

MESA COUNTY VALLEY SCHOOL DISTRICT #51

GRAND JUNCTION, COLORADO

2025-26 PARENT / ATHLETE HANDBOOK



For high school athletic information, please visit:

www.mesacountyvalleysd.org

Find your school on these sites.

This website includes:

- **Current schedules**
- **Rosters**
- **Scores**
- **Standings**
- **Schedule change notifications**
- **Weekly game reminders**
- **School calendars**

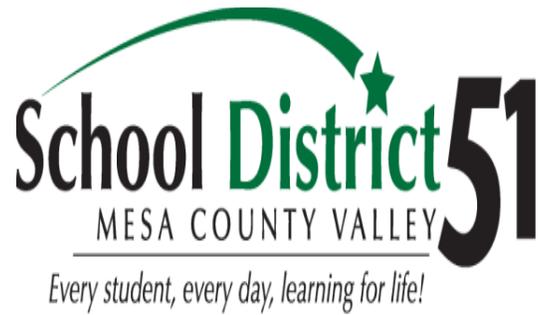
For high school athletic registration, please visit:

Central - <https://chsd51-ar.rschooltoday.com/>

Grand Junction - <https://gjhsd51-ar.rschooltoday.com/>

Fruita Monument - <https://fmhsd51-ar.rschooltoday.com/>

Palisade - <https://phsd51-ar.rschooltoday.com/>



2025-26 PARENT /ATHLETE HANDBOOK MESA COUNTY VALLEY SCHOOL DISTRICT #51



PLEASE VISIT

WWW.D51SCHOOLS.ORG

TO VIEW CURRENT ATHLETIC SCHEDULES FOR
CENTRAL
FRUITA MONUMENT
GRAND JUNCTION
AND PALISADE HIGH SCHOOLS.

2115 Grand Avenue Grand Junction, Colorado 81501

TABLE OF CONTENTS

INTRODUCTORY SECTION

Administrative Staff	5
Mission Statement	6
District 51 Participant Expectations	6
Philosophy Statement	6
Open Letter to Parents and Student/Athletes	7-8

INFORMATIONAL SECTION

Communication Model	9-10
Sportsmanship	11
Athlete Clearance Information	11
Fees Information	11
Physical Evaluation	11
Student Insurance Requirement	12
Trainer Availability through St. Mary's Partnership	12
NCAA Clearinghouse Information	13-15

ELIGIBILITY STANDARDS

Attendance and Tardy Expectations	16
Assignment of Students to Schools	16
Eligibility Issues	17
CHSAA Transfer Rule	17
Governing Bodies	18
Head Trauma	18

ATHLETIC TRAINING CONTRACT

District 51 Athletic Contract	19-23
-------------------------------	-------

HAZING

24

VARSITY LETTERING

Lettering Guidelines	25-26
----------------------	-------

ACKNOWLEDGEMENT OF RISK

Statement of Risk	26
-------------------	----

ADMISSION PRICES

27

ADMINISTRATIVE STAFF

HIGH SCHOOL ATHLETIC DIRECTORS

Central High School
Fruita Monument High School
Grand Junction High School
Palisade High School

Phil Johnston
Mark Puev
Shawn Marsh
Gregg Hawkins

HIGH SCHOOL PRINCIPALS

Central High School
Fruita Monument High School
Grand Junction High School
Palisade High School

Zeb Hayward
Newt Klusmire
Jory Sorensen
Dan Bollinger

DISTRICT #51 ATHLETIC DIRECTOR

Paul Cain

SUPERINTENDENT OF SCHOOLS

Brian Hill

BOARD OF EDUCATION

District A
District B
District C
District D
District E

Jose Luis Chavez
Barb Evanson
Andrea Haitz - President
Will Jones – Vice President
Angela Lema - Secretary

DISTRICT 51 ATHLETICS MISSION STATEMENT

Developing champions for life!

CORE VALUES

- Participation is a Privilege
- Athletics and Activities programs are education-based/an extension of the classroom
- Participation in Athletics and Activities teach life skills
- Appropriate perspective is taught through participation
- Fun is a primary reason for a student's participation
- Participation supports the development of positive character

DISTRICT 51 PARTICIPANT EXPECTATIONS

We expect athletes to be a positive role model while maintaining high standards of personal conduct on and off the athletic field. Athletes are expected to treat parents, coaches, teachers, teammates, their school and community with honor and dignity. They will sign a contract to not use alcohol, tobacco, or other drugs. Any conduct considered detrimental to the team, school, or community that includes but may not be limited to citizenship, sportsmanship, or poor representation of the District 51 philosophies of Athletics may be grounds for suspension from activities.

PHILOSOPHY & VALUES

Athletics are an important part of our education program. Participation in a sound athletic program contributes to good sportsmanship, character, physical development, coordination, and a wholesome interest in team and lifetime sports. Interscholastic sports competition exemplifies the value of the democratic process and of fair play. Through participation, the student/athlete learns how to work with others for the achievement of group goals. Participation in interscholastic sports is a living laboratory of equal opportunity in action where all students are treated without favor or prejudice.

The program of interscholastic sports will be an integral part of the total educational experience. It will, above all else, foster the growth and well-being of the individual student.

Good sportsmanship practices build lifelong values. The student/athlete who acts fairly, observes laws and customs, treats others with consideration, and overcomes adversity with dignity earns respect. Students in today's schools are tomorrow's community leaders and citizens and as adults will demonstrate many of the attributes they learn through their participation in athletics.

The School District is well aware of the importance of athletics. We also recognize that they should not overshadow the emphasis placed on academics and achievement in the classroom. Schools maximize student/teacher contact by minimizing the loss of school time involved in extracurricular activities. It is our expectation that the approach to success in the classroom is equally important to student/athletes and parents as the success we all hope to achieve on the field of competition. **We want our student-athletes to pursue victory with honor and integrity!**

Dear Parent and Student/Athlete:

It is our hope that your family involvement with the District athletic program is a positive and rewarding experience. This open letter is to provide information to you about the high school competitive athletic program in District 51. This information should help you understand how a competitive program is conducted and what comprises our expectations and philosophy.

