

1. This CHSAA Eligibility requirement is based on the start date of the sport, based off of the previous semester transcribed grade.
 - a) If a student fails two courses in a semester, they are INELIGIBLE to participate until a predetermined date established by CHSAA (or the next season), unless the courses are made up during summer school. (REFER to CHSAA rules 410.1)
 - b) To be eligible to participate in any sport/activity, a student must also:
 - (1) Be considered a good citizen of the school and community by the school administration.
 - (a) Our students must represent our school appropriately and be positive role models at all times. Any inappropriate activity on or off campus may face disciplinary action, including losing the privilege of representing our school in extra-curricular activities.
 - (2) Be carrying subjects for which the school grants at least five units of credit or 2.5 semester credits (according to CHSAA guidelines).
 - (a) At Strasburg High School, all 9th -11th grade students are required to take seven classes per semester. Seniors must take at least 6 classes per semester.

2. Other Eligibility Guidelines

- a) A student is ineligible for interscholastic athletic competition upon arriving at age 19; however, if his/her 19th birthday occurs on or after August 1st, he/she shall be eligible to participate in all sports that year.
- b) The period of eligibility for a high school athlete shall be limited to eight consecutive semesters, (if he /she began high school as a ninth grader). Any student who has attended eight semesters in grades nine through twelve is ineligible for high school athletics except that a student otherwise ineligible may complete a season's participation in an interscholastic sport beginning in his 8th semester.
- c) No high school student shall play more than 4 seasons in any one sport (3 seasons if he/ she began high school as a 10th grader). Any athlete certified to compete in athletics must be an amateur (refer to CHSAA by-laws for further interpretations). To qualify as an amateur, a student must never:
 - (1) Have knowingly participated in competition with professionals or have competed for money.
 - (2) Have competed under an assumed name.
 - (3) Have accepted an award which has been converted into cash d) Have signed a professional contract.
 - (4) No award of any kind other than by the school, the Association, or a group approved by the school or the Association and limited in value to \$100.00 shall be made to participants in any inter-school activity. (CHSAA policy)
 - (5) If unapproved awards are offered and accepted by the participants, such participants shall jeopardize their eligibility to represent their school in any inter-school activity; and, further, such acceptance shall and may result in a suspension from school. (CHSAA policy).

B. Weekly Eligibility (All Schools)

1. An eligibility list will be distributed to all teachers on Tuesday (Wednesday if Monday is a holiday) for district students. Students who receive two failing grades for the week will not be eligible to participate during the following week. The athletic director will certify individual student eligibility in cooperation with the guidance/administrative office. Students participating in activities who are not enrolled in the district must provide appropriate certification stating that the academic eligibility requirements have been met.
 - a) Students who are ineligible are still required to attend practice unless the coach requires them to attend a study hall. Students must receive an opportunity to be graded each week.
2. The first time a student has two “downgrades” in a season, he/she will be placed on a warning list, and he/she will still be able to participate in games/activities. (Please note that a season begins with the first official week of practice). The second time a student has two “down grades” he/she is ineligible and will not be able to play in that week’s games.
 - a) **IF A STUDENT IS ON THE INELIGIBLE LIST (not including being on the warning list) TWICE IN THE SAME SEASON, HE/SHE WILL NOT BE ABLE TO PARTICIPATE IN ANY SPORT OR ACTIVITY FOR THE REMAINDER OF THE SEASON.** *The exception to this rule is in regards to winter sports, since these sports span both semesters. A participant who is ineligible at the end of the first semester will have eligibility re-established at the beginning of the second semester and then normal eligibility rules will apply.*
3. A student who is suspended will be ineligible for at least one game or activity (starting on the day of the suspension). Major infractions that result in multiple days of suspension will cause a student to miss more than one game or activity at the discretion of the administration.
4. If a student receives an unexcused absence from his/her classes, he/she may miss at least one game or activity at the discretion of the administration. Multiple unexcused absences can result in missing more than one game or activity and possibly dismissal from the team at the discretion of administration.
5. No make-up work shall be permitted after the close of the grading period for purposes of becoming eligible. All students who receive an incomplete at the end of the semester have one week to complete any required work and receive a passing grade. A student failing to complete work during the normal semester because of a manifest hardship (injury, illness or other circumstances beyond his control) may be permitted a reasonable time following the student's recovery to complete the work. In most cases the length of time would be a like number of days which the student was absent from school.
6. Fulfill other requirements as established by the coach and administration.
7. If a student is ineligible, he/she may not participate in the following interscholastic activities (if the competition is not part of a class requirement):
 - a) Music competitions
 - b) FBLA competitions
 - c) Student Council after school activities
 - d) NHS after school activities
 - e) Any sport offered by Strasburg Schools.
8. A coach should never accept a note from a teacher to regain eligibility, any eligibility questions or concerns should be addressed directly with the Athletic Director.

