

COOLIDGE JR. HIGH SCHOOL PARENT AND STUDENT ATHLETIC HANDBOOK

CAPABLE, UNSTOPPABLE, BRAVE, AND STRONG



Athletic Director: Trenton Herrera

Phone: 520-759-4054

Email: trenton.herrera@coolidgeschools.org

Administrative Assistant: Amy Sanchez

Phone: 520-759-4051

Email: amy.sanchez@coolidgeschools.org

Introduction

The Coolidge Jr. High School Athletic Handbook is a reference guide for coaches, parents, student athletes concerning the policies that govern interscholastic athletics at Coolidge Jr. High School.

The coach of an athletic team reports the Athletic Director and is primarily responsible for the compliance by his/her team members to the rules, regulations, and policies governing athletics at Coolidge Jr. High School. The Athletic Director will administer these rules and regulations as they relate to inter-team and inter-coach relationships.

Sound reasoning, good judgement, and adherence to the school districts core values will be the standard by which situations outside these stated rules and regulations are determined and evaluated. The Athletic Director will refer to the district policies and district handbook to address situations outside the handbook.

Interscholastic athletics is a voluntary program. Students are not obligated to participate. Thus, competition in jr. high school athletics is a privilege and not a right. Accompanying this privilege is the responsibility to conform to standards established for the jr. high school athletic program. This privilege may be revoked if the athlete fails or refuses to comply with the rules.

Vision Statement

Coolidge Jr. High School Athletics vision is to raise the standard of our expectations for our student-athletes in their academic and athletic performance through education-based athletics.

Mission Statement

It is the mission of Coolidge Jr. High School Athletic Department to provide an interscholastic athletic program that supports, challenges, and empower our student athletes. Our athletic department will provide an educational based athletic program that emphasized the development a lifelong learning, value, skills through hard work, sportsmanship, ethical conducts, and fair play. Being a student athlete at Coolidge Jr. High School is preparing the student to be a positive representation of their school and community.

Athletic Philosophy

Participation is privilege that carries with it responsibilities as a representation of Coolidge Jr. High School. The interscholastic athletic program is a valuable aspect of the educational journey and development while at Coolidge Jr. High School. Student will be provided with opportunity to develop and progress their athletic skills, apply those skills in healthy competitions, and grow in characteristics such as leadership, integrity, and sportsmanship. This athletic philosophy is developed to support the vision and mission statement of Coolidge Jr. High School.

By participating in athletics at Coolidge Jr. high School students are being prepared to mature physically, emotionally, and socially. Student will learn the importance or personal development

and growth, integrity, and commitment to those around them. Athletic provides the opportunity for a student athlete to exhibit their physical skills, while allowing them the opportunity to apply these skills and acknowledge to new situations pertaining to their everyday life.

Students and parents are expected to commit to providing an athletic environment conducive for all. This entails displaying good sportsmanship as a participant and a spectator at athletic events. Student and parents will be held accountable for conducting themselves in a positive manner during times of winning and losing. Through participation and competition students will represent both school and community pride.

Policies and Procedures

Athletic Program Governance

All athletic programs in the Coolidge Unified School District are governed first by Coolidge District policy, secondly by the National Federation of High Schools (NFHS), and thirdly by the Canyon Athletic Association (CAA).

Tryouts/ Roster Cuts

Some sports have a limited roster, which means that not all interested and able student athletes may find a place on a particular team. Coaches will be responsible for giving details into skills and qualities they deem necessary to make their team.

| Quarter 1 | Quarter 2 | Quarter 3 | Quarter 4 |
|-------------------------------|----------------------------|---|-----------------|
| Baseball | Softball | Flag Football (6 th grade Only) (Coed) | Boys Basketball |
| Volleyball | Wrestling (Boys and Girls) | Girls Basketball | Girls Soccer |
| Swim (Coed) | 7v7 Passing League (Coed) | Tennis (Coed) | Boys Soccer |
| Cros Country (Boys and Girls) | | Tackle Football (7 th and 8 th Grade) | Cheer |
| | | Cheer | |

Participation Opportunities

It is the philosophy of the jr. high school athletic department that athletes shall enjoy as many athletic seasons as possible in which the student-athlete and his or her parents wish to participate, without undue influence from any coach to specialize in one sport. All coaches will support participation in other sports.

Once a season has started no student shall change sports without the consent of each coach involved. Athletes cut from one sport may try out for another sport, with the receiving coach's

permission, providing they were not cut from the first sport for disciplinary reasons. No athlete dropped from one squad for disciplinary reasons, or who quits, shall be eligible to complete in another sport for that season without athletic department approval. No athlete dropping a sport program may start another until that sport program has completed regular season play. Sport specific organized, preseason activities will not be allowed as part of this stipulation. An athlete may not start another sport until all school issued equipment is checked in from previous programs for which they participated.

