Alta Vista High School Athletic Manual



2025-2026

Volleyball
Soccer
Cross Country
Basketball
Cheerleading
Baseball
Track and Field

"Perfection is not attainable, but if we chase perfection we can catch excellence." – Vince Lombardi

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Introduction

This handbook establishes procedures for the Athletic Department at Alta Vista High School (AVHS). It should serve as a convenient reference for coaches, players, and parents concerning policies and procedures governing the Athletic Department. While it is not possible to find answers to every question in this handbook, you should find it to be a useful reference guide.

All questions pertaining to student eligibility and Athletic Department policy should be brought to the attention of the Athletic Director. Questions regarding a specific sport or team can be directed to the head coach.

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Alta Vista Mission

The mission of Alta Vista High School is to provide each student a diverse education in a safe and supportive environment that promotes respect, self-discipline, creativity, academic excellence and service to the community.

Alta Vista Athletic Department Mission

The mission of Alta Vista Athletics is to provide an excellent sports program that will allow and encourage our student athletes to maximize their athletic abilities and develop character.

These 5 character qualities are the goal for all of our athletes:

1. **Drive** – You have to be driven to improve every day. You can't be satisfied with your last performance.
2. **Discipline** –You have to be disciplined. You have to do the right things even when you don't want to.
3. **Competitiveness** –You have to be competitive and want to beat your competitors.
4. **Commitment** –You have to be committed to your sport.You have to give up other hobbies and interests that may interfere.
5. **Determination** –You have to be determined. You can't give up, no matter how hard it seems. When you lose a match or miss a goal, you have to get right back up and try again.

Varsity Athletics

It will be a privilege for an athlete to wear an AVHS varsity uniform. The athlete must be prepared to compete for a position and playing time. Once an athlete has solidified his/her position he/she must work to keep it. Seniority of a player is not a factor. Players will be judged on athletic ability, work ethic, attitude, and knowledge of the coach's strategy/strategies when determining playing time. Competing to win is strongly emphasized. The athletes are expected to act accordingly to their roles on the team, and the coaches expect athletes to contribute

unselfishly in accordance with their abilities. Playing time will be determined solely by the coach/coaches.

Association

The Alta Vista High School Athletic program is a member of the CAA (Canyon Athletic Association). We adhere to the policies and rules governed by them. All athletic contests are operated under the rules and regulations governing the CAA.

Website

Alta Vista High School will have an athletic calendar website that will keep you up-to-date and informed about all athletic try-outs, practices, and games. Please refer to the website before contacting the office with questions you may have concerning practices and games. Direct access to the website is through the school website :www.altavistahs.com

Requirements for Participation

All athletes must be full-time students in order to participate in sports. Homeschoolers and Part Time Students will be considered in sports that are allowed through CAA. Please see the Home School Student Section. Students must maintain weekly grades of C or better and be free of any behavior that lacks character.

If a student becomes 19 years of age after September 1, he/she is eligible to compete for the remainder of that school year. If he/she becomes 19 years of age on or before September 1, he/she is not eligible for any part of that school year.

After a student first enrolls in the ninth grade, he/she has a maximum of eight semesters of opportunity with a maximum of four seasons of opportunity in each sport or activity. Semesters 1-8 must be consecutive

Forms and Fees

Athletes are required to turn forms and fees to Mr. Tapley, not their coach, not the front office. Athletes will be held accountable for things not handed to Mr. Tapley and lost.

Athletic Fees

$25 per sport – Full-time AVHS Student

In order to help the athletic program operate with overall operational cost, some funding will need to come from Athletic fees. Additional funding for the sports program will be necessary, and will come in the form of contributions, concession sales, admission charges, and fund-raising. The AVHS athletic program will need your help in these areas. Expenses that the athletic department incurs include, but are not limited to: paying referees/officials, association

dues, equipment cost, uniforms, season end awards, etc. The athletic fee covers only a small portion of our expenses.**Please contact Mr. Tapley if you need assistance with the $25.00 fee

Each student athlete is required to participate in all fundraiser activities to raise money for the team. In the event an athlete makes the decision to not participate, the consequence of that decision may consist of being removed from the team. Some circumstances may arise that are beyond the student's control; this will be taken into account by the Athletic Director.