VI. Season Start Dates and Cutoff Dates for Joining a Sport

- A. Students are expected to report for sports at the beginning of each sport season as established by CHSAA.
- B. High School
 1. **Fall** 8/12/24 (Boys Golf 8/5/24)
 2. **Winter** 11/18/24
 - a) Winter Restriction
 - (1) No Competition 12/24/24 to 1/1/25
 - (2) No Practice 12/24/24 to 12/27/24, 12/29/24 and 1/1/25
 3. **Spring** 2/24/25
- C. Middle School (approximate)
 1. **1st Quarter** (Football, Volleyball) 8/8/24
 2. **2nd Quarter** (Boys Basketball) 10/15/24
 3. **3rd Quarter** (Girls Basketball, Wrestling) 1/7/25
 4. **4th Quarter** (Track & Field) 3/11/25
- D. Each student competing in an interscholastic sports program must have participated in the minimum number of practices as outlined in the CHSAA handbook before representing his/her school in an interscholastic contest or scrimmage. (CHSAA rule 2310.3)

- E. Any student who wishes to take part in any sport at SSD 31J must report for practice within the first week of a season, or at a minimum speak with the coach for arrangements for tryouts, within five days of the beginning of the sport season or they will not be allowed to participate in that sport. **NO ATHLETES WILL BE PERMITTED TO JOIN A SPORT AFTER THE FIRST WEEK OF PARTICIPATION.** Exception to the above:
1. Sickness or injury: Students would be allowed to participate as soon as he/she had a clearance from a doctor.
 2. State playoffs in another CHSAA activity: Students would be allowed to participate at the completion of this sport.
 3. Athletes must have pre-arranged permission from the coach and/or Athletic director.
- F. Any student who would like to transfer from one sport to another in the same season will need to obtain written approval of the parent/guardian and both coaches involved. **Students will not be allowed to transfer from one sport to another within the same season after the first game/meet.**

VII. Students Participating in Dual Sports within the Same Season

- A. Athletes may not participate in two sports at the same time within the same season.

VIII. Participant Limits/Cutting

- A. Each student is encouraged to participate in every season of sports during the school year. (Athletes are only allowed to participate in one sport per season). The choice of sports should be left up to the student and their parents/guardians. We currently do not cut athletes; they are placed on the team that matches their performance and attitude. **Seniors are the exception to the “no-cut” rule, according to Patriot League rules, a senior may not participate in junior varsity contests. Therefore, a senior must be on the varsity team in order to play in any sporting contests. If a senior does not make the varsity team, he/she will not be able to play and will be “cut” from that sport.**

IX. Fees

- A. An athletic participation fee will be charged for each student who wishes to participate in after school sports. (This is subject to change per board approval).
1. The season fee for high school students is **\$100.00 per sport**, if a student participates in a third sport that sport is reduced to \$50.00 for an individual maximum of \$250.00.
 2. The season fee for middle school students is **\$75.00 per sport**, if a student participates in a third sport that sport is reduced to \$35.00 for an individual maximum of \$185.00.
 3. There are no discounts for families with multiple children.
 4. The fee must be paid before the athlete will be allowed to practice or participate in any sport. (Students who are on free or reduced lunch will have their fees discounted and/or waived).

X. Outside Competition - (CHSAA RULING)

- A. Students should be aware that different organizations have amateur rules which are different from those for Colorado High School Activities Association (CHSAA). Players certified to participate as members of any high school sport may not participate with any individual or non-school group without prior approval of the principal if during the school year. Standards of athletic eligibility are set by CHSAA. Please be aware that the commitment to the Strasburg High School sport needs to be the priority for any potential conflicts.

XI. Attendance

A. School Attendance

1. Attendance at school is mandatory.
2. A student-athlete must be in school for **ALL** of their scheduled classes on that day to be eligible to participate in a contest on the same day.
 - a) Exceptions
 - (1) Medical Appointment.
 - (2) Family Emergency per coach and administration approval.
 - (3) Unless excused for an early release or other school activity absences.
3. A student-athlete must be in school for **ALL** of their scheduled classes on the day prior to a scheduled practice or contest (for a Saturday event student must attend class on Friday).
 - a) Exceptions
 - (1) Medical Appointment.
 - (2) Family Emergency per coach and administration approval.
 - (3) Unless excused for an early release or other school activity absences.
4. Unverified absences will carry some consequence, as determined by individual coaches.
5. Please be aware that if a team has a game or competition that causes the athletes to return home at a late time, the students are expected to be in all of their classes on time the next day.

6. Please note that if a team has a morning practice, the students are expected to be in their first period class on time.

B. Practices/Team Activities

1. Each team will have an attendance policy that outlines the expectations for excused and unexcused absences from practices and games.
 - a) Our rules are set forth for the benefit of the team and the athlete.
 - b) Players will be removed from the team after a second unexcused absence.
 - c) All players are to notify their appropriate level coach about missing a practice.
 - (1) If the player goes home ill they must inform their coach.
 - (2) If a player is injured, they are expected to continue to attend practices if at all possible if he/she wishes to remain a member of the team.
 - d) A player who misses a practice or a game due to a family outing or a vacation still misses valuable time. Other players and families have made a commitment not to do this. Please keep this in mind before planning any conflicting activities.

XII. General Appearance

- A. All participants should set and keep a high standard of appearance at all times.
- B. On game days, an athlete's hair should be neat and well groomed and their dress should be neat, clean and appropriate.
 1. These guidelines for appearance apply when students are traveling and before and after events.
- C. Participants should give positive leadership toward the conduct of the students in the school and in the community.
- D. The coach for each sport will determine the appropriate dress to wear to school on game days.

XIII. Transportation

- A. Students are expected to ride to and from the inter-school contests with the team in the transportation provided by the school district.
 1. An exception can be made (at the discretion of the head coach) if the student rides home with his/her parent/guardian if agreed upon by the parent and coach.
 2. Individual coaches have the final say on returning with the team or allowing parents to transport home.
- B. If a student is to be transported by another adult the parents must seek pre-approval from administration and the coach at least 24 hours in advance.
- C. If for any reason transportation is limited in capacity, coaches may need to reduce travel roster sizes accordingly.
- D. While on the bus, all riders are to be seated and represent Strasburg Schools and their team in a respectful manner, and adhere to all bus policies which may include wearing of masks. The
 1. The bus must be left clean.
 2. Behavior on the buses are subject to school discipline policies.

