AGUA FRIA HSD
ATHLETIC HANDBOOK

A *Family* OF HIGH SCHOOLS

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WELCOME
MESSAGE

AGUAFRIA
HIGH SCHOOL DISTRICT

Purpose

The purpose of this handbook is to highlight key points, policies and procedures. for student-athletes and their families. The handbook is not meant to be all encompassing and is only meant to compliment more detailed information. It is important to read communication from coaches(email and SportYou App) and the school staff.

OUR **PHILOSOPHY**

The AFHSD encourages participation in extracurricular activities and believes that participation in such activities promotes a strong foundation for connection, character, leadership, and promotes academic success. Participation in these activities is a privilege. Students participating in extracurricular activities understand they accept additional responsibilities as a representative of the AFHSD and their school.

Creating Choice.
Crafting Character.
Cultivating Community.

ELIGIBILITY

ATTENDANCE

A major indicator for academic success is attendance. As a student-athlete, athletes are expected to attend all classes.

For athletes to be eligible on competition day, it is expected that the athlete attends at least 3 of 6 class periods. We understand that athletes and their families may have extenuating circumstances. In these situations the athlete and/or the family must communicate with the athletic director for approval to compete in competition.

ELIGIBILITY

ACADEMIC

In the AFHSD athletes are considered students first and are required to meet certain academic standards in order to maintain their eligibility. Here is a summary of the provided information:

Proficiency in all classes: Athletes must demonstrate proficiency in all of their classes. This typically means achieving a grade of D or better.

Grading periods: The grading periods are divided into 9-week intervals. At the end of each 9-week period, athletes' grades are assessed to determine their eligibility.

Failing grade consequences: If an athlete has a failing grade in any class at the end of a 9-week grading period, they are required to sit out a minimum of one week. This period spans from Saturday to Friday.

Passing grade eligibility: After the one-week period, if the athlete demonstrates a passing grade in all their classes, they become eligible to participate again.

Continued failing grade consequences: If, after the one-week period, the athlete has not demonstrated a passing grade in all classes, they remain ineligible until they achieve passing grades.

ELIGIBILITY

FINAL FORMS

All athletes are required to complete registration through Final Forms. This platform requires student & family information, educational courses required by the athlete, and verification of insurance. Insurance is required for all athletes. Student accident insurance is available if needed.

Final Forms is a valuable platform that allows for athlete/family communication, creation of rosters, attendance, and emergency contact information for coaches and athletic trainers.

ELIGIBILITY

PHYSICAL EXAM

Per AIA by-laws, athletes are required to have an annual preparticipation physical exam. AIA clearance documents must be used. Athletes should upload their updated physical forms to Final Forms by the first day of summer workouts (sport specific) each year for eligibility in the summer and the following season.

ELIGIBILITY

PARTICIPATION FEE

Participation fees support district athletic programs by funding transportation, coaching stipends, and equipment. Athletes are required to pay the participation fee prior to the first competition to be eligible for play.

Full: $100 per sport

Free and Reduced Lunch: $50 per sport

Family Max: $400

Individual Max: $200/$100 Free and Reduced Lunch

Please see the school athletic director if you are in need of a waiver.

Fees can be paid in the bookstore or online. The school bookstore will send home email communication with detailed instructions.

ELIGIBILITY

TRANSFER STUDENTS

The AFHSD is a member of the Arizona Interscholastic Association(AIA). As such, each member school must follow the AIA By-Laws.

Families should familiarize themselves with the transfer by-laws if you are considering transferring to another school or coming to one of our schools. Please contact the school's Athletic Director for possible transfer implications prior to moving.

All incoming transfer students must complete a 550 form prior to determining eligibility to compete. The details of transfer rules are beyond the scope of this handbook, but we encourage you to visit aiaonline.org.

ELIGIBILITY

AIA NIL BYLAW

It is important for families to be aware and knowledgeable regarding the AIA NIL Bylaws. The AIA has produced an informational video for athletes and their families to view.

Booster clubs need to be aware that any sponsorships could impact eligibility if an athlete is also sponsored by the same organization/company.

OUR VALUES

ATHLETE EXPECTATIONS

As a representative of the district and your school, athletes are expected to embody a high level of character in all aspects of their lives, including academics, athletics, and within the community. The vision statement of the AFHSD emphasizes the importance of "Crafting Character," indicating the district's commitment to nurturing and developing well-rounded individuals.

