

ATHLETIC HANDBOOK



IDALIA SCHOOL DISTRICT RJ-3

GO WOLVES!!!

IDALIA HIGH SCHOOL ATHLETIC TRAINING RULES

If an athlete is in possession of alcohol, tobacco, or illegal drugs (including marijuana), or demonstrates abusive/irresponsible actions with prescription/over-the-counter drugs, he/she will be suspended from his/her sport, lose lettering privileges, and postseason honors.

Violation of these training rules, school behavior standards, or coach-specific rules can result in suspension from the team. Violation of the alcohol and drug rule as previously stated will result in the following minimums:

1. FIRST VIOLATION

The first violation will result in immediate suspension from interscholastic competition continuing for approximately twenty percent of the allowable contests as established by the Colorado High School Activities Association.

Football.....	Two Games
Volleyball.....	Four Matches
Basketball.....	Four Games
Baseball.....	Four Games
Track.....	Two Meets

- *The athlete involved may also be asked to meet with the coaches and the school administration.*
- **Carry-Over:** *The suspension will be carried over and enforced on a percentage basis into the athlete's next sport season (The next sport season being the next sport the athlete participates in as a bona fide member)*

2. SECOND VIOLATION

If a second violation occurs within the student's four years of athletic eligibility, the violation will result in immediate suspension from all interscholastic athletic competition for one full calendar year.

COACHES MAY IMPOSE STRICTER PENALTIES AND OTHER RULES FOR THEIR SPORTS AND ADMINISTRATIVE DISCIPLINARY ACTION WILL ALWAYS TAKE PRECEDENCE OVER THIS POLICY. ATHLETES MUST UNDERSTAND THAT THEY ARE TO EXEMPLIFY BEHAVIOR THAT IS ABOVE REPROACH.

ADDITIONAL EXTRACURRICULAR ACTIVITY ELIGIBILITY INFORMATION

The following rules shall govern participation in all school-approved extracurricular activities:

1. Participants must be enrolled in the district as full-time students in five courses (2 ½ Carnegie Units of Credit) or more per semester or enrolled in a non-public home-based program or an independent or parochial school taking an equivalent number of classes.
2. Students who are homeschooled and are playing with the school district must

provide a copy of grade reports every Monday by 9:00 AM. This must be emailed to the athletic director.

3. Students must be in attendance at school for at least 4 hours of the school day or be in an approved work release program in order to participate in any school-sponsored activity that is conducted on that day, including practice. In cases of emergency or extenuating circumstances, the principal or designee may grant an exception to this limitation.
4. Students who receive a failing grade (F) in one course or two or more Ds in any course during the same week will be considered ineligible. Eligibility Reports are pulled every Monday morning and are applicable from that Monday to the following Sunday. The first eligibility report of each semester begins in the third week of the semester.
5. When students are ineligible, they are expected to participate in practice sessions in their particular co-and/or extra-curricular activities.
6. The ineligible student (athlete or manager) shall not travel on the bus to or from the event and shall not participate with the team on the sidelines or on the bench in any capacity.
7. Students failing two or more subjects for the PRECEDING semester are ineligible for the entire next semester for ALL co-curricular activities. If the student does not fail two subjects in the next nine-week period, he/she gains back eligibility per CHSAA's regain date.
8. Students who fail to return uniforms or who have outstanding bills relating to each sport will not be allowed to participate in the following athletic season until they have returned all parts of uniforms and have paid all bills relating to their sport.

CO-CURRICULAR AND EXTRACURRICULAR PROGRAMS

The following are the requirements to be eligible for participation in co-curricular activities in accordance with the regulations of the Colorado High School Activities Association.

1. A student must be a bona fide undergraduate of his/her high school or an approved home study student.
2. A student must be representative of the school's ideals in matters of conduct and sportsmanship in the judgment of the principal or coach of his/her high school.
3. A student must be enrolled in a minimum of five (5) courses (or the equivalent), which meet daily and offer a total of two and a half (2 ½) Carnegie Units of credit per semester. At the time of participation, students must not be failing more than the equivalent of ½ Carnegie Unit of credit. Quarter credit courses must be combined at the end of the semester to determine eligibility for the succeeding semester.
4. A student must have been eligible in accordance with the above requirements at the close of his/her last prior semester of attendance. Scholastic eligibility depends upon the average of grades from the beginning of the semester to the close of

certification day.

5. A student who drops out of school after having enrolled and attended school for fifteen days shall not be eligible for the following semester of his/her attendance. If he/she attends fifteen days or more during the semester, he/she must complete the required number of credits for the whole semester to be eligible for the next semester.
6. A student shall not be a member of any organization prohibited by law.
7. Students shall abide by the complete regulations set forth by the Colorado High School Activities Association.
8. Students must accompany sponsors on transportation provided by the District and return the same way. Release will be made to PARENTS ONLY unless there is a Temporary Guardianship Form on file with the school prior to the event.
9. Students will ride school-provided transportation unless there are extenuating circumstances and approval of the Athletic Director and Principal is obtained ahead of time.