XIV. Communication Chain of Command

- A. If a problem arises with a coach or team member, the chain of command is as follows:
 1. **Player to Level or Position Coach**
 2. **Player to Program Head Coach**
 3. **Parent and Player to Program and Level/Position Coach**
 4. **Parent and Player to Athletic Director**
 - a) **Set an Appointment, this meeting will be face to face**
 - b) **Head Coach and Level/Position Coach will be present**
 5. **Parent and Player to Principal**
 - a) **Athletic Director will be present**
- B. All meetings with coaches are to be made by appointment only. **BEFORE/AFTER GAMES, COMPETITION AREAS/PRACTICE AREAS ARE NOT THE SPACE FOR THIS. MEETINGS WILL BE DONE IN AVAILABLE OFFICE SPACE IN THE MAIN OFFICES.**
 1. Coaches will make their work numbers and emails available to parents.
 2. Parents must allow 24 hours before engaging in conflict resolution conversation and must refrain from calling or texting coaches immediately after a game.

3. Vulgar, rude or questionable texts and language will not be tolerated. If you need to meet with a coach, the meeting will be face to face and not through texts. Failure to do this will result in a meeting with the athletic director that could result in possible loss of playing privileges for your athlete.
4. Meetings between parents and coaches will take place in office areas and not on the athletic fields, gyms, or locker rooms.
5. Coaches are not required to discuss player position, **playing time**, offensive, defensive or game philosophy/decisions with parents.

XV. Issued Uniforms and Equipment

- A. All uniforms must be turned in to the coach of the sport following the season.
- B. If the school uniform or equipment is not turned in at this time, the student will not be allowed to participate in any other sport until the equipment is returned or paid for.
- C. Fees for non-returned uniforms and equipment will be at current replacement costs.
- D. Grades and transcripts will be held until the fee is paid.

XVI. Quitting/Withdrawing from a Sport

A. Voluntary - Student's Choice

1. An athlete who fails to complete the competitive season will not receive a letter, even if he/she fulfills letter requirements for that sport.
2. If an athlete chooses to voluntarily leave a team, it is at the coaches discretion to allow them to return. The following steps MUST be taken by the athlete for consideration to return:
 - a) **Step 1:** Submit a letter formally apologizing to their coach for their actions towards the team. This must be submitted first and the coach has the final say if Step 2/Step 3 will be taken.
 - b) **Step 2:** Address and apologize to their team in person for their actions.
 - c) **Step 3:** A meeting will be held between coaches and the team to determine if the athlete will be accepted back into the program.

B. Involuntary - Coaches Choice - follow process below

1. Head coaches have the authority to drop athletes from a squad for:
 - a) Poor attitude/Poor work habits during practice
 - b) Habitually tardy or absent from practice
 - c) Violation of team training rules (refer to violations)
2. Each head coach will follow a 3 step (3 strikes) plan for an athlete being removed from the team.
 - a) This plan must include:
 - (1) interventions
 - (2) parent communications
 - (3) documentation.
 - b) This plan, including a participant and parent contract, must be submitted to the Athletic Director prior to the season. If an athlete is dropped from a team, the head coach will inform the Athletic Director, student, and parent of the removal and will provide them with the reasons for the dismissal and previous interventions.
 - c) Parent communication throughout the process is a must. This plan must include a contract that is signed by the participant and parent before the season begins.

XVII. General Athletic Lettering and Award Guidelines (High School)

- A. In any approved CHSAA interscholastic competition, athletics and activities, no awards of any kind other than awards by the school, the Association, or a group approved by the school or the Association and limited in value to \$50.00 (exclusive of engraving) will be made to participants.
 1. **EXCEPTION:** Individual, statewide awards that have been formally recognized by the CHSAA's Executive Committee are exempt from this by-law. "Individual, Statewide Award" is defined as any award that recognizes excellence in athletics, scholarship or citizenship and whose potential recipient is any student within the membership of CHSAA.
 - a) If unapproved awards are offered and accepted by the participants, such participants will jeopardize their eligibility to represent their school in any inter-school activity; and, further, such acceptance will jeopardize the standing of said school in CHSAA and may result in the suspension of the school.