- In each program, coaches are hired to be responsible for team selection. The criteria for selection are established by the head coach and/or coaching staff along with the building athletic director. This may be a highly subjective process. Team selection, practices, and decisions regarding game situations are the sole responsibility of the coaching staff.
- If you have questions regarding the selection process, they are to be addressed directly to the head coach. To make an appointment please contact the coach at school and not at home. If the coach cannot answer your questions, please contact the building athletic director.
- Our athletic programs have become highly competitive. Due to large schools and limited opportunities, we are unable to place every child who wishes to participate on a team. While this is not our desire, it is a reality. The hardest thing our coaches have to do is to tell young people they will not be on a team.
- Please be sure, when your child tries out for a team both you and he/she understand there is a possibility he/she may not be selected. If selected, both you and your child should be prepared to accept placement at any team level. Your child may be a member on the freshman, junior varsity, or varsity team. These are the coach's decision. Remember, if a student tries out for a team and quits they may deprive another student the opportunity to be on a team.
- In most cases, coaches have a short period of time to make team selections. Coaches place a great deal of pressure on themselves to do the best they can in evaluating talent and placing the student on a particular level. Any one of us might select a team differently. Again, it is the coach's responsibility and right to select the teams with whom they will work for the entire season.
- Our experience in athletics reveals there are many "select teams" sponsored by many different organizations. Each coach looks for something different in his or her players. Participation on a "club team" does not guarantee any player a spot on any high school team. While we believe players can gain valuable experience outside of the school athletic program, parents and students should not count on this type of participation to "guarantee" a spot on any high school team.
- In order to make a varsity team as a senior a player must be advanced and also play a position the team needs. Underclass student/athletes possessing these qualities have the same opportunity to make a team as the senior does. Our team structure (freshman, junior varsity, and varsity) dictates there will always be more underclass athletes than seniors in the total program. Please note that not members on a team will make the traveling squad.
- A main goal of a competitive athletic program is to put the most talented members of the team in competition to win the contest. Starting positions and playing time are not guaranteed to seniors or anyone else making a team. Each member of a team is very valuable to the team's overall progress. Some members may play a great deal of time in a contest while others may not see "significant" playing time. These are a coach's decision. Each student should have personal improvement as one of his/her goals.

- By being a member of a team, regardless of time spent in actual competition, a person can learn many valuable lessons. Among them are the following:
 - Citizenship
 - Sportsmanship
 - Leadership
 - Respect
 - Responsibility
 - Commitment
 - Loyalty
 - Teamwork
 - Humility
 - Dignity

We sincerely hope this helps you in understanding the goals and philosophies of the competitive athletic program in District 51. Please feel free to contact us if you have any questions regarding any aspect of the athletic program.

Respectfully,

Phil Johnston, Central High School (254-6100)

Tish Elliott, Central High School (254-6100 x 22102)

Mark Puev, Fruita Monument High School (254-6600)

Jordan Jensen, Fruita Monument High School (254-6600 x 23501)

Shawn Marsh, Grand Junction High School (254-6900)

Missy Carroll, Grand Junction High School (254-6900 x 24101)

Gregg Hawkins, Palisade High School (254-4800)

Mallori Montgomery, Palisade High School (254-4800 x 25106)

Paul Cain, District 51 (254-5154)

Stephanie Wade, District 51 (254-5159)

COMMUNICATION MODEL

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to children. As parents, when your child becomes involved in our program, you have a right to understand what expectations are placed on your child. Communication is the key component to information and understanding. Sport specific coaches should be able to give you the following:

- General sport coaching philosophy
- Expectations the coach has for your child as well as other members of the team
- Locations and times of all practices and contests
- Team requirements; i.e. special equipment, membership, out of season conditioning, what to do in case of injury, rehabilitation procedure
- Discipline and team policies above and beyond the District's minimal standards

Coaches should be afforded information well in advance of issues concerning the possibility of missed practices and/or contests due to family issues. Potential conflicts should be brought to the coach's attention prior to the season if possible.

Your child will experience some of the most rewarding moments of his/her life during their athletic careers. It is important to understand that there also may be times when things do not go as you or your child may anticipate. This is when communication is most important.

- Concerns may be with respect to the treatment of your child
- What the role of your child may be with respect to the team
- Ways to help your child improve physically and emotionally
- Behavior changes in your child

Coach's decisions regarding playing time, team selection, starters, reserves, captains, travel squads, offenses, defenses, team strategies, other student/athletes are not appropriate issues for discussion with coaches. We may all do things differently.

Should conflicts arise please follow this process in seeking a resolution:

1. Student/Athlete & Coach
2. Student/Athlete & Building Athletic Director
3. Parent & Coach
4. Parent & Building Administrator
5. Parent & District Athletic Director

We believe communication works to enhance the opportunity for understanding and resolution for any appeals that might be requested. Please schedule these appointments through the school Activities Department. **Do not confront a coach before or after a contest or practice.**

Thank you for your consideration and cooperation!

24 HOUR RULE FOR COMMUNICATION

- **The Athletic Department graciously requests that parents and coaches respect a 24 hour rule for communication after a contest. This is beneficial for a variety of reasons, including:**
- **A more solution focused discussion**
- **The ability to identify issues more quickly and clearly.**
- **This lends itself to a more productive opportunity to listen and discuss.**
- **Thank you in advance for you cooperation.**



SPORTSMANSHIP

“A real exemplar of good sportsmanship is one who plays fair in the strenuous game of life; who is clean in body, mind and soul; whose associates are known for their integrity; who is courteous to friend and foe; who is too considerate toward the feelings of others; too sensible to degrade one’s self-respect; whose hopes and dreams are founded on the rock of determination; who looks you straight in the eye; who meets victory without boasting, defeat without bitterness, and life with a smile.” Author Unknown.

REQUIRED ATHLETIC CLEARANCE

In order for a student/athlete to participate in any interscholastic sport, cheerleading or poms, he/she must complete each of the following and be cleared by the school’s athletic office. Please go to www.planetHS.com.

1. Current Physical Examination/Screening
2. Parent/Guardian Participation Permit
3. Affidavit of Residence
4. Proof of Insurance
5. Emergency Medical Treatment
6. Athletic Fee
7. Training Rules Contract
8. Media Release Statement



FEE INFORMATION

The School Board has authorized the Athletic Department to assess an athletic fee to students participating on one or more teams during each season. The fee does not guarantee playing time. The following guidelines were developed to defray the cost of equipment, travel, lodging, meals, and generally the cost of sponsoring existing programs.

1. A fee of \$150 per sport per athlete will be paid with a family maximum of \$600.
2. A student will not be allowed to participate in any practice, game until the fee has been paid, or a payment plan has been arranged with the building athletic director. If there is a financial hardship please contact the building Athletic Director.
3. Participants that quit or are cut from a sport up to and including the fifteenth calendar day from the participant’s first day of practice will be refunded in full once all equipment has been checked in to the appropriate coach. Requests for the refund must be made no later than fifteen calendar days after the first day of practice.
4. Please understand that we cannot take all students on road trips. In some sports, athletes will need to make the traveling team in order to participate on road trips.

PHYSICAL EVALUATION

No student will participate in a formal practice or represent his/her school interscholastically until there is a statement on file in the school’s athletic office signed by the parent/guardian and a practicing physician/nurse practitioner or physician’s assistant certifying that:

1. The prospective student/athlete has passed an adequate physical examination within the past 365 calendar days
2. That in the opinion of the examining physician/nurse practitioner or physician’s assistant, he/she is physically fit to participate in high school athletics
3. He/she has the consent of his parent/guardian to participate

STUDENT INSURANCE

Any student participating in interscholastic sports will be required to carry the accident insurance coverage offered at the school or provide evidence that adequate insurance coverage is carried by his/her parent/guardian.