Pep Assembly, Homecoming Dance & Sports Banquet Dinner

Participation in the School's Pep Assembly, Homecoming Dance and the end of the year Sports Banquet Dinner are required by athletes. In the event an athlete makes the decision to not participate, the consequence of that decision may consist of being removed from the team or future team. Some circumstances may arise that are beyond the student's control; this will be taken into account by the Athletic Director.

Physicals

Every athlete that will play at the Varsity level must have a physical exam before the season begins. This is your responsibility. You may NOT compete or practice until you have a physical turned in and on file in the athletic office. A physical is good for 365 days from the date completed. We recommend that the physical be completed after May 15 for the upcoming school year. The physical will then cover the athlete for the entire school sports season.

Team Participation

In the event an athlete makes the decision to quit a team, the consequence of that decision may consist of not being allowed to try out for any other sport that particular school year or if it is the spring season, the following fall season will be jeopardized. Some circumstances may arise that are beyond the student's control; this will be taken into account by the Athletic Director.

Practices and Games - Attendance

The AVHS athlete must learn to be accountable and honor commitments. In order to participate on a Alta Vista High School team, we will ask for both. Knowing that you can be counted on is just as important as your talent. All athletes who are on a team are expected to be at all practices and games for the duration of that sport's season. If you cannot make practices or games, you should not come out for the team. Unless there is an extreme emergency, you must be at both practices and games.

Parents – please make every effort to schedule *routine* doctor/dentist appointments, etc. around the sports season. It is difficult to coach a team if players are missing practices. Leaving practice early must also be approved by the head coach. Please consult with the coach as far in advance as possible if you plan to miss a practice. Please refer to the AVHS website (Athletics TAB for the Sports Calendar)

There are 2 steps in the Athlete communication process is :

1) If the Athlete is unable to participate in their sport, the Athlete is expected to communicate to their coach by text at least 2 hours before practice, a game or departure for an away game.

2) Parents/Guardians are expected to call the AVHS Front Office to excuse their Athlete from practice/game. The call must be made at least 2 hours before practice, a game or departure for an away game. *Front Office Staff will document this call on the Contact Log.

Failure by the athlete and parent/guardian to communicate (see #1 and #2 above) will lead to a strike. If an athlete receives 3 strikes during the duration of the season, they will be removed from the team. Although athletes may be excused, they will still be held accountable for missing practice and the athletes playing time may be affected.

Attendance – School Day – Practices/Games

In order to be able to practice or participate in a game, athletes must be at school daily unless there are extenuating circumstances.

Playing Time

The amount of playing time an athlete receives on the Alta Vista High School athletic team is a privilege, not a right. While we are committed to developing all of our athletes, most of an athlete's development should take place during practice. Practice is where you prepare to play. Therefore, students must attend practices in order to receive playing time. **Athletes are not guaranteed to play on senior night.**

JTED/Part-Time Jobs/Other Commitments

- While Alta Vista High School allows students to participate in other part-time activities such as JTED and Jobs, athletes are still held accountable for missed practices and games. Missing practice and games affects the progress of the student athlete and affects the progress and chemistry of the team. Playing time is not guaranteed and can be limited for athletes with other part-time commitments.

Things that will affect an Athletes playing time:

1) **Attitude (these are the minimum expectations)**
    a) **Not bouncing back from a mistake**
    b) **Giving up**
    c) **Talking back to coach**
    d) **Discouraging teammates**
    e) **Sad facial expressions and low body language**

f) **Poor sportsmanship i.e. mocking opponents, engaging with referees**

2) **Effort (these are the minimum expectations)**
   a) **Not hustling during a practice/game**
   b) **Not diving when necessary**
   c) **Not finishing an exercise**
   d) **Giving up**
   e) **Not bending knees when necessary**
   f) **Leaving practice or game bench without permission**

Early Dismissal

Students are responsible for all work (notes, tests, quizzes, etc.) missed due to early dismissals. If an athlete is to miss a class, he/she must meet with the teacher to receive class assignments before leaving. A reminder that wi-fi hot spots and chromebooks are available in the front office if you need to check one out and complete work during an away game. Athletes may not decide the time at which they will be dismissed.