- b)** The state, district and school rules on citizenship, scholarship and attendance are to be followed.
- B.** Each team will host their own awards ceremony at the conclusion of that sport's season.
 - 1.** Letters and other awards for each sport will be given out at the ceremony, and seniors will be honored.
 - 2.** All participants are expected to attend the awards ceremony for each sport in which he/she participates.
 - 3.** The final decision of giving an athletic award to a player, once the sport guidelines have been met, shall be subject to the approval of the coaches and administration.
 - a)** The coaches and administration reserve the right to deny an award for violation of school athletic policies.
 - (1)** Coaches may recommend that a student-athlete not receive an athletic award letter for disciplinary reasons. These reasons may include but are not limited to citizenship, sportsmanship, and behavior detrimental to the school, community and/or team.
 - (2)** All requirements, including completion of the season, must be met before an athlete can be recommended for a letter.
 - 4.** Only one athletic letter may be given to a participant in each sport during his/her high school career.
 - a)** Each year after that, if a letter is earned, a service bar will be given.
 - b)** Letters will not be awarded at the junior varsity or C level.
 - (1)** A certificate of participation will be awarded to each participant at the junior varsity and C level.
 - c)** Any senior that has participated in any sport for four years and has not earned a letter will be presented with an "S" letter at the athletic ceremony for that season.
- C.** Only one athletic letter may be given to a participant during his/her high school career. Each sport and/or year after that a letter is earned, a service bar will be given.
- D.** The school district will purchase an embroidered patch suitable for that sport for each team member that is All-State and for state championship teams.
- E.** The district will purchase a banner for each team that is a state runner-up or state champions.
- F.** The Patriot League provides All-Conference and Honorable Mention certificates as voted on by the head coaches.
- G.** Please note that the purchase of any state championship rings will be the responsibility of the student's family.
 - 1.** Teams may choose to fundraise to help offset the cost of the rings.
- H.** Hardship Award
 - 1.** Any girl or boy who is injured or ill and who, in the opinion of the coach, would have earned an award had the injury or illness not occurred may be considered for an award.
 - 2.** If because of illness or death in a family an athlete is forced to discontinue competition and has not earned an award, the coach may consider this athlete for an award.
- I.** Varsity Manager's Award: In order to letter a boy or girl must sufficiently satisfy the specific requirements as specified by the head coach of that sport. (The service award also applies to managers; it is recommended to all coaches that student managers manage for 2 years prior to lettering in that sport.)
- J.** Type and Size of Letters
 - 1.** Athletic letter awards will be a block style S.
 - 2.** All athletic letter awards will be a maximum of 7 inches in size.
 - 3.** The medal insignia symbolic of the sport in which an athlete lettered may be worn on the letter.
 - 4.** Service bars may be worn on the letter to denote the number of letters earned in each sport.
 - 5.** Athletes' names and other inscriptions will not appear on the letter.
- K.** Regulations per sport (further guidelines may be imposed by the individual sport):
 - 1. Baseball**
 - a)** A player must participate in 1/2 of the varsity innings available throughout the season.
 - b)** Pitchers; appear in 5 regularly scheduled varsity games as a pitcher.
 - c)** If the team qualifies for the final eight, all varsity team members automatically letter.
 - d)** Coaches discretion.
 - 2. Basketball**
 - a)** A player must participate in 1/2 of the total quarters.
 - b)** If a team qualifies for the final eight all varsity team members automatically letter.
 - c)** Coaches discretion.
 - 3. Cheerleading**

- a) see Cheerleading handbook.
- 4. **Cross Country**
 - a) An athlete must place in half of the available meets.
 - b) The team enters or qualifies for state.
 - c) Coaches discretion.
- 5. **Girls Volleyball**
 - a) A player must participate in 1/2 of the regular season games.
 - b) If the team qualifies for the state tournament all varsity team members automatically letter.
 - c) Coaches discretion.
- 6. **Golf**
 - a) Play in 2 varsity tournaments.
 - b) Coaches discretion.
- 7. **Football**
 - a) A player must participate in 1/2 of the total quarters.
 - (1) Entry into the game constitutes participation.
 - b) If the team advances to the state quarter final game all varsity team members automatically letter.
 - c) Coaches discretion.
- 8. **Softball**
 - a) A player must participate in 1/2 of the varsity innings available throughout the season.
 - b) If the team qualifies for the final eight, all varsity team members automatically letter.
 - c) Coaches discretion.
- 9. **Track**
 - a) Each participant must earn 10 team points.
 - b) The athlete qualifies for the state meet.
- 10. **Wrestling**
 - a) A wrestler must wrestle in 1/2 of the total matches scheduled.
 - b) The wrestlers that advance to the state tournament automatically letter.

XVIII. Behavior Expectations for Strasburg Activities/Athletics

A. Philosophy

1. Strasburg School District 31J looks to athletic and activities participants as representatives of the community, district, and school in matters of academic standards, conduct, sportsmanship, and citizenship. Student athletes are expected to demonstrate discipline, leadership, moral character, good health habits, and to be role models to the student body and in the community. Participation in athletic programs is purely voluntary on the part of the student, and student participants have a responsibility to adhere to rules established in the student handbook as well as the rules of conduct stated below. Consequences for violations are addressed as well. ***This code of conduct shall apply to all student participants, including team managers.***

B. Application of Participation Code

1. Students and parents will sign a contract that details the rules of conduct that are in force for participation in extracurricular activities. Once this document is signed, the student is subject to these rules during the school year in which he/she chooses to participate.
2. A committee appointed by the principal or athletic director will review any violation to determine the validity. Evidence such as citations or adult eyewitness accounts will be considered. Due process will be followed; however, penalties will be imposed if a preponderance of evidence exists. These rules will be in effect at all times during the season of participation. Appeals to any decision can be reviewed by the school Principal.

C. Rules of Conduct

1. The following conduct, regardless of when it occurs during the sports season (including off season and summer camps) shall be grounds for disciplinary action, please see violation matrix IV.
 - a) Participants are expected to conduct themselves in a commendable manner at all times in the school, in the classroom, on trips, and during all contests toward opponents, officials and spectators.