District 51 DOES NOT carry accident insurance coverage to protect student/athletes against injuries occurring in practice or games. The district DOES OFFER the opportunity for parents to purchase voluntary, low cost insurance protection for students. This plan is available at your high school's athletic office or at the Insurance/Risk Management office at 2115 Grand Avenue (254-5133).

Details of the insurance coverage are provided on the descriptive folder and application forms distributed to student/athletes each year as part of their clearance packet before they can participate. Additional questions regarding coverage and requests for assistance in filing claims should be directed to the insurance agent referenced on the application envelope.

IT IS THE RESPONSIBILITY OF THE PARENT/GUARDIAN TO MAINTAIN ADEQUATE INSURANCE.

TRAINERS

District 51 has five athletic trainers that split time between the schools. Community Hospital is providing three athletic trainers for District 51.

TRANSPORTATION

It is not practical for District 51 to provide accommodations for all transportation requirements within the valley related to athletic participation. Therefore, within the Grand Valley, parents may at times be responsible for transporting students to practices and/or contests. Students need to travel with coaches in District 51 vehicles to any athletic contest sponsored by District 51 or CHSAA scheduled outside the valley. Students can only be released to PARENTS for the return trip home. In circumstances deemed appropriate, the coach and school administration may approve student/parent travel arrangements to events for academic reasons. Please note not all students on a team will make the traveling squad for out of town trips.



www.ncaaclearinghouse.net

NCAA CLEARINGHOUSE

Athletes interested in participating in collegiate athletics at the NCAA level must be cleared by the NCAA Clearinghouse in order to participate their freshman year in college. Each high school counseling/athletic department has this information available to you. You can also register on-line at www.ncaaclearinghouse.org. Student/athletes must also take the ACT and/or SAT test to qualify for the clearinghouse. Participation at the college level in athletics requires you to take one of these tests and meet specific requirements. See your counselor, coach, and/or athletic director for more information.

Hot Topics

- Test score rule: Test scores must be reported to the eligibility center directly from ACT or SAT.
- High school core-course list: Is yours up to date? Verify the classes you are taking and/or scheduled to take appear on your high school's approved core-course list.
- Amateurism questionnaire and final authorization signature: Remember to log back in to your account and finalize your amateurism questionnaire before you enroll in college. If you are beginning school in the fall semester (August), you will need to complete the amateurism questionnaire and sign the final authorization signature on or after April 1 prior to enrollment. If you are beginning school in the spring semester (January), you will need to complete the amateurism questionnaire and sign the final authorization signature on or after October 1 of the year prior to enrollment.

What Do I Need To Do?

- **Grade 9**
 - Verify with your high school guidance counselor and the online core-course listing to make sure you are on track.
- **Grade 10**
 - Verify with your high school guidance counselor and the online core-course listing to make sure you are on track.
- **Grade 11**
 - Register with the eligibility center.
 - Make sure you are still on course to meet core-course requirements (verify you have the correct number of core courses and that the core courses are on your high school's 48-H with the eligibility center).
 - After your junior year, have your high school guidance counselor send a copy of your transcript. If you have attended any other high schools, make sure a transcript is sent to the eligibility center from each high school.
 - When taking the ACT or SAT, request test scores to be sent to the eligibility center (the code is "9999").
 - Begin your amateurism questionnaire.
- **Grade 12**
 - When taking the ACT or SAT, request test scores to be sent to the eligibility center (the code is "9999").
 - Complete amateurism questionnaire and sign the final authorization signature online on or after April 1 if you are expecting to enroll in college in the fall semester. (If you are expecting to enroll for spring semester, sign the final authorization signature on or after October 1 of the year prior to enrollment.)
 - Have your high school guidance counselor send a final transcript with proof of graduation to the eligibility center.

NCAA FRESHMAN-ELIGIBILITY STANDARDS QUICK REFERENCE SHEET - KNOW THE RULES:

Core Courses

- **NCAA Division I requires 16 core courses.** See the chart below for the breakdown of this 16 core-course requirement.
- **NCAA Division II requires 16 core courses.** See the breakdown of core-course requirements below. Please see the chart below for the

Test Scores

- **Division I** has a sliding scale for test score and grade-point average. The sliding scale for those requirements is shown on page two of this sheet.
- **Division II** has a minimum SAT score requirement of 820 or an ACT sum score of 68.
- The SAT score used for NCAA purposes includes **only** the critical reading and math sections. The writing section of the SAT is not used.
- The ACT score used for NCAA purposes is a **sum** of the four sections on the ACT: English, mathematics, reading and science.
- **All SAT and ACT scores must be reported directly to the NCAA Eligibility Center by the testing agency. Test scores that appear on transcripts will not be used. When registering for the SAT or ACT, use the Eligibility Center code of 9999 to make sure the score is reported to the Eligibility Center.**

Grade-Point Average

- Only core courses are used in the calculation of the grade-point average.
- **Be sure** to look at your high school's list of NCAA-approved core courses on the Eligibility Center's Web site to make certain that courses being taken have been approved as core courses. The Web site is www.eligibilitycenter.org.
- **Division I** grade-point-average requirements are listed on the following page.
- **The Division II** grade-point-average requirement is a minimum of 2.000.

DIVISION I

16 Core-Course Rule - 16 Core Courses: 10 core courses, with at least 7 in English, Math or Science before your 7th semester with a 2.300 GPA in your core courses. st

- **4 years of English.**
- **3 years of mathematics (Algebra I or higher).**
- **2 years of natural/physical science (1 year of lab if offered by high school).**
- **1 year of additional English, mathematics or natural/physical science.**
- **2 years of social science.**
- **4 years of additional courses (from any area above, foreign language or non-doctrinal religion/philosophy).**

DIVISION II

16 Core-Course Rule -16 Core Courses with a 2.00 GPA in your core courses with a combined ACT score of 68 or SAT of 820 or higher. In 2018, GPA goes up to 2.200 with sliding score on test scores.

- **3 years of English.**
- **2 years of mathematics (Algebra I or higher).**
- **2 years of natural/physical science (1 year of lab if offered by high school).**
- **3 years of additional English, mathematics or natural/physical science.**
- **2 years of social science.**
- **4 years of additional courses (from any area above, foreign language or non-doctrinal religion/philosophy).**



DAILY ATTENDANCE & TARDINESS

- Students must be in attendance for his/her scheduled classes on the day of a contest or on the day before a contest held on a Saturday or on a holiday. The Athletic Director, Assistant Principal or Principal must approve extenuating circumstances. General rule – students must attend afternoon classes.
- Any absence due to illness or professional appointment must be approved by the Athletic Director, Asst. Principal or Principal in order for the student to participate in a contest that day. General rule: students must be in attendance for a minimum of the afternoon classes in order to participate (usually with an illness).
- Students missing school due to athletics or other extra-curricular activities are responsible for any work missed during their absence.
- Students that have unexcused/non-parent verified absences will not practice if absence happens on a practice day and will not participate in contest if unexcused absence happens on the day of a game or on the day before a contest on a non-school day (any unexcused/non-parent verified absence on a given day = 1 missed practice or game). Please note: an unexcused/non-parent verified absence may be discovered a following day and removal from participation may happen at that time.
- Students that are serving in school or out of school suspensions cannot practice, attend meetings or participate in athletics the day of suspension. If student is suspended on a Friday, then the student/athlete cannot practice, attend meetings or participate in athletics over the weekend following the suspension.

