

2025-26
Parent/Student Athletics and Activities
Handbook



Contents

1 LETTER FROM THE AAD.....	3
2 PURPOSE OF THIS HANDBOOK	3
2.1 Mission and Purpose of CA Athletics and Activities.....	3
3 LEGAL AND ETHICAL REQUIREMENTS.....	4
3.1 FERPA	4
3.2 Title IX of the Education Amendments of 1972	4
3.3 Civil Rights Act of 1964.....	4
3.4 Americans with Disabilities Act of 1990 & 2008	4
3.5 Hazing.....	4
3.6 Diversity	5
3.7 CHSAA Code of Ethics.....	5
3.8 Concussion Program	6
4 ATHLETIC AND ACTIVITIES DEPARTMENT SELECTION PROCEDURES.....	6
4.1 Preparing your student for the possibility of not making a team.....	7
5 COMMUNICATION PROCEDURES	8
5.1 Communication Skills	9
5.2 TeamApp Use	9
5.3 Use of Official School Email Accounts.....	9
5.4 Resolving Conflicts: Initial Communication.....	9
6 ELIGIBILITY RULES.....	10
6.1 Attendance and Competition Flowchart.....	12
6.2 Eligibility Appeals	13
7 TRAVEL EXPECTATIONS.....	13
7.1 Cell Phones and Travel.....	13
8 DRESS EXPECTATIONS	13
9 ATHLETIC PAPERWORK REQUIREMENTS	13
10 CREDIT FOR SPORT PARTICIPATION.....	14
11 PARTICIPATION FOR A STUDENT IN HOME-BASED EDUCATIONAL PROGRAMS	14
12 RESPONSIBILITIES OF STUDENT	16
13 RESPONSIBILITIES OF THE PARENT	18
14 RESPONSIBILITIES OF THE COACH OR SPONSOR	19

15 PARENT/PLAYER ACKNOWLEDGMENT	21
---------------------------------------	----

1 LETTER FROM THE AAD

Dear Parents/Guardians,

This handbook contains material to help you understand the mission and values of Caprock Academy Athletics and Activities, and while we do strive to win competitions, it is not our sole focus. We are not defined by wins and losses alone.

Our athletic and activity programs offer students the opportunity to participate in competition as we believe these experiences can be instrumental in developing the character and growing the whole person. Athletics and activities are natural places where respect, responsibility, diligence, honesty, generosity, perseverance, courage, faithfulness, compassion, openness to inquiry, and humility can be modeled, nurtured, and practiced. Our philosophy is to allow students a chance to develop skills while, at the same time, providing a climate that strives to engender these values that will help each student lead fulfilling and successful lives. We want our students to show outstanding character while participating. We look forward to partnering with you as role models to help these students become admirable exemplars in their own right.

Dan Salazar
Athletics and Activities Director

2 PURPOSE OF THIS HANDBOOK

The purpose of this handbook is to provide a practical guide for parents and students regarding the mission, philosophy, standards, rules and expectations of the Caprock Academy (CA) interscholastic program at the high school and middle school levels. It is our goal to expose as many students as possible to the benefits derived from participation in education-based athletics and activities at the scholastic level. Further, the experience possible is best served when students, coaches, sponsors, parents, and administrators are informed, have open lines of communication, know what is expected of them, and truly commit to assuring that the mission and ideals of education-based athletics and activities are aligned with daily practice in the operation of these programs.

2.1 Mission and Purpose of CA Athletics and Activities

To pursue excellence daily through character and education-based activities that:

- 1) Are not defined by the scoreboard or rating sheet;
- 2) Demonstrate a commitment to respect, the spirit of fair play, and the ideals of sportsmanship;
- 3) Are aligned with the mission, values, and policies of CA and the Colorado High School Activities Association (CHSAA);
- 4) Are led by coaches/sponsors that are committed to such ideals; and
- 5) Are participated in by students with an understanding of their role in representing their school, their team, and their community.

3 LEGAL AND ETHICAL REQUIREMENTS

All members of Caprock Academy teams and staffs are required always to comply with legal statutes and school policies. CA does not discriminate on the basis of race, color, national origin, sex, sexual orientation, age, religion, creed, marital status, or disability in admission to, or access to, or treatment, or employment in, its programs and activities.

3.1 FERPA

The Family Educational Rights and Privacy Act is a Federal law that protects the privacy of student education records. The law applies to all schools that receive funds under an applicable program of the U.S. Department of Education (U.S. Department of Education).

3.2 Title IX of the Education Amendments of 1972

Title IX is a comprehensive federal law that prohibits discrimination on the basis of sex in any federally funded education program or activity. The principal objective of Title IX is to avoid the use of federal money to support sex discrimination in education programs and to provide individual citizens effective protection against those practices. Title IX applies, with a few specific exceptions, to all aspects of federally funded education programs or activities. In addition to traditional educational institutions such as colleges, universities, and elementary and secondary schools, Title IX also applies to any education or training program operated by a recipient of federal financial assistance (U.S. Department of Justice).

