



SAGE RIDGE

S C H O O L

Athletics Handbook

2025 – 2026

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INTRODUCTION

Welcome to another year of Sage Ridge School Athletics. This handbook contains the policies and procedures of the Sage Ridge School Athletic Department and information concerning the responsibilities of coaches and athletes.

This handbook refers to the expectations of student-athletes & parents for both the upper and middle school. Remember: being a part of an athletic team is a privilege, not a right. Furthermore, the Sage Ridge School Mission, Pillars, & Honor Code, which govern student behavior during the academic day, also extend to all facets of the athletic program.

CONTACTS

Listed below are the primary contacts for the athletic department. If you have any athletic related issues, please contact Sierra Starbuck.

Athletic Director	Sierra Starbuck Office: 775.852.6222, ext 537 Email: sstarbuck@sageridge.org
School Phone Number	775.852.6222
Athletic Website	www.sageridge.org/athletics
Head of School	Dr. Ginger Hovenic Office: 775.852.6222, ext 510 Email: gingerhovenic@sageridge.org

SPORTS TEAMS

Upper School Varsity Teams

FALL

Girls Cross Country
Boys Cross Country
Girls Volleyball
Boys Soccer
Girls Golf

WINTER

Girls Skiing
Boys Skiing
Girls Basketball
Boys Basketball

SPRING

Girls Track & Field
Boys Track & Field
Boys Golf
Boys Swimming
Girls Swimming

Middle School Sports Teams

FALL

Girls Cross Country
Boys Cross Country
Girls Basketball

WINTER

Boys Basketball
Girls Volleyball

SPRING

Girls Track & Field
Boys Track & Field

SCHOOL STATEMENT

Athletics is an integral part of the Sage Ridge educational experience, forming a significant component of the traditional college preparatory focus of the school. Emphasis is placed upon the pursuit of team and individual excellence, especially fitness, leadership, and sportsmanship. Athletics, as a part of the Sage Ridge School program, supports the SRS mission and pillars.

Sage Ridge's commitment is to excellence, and that is the standard of our athletics program as well.

Sage Ridge can get an athlete to the next level as well as any other school, but with the added emphasis on academics and the advantage of the independent school culture of nurturing the whole child.

Sage Ridge's strength in academics opens up opportunities with athletics. For the serious athlete, it offers not only academic preparedness, at the collegiate level but also life-long skills beyond athletics; thereby increasing the success quotient for the student-athlete who decides to play at the next level.

ATHLETIC PHILOSOPHY

Upper School

Sage Ridge School athletic programs provide students that have the skills, commitment, time and dedication the opportunities to participate at a competitive level while developing life skills through the competitive experiences that emphasize personal growth, teamwork, and sportsmanship.

Middle School

Participation in Middle School athletics is strongly encouraged. Middle school programs provide skill development through practice and build community through teamwork. Middle School students have the opportunity to participate and experience the benefits of sport while being part of a team.

PROGRAM GOALS

Upper School

- To be competitive with other Northern Nevada athletics programs
- To exemplify sportsmanship in practice and games by showing respect for officials, coaches, visitors, parents, opponents, and teammates
- To experience success
- To improve athletic skills and knowledge of the game
- To develop a strong work ethic
- To build and maintain good physical fitness and a sense of individual wellness
- To develop habits of health and safety
- To develop an understanding that participation in the SRS Athletic Program requires responsibility, respect, and commitment

Middle School

- To foster participation and improvement in a variety of activities
- To improve playing skills and knowledge of the game
- To develop respect for officials, coaches, visitors, parents, opponents, and teammates
- To build team spirit and cooperation
- To develop a strong work ethic
- To develop good habits of health and safety
- To develop an understanding that participation in the SRS Athletic Program requires responsibility, respect, and commitment
- To teach the value of healthy competition

EXPECTATIONS OF STUDENT-ATHLETES

Sage Ridge School student-athletes are committed to their responsibilities both in athletics and academics. Responsibilities include, but are not limited to:

- Attending all practices, games, team meetings, and award nights.
- Contacting classroom teachers to make arrangements for class time missed due to athletic contests.
- Manage athletics and academics simultaneously.
- Demonstrate proper conduct and sportsmanship, following all school and league guidelines during practices, competitions and travel.
- Being respectful, supportive, and cooperative when dealing with officials, coaches, team members, and opponents.
- Demonstrating respect for, and care of, athletic facilities, equipment, and uniforms.
- Completing and turning in all required forms to the coach, Athletic Director and/or front office including physical examination, Aktivate account, parental release, and parental permission form.