ASSIGNMENT OF STUDENTS TO SCHOOLS TO PARTICIPATE IN EXTRA CURRICULAR ACTIVITIES

- Students are assigned to schools based on: his/her legal residence, transfer student, or school of choice (Please be aware that students that change schools after entering high school are subject to the CHSAA Transfer Rule)
- For sports not offered at the school, “Contiguous Boundaries” of the school district will be used to determine where a student/athlete will participate. For example: a student at Palisade who wants to play lacrosse will play for Grand Junction.
- Home school and on-line students must participate at the school within their residence attendance area.
- Private, charter or alternative school – students will participate for the school in their attendance area – either the attendance area of their school or their residence. Once a student has established a school, then the CHSAA transfer rule will be in place. Please check with your athletic director prior to changing schools.
- Should a student request to appeal any of the above, an appeal letter with specific reasons for the appeal will be sent to the district athletic office and a timely decision will be determined. The final decision will be in writing and an in person meeting will be offered.

School District 51 encourages all students to attend the school in their attendance area. Special attention to rules and regulations regarding eligibility should be addressed so as not to jeopardize a student/athlete’s eligibility. If approached, coaches and staff members are encouraged to direct students and/or parents to the building principal or athletic director for clarification.

ELIGIBILITY

Semester Eligibility Checks

Students must be enrolled in at least 3.0 Carnegie Units in any semester and pass a minimum of 2.5 Carnegie Units while not failing more than 0.5 Carnegie Units. Students that do not meet these requirements will be considered ineligible for the following semester. Students can make up failed classes in the same subject area from 3rd & 4th quarters over the summer to participate in athletics. Final grades from the summer are due to the high school the Thursday prior to Labor Day. Students who have not met the academic requirements at the close of a semester (or from the summer) may regain academic eligibility (date is set by CHSAA and is different for each sport in the fall and is the first Thursday of spring sports season for 2nd semester). Students must be passing all classes in order to regain eligibility on specific regain date. Please note that all incoming freshman start high school with full eligibility the fall of their first semester.

Weekly Eligibility Checks

Weekly grade checks will be completed by the building Athletic Director from teacher grades on parent-bridge. Students who are failing more than 1 class on a weekly eligibility check will be deemed ineligible. Students that are ineligible will not be allowed to participate, be in uniform, or travel in contests Wednesday-Tuesday of that week. Please note that individual programs/schools may have stricter weekly eligibility standards.



CHSAA TRANSFER RULE

The Colorado State Legislature and CHSAA have implemented the following transfer rule: A student who establishes his/her high school eligibility at a member school and subsequently transfers, will be ineligible for varsity competition for 365 days from the date of the transfer, in all sports they participated in during the last 365 days. The CHSAA definition of a bona-fide family move is as follows: 1800.44 A bona fide family move to a residence in a new school district as verified by the receiving school will result in full transfer eligibility.

(a) A bona fide family move means a **permanent** change in residence by the student and his entire family, which makes it necessary for the student to change his/her, school of attendance to attend a new school in a new district. Evidence to help support that there has been a bona fide family move can include, but is not limited to a significant change in family - Circumstances, such as a change in employment, health or marital status. Under no circumstances may a school transfer found to be substantially motivated by athletic considerations be considered a bona fide family move.

Please contact the building athletic director or the district athletic office for additional information prior to any transfer.

ESTIMATED PROBABILITY OF COMPETING IN ATHLETICS BEYOND HIGH SCHOOL

What are the chances of playing athletics at the next level?

(NCAA First Team, What Time Is It? Volume III)

<u>Student Athletes</u>	<u>Men's Basketball</u>	<u>Women's Basketball</u>	<u>Football</u>	<u>Baseball</u>	<u>Men's Soccer</u>
High School Student-Athletes	549,500	456,900	983,600	455,300	321,400
High School Sr. Student-Athletes	157,500	130,500	281,000	130,100	91,800
NCAA Student-Athletes	15,700	14,400	56,500	25,700	18,200
NCAA Freshman Roster Positions	4,500	4,100	16,200	7,300	5,200
NCAA Senior Student-Athletes	3,500	3,200	12,600	5,700	4,100
NCAA Student-Athletes Drafted	44	32	250	600	76
% NCAA to Professional	1.3%	1.0%	2.0%	10.5%	1.9%
Chances of HS Athlete to Pros	3 in 10,000	2 in 10,000	9 in 10,000	5 in 1000	8 in 10,000

CHSAA Head Trauma By-law

CHSAA head trauma by-law (1709) states: If at any time during participation, a student-athlete is removed from participation due to head trauma, the student-athlete must obtain a written release from a licensed practitioner before participating again.

What are the signs and symptoms of a concussion:

Signs observed by parents/guardians	Symptoms reported by athlete
Appears dazed or stunned	Headache or “pressure” in head
Is confused about assignment or position	Nausea or vomiting
Is unsure of game, score, or opponent	Balance problems or dizziness
Moves clumsily	Double or blurry vision
Answers questions slowly	Sensitivity to light and or noise
Loses consciousness (even briefly)	Feeling sluggish, hazy, foggy, or groggy
Shows behavior or personality changes	Concentration or memory problems
Can’t recall events prior to or after hit or fall	Confusion or does not “feel right”

If you think your student-athlete has a concussion, seek medical attention right away! It is better to miss one game than the whole season.

Any player that has been removed from participation as a result of any head trauma injury will complete the REAP return to play program with their school’s athletic trainer AFTER they have been cleared in writing by their physician.



GOVERNING BODIES



THE COLORADO HIGH SCHOOL ACTIVITIES ASSOCIATION

District 51 High Schools and the District Athletic Department agree to abide by all rules and regulations CHSAA has established. CHSAA is the sponsor and conducts post-season championships. When our varsity teams qualify for and enter tournaments we abide by all rules and regulations that govern each tournament.