3.3 Civil Rights Act of 1964

Title VI of the Civil Rights Act of 1964 prohibits discrimination based on race, color, or national origin in programs or activities receiving federal financial assistance. All federal agencies that provide grants of assistance are required to enforce Title VI. The U.S. Department of Education gives grants of financial assistance to schools and colleges and to certain other entities, including vocational rehabilitation programs (U.S. Department of Education).

3.4 Americans with Disabilities Act of 1990 & 2008

Section 504 of the Rehabilitation Act of 1973 prohibits discrimination based on disability in any program or activity operated by recipients of federal funds. Title II of the Americans with Disabilities Act of 1990 (ADA) prohibits discrimination based on disability by public entities, regardless of whether they receive federal financial assistance. Examples of the types of discrimination prohibited include inequitable access to educational programs and facilities, denial of a free appropriate public education for elementary and secondary students, and refusal to implement or inappropriate implementation of academic adjustments in higher education (U.S. Department of Education).

3.5 Hazing

Athletic directors, coaches, and sponsors have a legal and professional obligation to ensure that hazing does not occur in their program. Additionally, parent involvement is crucial to help educate athletes and participants that hazing is unacceptable. CA has a zero-tolerance policy regarding hazing.

1. Hazing by Caprock Academy student athletes is strictly prohibited.
2. 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.
3. Hazing includes but is not limited to:
 - a. 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.
 - b. Any activity involving 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.
 - c. Any activity involving actions of a sexual nature or the simulation of actions of a sexual nature.
 - d. 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 for the student.
 - e. Any activity involving any violation of federal, state, or local Law or any violation of school district policies and regulations.
 4. CHSAA requires that all participants read and sign the CHSAA Anti-Hazing Form prior to participation at the high school level. A copy of this document is available on the CA website.

3.6 Diversity

We celebrate diversity through acceptance of one another, and we endeavor to learn from one another in a climate of positive engagement and mutual respect. Without reservations, we are committed to ensuring that our athletic programs operate in an atmosphere that:

1. Honors and respects all participants and stakeholders;
2. Supports equity in educational opportunity and outcomes;
3. Is free of discrimination and harassment.

3.7 CHSAA Code of Ethics

Caprock Academy embraces the CHSAA Code of Ethics as foundational principles of creating an effective environment for the operation of education-based athletics at the scholastic level. To reach the maximum effectiveness in serving and fostering the education of the students so entrusted to us, it is the duty of all concerned with our athletic and activities programs to:

1. Cultivate awareness that participation in athletics and activities is part of the total educational process and as such, the coach/sponsor should neither seek nor expect academic privileges for the participants.
2. Emphasize the proper ideals of sportsmanship, ethical conduct, and fair play as they relate to the lifetime impact on the participants.
3. Develop a working awareness and understanding of all rules and guidelines governing competition by letter and intent.
4. Recognize that the purpose of athletics and activities is to promote the physical, mental, moral, social, and emotional well-being of the individual participants.
5. Avoid any practice or technique which would endanger the present or future welfare, or safety of any participant.

6. Adhere to policies which do not force or encourage students to specialize or restrict them from participation in a variety of activities.
7. Refuse to disparage an opponent, an official, an administrator or spectator in any aspect of the activity.
8. Strongly encourage the development of proper health habits: the non-use of chemicals, including alcohol, steroids, tobacco in any form and other mood-altering substances.
9. Exemplify proper self-control always, accepting adverse decisions without public display of emotion or dissatisfaction with the officials or judges.
10. Encourage all to judge the true success of the athletic and activities programs based on the attitude of the participants and spectators, rather than based on a win or loss.

3.8 Concussion Program

To best safeguard the health and learning of our students, all Caprock Academy coaches and personnel will follow the below and the expectation is that, with the information provided by our athletic staff and coaches, parents will support us in helping our students stay healthy.

1. Middle School and High School coaches will be concussion certified yearly through the National Federation of High Schools.
2. Parents and Players
 - a. You must attend the Mandatory Preseason Parent Meeting
 - b. Concussion info and protocol will be discussed.
 - c. Concussion handouts covering the below will be distributed.
 - i. Risks, symptoms, health and safety consequences
 - ii. Discusses prevention and preparedness.
 - iii. Signed acknowledgement of concussion info handouts by parents and players.
 - iv. NFHS SUGGESTED GUIDELINES FOR MANAGEMENT OF CONCUSSION IN SPORTS
 - v. CDE- Concussion and Return to Learn
 - vi. NFHS- A Parent's Guide to Concussion
 - d. Return to Learn and Return to Play steps will be outlined and explained.
 - e. All documentation will be posted on the TeamApp.

4 ATHLETIC AND ACTIVITIES DEPARTMENT SELECTION PROCEDURES

The high school varsity team selection process will be comprised of the following elements:

1. Team tryouts and selection will be outlined by each coach/sponsor.
2. Informing student athletes of the team selection result.
 - a. After the team selection process has taken place, students will be invited to a face-to-face meeting with the coaching staff on campus. All students will be brought in for a meeting regardless of placement. The meeting location will be planned to allow for as much student privacy as possible.
 - b. There will be a minimum of two coaches present for the meeting.