- (1) Students who do not represent the school in an acceptable manner on or off campus will face the appropriate consequences, including but not limited to:
 - (a) being held out of contests/games
 - (b) suspended from the team/activity
 - (c) being removed from the team/activity or all Strasburg 31J teams.
- (2) These consequences are in addition to the appropriate school consequences as outlined in the student handbook.
- b) Students and coaches may not post anything on social media that is considered inappropriate. All participants must follow the guidelines established in the student, teacher, and coach's handbook. Participants may not use social media to harass, threaten, spread inappropriate rumors, or insult others.
 - (1) Consequences will include:
 - (a) the loss of playing time,
 - (b) being withheld from contests,
 - (c) possible removal from the team
 - (d) other appropriate school consequences.
- c) The use of profane language is **NOT ACCEPTABLE** and will not be tolerated. The expectations for bus behavior are the same as the bus rules listed in the student handbook.
- d) If a team is on an overnight trip, the coach and administration will establish guidelines regarding student behavior and expectations. Students are expected to follow the same expectations on 6 trips that they have while attending Strasburg High School. A curfew will be established and enforced, including what rooms students are allowed to be in.
- e) Training rules - Without good practice in these areas, no player can perform at his/her best. Proper nutrition and adequate sleep and rest are encouraged. The use or possession of tobacco, drugs, vaping, and alcoholic beverages in any form will NOT be tolerated regardless of the quantity.

2. Student Use of Tobacco/Vaping

- a) If a participant is found to have used, consumed, possessed, or distributed tobacco in any form (including vaping, cigarettes and chewing tobacco), on campus or at any school sponsored event, he/she will be administered the following consequences during each season:
 - (1) 1st offense- Multiple hours of detention (up to 5 hours); withheld from up to 1/4 of current season's games/activities.
 - (2) 2nd offense- 1-3 days of suspension; player removed from current team if 2 nd time in same season.
 - (3) 3rd offense- Multiple days of suspension (up to 5 days). If a student-athlete is found to have used, consumed, possessed, or distributed tobacco in any form off campus he/she will lose a minimum of one game/activity for the first offense. After the second offense, loss of game(s)/activities is at the discretion of administration/head coach. After the third off campus offense he/she will be removed from the team.

3. Student Use of Drugs and Alcohol

- a) According to Board Policy, the Strasburg School District shall promote a healthy environment by providing education, support, and decision making skills in regard to alcohol, drugs, and other controlled substances and their abuse. In order to accomplish this goal, a cooperative effort must be made among schools, parents, and the community.
- b) Students who consume alcohol or other drugs are more likely to have academic and social problems. They also engage in behaviors that are clearly unsafe for themselves and others, including the following:
 - (1) driving under the influence;
 - (2) poor decision making;
 - (3) increased sexual activity;
 - (4) more aggressive behavior, including fighting; and
 - (5) health problems related to substance use.

- (6)** Underage drinking and drug use is a powerful predictor of lifetime abuse and dependence and often leads to criminal behavior.
- c)** Some early warning signs of alcohol and drug use are as follows:
 - (1)** Mood changes, temper flare-ups, and defensiveness
 - (2)** School problems, poor attendance, low grades, and discipline problems
 - (3)** Family problems, including rebelling against family rules
 - (4)** Personal problems, changing friends and keeping new friends a secret, low energy, disregard for former interests, and a lackadaisical attitude
 - (5)** Physical and mental problems, memory lapses, poor concentration, bloodshot eyes, lack of coordination, and slurred speech.
- d)** Part of the district's mission is to develop responsible citizens, teach students the dangers of alcohol and drug use, and promote healthy lifestyles. The district wants what is best for its students, and discouraging unhealthy behaviors is in the best interests of students and community.
- e)** According to Board Policy, there are clear guidelines that define when a student possesses, uses, sells, distributes, gives, purchases or procures or is under the influence of alcohol, drugs or controlled substances while on school property or during a school activity. When students engage in these behaviors off school property it can also have a detrimental effect upon themselves, others and/or the school environment. Consequently, to promote healthy lifestyles and behaviors at all times among district students and discourage activities that are dangerous, illegal and that negatively impact the learning environment, each school will administer the appropriate consequences whenever a student is involved in events that include alcohol, drugs or controlled substances and that have some reasonable connection to or have a detrimental effect on the educational environment, regardless of whether the student is on or off school property.
- f)** Please note that administration reserves the right to give special consideration on a case by case basis if a student seeks treatment or help voluntarily for a drug or alcohol problem.
- g)** Use and Possession of illegal drugs or alcohol on school property or at a school sponsored activity: Students attending the Strasburg School District or any activities located in or sponsored by either the District who use or possess alcohol, drugs, other controlled substances or drug-containing or drug-related paraphernalia in violation of Board policy will be handled in the following manner:
 - (1)** When a student is suspected of using and/or in possession of alcohol, illegal drugs or illegal controlled substances on school grounds or during a school sponsored activity in an unlawful or unauthorized manner, the person having the suspicion should notify the principal or designee. Notification must include reasons for such suspicion (observed use, unusual behavior, etc.).
 - (2)** The principal or designee will conduct a check of the suspected student and collect evidence/data, including when reasonably possible a written statement from the individual(s) who reported the suspected use and others with relevant knowledge of the matter. This action must comply with the Board policy on interrogations and searches.
 - (3)** If information is not sufficient to warrant further action, the principal or designee may have a personal conference with the student expressing awareness and concern.
 - (4)** If information warrants further action, the parent/guardian will be requested to attend a conference. The conference may include sharing the data collected, explaining consequences of involvement with drugs/alcohol, developing a plan of action, and offering the parent or guardian general information and resources related to substance abuse.
 - (5)** The principal or designee will place any evidence in an envelope or alternative container as necessary which will be sealed, dated and initialed by the individual who originally obtained the materials and by the principal or designee. The evidence then will be placed in a secure location.