LEAGUE AFFILIATION

Southwestern League members:

- Central High School
- Fruita-Monument High School
- Grand Junction High School
- Palisade High School

Mesa County Valley School District 51
JJIB-R
INTERSCHOLASTIC ATHLETICS AND ACTIVITIES

The following regulation shall provide rules and guidelines for administration of policy JJIB:

Athletic Rules

Interscholastic athletics and spirit activities are voluntary extracurricular activities governed by training and eligibility rules that demand sacrifice, self-discipline and dedication on the part of students who choose to participate in them. The rules are not applicable to the general student population, and are intended to motivate student athletes to meet high standards of personal conduct and responsibility, to help them achieve optimal levels of physical and mental conditioning and athletic performance, to enhance and protect their health and welfare while engaged in athletics, to promote abstinence from harmful or unhealthy substances, and to eliminate behavior that undermines their ability to serve as a school and District representatives and as role models for other students. Training Rules specified below must be observed by all students participating in interscholastic athletic and spirit programs, and each participating student's compliance with and commitment to abide such rules must be confirmed in writing in a "Training Rules Contract" (Exhibit JJIB-E), signed by the student and the student's parent/guardian and returned to school activities director before such student is permitted to participate in any District interscholastic athletic or spirit program.

Eligibility Requirements

It is a privilege to represent a District school or team in interscholastic athletic competition or as a member of a spirit squad. As a result, the District limits such representation to those students who meet the standards of personal conduct set forth in the Training Rules. Principals shall be authorized to revoke, suspend or deny such privilege of participation with respect to any student upon his or her reasonable determination, following appropriate investigation that such student has violated or is otherwise non-compliant with the Training Rules specified below.

Training Rules

The following Training Rules apply to all students who participate in the District's interscholastic athletic and spirit programs:

1. Students shall not use, possess or distribute tobacco products of any kind (this includes but is not limited to e-cigarettes).
2. Students shall not use, possess or distribute alcohol or alcoholic beverages of any kind.
3. Students shall not use, possess or distribute any "controlled substances", as that term is defined in the Board's policy on student drug and alcohol use (Policy JICH).
4. Students shall comply with the District's Code of Student Conduct (JICDA), and all student conduct policies referenced therein.
5. Students shall obey all state and local criminal and traffic laws and ordinances.
6. Students shall exhibit exemplary behavior on and off the playing field, demonstrate high ethical standards and good sportsmanship, meet all CHSAA eligibility requirements, and serve as a positive role model to students.
7. Students shall cooperate fully with efforts by school officials to investigate, determine or verify their compliance with these Training Rules.

The foregoing Training Rules shall be in full force and effect 24 hours per day, seven days per week, and 365 days per year from the date the Training Rules Contract is signed until the student has graduated from high school. This means the Training Rules are in effect during the entire school year and all sports seasons during the school year, as well as during the summer months when school is not in session, and that they apply to behavior on school property, at school-sponsored activities, and off school property, regardless of whether other forms of school discipline are imposed or applicable, and regardless of whether criminal, traffic or juvenile charges stemming from the same incident or occurrence are commenced, pending or dismissed by or in any law enforcement agency or court.

Consequences for Violations of Training Rules

A. If a student is determined to have violated the foregoing Training Rules, disciplinary action shall be imposed as set forth below. However, no discipline shall be imposed under Training Rule #5 above for minor traffic offenses unless the violation arises from or involves conduct that also violates other Training Rules, or involves circumstances that, in the judgment of the school principal, adversely affect the Student's ability to serve as a school and District representative or as a positive role model for other students. In addition, the student must finish the season in good standing in order to qualify for any post season/district awards.

First Violation

The student shall be immediately suspended from interscholastic competition in the sport in which the student is currently participating, which suspension shall continue for a minimum of twenty percent (20%) of the allowable contests in such sport as established by CHSAA, including any playoff or post-season tournament contests. If the student/athlete is not currently participating in a sport; he/she will be suspended for the first twenty percent (20%) of the allowable contests in the next interscholastic sport in which he/she participates as a bona fide team member.

Second Violation

The student shall be immediately suspended from interscholastic competition in the sport in which the student is currently participating and continuing for a minimum of thirty percent (30%) of the allowable contests in such sport as established by CHSAA, including any playoff or post-season tournament contests. If the student/athlete is not currently participating in a sport; he/she will be suspended for the first thirty percent (30%) of the allowable contests in the next interscholastic sport in which he/she participates as a bona fide team member.

Suspension for a second violation shall not be served concurrently with suspension for a first violation. In other words, if a student commits a second violation before the suspension for a first violation is completed, the suspension for the second violation shall be imposed consecutively upon completion of the first suspension period.

For example, if a student/athlete commits a second violation before serving any of the first violation suspension, then the student athlete will be suspended for the full fifty percent (50%) of the allowable contests in such sport as established by CHSAA, including any playoff or post-season tournament contests. If the student/athlete is not currently participating in a sport; he/she will be suspended for the first fifty percent (50%) of the allowable contests in the next interscholastic sport in which he/she participates as a bona fide team member.

Third Violation

The student shall be immediately suspended from interscholastic competition in the sport in which the student is currently participating (if any), the student's right to participate in all interscholastic athletic programs shall be revoked, and the student shall also be required to forfeit all District awards earned but not yet presented. The student shall not again participate in any interscholastic sport at any District school, except the student may file a written petition to the principal of the school he or she attends for reinstatement of his or her participation privileges after expiration of one calendar year from the date such privileges were revoked. Such petition may be denied, granted, or granted with conditions, in the discretion of the principal.

In the event the student commits a further violation of the Training Rules following reinstatement, or fails at any time to comply with the principal's conditions for reinstatement, if any, the student's right to participate in all interscholastic athletic programs shall be revoked permanently, and no further petition for reinstatement shall be permitted.

B. In determining the number of contests from which a student is suspended in connection with a first or second violation of the Training Rules as specified above, the following table shall be used as a guide:

SPORT	ALLOWABLE CONTESTS	20% SUSPENSION	30% SUSPENSION
Baseball	23	4/5 contests	6/7 contests
Basketball	19-23	4/5 contests	6/7 contests
Cross Country	11	2 contests	3 contests
Football	10	2 contests	3 contests
Golf	11	2 contests	3 contests
Lacrosse	15	3 contests	4/5 contests
Soccer	15	3 contests	4/5 contests
Softball	23	4/5 contests	6/7 contests
Spirit	Building level decision based on schedules		
Swimming	11	2 contests	3 contests
Tennis	10+2 tournaments	2 dates or 3 matches	3 dates or 6 matches
	11+1 tournament	2 dates or 3 matches	3 dates or 6 matches
	12	2 matches	4 matches
Track	11	2 contests	3 contests
Volleyball	23	5 contests	7 contests
Wrestling	28 points	5 1/2 points	8 1/2 points

C. A student who does not compete in the last scheduled interscholastic competition (including playoff or post-season tournament contest) in a sport due to suspension or revocation of the student's privilege of athletic participation under this regulation JJIB-R shall not be eligible for or receive any post-season recognition or awards of any type in connection with his or her participation in such sport.

D. Carryover Rule. In the event a violation occurs during the season of a sport in which the student is participating but there are insufficient number of contests remaining in the sport to fully serve the suspension imposed, the remaining portion (on a percentage basis) of the suspension will be carried over and enforced in the next interscholastic sport in which the student athlete participates as a bona fide team member.