- c. The coaching staff will go over the team selection and give specific feedback to the student to explain their placement and what actions they can take to achieve a different placement if they wish.
- d. If payment is submitted and the student is not selected for the team, that payment will be refunded.

Roster size is dependent on the number of athletes allowed per CHSAA rules at a given level, the facilities available, and number of coaches available.

4.1 Preparing your student for the possibility of not making a team

Not being selected for a varsity team can be devastating for a student athlete. It is critical that students and parents be prepared in the event that this is the case. Joel H. Fish, PhD, Director at the Center for Sport Psychology, and author of *101 Ways to be a Terrific Sport Parent* (Morgan James Publishing, 2013), offers this helpful advice on how parents can help support and encourage the young athlete:

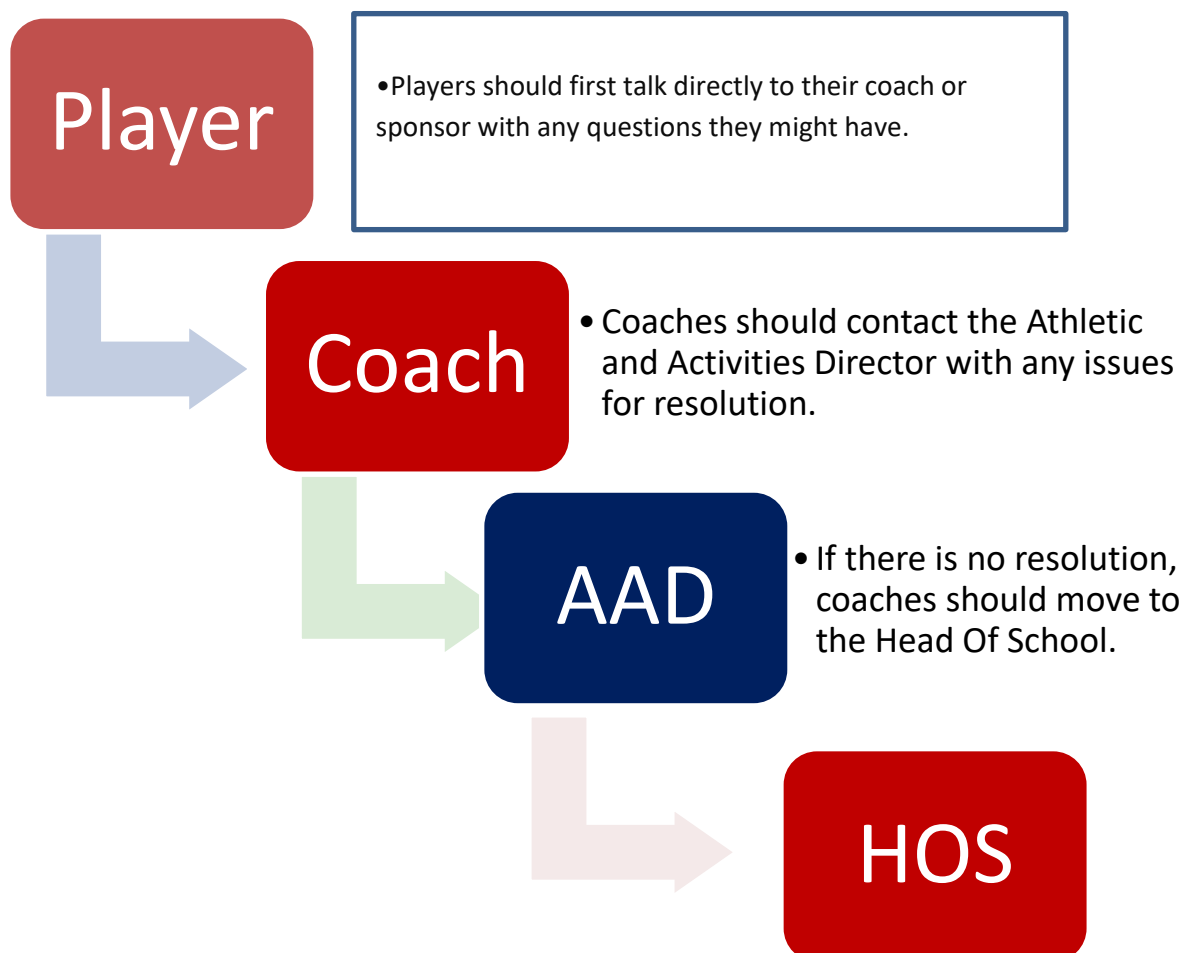
1. Be self-aware parents.
Parents need to be aware of their own attitudes towards making the team, and towards winning and losing because inevitably these attitudes will be picked up by their children. Fish cautions, "I believe parents are extremely well intentioned, but parents often have an emotional response to their child not making the team." Parents who display anger or immediately want to challenge the coach's decision are adding an extra dimension to their child's burden.
Charles Kuntzleman, author of over fifty books on fitness and health, says that, "The most powerful thing is to not display, when they get home, displeasure with what the coach did. Parents have to learn to bite their tongue; it's demoralizing to the team, and a great disservice to the child."
2. Give your child a chance to feel. Parents can help their child cope by giving him or her 'permission' to have a normal response. Fish says, "There's a tendency for parents to rush in there and say 'it's ok' – sometimes we need to say to our kids 'that must hurt,' or give them a hug, or not say anything." Parents who respond to their child not making the team by saying "Well, soccer is a stupid sport anyways!" invalidate the hurt their child is feeling as well as dismissing something that may well be very important to him or her.
3. Help your child see the big picture. There's much more to being successful in life than simply making a sports team. However important it may seem at the time, and parents can help their children realize this. Fish suggests that parents, before practice starts, make a list together with their child of multiple goals which reflect what participation is really about. One of those goals can be making the varsity team, but include others as well, such as having fun, trying your best, being a good teammate, and learning something. Says Fish, "When not all the eggs are in the outcome basket, that can be really helpful for a child who doesn't make the team, because he's going in with multiple definitions of what it means to be successful."
4. Parents can also help their children realize that even though they didn't make it onto the team they were hoping for, they have other options. Some athletes who didn't make a varsity team have used that to become very successful in that same sport as well as different areas. Remember, basketball great Michael Jordan didn't make varsity until he was a junior.