EXPECTATIONS OF SRS FAMILIES

SRS community members represent the entire community when they attend an athletic event. Just as coaches and student-athletes are expected to display excellent behavior, community members are expected to do the same. There is nothing better than having a great turnout for a game, promoting sportsmanship, and providing a warm welcome to our opponents and their fans. Specifically, SRS community members are expected to:

- It is encouraged to volunteer for athletic events as needed.
- Give positive encouragement at all contests. Both to SRS and the opposing team.
- Be respectful and display good sportsmanship at any and all contests, home or away.
- Be publicly supportive of the coaches, and of decisions, even if in disagreement.
- Promote the “team” concept to their student-athlete(s).
- Help their children take responsibility for their actions.
- Encourage their children to talk to their coaches if they have any questions or concerns.
- Ask questions and express concerns regarding their child’s role on any team in private. Before, during, and after a contest is not the time to approach a coach.

ATHLETIC WEBSITES

The SRS website, www.sageridge.org has information on competition schedules, sports that are offered, beginning and end dates, directions, contacts, staff, etc.

SEASON SCHEDULING

Upper School

SEASON	SPORT	FIRST PRACTICE	FIRST CONTEST	REGIONALS	STATE
Fall	Cross Country	August 2 nd	See website	October 31	November 8
	Girls Volleyball	August 2 nd	See website	Oct. 27 - Nov. 1	November 6 - 8
	Soccer	August 2 nd	See website	Oct. 27 - Nov. 1	November 7 - 8
	Girls Golf	August 2 nd	See website	October 6 - 9	October 13 - 16
Winter	Skiing	November 15 th	See website	TBD	February 16 - 22
	Boys Basketball	November 15 th	See website	February 9 - 14	February 18 - 21
	Girls Basketball	November 15 th	See website	February 9 - 14	February 18 - 21
Spring	Track & Field	February 14 th	See website	May 2 - 9	May 15 - 16
	Swimming	February 14 th	See website	May 4 - 9	May 15 - 16
	Boys Golf	February 14 th	See website	May 4 - 7	May 11 - 14

Middle School

SEASON	SPORT	DURATION	GRADE LEVELS
Fall	Cross Country	August - October	Boys / Girls 5th - 8th
	Girls Basketball	August - October	Girls 5th - 8th
Winter	Boys Basketball	October - December	Boys 6th - 8th (possibility of 5th based on numbers)
	Girls Volleyball	December - February	Girls 6th - 8th (possibility of 5th based on numbers)
Spring	Track & Field	April - May	Boys / Girls 5th - 8th

LEAGUE AFFILIATION

Upper School

The Upper School athletic teams compete in the Nevada Interscholastic Activities Association (NIAA) under the 1A West Division. As a member of the NIAA, Sage Ridge School works to create the best possible chance for our student-athletes to become successful. Sage Ridge School will conform to all rules and regulations of the NIAA.

Boys and Girls Soccer	2A/3A
Cross Country	2A
Boys and Girls Basketball	1A
Volleyball	1A
Boys and Girls Golf	2A
Track and Field	1A
Boys and Girls Swim	3A
Ski	5A

Middle School

The Middle School athletic teams compete in the Tah-Neva League. The Tah-Neva League is made up of many middle schools from around the Reno/Tahoe area. Sage Ridge School competes in the Small School Valley Division of the Tah-Neva League. Sage Ridge School conforms to all rules and regulations of the Tah-Neva League and the NIAA.

AKTIVATE - (Upper School)

[Aktivate Parent Manual](#)

Aktivate is the website used by Nevada for student-athletes to register for their prospective sports; for coaches/schools to create the official team rosters, and for schools to submit their Academic State Team Championship rosters.

A parent and/or guardian needs to create one account for their household; then add the student-athlete(s); then select/register for sports. If your student-athlete will be changing schools, the transfer/hardship appeal will be submitted via Aktivate.

Aktivate must be completed and submitted by the start of the season for the sport in which each student-athlete is competing in. Athletes will not be eligible to compete if their Aktivate account is not up-to-date for every sport.