Preseason Parent Meeting

An important factor to achieve a positive experience for the athlete is to ensure there are clear lines of communication. As a parent you deserve the right to know what expectations will be placed on your student-athlete. A Coach/ Parent preseason meeting should provide you with the following information:

- Philosophy of coaching
- Expectation of coaching
- Team requirements and rules
- General protocol regarding academic eligibility
- Fundraising protocols
- Participation code of conduct (contracts)

Physical Packet Documentation

In effort to ensure the safety and well-being of each athlete at Coolidge Jr. High School, every student athlete will be required to complete the documents that are included in the Physical Packet. It is critical that every document is completed based on the designated date given to your sport by the athletic department. No student will be allowed to participate past the given deadline without completing the necessary documents. Support will be provided to anyone in need to ensure proper registration.

Athletic Trainer/ Doctor

Coolidge Jr. High School/ CAA will provide an onsite athletic trainer at some athletic events. If your student athlete become injured during practice or competition, please make sure that your coach is aware of the injury right away. Any student athlete under the doctor's care cannot return to practice or games without a doctor's release and the Athletic Director's approval.

Practice Procedures

Team practice sessions cannot begin until all members of a respective program have completed their academic school day. A student must be present at least half of the academic school day to participate to participate in practices and/or games. Practice will take place each schools day during the respective season. Coaches may require student athletes to attend practice on non-

school days. Expect for competition days, practice is expected to take place, and all athletes are expected to attend unless an emergency or an extenuating circumstance arises. Coaches will be required to maintain attendance.

Equipment/ Uniforms

Athlete who damages or lose their uniform/equipment are liable for all replacement costs. No athlete may start another sport until all school issued equipment is checked in from the previous program from which they participated or has reimbursed the Athletic Office for the replacement cost of missing/damaged items. Coaches will work directly with the Athletic Office on inventorying equipment/uniforms.

Student/Parent Communication Protocols

Should a situation require a conference with a coach, the following procedures should be followed to help address the concern.

- When appropriate your student should first talk with the coach about the concern.
- Should the concern not be resolved, the parent(s)/guardian(s) should schedule a conference with the coach.
- If the parent(s)/guardian(s) need further discussion on the concern the parent(s)/guardian(s) should contact the Athletic Director.
- Should it be necessary, the final step for the parent(s)/guardian(s) to meet with the sire principal to discuss the previous meeting and dissatisfactions.

The following are appropriate concerns to discuss with coaches:

- Advance notice of schedule conflicts
- The treatment of your child
- Concerns of your child's behavior
- Concerns of your child's grades
- Injury status and/or rehabilitation timeframe

The following topics are left to the discretion of the coaches and their staff and are not appropriate to discuss with coaches and school administration.

- Playing time
- Team roster
- Team strategies
- Thoughts about other student athletes

Please refrain from attempting to schedule meetings with a coach during the following times.

- Immediately before/after an athletic contest
- During practice

- In the presence of other student athletes
- When it is apparent that there is not sufficient time to complete the conversation

Academic Eligibility

Eligibility checks will be done by the Athletic Director's office weekly while in season.

*** A soft pull of student's grade will occur on Wednesdays at 8:00am for grade checks. A hard pull will occur the oncoming Monday at 10:00am for those students failing during the soft pull to determine eligibility; they will remain ineligible for the rest of the eligibility period totaling 6 days (Monday- Saturday).

1. All student athletes are expected to achieve at least a 2.0 grade point average (GPA). Student who falls below a 2.0 GPA at the time of each eligibility check will be deemed ineligible for participation.
2. Student must be passing all CUSD classes, including Coolidge Virtual Academy (CVA) on-line courses (students may not receive any "Fs")

Consequence of Academically Ineligibility

1. 1st and 2nd time ineligible athletes may not travel to away games or dress from home games; however, they are to attend practices, as well as home games.
2. 3rd ineligible in the same season may result in an athlete being removed from the team.

School Absences

Students involved in extra-curriculum activities must attend 4 periods and/or 50% of the number of classes they have scheduled on a given day to practice/compete/perform at that day's scheduled event, (i.e. athletic completion, fine arts performance, etc.) Any exception to this policy must be approved by school administration. Although athletic events are considered excused absences, it is the athletes' responsibility to inform their teachers of their absences and to make up any classwork or homework missed because of athletic absences.

Coach To Student/Parent Communication

Coolidge Jr. High School will utilize the Band App for communication between coaches and parents and/or students. This will allow coaches to notify all athletes and parents instantly about last-minute changes. Announcements, flyers, forms, signups, photos, and videos can all be kept in the Band App. Parent and students may communicate with the coach using the Band App by utilizing direct messenger. Coaches will be required to communicate with students through the Band App, so it mandatory that the student be in the Band App! Per district policy it is implied that coaches should not have contact with students via social media and/or personal phones.