Every young athlete or performer who is making an effort to succeed will eventually encounter stiff obstacles and competition. Parents can help their kids to not only handle these setbacks graciously, but to actually grow from them.

5 COMMUNICATION PROCEDURES

CA believes in providing the best forum for meeting with parents and resolving issues in the most amicable way. All requested meetings with a coach should be by appointment only. Meetings should take place after practice at the school. We feel that two coaches should always be present; this will include the coach most closely involved with the situation and another member of the coaching staff. No meetings will take place on the day of a game (before or after) so that issues can be resolved in an amicable and positive manner. All meetings should be conducted face to face -- not over the telephone. Meetings may be set up by telephone, but concerns should be discussed at an agreed upon meeting time. In matters regarding player status, the Athletic Director, coach, player and parent(s) may meet together for clarification of issues or statements made.

Below is the proper order of communication for CA Athletics and Activities.



5.1 Communication Skills

One of the most critical skills that we can teach and model is the ability to communicate. All those involved, players, parents, coaches, administrators, must be willing to listen, admit mistakes, demonstrate an honest and sincere appreciation for each participant, and keep in mind that we all share the common goal of academic and personal growth for the student.

5.2 TeamApp Use

CA uses TeamApp for most team communications, including practice and game schedules, as well as chats for numerous topics. Coaches maintain their TeamApp environments with the exception of posting games. The primary channel for digital communication between coaches, parents, and students should be through TeamApp.

5.3 Use of Official School Email Accounts

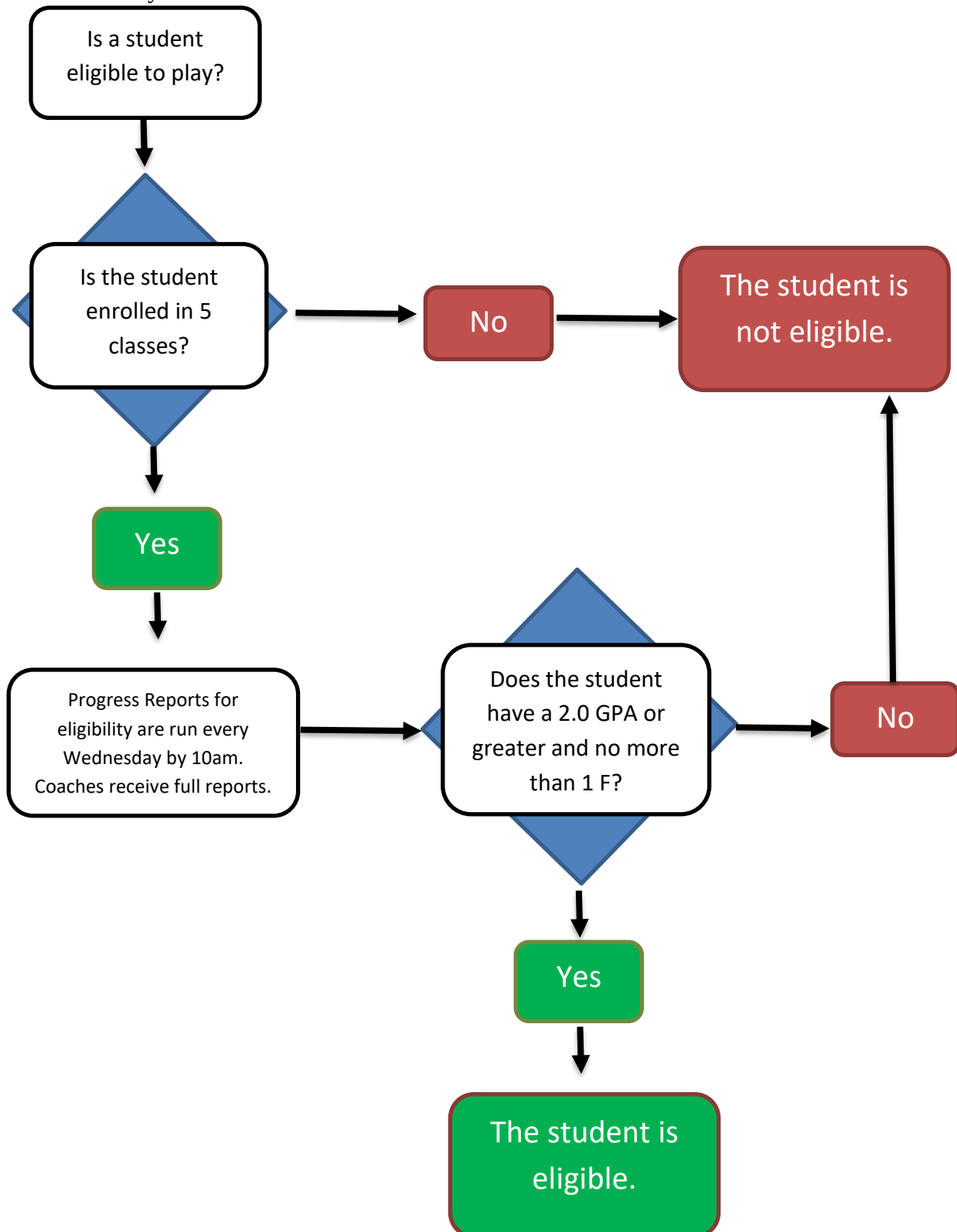
CA requires that all coaches use their CA-issued e-mail for all e-mail correspondence with all students and parents. As such, outside of the TeamApp, use only this method for any team or player related communications. As the use of personal e-mail by the coaches is strictly prohibited, communication attempts through official school accounts will guarantee the quickest response.