The expectation of exhibiting character extends beyond the confines of the athletic field and the school day. With athletics becoming a year-round commitment, athletes are expected to uphold these standards every day of the year, around the clock. This means that athletes should consistently demonstrate integrity, discipline, respect, sportsmanship, and other positive character traits both during practices and games, as well as in their academic pursuits and interactions within the community.

By maintaining high standards of character throughout the year, athletes contribute to the positive image of the district and their school. They become role models for their peers, younger students, and members of the community, inspiring others to strive for excellence.

CODE OF CONDUCT

The AFHSD Code of Conduct is designed to establish and maintain high standards of behavior and conduct for athletes and their families participating in the program. It sets clear expectations for appropriate behavior and outlines the consequences that may be imposed if the code is violated.

It is important for athletes and their families to familiarize themselves with the Code of Conduct to ensure they understand the standards they are expected to meet. Violations of the Code of Conduct can result in disciplinary action, which may range from warnings or probationary periods to more severe consequences, including dismissal from the program.

The severity of the disciplinary action will depend on the nature and seriousness of the incident. The administration, as well as the head coach, have the authority to impose more severe consequences than those explicitly outlined in the Code of Conduct, if they deem it necessary.

Additionally, each program may have its own specific expectations and standards that athletes are expected to model. These program-specific standards may be in addition to, or further clarify, the broader Code of Conduct. It is essential for athletes and their families to understand and adhere to both the general Code of Conduct and any program-specific expectations.

TRANSPORTATION

Athletes participating in team sports are expected to utilize school-provided transportation to and from events. This allows the teams to have the necessary time to prepare for the day's competition. However, it is at the discretion of the coach whether athletes may travel home after the competition with their family. In such cases, a sign-out process is typically required.

In situations where extenuating circumstances arise, a parent or guardian has the option to request a waiver for team travel from the school athletic director. This would allow the athlete to make alternate transportation arrangements.

For golf and swim athletes, they are generally required to sign waivers in order to drive to practices. This indicates that they are responsible for their own transportation to and from practice sessions.

Regarding track athletes, they are expected to travel with their team for Wednesday meets. However, due to the nature of the sport, track athletes participating in Invitationals may be brought to the track meet by their parent or guardian and may also leave with them.

It's important to note that specific policies and procedures may vary between schools and athletic programs. Therefore, it is advisable to consult with the school's athletic director or relevant authorities for the most accurate and up-to-date information.

TRAVEL
OVERNIGHT TRIPS

Depending on the nature of the incident, athletes who violate team rules or the Code of Conduct may be dismissed from the competition immediately with due process to follow. Families are responsible for picking up their child regardless of location (including out of state).

Athletes and families must also understand that depending on the nature of the incident, this may also require the team to forfeit competition.

COMMUNICATION

Acknowledging and addressing frustration as a natural part of athletics is an important step towards creating a supportive environment.

Encouraging athletes to advocate for themselves and develop a game plan before engaging in conversations with coaches is an excellent approach. This empowers athletes to express their concerns effectively and work towards resolving any issues they may be facing.

Similarly, recognizing that families also experience emotional responses is crucial. Providing them with guidance and support during challenging times can help foster positive relationships between coaches, athletes, and their families.

Emotions can be heightened in the immediate aftermath of a game or competition, and it's important to allow time for everyone to cool down and reflect on the situation. Scheduling a meeting with the coach provides a structured and calm environment for a productive conversation.

Overall, your approach demonstrates a commitment to open communication, respect, and constructive problem-solving within your athletic program. These practices can contribute to the development of strong athlete-coach relationships and a positive sporting experience for everyone involved.

Steps to Effective Communication.

Athlete and Coach

Athlete, Family Member, Coach

Athlete, Family Member, Coach, Athletic Director

Athlete, Family Member, Coach, Principal

SPORTS MEDICINE STAFF

Employing highly qualified sports medicine staff, including certified and licensed athletic trainers, is crucial in providing quality care for the athletes. Here are the key points regarding athlete safety and the responsibilities of the sports medicine staff:

Reporting Injuries: It is important for all injuries to be reported to both the athletic trainer and the coach. This allows the sports medicine staff to be aware of any injuries and provide appropriate care and guidance.