SEASON EXPECTATIONS

Try-Outs

Coaches reserve the right to hold tryouts at the beginning of the season to determine team placement. In some circumstances it may be necessary to make cuts to reduce the number of players on the team to the number of players who can dress for any single game.

Practice Players

Coaches reserve the right to allow practice players during any given season. Head Coaches will set the guidelines for what is allowed and expected of practice players.

Playing Time

Finding a balance between skill development and opportunities to play while competing to win are important. Playing time is earned through program attendance and effort, continued improvement of techniques, player attitude, commitment, player coachability, and understanding of team strategies. At higher levels, skill and ability factor into playing time to allow our teams to be competitive.

AFTER SCHOOL PRACTICES

Upper School

The Upper School practice schedule is set up by the coaches with approval from the Athletic Director. The Upper School typically practices 4-5 days a week for no more than two hours each day. It is the responsibility of the coaches to publish/communicate their practice schedules prior to their seasons. Attendance at practice is kept by the coaches. Consequences for late and/or missed practices are assigned by individual coaches.

Middle School

The Middle School practice schedule is set up by the coaches and Athletic Director. The Middle School can practice 3-5 days a week for up to an hour and a half each day. Practices typically run from 3:30 to 5:00 p.m. This can change based on the sport. It is the responsibility of the coaches to communicate to athletes their practice schedules prior to their seasons. Attendance at practice is kept by the coaches. Students who do not attend practice may lose the opportunity to play in games.

RELEASE TIME

Missed class time for athletic events constitutes an excused absence. Members of the faculty assist student-athletes in making up missed work, but students are responsible for contacting faculty for assistance prior to leaving campus. It is the responsibility of student-athletes to let their teachers know, at least one class meeting ahead, that they will be missing class via email or the pre-arranged absence form found in the front office. It should be understood that there may be consequences for those who do not give the proper notice to their teachers.

TRANSPORTATION

When available, SRS vehicles are used to transport athletes to and from athletic competitions. Transportation to and from games and practices begin and end at Sage Ridge School.

Parents may elect to pick-up their son/daughter at away practice or game locations, but students are only released to their own parent/guardian. If families wish to send their child home with another guardian, it must be communicated and approved by the Head Coach prior to pick-up.

When it is necessary for a team to travel off campus for athletic practices and competitions during the school week (Monday - Friday), Sage Ridge School may provide transportation depending on the sport. It is recognized that, in some cases, it may be in the best interest of the student to drive himself/herself (or his/her parents) to and from athletic practices and competitions, when approved by the Head Coach and Athletic Director.

Participation in Varsity Cross Country, Varsity Track and Field, and possibly other varsity sports depending on the season, requires self / parent transportation to practices and meets. Sage Ridge vehicles will not be provided for these particular season sports.

Games and Travel

When traveling and/or missing school, the following guidelines apply:

- Student-athletes must notify their teachers at a minimum of one class meeting **in advance** when game schedules dictate they will miss class. All school work must be completed and turned in before they leave campus, unless other arrangements have been made. The prearranged absence form may be used.
- The Athletic Director will notify the office of departure times and release times for teams.
 - Release times are posted in the Scorpion Newsletter every Sunday.
 - Coaches will also communicate this information with their teams.
 - Students may not leave class before the posted dismissal time unless approved by the Athletic Director.
- Student-athletes will travel to and from all games on team transportation, when available. It is understood that some families need to take their children directly from the game. Families who wish to do so need to meet the guidelines set forth by the coach in regards to taking a child home from a scheduled competition.
- Student-athletes are responsible for purchasing their own meals on any team travels.
- When visiting other schools' facilities, team areas must be left cleaner than when you arrived.
- SRS vehicles are to be cleared of all personal belongings and trash following the return to Sage Ridge School.
- When student-athletes are using locker room facilities, they must be properly supervised.
- Student-athletes should be respectful and courteous.
- On days when school is in session, students must be on campus by 10:30 a.m. in order to participate in a scheduled contest for that same day. Special circumstances for exceptions to this can be communicated and approved by the Athletic Director.
- Overnight Trips:

- Head coaches will communicate all team travel arrangements for out-of-town travel, with the guidance and approval of the Athletic Director.
- League Travel Expenses: SRS will pay for transportation and accommodations for **all league travel**.
- Non-league Travel Expenses: It is the responsibility of the student-athlete to pay for non-league/postseason travel expenses. This includes:
 - Regional and State contests
 - Any tournaments throughout the season
 - Any non-league contests
- Chaperones: Coaches will chaperone the team at all times and know the whereabouts of all team members and managers at all times. The coach may perform a bed check each night of the trip. All Sage Ridge School rules apply on overnight trips. A final “lights out” time may be given to the athletes and checked by a coach.
 - When the students are a different gender than the coach, a same gender chaperone will be appointed to accompany the team. The Head Coach and Athletic Director will work together for who will be the assigned chaperone in these circumstances.

POST SEASON

Upper School

As a member of the NIAA, teams may travel in the postseason because of season ending regional and state tournaments. It is the responsibility of the student-athlete to pay for travel in the postseason. The athletic department and head coaches may make the reservations for the team to travel together. If a Head Coach / team is fundraising, all proceeds will be directed to the athletic department and dispersed to the specific team under approval of the Athletic Director. (Refer to [fundraising](#) section).

Middle School

Middle School does not travel overnight to games in the postseason. It competes in the Tah- Neva league and all post season games are within the driving range for Sage Ridge School.

TEAM SPORT PARENTS

It is the discretion of the Head Coach to determine their use of team sports parents every season.

It is important to note that all sports need volunteers for competitions and other arising tasks throughout the season. The hosting schools for competitions sometimes require each school to bring volunteers. As part of your commitment to the athletic program, it is encouraged to volunteer, where needed, to allow our student-athletes to have a safe and enjoyable season.

The role of designated team sport parents is to assist the Athletic Director and Head Coach as needed throughout the season. Jobs will vary from sport to sport. They include, but are not limited to:

- Scheduling food and drinks for games.
- Recording scorebooks or working the scoreboard at competitions.
- Volunteering at competitions when needed.
- Assisting with hosting home games and visiting teams.
- Senior Night for Upper School athletes.
- Assisting with the coordination of end of the season gifts for the banquets/celebrations.
- Assisting the Athletic Director and Head Coach with other jobs related to each sport under the direct guidance and supervision of the Athletic Director.

TEAM UNIFORMS

The Athletic Director orders uniforms and equipment. Team uniforms will be replaced by the athletic department as the need arises. Uniforms for new teams are designed by the Athletic Director with input from the Head Coach.

When representing SRS, all team members must be in the correct team uniform. Spirit wear or other warm-up clothing can be worn under approval by the Head Coach.

Uniforms are property of Sage Ridge School. They are distributed and assigned to each athlete by the Head Coach. It is the responsibility of the athlete to take care of their uniform throughout the season. Uniforms are to be returned to the Head Coach or front office at the conclusion of the season. Any uniforms that are damaged or not returned in a timely manner to the athletic department, are charged to the family at the cost of the replacement.

SPIRIT GEAR

Students are allowed to represent their Sage Ridge athletic team on game days by wearing a jersey or spirit top with uniform bottoms. The guidelines are as follows:

- Monday, Tuesday, and Thursday - On **competition days** only, students are allowed to wear a jersey or spirit gear top for their in season sport with dress code uniform bottoms. (see Family Handbook for guidelines on proper uniform bottoms)
- Wednesday - On **competition days** only, students are allowed to wear a jersey or spirit

- gear top for their in season sport with Wednesday dress code uniform bottoms. (see Family Handbook for guidelines on proper uniform bottoms for dress Wednesdays)
- Friday Spirit Days - On Fridays, students may wear Sage Ridge School tops, such as theatre, athletics, advisory, or club t-shirts, pullovers, or hoodies. For bottoms, students may wear blue or black denim, dress code bottoms, black leggings, or any Sage Ridge pants and shorts embroidered or printed with the school logo (this could include joggers/sweatpants with a printed Sage Ridge logo on them, but does not include pajama pants). In addition, short shorts, denim with prints, or any bottoms with major rips or tears are not permitted.

FACILITIES

Sage Ridge School has access to different facilities both on and off campus. On campus, we have access to the soccer field, Great Space, and the Wiegand Center, which can accommodate many of the sports that we offer. When necessary, Sage Ridge School rents space for team practice and competitions.