5.4 Resolving Conflicts: Initial Communication

1. A student-athlete, parent, guardian, coach, or a member of the public with a concern or complaint should first try to resolve the matter directly and informally with the individual(s) concerned. This may be done either verbally or in writing to the individual(s) involved. If the matter cannot be resolved informally at the initial level, the complainant should submit a written statement describing his/her concerns in a clear, specific and detailed manner to the Athletic and Activities Director.
2. If a complaint is submitted to the AAD, they shall review the steps taken to resolve the complaint informally up to that point, investigate the facts (including obtaining relevant information through interviews of persons having knowledge of the matter), and either facilitate a mutually acceptable resolution of the problem when possible (including, when appropriate, arranging a face-to-face meeting of the parties) or otherwise render a decision on the matter. Any resolution or decision shall be arrived at as soon as the circumstances reasonably permit and shall be communicated in writing to all parties to the dispute (with a copy submitted to the HOS). If the AAD has not resolved or decided the matter to the satisfaction of one or more parties to the dispute, each dissatisfied party shall submit a written statement to the HOS stating the basis of their dissatisfaction.
3. If a written submission is received by the HOS, they shall review all of the AAD's documentation, conduct any additional investigation he or she deems necessary, and either facilitate a mutually acceptable resolution of the problem or otherwise render a decision on the matter. Any resolution or decision shall be arrived at as soon as the circumstances reasonably permit and shall be communicated in writing to all parties to the dispute.