- (6) The principal or designee will call appropriate law enforcement officials in each instance of use and/or possession or sale of controlled substances by a student. A mutual decision will be made as to retention of the contraband by the school or testing by the authorities.
- (7) When there is evidence of a student using and/or possessing alcohol or illegal drugs, the student will be disciplined according to the school's policies and the parent/guardian notified.

h) Distribution

- (1) Students who sell, give, distribute, or exchange alcohol, illegal drugs, or illegal controlled substances or drug-containing or drug-related paraphernalia in violation of Board policy will be handled in the following manner:
 - (a) If an employee witnesses an act in which alcohol, drugs, other controlled substances or drug-containing or drug-related paraphernalia are being transferred from one student to another, the staff member will immediately attempt to detain the student and request that the student accompany the staff member to the principal or designee. If the student refuses, the staff member will notify the principal or designee immediately.
 - (b) The principal or designee will attempt to obtain evidence by requesting it directly from the student or through search procedures in accordance with Board policy.
 - (c) Any student who sells, distributes, gives, or exchanges drugs or illegal controlled substances in or on school property or at a school sponsored activity will initially be suspended for 5 days and a recommendation will be made to the superintendent that the suspension be extended for an additional 5 days. The student will then be recommended for expulsion. According to state law (Section 22-33-106), expulsion is mandatory for students who sell, distribute, give, or exchange drugs or illegal controlled substances on school property. Students may also be expelled for engaging in such behavior off school property when it is reasonably connected to or has a detrimental effect on the educational environment.
- (2) Consequences for violations of the Drug and Alcohol Policy by Strasburg High School students on Strasburg High School property or at a district sponsored activity (while in high school):
 - (a) First Offense for Use and/or Possession
 - (i) Any student who consumes or possesses alcohol or illegal drugs on school grounds or at a school sponsored activity will receive a five day out-of-school suspension. This suspension can be reduced to three days with the completion of a district approved drug and alcohol class before readmittance to school. The class must be completed and paid for at the expense of the student and family. In addition, a parent/guardian conference will be scheduled prior to readmittance.
 - (ii) The principal or designee will attempt to develop with the parent/guardian and the student a procedure that will outline the responsibilities of the parent/guardian, the student and the school in an effort to keep any further offenses from occurring.
 - (iii) Additionally, a high school student shall not attend or participate in:
 - (a) Student Athletes: 1/2 of the athletic season in which the student is currently participating or of the next athletic season in which the student expects to participate.
 - (b) Students who currently participate in other extracurricular activities (i.e. Speech competitions, FBLA, FFA, etc.): 30(calendar) days of school events
 - (c) Students who do not currently participate on school athletic teams or in other extracurricular activities: 30 (calendar) days of school events

- (iv)** Appropriate law enforcement officials will be notified.
- (b) Second Offense for Use and/or Possession During attendance in the Strasburg School District**
 - (i)** Any student who consumes or brings alcohol or illegal drugs on school grounds or at a school sponsored activity a 2 nd time will receive five day out-of-school suspension. The principal will recommend to the superintendent that the suspension be extended up to ten days. If the student completes a district approved drug and alcohol class the suspension will be reduced to five days if the class is completed before readmittance. The class will be completed and paid for at the expense of the student and his/her family. A parent/guardian conference will be scheduled prior to re-admittance.
 - (ii)** The principal or designee will attempt to develop with the parent/guardian and the student a procedure that will outline the responsibilities of the parent/guardian, the student and the school in an effort to keep any further offenses from occurring.
 - (iii)** Appropriate law enforcement officials will be notified and the student will be referred to a community resource agency.
 - (iv)** Additionally, the high school student shall not attend or participate in:
 - (a)** Student Athletes: one full season of games of the athletic season in which the student is currently participating or the next athletic season in which the student expects to participate.
 - (b)** Students who currently participate in other extracurricular activities: 60 days of school events.
 - (c)** Students who currently do not participate on school athletic teams or in other extracurricular activities: 60(calendar) days of school events.
- (c) Third Offense for Use and/or Possession and First Offense for Distribution of drugs or illegal controlled substances**
 - (i)** Any student who has consumed or possessed alcohol or drugs on school grounds or at a school sponsored activity for the 3rd time will be suspended for 5 days and the principal shall recommend to the superintendent that the suspension be extended for an additional 5 days. The student will also be recommended for expulsion.
 - (ii)** Any student who is found to have consumed alcohol or drugs on school grounds or at a school sponsored activity for the third time shall not participate in any school sponsored extracurricular activities for the remainder of his/her attendance in the Strasburg School District.
 - (iii)** At the completion of the suspension and/or expulsion and any stipulations required by the suspension/expulsion, a student may appeal to the principal to be reinstated as an extracurricular participant only if he/she has completed a drug and alcohol class at the expense of the student and his/her family.
 - (iv)** Appropriate law enforcement officials will be notified and the student will be referred to the community resource agency.
- (d) Consequences for students who use, possess, distribute alcohol or drugs off campus (while in high school):**
 - (i)** High school students who participate in athletics or any school sponsored extracurricular activity will face a penalty if it is determined by administration they have used, possessed, or distributed alcohol or any illegal drug off campus during the school year. This penalty may also apply to students who are present when others use, possess, or distribute alcohol or any illegal drug at the discretion of administration.

- (a) 1st offense- Up to ¼ of the current season or the next season/activity the student participates in. Student may return to competition sooner, at the discretion of administration, if the student-athlete completes a district approved drug and alcohol class.
 - (b) 2nd offense- Up to ½ of the current season or the next season/activity the student participates in.
 - (c) 3rd offense- One calendar year of extra-curricular activities.
4. ***(Individual programs/buildings may have more stringent rules.)***
 5. The district/school reserves the right to impose stricter consequences for more serious violations. There may be times where a violation has school, activity/athletic and legal consequences.