Student-athletes and fans are expected to treat all facilities with respect. It is also important to remember that you represent the Sage Ridge community when you are at a SRS athletic contest.

Sports that are “in-season” are given priority over all other sports for access to the facilities. Priority is also given to Upper School teams.

SPORTSMANSHIP

Sage Ridge School has enjoyed a great tradition of sportsmanship. This has been due to the stellar work of student-athletes, parents, coaches, and other team members. SRS Athletics follows the Honor Code first and foremost, but also abides by the following sportsmanship points:

- Sportsmanship and the objectives of our educational institution are a top priority.
- Your entry into any athletic event entitles you to enjoy and support the student-athletes' hard work as they look to compete for their schools.
- Your support should always be expressed in a positive and encouraging manner.
- Booing, taunting, intimidating, and/or any other type of unsportsmanlike conduct towards any player, coach, official, or other will not be tolerated.
 - Any behaviors of this nature will result in consequences, including but are not limited to:
 - Immediate removal from the facility, suspension from further games or athletic events (both home and away), or other consequences deemed necessary by the Athletic Director and Head of School.

ELIGIBILITY

The academic criteria for eligibility for extracurricular commitments are based on a student's letter grades in the quarter previous to, and during the time-period of the activity.

Eligibility for extracurricular commitments, including athletics, is based on a student's letter grades in the quarter during the period of the activity. Grades will be checked every week beginning with the second week of a new grading quarter.

Guidelines

Grades are checked on Thursday / Friday for eligibility for the following week of any scheduled games. Any student with an F or two Ds at the marking period, is ineligible to compete until the grades improve above the eligibility threshold.

The Athletic Director will meet or email with the student on Thursday or Friday to discuss their eligibility for the following week. An email will go out on that coming Monday about the status of eligibility.

The student can appeal their removal of ineligibility and if granted, return to the sport.

Reporting of Student Status and Appeals Process

Within 48 hours of notification, the student may appeal the decision to the Eligibility Appeals Council (EAC). The EAC reviews appeals on a case-by-case basis and the decision is final. The EAC is composed of the following:

Eligibility Appeals Council

Athletic Director (Chair of the Appeals Council)

Activity Director or Head Coach

The Appealing Student's Advisor

NIAA Rules - Upper School

As stated in NIAA rules, student-athletes in the Upper School must also maintain a 2.0 GPA at all grading periods to be eligible to participate. Upper School student-athletes must meet NIAA and Sage Ridge School requirements in order to participate. NIAA rules on eligibility may not be appealed like SRS rules, and are final.

Attendance at School on the Day of an Extracurricular Activity

Students must comply with school policy relating to attendance. In order to be eligible to participate in after school contests, a student must be signed in by 10:30 a.m. on the day of the event. Similarly, a student who participates in Saturday and/or Sunday extracurricular events must be signed in by 10:30 a.m. on Friday or the student will not be permitted to participate. Special circumstances and exceptions to this can be communicated and approved by the Athletic Director.

Homeschooled Students

Sage Ridge School and the NIAA does not allow homeschooled children to compete on SRS sports teams.

NIAA Sanctioned Sports

SRS students are only allowed to participate in NIAA sanctioned athletics that are offered at Sage Ridge School. If you have questions about NIAA rules and regulations related to eligibility, you

must contact your Athletic Director for clarification.

NAC 385B.732 Pupil who attends private school that does not offer sanctioned sport.
A pupil who attends a private school that does not offer a sanctioned sport is not eligible to participate in that sanctioned sport at his or her zoned school of residence.

DRUGS/ALCOHOL POLICY

Student-athletes, who possess or use drugs or alcohol at any time during the season, may be dismissed from the team and have their privileges revoked for future athletic seasons. The following is the school policy on drugs and alcohol. Student-athletes must also abide by drug and alcohol policies of the NIAA.

“Sage Ridge School is a drug-free, smoke-free, and weapons-free campus. Students are forbidden to consume any drugs, alcohol, tobacco, possess vaping pens or paraphernalia, or have weapons on campus. The School reserves the right to open and inspect lockers, bags and any personal possessions at any time, without prior notice. .” (Family Handbook)

SAFE CAMPUS POLICY

Sage Ridge is committed to maintaining an educational and workplace environment that is free from sexual harassment and sexual misconduct. All students, faculty, and staff are expected to treat each other with respect and dignity. All coaches, chaperones, and volunteers must conduct themselves with the highest level of professionalism and respect. If bullying or harassment does occur, students are expected to inform a teacher, advisor, or administrator. Students, parents, or any member of the community may also report incidents anonymously through Safe Voice at <http://safevoicenv.org/>.