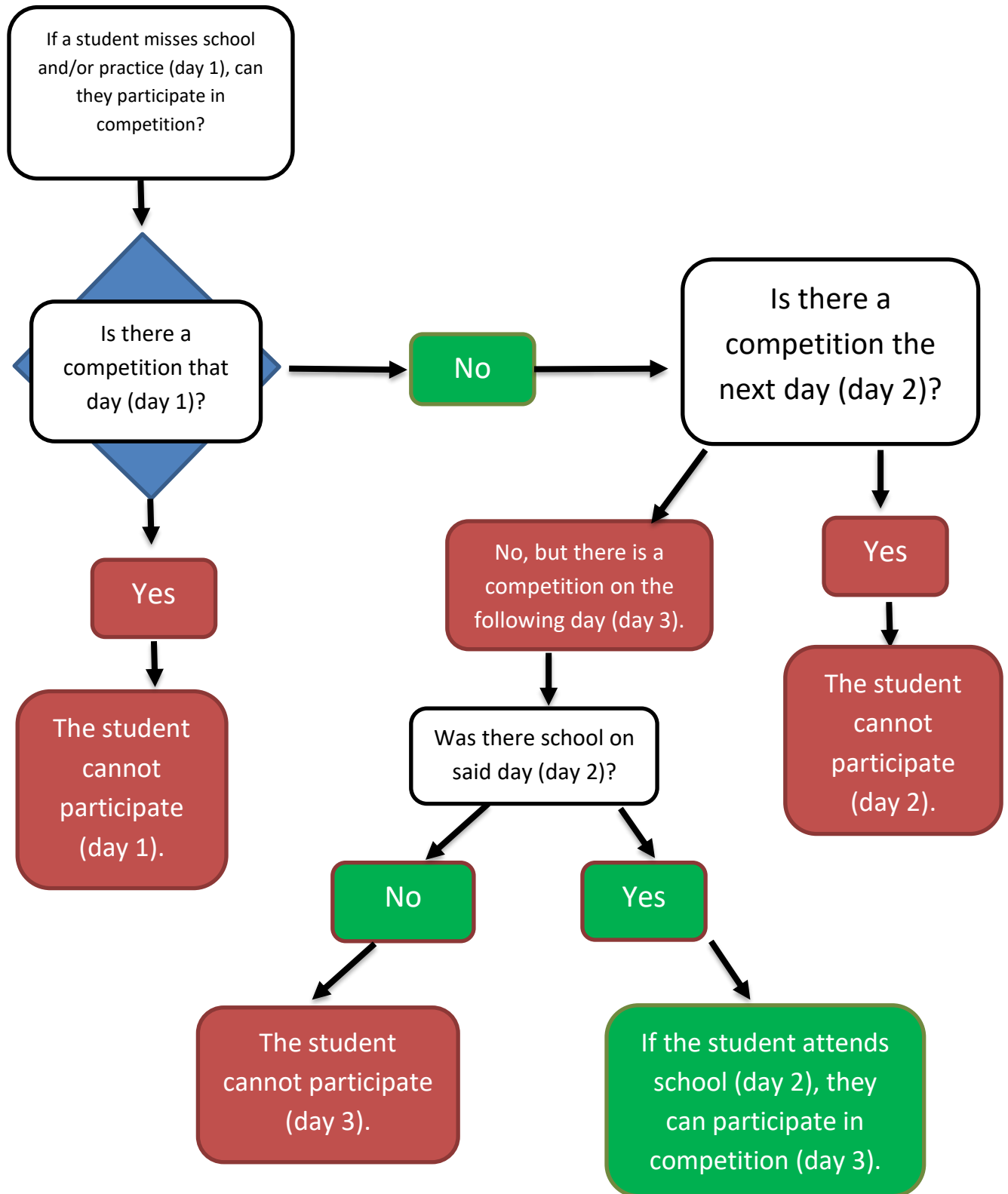
6 ELIGIBILITY RULES

All coaches, athletes, and parents should be familiar with the eligibility rules of CHSAA and CAHS. They are as follows:



1. High School eligibility for participation is reported every week from the start of the first week of official practices.
2. CA High School has chosen CHSAA Plan B which requires a student to be passing 2.5 Carnegie units at the time of the eligibility report. A Carnegie unit is $\frac{1}{2}$ credits. CA High School further requires a student to maintain an overall 2.0 GPA and have no more than 1 F in addition to the CHSAA guidelines.
3. CA High School has chosen to run the eligibility reports on Wed. morning of the reporting week. At that time, the student athlete becomes ineligible for the next week including the upcoming weekend. Any work turned in after the report date cannot improve the student's grade unless the teacher of that class has given the student extra time or has made a grading error.
4. CA Middle School eligibility will be determined with quarter ending grades. Ineligible students will remain ineligible for the remainder of the following quarter but can regain eligibility across quarters.
5. Coaches are to inform athletes of loss of eligibility for whatever reason. If the reasons are other than grades, then the coach should contact the student athlete's parents to communicate the ineligibility.
6. A student who is deemed ineligible may not travel with the team to away contests during the week. A student that is serving either In-School or Out of School Suspension will not be allowed to participate or practice in any extracurricular activity for the entire period of the suspension. Suspensions that originate from the activity rather than from a school disciplinary event will preclude the player from participating in games and traveling with the team until the suspension has been served. Ineligible students are still expected to be at practices other than suspensions. Other team consequences may also be imposed at the discretion of the coach.
7. A student must be in attendance at least $\frac{1}{2}$ of the school day to practice or compete unless on a school approved event. Additionally, a student must be in attendance at practice the day before (or the morning of if applicable), in order to participate in competition. See the following flow chart.

6.1 Attendance and Competition Flowchart



6.2 Eligibility Appeals

Any eligibility appeals will be directed to the AAD. They will gather information and render a decision based on the input of the athlete, coach, and teacher.

7 TRAVEL EXPECTATIONS

- A. It is expected that all students will travel to games with the team unless prior arrangements are made and parents or guardians will be transporting their child. Students may travel home with a parent or guardian if prior arrangements have been made with coaching staff.
- B. Students will behave, during all phases of a trip, according to school rules and will in no way act in a manner that would reflect poorly on the school, team, coaches, their parents, or other students.
- C. We will meet 30-45 minutes before departure time at Caprock.

7.1 Cell Phones and Travel

- 1. Students are allowed to carry a cell phone while traveling with their team/activity to and from event locations.
- 2. Coaches and AODs are empowered to confiscate and hold cell phones if they are being used in any way that endangers the carrier or other students.
- 3. Cell phones should be collected on overnight trips at a time set by the AOD/Sponsor/Coach that would coincide with a “lights out” deadline. Phones should be held by the AOD/Sponsor/Coach until a set time in the morning.
- 4. Coaches and Sponsors can set more stringent team rules around cell phone use and use times.