E. The District reserves the right to impose additional or more stringent sanctions for a violation of the Training Rules, including but not limited to the following circumstances: (a) a determination that other disciplinary action is warranted because the student also violated other applicable Board policies; (b) a determination that the penalties provided above are inadequate because of the nature or extent of the violation(s); or (c) the student violates the Training Rules and deliberately gives false or misleading information to a school

official conducting an investigation of any incident in which a violation is alleged to have occurred, or causes or incites others to deliberately give false or misleading information in connection with such investigation, or otherwise fails or refuses to cooperate in good faith with the investigation of a reported violation.

F. A student shall not be deemed to have participated in an interscholastic sport as a bona fide team member for purposes of serving a suspension under this Regulation if he or she is not named to the official team or participant roster of such sport prior to the first scheduled interscholastic contest of the season, or if he or she fails to complete the season on such roster for reasons other than illness, injury or other good cause. Unless prohibited by other school disciplinary action (such as suspension or expulsion from school), students serving a suspension from athletic contests may be required to attend and participate in all practices during the season(s) in which the suspension is served, at the coach's discretion.

G. Students participating in spirit activities shall receive discipline for violations of Training Rules that is reasonably equivalent to that imposed on students who participate in interscholastic sports as set forth above. The precise number and kind of contests, events or spirit activities subject to a suspension of a student's participation privilege in connection with such violations shall be determined on a case by case basis following review of the schedule of the spirit activity in which the student participates and the surrounding circumstances.

Procedure for Alleged Violations

A. Any alleged violation of the Training Rules or other athletic rules set forth above that is timely reported in writing by a responsible adult to school administrators shall be investigated by the principal or the athletic director. The latter shall have no obligation to investigate anonymous or oral reports of violations. Reports of alleged violations received more than thirty (30) days after the date of the alleged violation may be rejected as untimely.

B. Coaches shall refer all alleged violations of Training Rules to the building principal or activities director. If the principal/athletic director determines that a student has violated Training Rules, he or she shall promptly notify the parents and the student, either in person or by mail, of any sanction that will be imposed for the violation. Such notice shall advise the parents and the student of the conduct constituting a violation. The student and the student's parent/guardian will have a reasonable opportunity to respond, not to exceed ten (10) school days. The principal shall have the authority to make the final decision as to any discipline that will be imposed. If the student wishes to appeal the principal's decision, the student shall follow the appeal procedure set forth in the Board's policy and regulation on public complaints (Policy KE). Disciplinary suspensions under this regulation shall remain in effect during any such appeal.

C. In connection with an investigation of an alleged or suspected Training Rules violation, the school principal or activities director may request the student and/or the student's parent/guardian to provide an appropriate written consent for the release or disclosure to the District of any records of any court, juvenile justice or law enforcement agency pertaining to the student that are deemed by such principal or activities director to be relevant to the investigation. Refusal to supply such consent upon request may result in suspension or revocation of the student's privilege to participate in interscholastic athletics or spirit activities if, in the judgment of the principal, such refusal amounts to a failure by the student to cooperate with the investigation in violation of the Training Rules.

Frequently Asked Questions

Q: "If I go out for a fall sport and do not violate Training Rules during that season, but do not go out for a winter sport when I DO violate the rules, will a suspension be applied to my spring sport or the next sport I participate in?"

A: Yes. The Training Rules remain in effect during the summer and any off season period during the school year.

Q: "Do the Training Rules affect me if I am a sub-varsity player?"

A: Yes. The suspension for any Training Rule violation will then apply to contests at the junior varsity or freshman level.

Q: "If I do commit a Training Rule violation, is the record of such placed in my permanent file at school?"

A: No. The athletic/activity director and/or principal will keep the suspension letter on file until you have graduated. At that time it will be eliminated from the athletic suspension file.

Q: "Why are SPIRIT suspensions to be determined separately?"

A: Cheering for a game either at home or away, or at half-time performance is considered a contest in spirit, as well as the CHSAA state competition. Each school's spirit squads have various expectations and opportunities to cheer and perform, such that the number of contests and other events and activities vary greatly; thus no allowable contest number is definitive for all schools or squads.

Q: "If I am suspended from football for 20% and it is my first suspension, and only one game is left in the season, how many basketball games will I miss if I make a basketball team that following season, since the carry over rule will apply to me?"

A: Since you only fulfilled 10% of the 20% needed for your football suspension (one of ten games), you will still have 10% of the basketball season to serve as a suspension. 10% of 19 games would be 2 games.

Participation by Students in Nonpublic Home-Based Educational Programs

1. A student enrolled in a nonpublic home-based educational program who desires to participate in an interscholastic activity of a school located within his or her attendance area shall apply for participation on forms provided by the district. The application shall be filed with the building principal.
2. In order to participate the student's parent/guardian(s) must have given the written notification and verification relative to the establishment of a nonpublic school home-based educational program as required by section 22-33-104.5(3)(e), C.R.S. The building principal shall verify compliance by contacting the office of the superintendent.
3. In order to establish eligibility to participate in the activity the student's parent/guardian(s) must show compliance with all laws governing nonpublic home-based educational programs. To do so the parent/guardian(s) shall, as a part of the student's application for participation, submit for the building principal's inspection those records required to be kept under section 22-33-104.5(3)(f), C.R.S., namely, attendance data, test and evaluation results and immunization records. The building principal shall verify that:
 - a. The attendance records show that the student is attending a nonpublic home-based educational program designed to provide no less than 172 days of instruction, averaging four instructional contact hours per day during the academic year; and
 - b. That the educational program includes communication skills in reading, writing and speaking, mathematics, history, civics, literature, science and regular courses of instruction in the Constitution of the United States as provided in section 22-1-108, C.R.S.
4. The parent/guardian(s) shall also demonstrate to the satisfaction of the building principal that the student is eligible to participate in interscholastic activities under the general eligibility requirements of the Colorado High School Activities Association, including, but not limited to:
 - a. Evidence that:
 - (i) If the school is a Plan A school, the student is enrolled in courses which offer, in aggregate, a minimum of 2.5 Carnegie units of credit per semester and is not failing more than the equivalent of one-half Carnegie unit of credit; or
 - (ii) If the school is a Plan B school, the student is enrolled in courses which offer, in aggregate, a minimum of 2.5 Carnegie units of credit per semester and is passing a minimum of the equivalent of 2.5 Carnegie units of credit.
 - b. Evidence submitted periodically at such times as the principal shall require, which verifies academic eligibility, including, if requested by the building principal, tests, student work and other objective indicia of the student's satisfactory progress.

Participation in Interscholastic Activities by Students of the District or of Other Public-School Districts Which Do Not Sponsor Particular Activities

Any student enrolled in a District 51 school, and any student enrolled in a school operated by a public school district with boundaries contiguous to the boundaries of District 51, shall be allowed to participate in an interscholastic activity sponsored in any other District 51 school ("host school") if the school in which the student is enrolled does not sponsor the particular interscholastic activity provided by the host school and if the student otherwise meets the eligibility requirements of District 51 and the host school for participation in that activity and pays the requisite fees. The provisions of this section are intended to allow students to participate in interscholastic activities who would otherwise be denied the opportunity to do so and are not intended to sanction or encourage the recruitment of students for participation in interscholastic activities by schools or school districts.