Any individual found to have engaged in such behavior will face disciplinary action, which may include suspension, expulsion, termination, or other corrective measures.

Any violations of the Safe Campus Policy should be reported directly to administration for review with the Head of School. For severe infractions, the school reserves the right to impose more severe penalties such as in-school suspension, off campus suspension or expulsion. When required by law, the school will report incidents to local law enforcement.

LETTERING

Lettering is administered on a school-wide basis. The requirements for earning a varsity letter vary from sport to sport. Athletes must meet the earned time criteria that is set forth for each varsity sport. Those who earn a varsity letter are awarded with a certificate and a varsity letter (first year only). Each year after that, a player lettering receives a certificate.

General requirements for varsity awards in all sports:

- Finish the season as a productive member of the team
- Must be in good athletic standing, complete the season and be eligible academically
- Attend at least 90% of all practices, excused or not
- Participate in at least 50% of all competition on the Varsity level
- Injured players may receive a letter if, in the opinion of the Head Coach, he/she would have participated enough if they had not been injured, and also serve the team in some capacity while injured.

*NOTE: student-athletes **must** meet **all** requirements listed above to receive a Varsity Letter. They do not receive a letter merely for being on the roster. Varsity Letters are determined by the Head Coach and Athletic Director.*

AWARDS

Varsity Plaques

Awards are given at the banquet for each respective sport and are determined by the Head Coaches.

- ***Most Improved Athlete***
 - This award is given to the student-athlete who made the most improvement during the season.
- ***Team Captain***
 - This award is given to the student athlete who has exhibited the qualities that the coach looks for in their team captains: leadership, dedication, respect, work ethic, and being a role model for their teammates and peers.
- ***Bill Heim Coach's Award***
 - Given annually by the coach to an athlete who best demonstrates, throughout the season, the true spirit of Sage Ridge Athletics. It is given not only for hard work and personal improvement, but for a willingness to understand, to learn, to enter into a partnership with coach and teammates in an effort to recognize one's full potential.
- ***Outstanding Athlete***
 - This award is given to the student athlete who has demonstrated outstanding athletic ability and talent in their respective sport.

End of Year School Awards

Awards are given to student-athletes for their contributions to athletics for that year.

- ***Outstanding Student Athlete Award***
(Upper and Middle School)
 - The Outstanding Student Athlete award is given annually to a male and female student who have excelled in athletics during the school year. Recipients must have competed in at least two sports during the school year in which the award is given. Students are nominated by coaches and chosen by the Athletic Director.

- ***Golden Scorpion Award***
(Upper School)
 - The Golden Scorpion Award was created to honor senior student-athletes who excel in the classroom and on the playing field by setting examples of leadership, effort, and sportsmanship. On top of that, to receive this award the student-athlete must meet the following criteria:
 - Graduate with:
 - An unweighted GPA of 3.5
 - No semester grade of D or F in Grades 11 and 12
 - 60 hours of community service in both Grades 11 and 12
 - Completion of 4 AP courses with no semester grade lower than a B-
 - A grade of no less than a B+ on the senior thesis
 - Completion of at least one AP in History/Social Science or English
 - Completion of at least one AP in Math or Science
 - Participate in 12 athletic credits

FUNDRAISING

- All fundraisers that occur for athletics must be approved by the Athletic Director and Fundraising Committee.
- The athletic department and Head Coach will work together in fundraising efforts for athletics and each individual sport.
- It is the responsibility of the Head Coach or designee to take charge of the fundraising efforts for their respective sport if an individual team wishes to fundraise.
- If fundraisers are offered to raise funds for trips/travel/postseason etc., students who do not or cannot raise money will still have the same opportunity to go. All proceeds are put together and distributed to cover team costs **evenly**.
- All money raised for athletics through fundraising must be given to the athletic department. All funds will be distributed to the team based on Athletic Director approval.
- Donations will be reported to the appropriate person in development at SRS so that they can be recognized properly as in the Gift Acceptance Policy.