D. Hazing

1. The Colorado High School Activities Association prohibits bullying, hazing, intimidation or threats. Hazing includes, but is not limited to humiliation tactics, forced social isolation, verbal or emotional abuse, forced or excessive consumption of food or liquids, or any activity that requires a student to engage in illegal activity. I understand that hazing of any type is not permitted in any SSD 31J Sponsored or CHSAA sanctioned activity, which includes summer camps. I will not engage in any of the prohibited conduct. I further understand that it is my responsibility to immediately report any acts of hazing that I become aware of to a sponsor, counselor, coach, school support staff, or administrator in my school.
2. By signing this handbook, I affirm my responsibility to prevent and report hazing. I also understand that any violation of this could result in school or team consequences that could include dismissal from the activity or further disciplinary consequences and/or referral to law enforcement.
3. Hazing and inappropriate initiation activities are inconsistent with Strasburg School Districts mission and character education goals. As such, all forms of hazing and inappropriate initiation activity are prohibited. This includes during the school sports season but also includes any school sponsored events during the summer or summer camps.
4. Strasburg School District defines hazing and inappropriate initiation to be any act whether physical, mental, emotional or psychological which subjects a student who is joining or affiliating with a student organization to any situation or expectation that may potentially abuse, mistreat, degrade, humiliate, harass, harm, intimidate a student, denigrate either an individual or another group or compromise a student's inherent dignity as a person. The district's definition of hazing and inappropriate initiation activity also includes actions as those described in the previous sentence which are directed toward any student even though the student may not be joining or affiliating with a student organization.
 - a) For example, the High School considers hazing and inappropriate initiation activity to include a situation in which an older student subjects a younger student to rites of initiation. The fact that a student participates voluntarily in a hazing or inappropriate initiation activity does not alter the district's prohibition of such conduct.
5. District staff members do not believe students are made better by being humiliated or degraded. Our schools realize that school and team unity is developed in our classrooms, hallways, practice areas, and athletic fields with a shared commitment to excellence.
6. Upon receipt of either a complaint or report of hazing or inappropriate initiation activity, the district shall conduct an investigation. Upon completion of the investigation, the district shall take appropriate action. Such action will be designed to deter future violations and appropriately discipline students who have engaged in prohibited behavior. Disciplinary action may include consequences for individual student(s) and/or sanctions/suspensions being imposed upon a team, squad or student organization. Such responsive actions shall be consistent with the requirements and expectations of School District policies and procedures.

E. Bullying Prevention and Education

1. Bullying is any act of targeted or repeated negative actions, over time, in order to intentionally hurt or intimidate another person through the use of electronic or digital media, gestures, physical, emotional, or mental activity and is characterized by an individual or group behaving in a certain way as to gain power, or to harm, another person(s). Bullying is prohibited against any student for any reason, including but not limited to any such behavior that is directed toward a student on the basis of his or her academic

- performance or any basis protected by federal and state law, including disability, race, creed, color, sex, sexual orientation, national origin, religion, ancestry or the need for special education services, whether such characteristic(s) is actual or perceived.
2. Bullying is prohibited on district property, at district or school-sanctioned activities and events, when students are being transported in any vehicle dispatched by the district or one of its schools, or off school property when such conduct has a nexus to school or any district curricular or non-curricular activity or event.
 3. A student who engages in any act of bullying and/or a student who takes any retaliatory action against a student is subject to appropriate disciplinary action including, but not limited to, suspension, expulsion, and/or referral to law enforcement authorities. The severity and pattern, if any, of the bullying behavior shall be taken into consideration when disciplinary decisions are made. Bullying behavior that constitutes unlawful discrimination or harassment shall be subject to investigation and discipline under related Board policies and procedures. Students targeted by bullying when such bullying behavior may constitute unlawful discrimination or harassment also have additional rights and protections under Board policies and procedures regarding unlawful discrimination and harassment.

XIX. Sportsmanship

Introduction

Sportsmanship will be a primary goal of our athletic programs. It is an objective during practice as well as games. Players, coaches, cheerleaders, and spectators must display good sportsmanship at all times or they will not be able to participate in athletic events. We will require that all players, coaches, and parents sign a pledge to uphold our standards of sportsmanship and fair play. Interscholastic athletics plays an important role in the development of all those who participate. The life-long skills, attitudes, and positive experiences produced from athletic competition are immeasurable.

Interscholastic activities should be considered an extension of the traditional classroom.

One of the most important benefits of athletic competition is the building of character in individuals. Sportsmanship encompasses all of the positive characteristics of interscholastic athletics, including honesty, citizenship, fairness, respect, and adherence to the rules of the game.

Displaying good sportsmanship and being competitive can be achieved at the same time. Our goal should be to compete and bring out the best in ourselves and others in a manner that brings honor to each individual, our team, and our school. A victory without honor and integrity is not a victory at all.

A. Sportsmanship Mission Statement

1. Good sportsmanship is defined by Strasburg School District 31J as a commitment to fair play, teamwork, ethical behavior, and integrity. The values of good citizenship and high behavioral standards apply equally to all activities. The fundamentals of good sportsmanship will be characterized by our school expectations:
 - a) Perseverance
 - b) Respect and Responsibility
 - c) Integrity
 - d) Diversity
 - e) Excellence
2. We expect all participants and spectators to show respect for their team, the opponents, the officials, and the rules of the game. Please be a role model of what Strasburg School District stands for at all times.