Academic Eligibility

Student athletes are expected to maintain a 2.0 or above to be eligible to participate in AVHS athletics. Student athletes who do not meet these requirements can not be a part of a team.

Students earning a D or F during the block in any class are expected to attend tutoring the following week. If that student does not attend tutoring, they will be placed on athletic suspension from games until that grade is brought up to a C or better. Students can make up grades by attending tutoring sessions for your specific class. Grades are updated every Monday and Athletes are provided a gradesheet by each teacher. Parents also receive communication from AVHS regarding grades weekly.

Students having a D or F for more than a week, and does not show up to tutoring could be removed from the team by discretion of the Athletic Director.

Students having a D or F at the end of a block mid season, could be removed from the team by discretion of the Athletic Director.

Athletes are still allowed to practice. However, athletes should understand that when you are not handling business in the classroom, you are hurting your team.

Equipment and Uniforms

It is your responsibility to care for the equipment and team uniforms issued to you. If items are lost or damaged beyond what is considered normal wear and tear, your parents/guardians will be billed for replacement costs. The cost of uniforms ranges from $50 - $150.

Game / Practice Conduct

Athletes must always remember that they are representing Alta Vista High School so their behavior must be appropriate. Swearing or inappropriate language will not be tolerated and will result in prompt disciplinary consequences.

An athlete who is ejected from a game for a flagrant foul or unsportsmanlike conduct will miss a minimum of one game; this does not include the game from which he/she was ejected from. This offense may also result in removal from the team. The decision will be made by the Head Coach and Athletic Director.

Players on the bench are to encourage their team and never belittle or make fun of players on the opposing team. If another player says something to you, do not respond by trying to put him down or get the last word. Learn mental toughness!

Student Conduct

As a member of an athletic team, you are high-profile representatives of Alta Vista High School. You are expected to act in an appropriate manner. The following behavior is inappropriate and will not be tolerated:

- Fighting
- Profanity
- Use or being under the influence of alcohol, tobacco, or drugs
- Destruction of property
- Rude or disrespectful behavior

Students who exhibit any of the above behaviors may be suspended from athletic competition, dismissed from the team, and face school disciplinary action. The rules of the school apply to all athletic contests.

Communication with Coaches

Athletes and parents are asked to communicate concerns professionally. If you have a concern or question, please contact the Head Coach first. If you need further assistance after communicating with the coach, please feel free to contact the Athletic Director. Communicating concerns with a coach during or immediately after a game is not acceptable. Please observe the 24 hour rule – we do not want the emotions of the game to impact your discussion. Please wait until the next day.

Transportation

Athletes will be transported to away and home games via school bus driven by a school-approved and CDL licensed driver.

Players are to ride back to the school after a game with the team on the bus, unless the student rides back with his/her parents. If a student is to ride home with someone other than a

parent or legal guardian, we must have written permission beforehand. Athletes are to let their coaches know if they are riding home with someone other than the coach on the bus.

Cheerleading

Thousands of dollars are spent for a successful Cheerleading Season. Cheerleaders are required to participate in the Winter Sports Competition. If cheerleaders qualify for state competition, they are required to participate in this event as well. Please block out any plans between the months of December to April. Alta Vista will not know official dates and times until the CAA communicates. All athletes will be communicated dates and times in a timely manner. Failure to participate in competitions may result in removal from the team and no opportunity to join the team in the future. Some circumstances may arise that are beyond the student's control; this will be taken into account by the Athletic Director.

Part Time Students

Alta Vista High School Athletics can partner with part time school students and families for athletic participation. The following is a list of requirements and policies concerning our part time school families and athletes.