8 DRESS EXPECTATIONS

- A. Adherence to the Caprock Academy dress code is not negotiable. When we travel for away games, we represent our entire school as well as our families and we will look and act accordingly.
- B. We will change into our jerseys and warm-ups in the host facility locker room and begin game preparations unless otherwise directed by coaching staff.

9 ATHLETIC PAPERWORK REQUIREMENTS

The following information is for high school only. Certain forms must be on file with the school, prior to the participation of any athlete in a practice, scrimmage, or contest.

- Athletic Participation Form
- CHSAA rSchool registration completed
- Athlete Information

- Student Eligibility/Anti-Hazing policy
- Insurance Waiver Section
- Emergency Contact Information
- CHSAA Statement for participation by Physician (high school)
- Assumption of Risk
- Read Parent-Athlete Handbook

10 CREDIT FOR SPORT PARTICIPATION

Each season of competitive sports will count as a .5 PE credits. Additionally, students may earn PE credits for participation in activities at another school/facility. Participation must meet the requirements of 2 hours per week for 8 consecutive weeks for each .5 credit hours earned, not to exceed a total of 1 credit hour. Participation with outside schools/facilities must be documented on the school/facility's letterhead and signed by the individual in charge of the activity.

11 PARTICIPATION FOR A STUDENT IN HOME-BASED EDUCATIONAL PROGRAMS

Home-based education students may participate in interscholastic activities/athletics if they meet the following requirements.

1. The parent/guardian has submitted written notification to the school district of the establishment of a home-based education program for the student at least 14 days prior to participation.
2. The student resides in the attendance boundary of the school and is eligible to enroll by virtue of age and academic preparation.
3. The student must meet all of the schools, the district and the applicable Colorado High School Activities Association (CHSAA) eligibility requirements for participation in the interscholastic activities/athletics, except for class attendance requirements.
4. During the period of participation, the student must comply with the following:
 - a. Required Class/Course Participation
 - i. On Traditional Schedules
 1. Must be taking at least 5 courses per semester.
 2. Must meet all CAHS academic eligibility requirements.
 - a. Grades must be emailed to the AAD every Wednesday from the first official practice week until the completion of competition.
 - b. Grades must be in an official report from the Home School organization, or a screen shot of current grades.
 - c. It is the responsibility of the parent to ensure grades are reported in a timely manner.

- d. Students will lose eligibility if grades are not reported.
- ii. On Block Schedules
 - 1. Must pass a minimum of the equivalent of 5 credits per semester.
 - 2. Must meet all CAHS academic eligibility requirements.
 - a. Grades must be emailed to the AAD every Wednesday from the first official practice week until the completion of competition.
 - b. Grades must be in an official report from the Home School organization, or a screen shot of current grades.
 - c. It is the responsibility of the parent to ensure grades are reported in a timely manner.
 - 3. Students will lose eligibility if grades are not reported.
- b. A complete list of classes taken at home must be listed and submitted to the AAD prior to participating in any in-season team activities.
- c. Every week, by 8am Wednesday morning, the parents/guardians must submit to the AAD a progress report detailing current grades in all courses to participate according to the option used.
- d. A student must indicate that they have taken an equivalent of 5 courses for credit the previous semester that been completed successfully before they may participate in interscholastic activity/athletics events.
- e. The student must meet all citizenship, behavior, and performance requirements, and fulfill the same responsibilities, including related classroom or practice requirements, as other students participating in the interscholastic activity/athletics of the team, squad, or group.
- f. The student will be given the same opportunity as other candidates for a spot on the activity/group/team but is not guaranteed a position.
- g. Appropriate fees will be charged. If payment is submitted and the student is not selected for the team, that payment will be refunded.

12 RESPONSIBILITIES OF STUDENT

1. Philosophical Statement: At Caprock Academy athletic participation is a privilege, not a right.
2. Academic Expectations
 - a. Be prepared for all classes.
 - b. Arrive at class on time and do not leave early.
 - c. Treat teachers, staff and classmates with courtesy and respect.
 - d. Notify your teachers in advance (at least 2 days) when travel for competition requires you to miss class. It is your responsibility to make arrangements with your teacher on makeup work.
3. Athletic Eligibility Expectations
 - a. All athletes at Caprock Academy High School must be enrolled full-time or meet the requirements for a student accessing our program through alternative means.
 - b. All athletes will be passing at least all but one class as of the weekly eligibility deadline.
 - c. Athletes that are deemed ineligible will miss all contests until the next eligibility report is pulled.
4. Student Athlete Expectations
 - a. As a student athlete, you are bound by a stricter moral and behavioral code than other students. As such, you will be responsible for conducting yourself in a manner above and beyond other students. If you choose to accept this responsibility, you and your guardian must sign this contract, and in doing so, you agree to abide by the consequences set forth below:
 - b. Every member of the CAHS Athletic Program has a duty to represent themselves, the team, and the school in the best manner possible. This applies to your behavior both in school and out of school. You are expected to avoid situations where you might be accused of wrong doing. Being in the “wrong place at the wrong time” is not an excuse if you chose to be there in the first place. In-school discipline problems may result in dismissal from the athletic program. The following violations may also result in suspension or dismissal from the CAHS Athletic Program:
 - i. Using illegal drugs, alcohol, tobacco, or nicotine at any time.
 - ii. Using substances, illegal or otherwise, that would hamper, inhibit, impair, or contribute to detrimental behavior or have detrimental effects in a team setting.
 - iii. Allowing yourself to be in a situation, in school or away from school, where you are accused of/arrested for an illegal activity.
 - iv. Skipping class or school.
 - v. Harassment (verbal/physical/sexual/etc...) of another student or team member.
 - vi. Missing practice (unless excused by the Coach).
 - vii. Poor sportsmanship.
 - viii. Any act (either in school or away from school) which, in the opinion of the coaching staff and/or school administration, reflects in a negative manner.