B. Sportsmanship Pledge

1. The purpose of Strasburg Athletics is to develop character and promote good sportsmanship through a positive, competitive athletic environment. The highest potential of sports is achieved when participants are committed to pursuing victory with honor. Strasburg athletic participants are representatives of the Strasburg School District. Participants should display pride in themselves, their team, and their school at all times.

C. Sportsmanship Education

1. Sportsmanship is characterized by the following:
 - a) Play fair, take a defeat without complaint, and victory without gloating.
 - b) Treat others as you wish to be treated.
 - c) Respect others and one's self.

- d) Impose self-control, be courteous, and gracefully accept the results of one's actions.
 - e) Display ethical behavior by being good (character) and doing right (action).
 - f) Be a good citizen.
 - g) It is learning that each individual can control choices concerning his/her own behavior, and that such control is worthy of praise and respect. .
2. The CHSAA Executive Committee has requested that **Student/Athletes** observe the following rules:
- a) Accept and understand the seriousness of your responsibility, and the privilege of representing the school and the community.
 - b) Live up to the standards of SPORTING BEHAVIOR established by the school administration and the coaching staff.
 - c) Learn the rules of the game thoroughly and discuss them with parents, fans, fellow students and elementary students. This will assist both them and you in the achievement of a better understanding and appreciation of the game.
 - d) Treat opponents the way you would like to be treated, as a guest or friend. Who better than you can understand all the hard work and team effort that is required of your sport?
 - e) Wish opponents good luck before the game and congratulate them in a sincere manner that you would like to be greeted following either victory or defeat.
 - f) Respect the integrity and judgment of game officials. The officials are doing their best to help promote you and your sport. Treating them with respect, even if you disagree with their judgment, will only make a positive impression of you and your team in the eyes of officials and all people at the event.
 - g) The use of inappropriate language is penalized by disqualification. Athletes must adhere to the understanding that whenever their uniform is worn, they represent their school, and the philosophy of the school and CHSAA.
 - h) A player who is ejected from a game will follow CHSAA Rules for Ejection. If it is at the end of the season, they must miss the next contest in the next season. If an athlete is found to be in gross violation of the ethics of competition or the principles of good sportsmanship, he/she may be barred from interscholastic athletic contests, either as a participant or spectator, or both.
3. The CHSAA Executive Committee has requested that **Parents/Spectators** observe the following rules:
- a) Remember that you are at a contest to support and yell for your team and to enjoy the skill and competition; not to intimidate or ridicule the other team and its fans.
 - b) Remember that school athletics are learning experiences for students and they may make mistakes. Praise student-athletes in their attempt to improve themselves as students, as athletes and as people you would praise a student working in the classroom.
 - c) A ticket is a privilege to observe the contest, not a license to verbally assault others and be generally obnoxious.
 - d) Learn the rules of the game, so that you may understand and appreciate why certain situations take place. High School and Middle School rules may differ from what you see at the professional and collegiate levels.
 - e) Show respect for the opposing players, coaches, spectators and support groups. Treat them as you would treat a guest in your own home.
 - f) Respect the integrity and judgment of game officials. Understand that they are doing their best to help promote the student/athlete, and admire their willingness to participate in full view of the public.
 - g) Recognize and show appreciation for an outstanding play by either team
 - h) Refrain from the use of any controlled substances (alcohol, drugs, etc.) before, and during games, and afterwards on or near the site of the event (i.e. tailgating.)
 - i) Recognize and complement the efforts of school and league administrators for their efforts in emphasizing the benefits of educational athletics and the rule of good SPORTING BEHAVIOR to that end.
 - j) Be a positive role model through your own actions and by censuring those around you to that end.

- k) The use of inappropriate language is penalized by disqualification. Athletes must adhere to the understanding that whenever their uniform is worn, they represent their school, and the philosophy of the school and CHSAA.
- 4. Overall Behavior Expectations
 - a) Acceptable Behavior:
 - (1) Applaud during introduction of players, coaches, and officials and at end of contest.
 - (2) Cheer for your team, not against the opposing team.
 - (3) Accept all decisions of officials.
 - (4) Cheerleaders lead fans in positive cheers in a positive manner
 - (5) Handshakes between participants and coaches at the end of the contest, regardless of outcome.
 - (6) Treat competition as a game, not a battle.
 - (7) Coaches/players search out opposing participants to recognize them for outstanding performance or coaching.
 - (8) Keep a cool head at all times and show respect for yourself, the opponents, the officials, and the game itself.
 - (9) Everyone showing concern for an injured player, regardless of team. Encourage surrounding people to display only sportsmanlike conduct.
 - b) Unacceptable Behavior:
 - (1) Yelling or waving arms during an opponent's free throw attempt, serve, etc.
 - (2) Disrespectful or derogatory yells, chants, songs, or gestures.
 - (3) Booing or heckling an official's decision.
 - (4) Criticizing officials in any way; displays of temper towards officials.
 - (5) Cheers that antagonize opponents.
 - (6) Refusing to shake hands or give recognition for good performances. Blaming loss of game on officials, coaches, or participants.
 - (7) Laughing or name calling to distract an opponent.
 - (8) Use of profanity or displays of anger that draw attention away from the game.
 - (9) Doing own yells instead of following the lead of cheerleaders.

XX. Student Athlete Handbook Sign-off Form

By signing this school I am indicating that I have read and understand the guidelines of the 2024-25 Activities and Athletic Handbook. I agree to uphold the expectations of the Sportsmanship Pledge. I will represent myself and my school with pride both on and off the playing field. I have also read and understand the CHSAA Eligibility Information. I understand and acknowledge the inherent risks of participating in athletics.