- Must be enrolled in at least one class at AVHS (.5 credit) to be considered a part-time student
- Families and part time students for athletic participation will need to be interviewed by the Athletic Director.
- Part Time school student athletes may participate if the optimum number of roster spots has not been filled – this decision will be made by the Athletic Director in conjunction with the head coach for each sport.
- If try-outs are necessary to meet the optimum number of participants, a part time school student cannot be placed ahead of a full time AVHS student.
- Once the team is established the student will be treated no differently than the AVHS student player and playing time will be solely at the coaches' discretion.
- All Part Time School Families and Athletes will be asked to follow the policies and procedures of the athletic manual and Alta Vista High School policies.

Athletic Awards

1) Male and Female Athlete of the Year

This award will go to one male and one female athlete. This award will be presented at the end of the year by the discretion of the Athletic Director. The characteristics and requirements of the winner of this award are as follows:

- Participated in at least two sports at AVHS
- Demonstrated great behavior at games and practices
- Showed intensity in his/her performance and displayed exemplary effort at practices and games
- Exhibited best all-around character, ability, and accomplishments
- Represented Alta Vista High School in a way that honored the athlete's peers, teachers,

and family.

2) Male and Female Athlete Scholar

This award will be given to the athlete who participates in at least two sports seasons at AVHS and has the highest GPA through the end of the 3rd quarter. This award will be presented at the end of the year by the discretion of the Athletic Director.

3) **Team Awards**

These three awards will be the main awards given, by the discretion of the Coach, within each team after their season is complete:

- *Most Valuable Player*
- *Most Improved Player*
- *Coaches Award:* This award goes to the player that hustles and works hard at all practices and games. This player is always coachable and gives 100% at all times. The coach can always count on this player.

Parents - Final Thoughts

Parents' support can be a strong and sustaining part of the success of an athletic program. Therefore, it is important to recognize certain attributes of “Do’s and Don’ts” that are important to the ongoing success of the program. Many of these have already been discussed in the content of the policy manual. Hopefully, this will serve as a quick reference for parents to better support the Athletic Department.

DO help support the overall athletic program.

DO always encourage your athlete to do their best and to accept responsibility for their actions and omissions.

DO compliment your athlete’s efforts and not just the results of their efforts.

DO support your athlete when things are not going well for them, but DO it in such a way as not to undermine the coach or the program. If handled properly, a negative experience can become a valuable growth opportunity from which your athlete may learn a valuable lesson.

Though we want our coaches to maintain an “open door” policy to facilitate the best communication possible, DO NOT expect the coach to discuss an athlete’s playing time with his or her parents, game strategy or player’s position on the team.

DO NOT try to compare your athlete with someone else’s athlete when you do have a conversation with a coach.

DO expect coaches to be honest with you in their assessment of your athlete’s ability and potential.

DO encourage your athlete to talk to the coach if they seem upset about the team or their role on the team. This is an opportunity for their personal growth through dealing with their own personal problems.

If you are having a problem with a coach, please DO talk to the coach first and, if you are not satisfied, DO use the proper chain of command. The chain of command in the Athletic Department is the Head Coach of that particular team, the Athletic Director, and lastly the principal of the school. Normally problems are solved on the lower levels.

If you disagree with a Coach, DO call to make an appointment to have a conference with the coach in private and in the presence of the athletic director or administrator.
DO expect the coach to try to aid you in dealing with your athlete's overall development. Quite often coaches, because of their relationship with the athlete, may be of great assistance to the parents.

DO REFRAIN from publicly criticizing our athletes. This means your own athlete or anyone else's athlete. Please RETURN SIGNED letters to the coaches or the Athletic Department.

DO make sure that your child has transportation home upon arriving on campus from an away competition. Alta Vista Staff cannot transport students home.

Please DO remember that all athletes are not equal in skill level, determination, assertiveness, or their ability to function as a team member. Just as no two students are equal in math where they do not receive the same grades, athletes are not equal and do not receive the same playing time. Interscholastic athletics are competitive. School sports should not be identified with or measured against recreational, club, church, or intramural athletics activities.