Behavior and Character

A student who received an out of school suspension (OSS) is considered ineligible for any participation or travel for the duration of the suspension. Dismissal from the team is possible. A student who received an in-school suspension (ISS) is considered ineligible for any home/away game for the duration of the suspension, they can practice.

Anti-Intimidation and Anti-Hazing

A student shall not engage in any activity involving an initiation, hazing, intimidation, assault or other activity related to group affiliation that is likely to cause or does cause bodily danger, physical harm or personal degradation or disgrace resulting in physical or mental harm to students or others. All intimidations, including those related to any school club, athletic team or other group are subject to the above prohibition whether the conduct occurs on or off school grounds.

Travel/Transportation

It is the responsibility of the athlete to see their teachers the day before class if they are to miss because of an athletic contest. Transportation to and from all athletic contests will be provided by school district approved transportation whenever possible. In an event a student needs to be driven by a parent to an athletic contest, a written request must be submitted by the parent/guardian and approved by the Athletic Director 24 hours in advance of the contest. Should this be impossible, communication with and approval by the Athletic Director or school administrator is a must. Parental transportation from a contest is allowed given the "Transportation Guidelines" form, which is included in this packet, is signed, and returned. A parent/guardian may provide transportation for their child only. No student may drive another student. (Any exception must be approved by the Athletic Director and have written parent permission on file)

COOLIDGE JR. HIGH SCHOOL

"Home of the Cubs"

2025-2026 ATHLETIC CLEARANCE PACKET

Submit completed physical packets to the CJHS Athletics office

Incomplete packets will not be accepted

Check List of Requirements:

___ CAA Physical Evaluation Packet W/ Concussion Form

*Must be signed by a licensed physician (MD, DO, ND, NMD, NP, PA-C, CCSP)

*Must be signed by Student-Athlete and Parent/Guardian

*Physical must be dated June 1, 2025, or later

___ Athletic Emergency Sheet

*Must be signed by Student-Athlete and Parent/Guardian

___ Consent to Treat Form

*Must be signed by Parent/Guardian

___ Brainbook Concussion Education (AIA's academy website at: aiaacademy.org)

*Must be completed by Student-Athlete

___ Code of Conduct/ Athletic Handbook Acknowledgment

*Must be signed by Student-Athlete and Parent/Guardian

___ Code of Conduct/ Canyon Athletic Association

*Must be signed by Student-Athlete and Parent/Guardian

___ CUSD Transportation Form

*Must be signed by Student-Athlete and Parent/Guardian

___ 21st Century Permission Slip

*Must be signed by Student-Athlete and Parent/Guardian

All items from the above check list MUST be turned into the Athletics Office prior to participation in any activity. All fees must be taken care of before the athlete has joined a team.

Student Name _____

Date _____

Parent Name _____

Date _____

FOR OFFICE USE ONLY

NAME: _____ GRADE: _____ PHYSICAL DATE: _____

Submitted By: _____

Code of Conduct and Athletic Handbook Acknowledgment

As an athlete of Coolidge Jr. High School, I understand that it is my responsibility to:

1. Ensure that academic achievement is the highest priority.
2. Show respect for teammates, opponents, coaches, and officials.
3. Exhibit fair play, sportsmanship, and proper conduct on and off the playing field.
4. Refrain from the use of profanity, vulgarity, and other offensive language and gestures towards teammates, opponents, coaches, and officials.
5. Respect all equipment and use it safely and appropriately.
6. Refrain from the use of alcohol, tobacco, illegal and non-prescriptive drugs, anabolic steroids, or any substances to increase physical development or performance that is not approved by the United States Food and Drug Administration, Surgeon General of the United States or American Medical Association.
7. Win with character, lose with dignity.
8. Adhere to the established rules and standards of the game to be played.
9. Maintain a high level of safety awareness.
10. Know and follow all state, section, and school athletic rules and regulations as they pertain to eligibility and sports participation.

Athletic Handbook Acknowledgment

I acknowledge that I have read the Athletic Handbook for athletes and parents and understand the risk involved with athletic participation. I also acknowledge the rules and consequences outlined. Lastly, I acknowledge the code of conduct that is expected and agree to abide to the rules and consequences as outlined in the entirety of this Athletic Handbook.

Printed Name of Student Athlete

Signature of Student Athlete

Printed Name of Parent/ Guardian

Signature of Parent/ Guardian

Date

Date



SPECTATOR CODE OF CONDUCT

The Canyon Athletic Association (CAA) encourages the attendance of students, parents, and fans at all of our athletic events. It is not our intent to reduce the involvement of spectators or the enjoyment of those who participate. Rather, it is our goal to create an atmosphere which is conducive to healthy athletic competition, is safe for those involved, and which provides the ideals of sportsmanship and sound educational practices.