1. *Fees.* Students enrolled in another District 51 school shall pay only those fees which apply to students of the host school who participate in the activity. Students enrolled in other public school district shall pay such regular fees together with an additional participation fee as approved by the Board.
2. *Selection of host school.* Except in extraordinary circumstances as determined by the superintendent, where more than one District 51 school sponsors the desired activity, the student will be allowed to select the host school.

Mesa County Valley School District 51
JJIB-E (P)
TRAINING RULES CONTRACT

In consideration for the privilege of participation in the District's interscholastic athletics or spirit activities, I,
_____, the undersigned Student, agree as follows:

(print name of student)

(1) I have received and reviewed a complete copy of the District Regulation JJIB-R *INTERSCHOLASTIC ATHLETICS AND ACTIVITIES (the "Regulation")*, and agree to comply with the Training Rules stated therein.

(2) I understand and agree that the Training Rules shall be in full force and effect 24 hours per day, seven days per week, 365 days per year from the date this Contract is signed, including the summer months when school is not in session, and that they apply to behavior on school property, at school-sponsored activities, and off school property, regardless of whether other forms of school discipline are imposed or applicable, and regardless of whether criminal, traffic or juvenile charges stemming from the same incident or occurrence are commenced, pending or dismissed by or in any law enforcement agency or court;

(3) I understand that my privilege to participate on interscholastic athletics or spirit activities at a District school may be suspended or revoked in accordance with the Regulation in the event my school principal determines that I have violated or otherwise failed to comply with the Training Rules at any time following the date this Training Rules Contract is signed by me and my parent/guardian.

(4) In the event any question arises as to my compliance with the Training Rules, I agree to cooperate fully with any investigation conducted by school officials to determine or verify my compliance with the Training Rules, including, if requested by my school principal or activities director, providing appropriate written consent for the release or disclosure to the District of any records of any court, juvenile justice or law enforcement agency concerning me that are deemed by school officials to be relevant such investigation. I further understand and agree that refusal to supply such consent upon request may result in suspension or revocation of my privilege to participate on interscholastic athletics or spirit activities if, in the judgment of the principal, such refusal amounts to a failure to cooperate with the investigation in violation of the Training Rules.

Signature of Student

Date of Signature: _____

Parent/Guardian:

I have read this Training Rules Contract and understand that my daughter/son will be governed by District Regulation JJIB-R *INTERSCHOLASTIC ATHLETICS AND ACTIVITIES (the "Regulation")* as a participant in the District's athletic programs. I have received and reviewed a copy of the Regulation with my daughter/son, so that he/she understands the Training Rules and the consequences of violation of such Rules.

In the event any question arises as to compliance with the Training Rules by the above-named son/daughter, I agree to cooperate fully with any investigation conducted by school officials to determine or verify his or her compliance with the Training Rules, including, if requested by the school principal or activities director, providing appropriate written consent for the release or disclosure to the District of any records of any court, juvenile justice or law enforcement agency concerning him or her that are deemed by such principal or activities director to be relevant to such investigation. I further understand and agree that refusal to supply such consent upon request may result in suspension or revocation of my son's/daughter's privilege to participate on interscholastic athletics or spirit activities if, in the judgment of the principal, such refusal amounts to a failure to cooperate with the investigation in violation of the Training Rules.

Signature of Parent/Guardian

Date of Signature: _____

HAZING

Hazing occurs when an act is committed against a student or a student is coerced into committing an act that creates a substantial risk of harm to the student or to any third party in order for the student to be initiated into or affiliated with any school group, club, athletics team, grade level, activity or organization. Hazing includes but is not limited to:

- Any activity involving an unreasonable risk of physical harm, including paddling, beating, whipping, branding, electric shock, sleep deprivation, exposure to weather, placement of harmful substances on the body, and participation in physically dangerous activities.
- Any activity involving the consumption of alcohol, drugs, tobacco products, or any other food, liquid, or other substance that subjects the student to an unreasonable risk of physical harm.
- Any activity involving actions of a sexual nature or the simulation of actions of a sexual nature.
- Any activity that subjects a student to an extreme and unreasonable level of embarrassment, shame, or humiliation or which creates a hostile, abusive or intimidating environment.
- Any activity involving any violation of federal, state, or local law or any violation of the Mesa County Valley School District policies (Policy-JICDA CODE OF STUDENT CONDUCT) and regulations.

Hazing will NOT be tolerated and will be subject to the athletic code of conduct, school discipline and possible legal action.

Colorado Hazing Law

SENATE BILL NO. 106
1999 Colo. SB 106

Be it enacted by the General Assembly of the State of Colorado

SECTION 1. Part 1 or article 9 of title 18, Colorado Revised Statutes, is amended BY THE ADDITION OF A NEW SECTION to read 18-9-124. **Hazing** - penalties - legislative declaration.

THE GENERAL ASSEMBLY FINDS THAT, WHILE SOME FORMS OF INITIATION CONSTITUTE ACCEPTABLE BEHAVIOR, **HAZING** SOMETIMES DEGENERATES INTO A DANGEROUS FORM OF INTIMIDATION AND DEGRADATION. THE GENERAL ASSEMBLY ALSO RECOGNIZES THAT ALTHOUGH CERTAIN CRIMINAL STATUTES COVER THE MORE EGREGIOUS **HAZING** ACTIVITIES, OTHER ACTIVITIES THAT MAY NOT BE COVERED BY EXISTING CRIMINAL STATUTES MAY THREATEN THE HEALTH OF STUDENTS OR, IF NOT STOPPED EARLY ENOUGH, MAY ESCALATE INTO SERIOUS INJURY.

IN ENACTING THIS SECTION, IT IS NOT THE INTENT OF THE GENERAL ASSEMBLY TO CHANGE THE PENALTY FOR ANY ACTIVITY THAT IS COVERED BY ANY OTHER CRIMINAL STATUTE. IT IS RATHER THE INTENT OF THE GENERAL ASSEMBLY TO DEFINE **HAZING** ACTIVITIES NOT COVERED BY ANY OTHER CRIMINAL STATUTE.

AS USED IN THIS SECTION, UNLESS THE CONTEXT OTHERWISE REQUIRES

"HAZING" MEANS ANY ACTIVITY BY WHICH A PERSON RECKLESSLY ENDANGERS THE HEALTH OR SAFETY OF OR CAUSES A RISK OF BODILY INJURY TO AN INDIVIDUAL FOR PURPOSES OF INITIATION OR ADMISSION INTO OR AFFILIATION WITH ANY STUDENT ORGANIZATION; EXCEPT THAT **"HAZING"** DOES NOT INCLUDE CUSTOMARY ATHLETIC EVENTS OR OTHER SIMILAR CONTESTS OR COMPETITIONS, OR AUTHORIZED TRAINING ACTIVITIES CONDUCTED BY MEMBERS OF THE ARMED FORCES OF THE STATE OF COLORADO OR THE UNITED STATES.