Athletic Trainer's Decision: The athletic trainer has the final say on whether a player is cleared to participate in sports following an injury. Their expertise and assessment of the player's condition will determine if they are fit to return to competition.

External Care Providers: If an athlete receives care from a healthcare provider (such as a medical doctor, nurse practitioner, or physician assistant) outside of the school's sports medicine staff, they must provide a clearance letter from that provider before being eligible to practice or compete. This ensures that the athlete has received appropriate care and is ready to participate safely.

SPORTS MEDICINE GUIDELINES

Prioritizing Care: The athletic trainers will prioritize care based on in-season sports first. This means that athletes participating in sports currently in season will receive priority in terms of evaluation and treatment.

Club Competition Injuries: The athletic trainer is not obligated to evaluate athletes who have sustained an injury during club competition. This indicates that the primary responsibility of the athletic trainer is to address injuries and provide care for school-sanctioned sports and activities.

Defined Hours: The sports medicine staff will have specific hours of operation. These hours may not accommodate all practices at all times, indicating that there may be limitations on when athletes can receive care from the athletic trainers. It's important for athletes and coaches to be aware of these hours and plan accordingly.

Emergency Situations: In the event of an emergency, such as a severe injury or medical crisis, coaches are instructed to call 911. This ensures that immediate medical attention is provided to the athlete in need.

These guidelines and procedures aim to maintain athlete safety and ensure that they receive proper care and clearance before participating in sports.

NCAA

While not all high school athletes may have the opportunity to compete at the Division I level, there are numerous opportunities available at Division II, Division III, NAIA, and NJCAA schools.

To ensure eligibility for college sports, athletes and their families should be aware of the academic requirements set by both the NCAA and the specific colleges or universities they are interested in. It is highly recommended to engage in the following steps:

Consult with the school counselor: Meeting with a school counselor is an essential step as they can provide guidance on the appropriate course requirements needed for college eligibility. They can help athletes understand the core academic subjects needed and assist in planning a course schedule that meets those requirements.

Familiarize yourself with the NCAA eligibility center: The NCAA Eligibility Center is responsible for determining the academic eligibility of student-athletes who wish to compete at the collegiate level. Athletes should register with the Eligibility Center and familiarize themselves with the specific academic standards and requirements set by the NCAA.

Maintain good academic standing: Athletes should prioritize their academic performance and strive to maintain good grades throughout high school. This includes taking challenging courses, completing assignments on time, and seeking additional academic support if needed. Strong academic performance not only ensures eligibility but also enhances college admission prospects.

Research college academic requirements: In addition to NCAA requirements, athletes should research and understand the academic requirements specific to the colleges or universities they are interested in. Each institution may have different standards regarding course credits, GPA, and standardized test scores, so it's essential to be aware of these criteria and work towards meeting them.

By taking these steps, athletes and their families can proactively prepare for the academic requirements of college sports and increase their chances of being eligible to compete at the collegiate level. It is essential to start early, stay informed, and seek guidance from school counselors, coaches, and relevant resources to ensure a smooth transition from high school athletics to college sports.

FAMILY INFORMATION

Parents and guardians play a crucial role in shaping the atmosphere and behavior surrounding high school athletics. Creating a positive environment and modeling appropriate behavior are essential for supporting athletes, fostering sportsmanship, and ensuring the overall success of the program. It is important to remember that officials have a challenging job, and their role is vital to the fairness and integrity of the game. Verbal abuse towards officials is never appropriate and can have a negative impact on the sports experience for everyone involved. Respecting officials and treating them with courtesy is a key aspect of good sportsmanship. By upholding these values, parents, guardians, and other spectators contribute to a positive and enjoyable athletic environment for all.

We encourage parents to take the NFHS Learns Positive Parenting Courses. Parents who show us completion of both courses will have $5 removed from their family pass.

Parents and guardians who do not model appropriate behavior may be removed from the event.

Parent/Guest Ejection AIA Bylaw

Any adult spectator that has been removed from a contest shall be required to complete the NFHS sportsmanship course and provide a certificate of completion prior to attending future contests. Any subsequent removal of the same spectator shall result in the inability of that spectator to attend contests for the remainder of the season of sport.