It is expected that spectators will:

1. Show respect at all times by making only positive comments. Appreciate the good plays by both teams.
2. Realize that obscene cheers, taunting, foul and abusive language, and disrespectful signs have no place in interscholastic athletics. **There is a zero-tolerance policy.**
3. Display good sportsmanship by being modest in victory and gracious in defeat.
4. Show respect for the judgement of coaches and officials.
5. Know, understand and appreciate the rules of the game. Familiarity with the NFHS and CAA rules is essential in understanding the game and being a good spectator.
6. Acknowledge fields and courts as the player's domain during contests.
7. Monitor the safety of children in bleachers.
8. Athletic contests home, away or at a neutral site are an extension of the classroom. All school rules are in effect.
9. Spectators will respect and obey all school officials and site supervisors at contests.
10. There will be no ringing of bells, sounding of horns, or other artificial noise makers at indoor contests.
11. The throwing of debris, confetti, or other objects is prohibited.

Exceptions to this behavior will lead to ejection from the event and may impact your team's contest.

Printed Name of Student Athlete

Signature of Student Athlete

Printed Name of Parent/ Guardian

Signature of Parent/ Guardian

Date

Date

CUSD INTERSCHOLASTIC ATHLETIC TRANSPORTATION GUIDELINES

*Student-athletes are not authorized to drive themselves or others to or from athletic competitions.

*CUSD will provide team transportation to and from athletic events. Team policy permitting, parents may transport their student-athlete following a competition.

I/We wish to provide transportation for our son/daughter following athletic competitions during the current school year 2025-2026.

I/We understand that we are waiving any claims I/we may have against Coolidge Unified School District and are relieving the district of any liability with regards to the safe transport of my/our son/daughter.

I/We understand that I/we may transport ONLY my/our own son/daughter from the contest. The authorized adult must make face-to-face contact with the coach prior to leaving with the student-athlete.

I/We also understand that violation of these transportation regulations and guidelines may result in my/our son/daughter becoming athletically ineligible.

Athlete Signature

Date

Parent/Guardian Signature

Date

Parent/Guardian Signature

Date

Coolidge Jr. High School Athletic Clearance Packet

EMERGENCY SHEET

2025-2026

Name: _____ Student ID: _____ DOB: _____

Gender: M / F (circle one) Grade Level: 5 6 7 8 (circle one)

Mailing Address: _____

Parent Contact Information

Mother: _____ Home Phone: _____ Cell Phone: _____

Father: _____ Home Phone: _____ Cell Phone: _____

Guardian: _____ Home Phone: _____ Cell Phone: _____

Preferred Hospital: _____ Phone: _____

Preferred Physician: _____ Phone: _____

In case of emergency, if parents cannot be contacted, please give the name of a relative or close friend who will assume responsibility.

Emergency Contact 1: _____ Relationship: _____ Phone: _____

Emergency Contact 2: _____ Relationship: _____ Phone: _____

Medication Allergies: _____

Medical Conditions: Asthma _____ Diabetes _____ Allergies _____ Others _____

Athlete Insurance Information

Athlete has health insurance: Yes ___ No ___ (mark one)

Student-athletes must have medical insurance. Coolidge Unified School District does not provide health insurance for student-athletes.

The student will continue to be covered during the present year by an accident/ health insurance policy issued by:

Insurance Company Name: _____

Policy Number: _____

If emergency service involving medical action or treatment is required and neither parent or guardian can be contacted, I hereby consent for the student named above to be given care.

Signature of Parent/ Guardian _____ Date _____

CJHS Athletic Club

We are requiring that all students participating in CJHS athletics to join our 21st Century Grant CJHS Athletic Club, which is a free after school program for academic enrichment, youth development, and family engagement.

Benefits:

- All athletes will receive a snack after school before practice.
- This will also make it easy for your child to receive tutoring if they fall behind in class and are ineligible to play. Students who are added to the Ineligible List will remain after school, receive a snack, and simply attend tutoring during practice time to improve their grades and if successful, they'll return to the team in good standing.

Details:

- Days: Monday - Thursday
- Time: 2:40 pm to 4:30 pm
- Location: Coolidge Junior High School

Student Name: _____ Grade: _____

Homeroom teacher: _____

Parent Name: _____

Parent Phone Number: _____

Parent email: _____

Does your student need bus transportation? _____

Parent Signature

If you have questions, please email the coordinator at Consuelo.montanez@coolidgeschools.org



The Nita M. Lowey 21st Century Community Learning Centers (21st CCLC) Title IV-B afterschool program is funded by a federal grant from the U.S. Department of Education and administered by the Arizona Department of Education. For more information visit: <http://www.azed.gov/21stcclc/>