"HAZING" INCLUDES BUT IS NOT LIMITED TO: FORCED AND PROLONGED PHYSICAL ACTIVITY; FORCED CONSUMPTION OF ANY FOOD, BEVERAGE, MEDICATION OR CONTROLLED SUBSTANCE, WHETHER OR NOT PRESCRIBED, IN EXCESS OF THE USUAL AMOUNTS FOR HUMAN CONSUMPTION OR FORCED CONSUMPTION OF ANY SUBSTANCE NOT GENERALLY INTENDED FOR HUMAN CONSUMPTION; PROLONGED DEPRIVATION OF SLEEP, FOOD, OR DRINK. IT SHALL BE UNLAWFUL FOR ANY PERSON TO ENGAGE IN **HAZING**.

ANY PERSON WHO VIOLATES SUBSECTION (3) OF THIS SECTION COMMITS A CLASS 3 MISDEMEANOR.

VARSITY LETTERING GUIDELINES

- A. In any approved CHSAA interscholastic competition, athletics and activities, no awards of any kind other than awards by the school, CHSAA, or a group approved by the school or CHSAA and limited in value to \$50.00 (exclusive of engraving) will be made to participants.
- B. Exception: Individual, statewide awards that have been formally recognized by 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.
 1. If unapproved awards are offered and accepted by the participants, such participants will jeopardize their eligibility to represent their school in any interschool activity. Further, such acceptance will jeopardize standing of the school in the CHSAA and may result in the suspension of the school.
 2. The state, district, and school rule on citizenship, scholarship, and attendance are to be followed.
 3. The procedure for lettering in all sports and the guidelines must be met and then the final decision of giving an athletic award to a player is subject to the approval of the coaches. The list is submitted to the activity director of the member school for approval.
 4. The awards are given to the athlete by the school. The coaches and the school administration reserve the right to pick up the award for violation of the district or school athletic policies.
 5. Varsity awards may be earned by an athlete while competing in varsity vs. varsity approved meets or games only. (District 51 JV teams competing against lower classification varsity teams do not constitute varsity credit toward a letter.)
 6. Only one athletic letter may be given to a participant during his/her high school career. Each sport and/or year after that if a letter is earned, a service bar will be given.
 7. State Championship letters will be purchased for the individual who wins a state championship. In team sports, only those full-time varsity participants who have fulfilled all requirements, according to policy, and who have been on the program for that game or tournament will receive a championship letter.
 8. **All requirements, including completion of the season, must be met before an athlete can be recommended for a letter.**
 9. Coaches may recommend that a student/athlete not receive an athletic letter award for disciplinary reasons. These reasons may include, but are not limited to citizenship, sportsmanship, behavior detrimental to the school, community and/or team.
 10. Service Award: A senior who has participated for two or more years in a sport may be recommended by the coach for a varsity award. A coach, under special circumstances, may recommend a senior who has not completed two years of participation for a letter.
 11. Hardship Award: Any student/athlete who is injured or ill and who, in the opinion of the coach, would have earned an award if not incapacitated may be considered for an award.
 12. If in the opinion of the coach, an illness or death in a family forces a student/athlete to forego participation he/she may be considered for an award.
 13. Varsity Managers Award: In order to letter, a student manager must sufficiently satisfy the specific requirements as defined by the coach to earn an award.

The following are RECOMMENDATIONS for each sport; however, further guidelines may be imposed by the individual school. In all sports, a participant must have successfully completed the season in order to receive any award. **All of these are based on varsity participation.** State participation may qualify an athlete at the coach's discretion.

Baseball	Play in 1/3 of the innings. Pitchers: pitch in 5 games
Basketball	Play in 1/3 of the quarters of the regular season
Cross Country	Participate in 1/2 of all meets as a 1 st team performer
Football	Play in 1/2 of the quarters of regular season. Kickers: 1/3
Golf	Play in 1/2 of the matches as a 1 st team performer
Lacrosse	Play in 1/3 of total halves (girls)/quarters (boys)
Soccer	Play in 1/2 of halves of the regular season
Softball	Play in 1/3 of innings. Pitchers: pitch in 5 games
Swimming	Participate in 1/2 of all meets as a varsity performer
Tennis	Play in 1/2 of matches as a 1 st team performer
Track	Must earn 12 points in varsity meets
Volleyball	Play in 1/2 of the matches
Wrestling	Must earn 24 points or wrestle in 1/2 of matches scheduled
Cheers & Poms	Successful completion of both Fall & Winter seasons

District 51 does not letter athletes involved with outside groups, clubs or organizations, only those sports listed above.

CHSAA STATEMENT OF RISK

Serious, catastrophic, and perhaps fatal injury may result from athletic participation. By the nature of competitive athletics, student/athletes may be at risk.

Many forms of athletic competition result in violent physical contact among the participants. The use of equipment, strenuous physical exertion, and numerous other exposures may contribute to a risk of injury.

Students and parents must assess the risks involved in athletic participation and make their own choices in determining participation in any athletic activity. Preventative instruction, precaution and/or supervision will not eliminate risk of injury. Many injuries are unforeseen and purely accidental. In addition, because of the frequent close proximity of players involved in athletics, there is a risk that a player(s) may become sick with COVID-19 (Coronavirus). Players must obey all COVID-19 related rules and guidelines as posted.

Statistics show there have been accidents resulting in serious physical impairment both temporarily and permanently. In some cases death has occurred.

Parents and Guardians: By granting permission for your student/athlete to participate in athletic competition, you are acknowledging that such risk exists.

Student/athletes: By choosing to participate you acknowledge that such risk exists.

ADMISSION PRICES

FALL SPORTS

Cross Country	Free
Golf	Free
Tennis	Free

SPRING SPORTS

Golf	Free
Tennis	Free



Varsity games:

Baseball, Basketball, Football, Wrestling, Track Meets & Lacrosse, Soccer, Swimming @ (CMU/Stocker Stadium)

Adults	\$7.00
Students	\$5.00
Student School with SBA	Free
Seniors	\$5.00

Football/Baseball at Stocker Stadium/Suplizio Field

Adults	\$7.00
Students	\$5.00
Student Host School with SBA	Free
Seniors	\$5.00

Freshman or JV games with Varsity at the schools

Adults	\$7.00
Students without SBA	\$5.00
Student Host School with SBA	Free

District Punch passes are available at the District Athletic Office \$100.00 (20 admissions)

SBA stickers will only be accepted if the student's school is participating in the contest/event.

College age students pay adult prices.

Children under 6 admitted free.

Individual school tournaments determine prices and CHSAA determines playoff prices for District, Regional, and State Tournament events.