1. Suspension from an activity will be defined by the head coach/sponsor in agreement with the Athletic Director and Head of School
 - a. Suspension will prohibit the student from taking part in all practices, cohesion events, contests, or any other school organized team activity.
 - c. Electronic communication (text, Facebook, Twitter, etc...) should be positive and should never negatively reflect on teammates, coaching staff, school personnel, or sport officials. If it is not positive, don't post it.
5. By participating, you affirm that you fully understand the above. You are also stating that you understand that violations of the Caprock Academy Athletic Program behavior policies could result in your being dismissed from the athletic program.
6. Payment and paperwork procedures must have been paid prior to being able to play.
7. Uniform handout
 - a. Payment must be made in full, or uniforms will not issued. Payment is expected by the end of the second week of official practice except in instances where payment is due prior to the beginning of a season.
 - i. If not returned within one week of return date, the cost of the uniform will be billed to the family account.
 - b. No trading with anyone. You are responsible for the uniform you are assigned.

13 RESPONSIBILITIES OF THE PARENT

1. Understand and endorse the purpose of our programs: to help students become people of empathy and integrity who will lead, be responsible, and change the world for good.
2. Support coaches by applauding behavior in your student and teammates that demonstrate characteristics of integrity, perseverance, empathy, sacrifice and responsibility.
3. Acknowledge and appreciate players' growth toward maturity and their effort toward establishing stronger relationships with teammates, coaches, and themselves.
4. Affirm your student athlete and teammates when good character, healthy sportsmanship, and other-centered behaviors are displayed.
5. Applaud the process of getting better. Hard work, teamwork, and cohesiveness should lead discussion. Don't ask how many points your student scored, but notice how much effort and energy they expended and how much progress they and their team are making.
6. Serve as role models for our players, talking politely and acting courteously toward coaches, officials, other parents, visiting team parents, and spectators at practices, games, and meetings.
7. Model good sportsmanship. Acknowledge and applaud the efforts of team members and opponents. Accept defeat graciously by congratulating the members of the opposing team on a game well played. Support the team regardless of how much or how little your student plays or what the win-loss record is.
8. Encourage your child and teammates with positive statements, even when they make mistakes, because mistakes are how we learn and improve.
9. When problems or questions arise, please have your student-athlete present the issue to a coach. We want players to develop self-advocacy.

Be aware that should a parent/guardian act in such a way that an official, coach, or school administrator has to ask them to leave an event, home or away, neither they nor their student, will be able to be at, or participant in, the next competition or event, home or away.

14 RESPONSIBILITIES OF THE COACH OR SPONSOR

1. Be mindful never to shame a player, but to correct in an uplifting way. Affirmation!
2. Believe in every player.
3. Protect our players. Be big enough to build up, not tear down.
4. Put our players in a position where they can develop to their fullest potential through proper teaching and nurturing.
5. Each player is part of our family, deserves every chance to succeed, and deserves the utmost respect.
6. Coaches can disagree in meetings but never in front of our players or anyone else outside our family. Disagreements are saved for private meetings.
7. Our players are student-athletes and we are teacher-coaches. We hold ourselves accountable and actively teach the lessons they need in order to navigate life.
8. Parents are our partners. We strive to work with each family in helping their student to succeed.
9. Know the difference between shaming and coaching. No screaming, shaming, or swearing.
10. Don't be afraid to apologize! We all make mistakes. When mistakes are made publicly, apologize publicly; when mistakes are made personally, apologize personally.
11. We are nurturing successful people, not just successful athletes. Treat all opposing coaches and their teams with the honor true competitors deserve.
12. Respect all referees, officials, administrators, and timekeepers. They are imperfect and trying their best just as we are.

This page has been left intentionally blank.

15 PARENT/PLAYER ACKNOWLEDGMENT

The parent and player both acknowledge that they have read this Handbook and will abide by these guidelines/practices. Please initial each of the below and then sign at the bottom.

This form must be turned in to your coach by the end of the second week of official practice for your sport.

(Please Initial)

Parent

Player

Athletic Policies and Procedures

_____ Transportation and Travel Policies

_____ Communication Pathway

Eligibility Policy

_____ Parent/Coach Meetings

_____ Player Code of Conduct

_____ Parent Code of Conduct

Concussion Guidelines

Can you assist the coach with needs of the program? Scoring, Stats? Y N

Parent signature

Date

Player Name (print)

Player signature

Date _____