High School Athletics

In high school athletics, the focus is on competitiveness and most teams participate in sports year-round. When determining the placement of athletes on teams or levels, coaches typically follow a process that involves using rubrics. These rubrics help assess various criteria, including skill level and character traits.

Unlike placing athletes solely based on their grade level, coaches take into consideration multiple factors to ensure appropriate team placement. This approach allows for a more comprehensive evaluation of each athlete's abilities, potential, and overall fit within the team.

By considering skill level, coaches can ensure that athletes are placed in a team that aligns with their abilities, providing them with opportunities to improve and contribute effectively. Additionally, assessing character traits helps coaches create cohesive and supportive team environments where athletes can develop not only their athletic skills but also qualities such as leadership, sportsmanship, and teamwork.

The use of rubrics in this process provides a structured and objective framework for evaluating athletes. These rubrics may include specific performance criteria, such as technical skills, physical attributes, game intelligence, work ethic, attitude, and dedication.

It's worth noting that the exact process and criteria for team placement may vary between schools and athletic programs. Coaches and athletic departments typically have their own established guidelines and practices. Therefore, it's recommended to refer to the specific policies and procedures of the school or program in question for more detailed information on team placement.

Playing Time/Strategy

In many high school athletic programs, it is generally not expected for coaches to have extensive discussions with parents or guardians regarding playing time or team strategy. Coaches primarily focus on communicating with the athletes themselves, and if necessary, involving parents or guardians in discussions related to specific areas of improvement.

When it comes to playing time, coaches make decisions based on a variety of factors, including skill level, performance, commitment, attitude, and overall team dynamics. While it's understandable that parents may have questions or concerns about playing time, it is generally considered appropriate for those discussions to occur directly between the coach and the athlete. This allows the coach to provide feedback, set expectations, and address any concerns or areas for improvement with the individual athlete.

However, there may be instances where coaches need to involve parents or guardians in conversations related to an athlete's development or specific skills. In such cases, coaches may communicate with the athlete and include the parent or guardian if it is deemed necessary or beneficial for the athlete's progress. These discussions typically revolve around providing guidance, suggestions, and resources for the athlete to work on improving a particular skill or aspect of their performance.

It's important to remember that each athletic program and coach may have their own communication policies and practices. It is advisable for parents, guardians, and athletes to familiarize themselves with the specific guidelines and expectations set forth by the school and the coach regarding communication channels and protocols.

High School vs Club Sports Expectations

Participation in high school athletics is a privilege that comes with a commitment to the team, including regular attendance at practices as determined by the high school coach. While we recognize that student-athletes may be involved in club sports, participation in a club program does not exempt an athlete from fulfilling their obligations to the high school team.

All athletes are expected to prioritize and attend high school practices and team functions as scheduled by the coach. It is not acceptable for a student-athlete to participate exclusively in club practices while expecting full participation in high school competitions. Exceptions or accommodations may be considered at the discretion of the coach, but consistent presence and engagement with the high school program is expected of all student-athletes.

Activity Passes

Activity passes can be purchased from the school bookstore.

Student Pass - $25

Family Pass

$50 (up to 2 people)

$100 (up to 4 people)

$125 (up to 5 people)

$150 (up to 6 people)

Activity passes are good for regular season home games only

Booster Clubs

Boosters play a vital role in supporting the teams by raising funds to provide resources and experiences that the schools may not be able to cover.

Being a 501(c)3 organization and submitting required documentation to the district office helps ensure transparency and accountability in the fundraising efforts of the booster club. It allows for proper financial management and provides a clear structure for handling the funds raised. All booster clubs must be approved by the Governing Board. Booster clubs that do not follow protcols and are found in violation of procedurs and by-laws will not be recognized and cannot continue to function.

It's important for booster clubs to be transparent about their fundraising activities and share this information with all families involved in the program. Open communication about how funds are being raised and how they will be used helps build trust and ensures that families are aware of the efforts being made to enhance the athletes' experience.

Club accounts, which require student engagement in fundraising, can provide an additional avenue for raising funds specifically designated for the athletes' benefit. These funds can be used to support various aspects of the program, such as equipment, uniforms, travel expenses, or additional training opportunities.

Clear communication between the booster club, coaches, and families can help ensure that everyone is aware of the different fundraising efforts and how they contribute to the overall support of the program.