MINIMUM REQUIREMENT FOR LETTERING IN A VARSITY SPORT

VOLLEYBALL

- Athletes must participate in at least half of the scheduled varsity games throughout the duration of the season.
- Preseason and postseason scrimmages do not qualify an athlete to letter.

FOOTBALL

- Athletes must participate in at least half of the scheduled varsity quarters throughout the duration of the season.
- Preseason and postseason scrimmages do not qualify an athlete to letter.

BASKETBALL

- Athletes must participate in at least half of the scheduled varsity quarters throughout the duration of the season.
- Preseason and postseason scrimmages do not qualify an athlete to letter.

BASEBALL

- Athletes must participate in at least half of the scheduled varsity innings throughout the duration of the season.
- Preseason and postseason scrimmages do not qualify an athlete to letter.

TRACK

- The student-athlete must meet all academic eligibility and good citizenship criteria as provided by Idalia School District.
- The student-athlete must have completed the entire season.
- The student-athlete must attend all practices unless excused by the coach for an emergency beyond their control OR prior notification.
- ____ points are required to earn a varsity letter*: (Number of points to letter will be determined at the beginning of the season by the Coach and Athletic Director)
 - o The cumulative points you score at each meet.
 - o 1 point for each practice attended/workout completed.
 - o 1 point for each event at each track meet when the individual shows improvement from the previous time/distance/height.
 - o 5 points for reaching each individual goal.
 - o 10 points for each event that qualifies for State.
- A Senior who has participated for four years (who has not lettered previously) will earn a letter if he/she meets all the criteria except number 5.

CHEERLEADING

- Must follow team rules and policies.
- Must have participated in all cheerleading activities throughout the year (both seasons) except for excused absences, documented by the coaches.
- Exhibit good sportsmanship and manners at all events.
- In case of injury, the coaches reserve the right to letter an individual if he/she has made significant contributions to the team.
- The student must finish the season in good standing and be academically eligible to be a candidate for a letter winner. Letters will be awarded at the athletic and activities awards banquet at the end of the school year.
- The student will forfeit his/her varsity letter if inappropriate behavior results in disciplinary action that causes dismissal from the team.
- To be eligible for a letter, the student must have participated in two sports' seasons.
- Athletes must participate in both seasons (Fall and Winter) and follow all team rules and expectations as outlined in the Cheer Handbook/Contract.

***Exceptions to any of the individual sports criteria can and may be made by the Head Coach in cooperation with the Athletic Director and Principal if situations or circumstances warrant such a review or change.**

IDALIA SCHOOL DISTRICT RJ-3

PARENT CONSENT & MEDICAL RELEASE FOR TREATMENT OF MINOR

It is expressly understood by the parent(s) or guardians that the student for whom this application is made is in a condition of health that warrants his/her taking part in the event, and do hereby grant permission to the sponsor of this outing to take the named student to a medical doctor for examination and treatment of any accident or illness that may arise

during the term of the outing. I agree not to hold Idalia School District RJ-3 or any of its agents liable for any accidents, illness, or injury to my son/daughter/self during participation in any school-authorized, properly supervised activity if he/she does not follow and abide by the rules and procedures of Idalia School District RJ-3, including travel to and from activity sites.

I/We do hereby authorize the Idalia School District RJ-3 or its designated agent(s) for the named student to consent to any X-ray examination, anesthetic, medical or surgical diagnosis or treatment and hospital care which is deemed advisable by, and is to be rendered under the general or special supervision of any physician, or surgeon licensed under the provisions of the Medicine Practice Act on the medical staff of a licensed hospital, whether such diagnosis or treatment is rendered at the office of said physician or at said hospital.

It is understood that this authorization is given in advance of any specific diagnosis, treatment, or hospital care that the aforementioned physician, in the exercise of his/her best judgment, may deem advisable.

CHAIN OF COMMAND

If during the course of a season concerns arise, the following is the Chain of Command that will be followed:

- Step 1:** Athlete meets with Coach of their Level.
- Step 2:** Athlete meets with Varsity Coach.
- Step 3:** Athlete and Parents meet with Varsity Coach.
- Step 4:** Athlete, Parents, Varsity Coach, and Athletic Director Meet.
- Step 5:** Athlete, Parents, Varsity Coach, Athletic Director, Superintendent Meet.

NOTICE TO STUDENTS AND PARENTS

SERIOUS, CATASTROPHIC AND PERHAPS FATAL INJURY MAY RESULT FROM ATHLETIC PARTICIPATION.

By its very nature, competitive athletics may put students in situations in which serious, catastrophic, and perhaps fatal accidents may occur.

Many forms of competitive athletics result in violent physical contact among players, the use of equipment which may result in accidents, strenuous physical exertion, and numerous other exposures to risk of injury.

Students and parents must assess the risks involved in such participation and make their choice to participate in spite of those risks. No amount of instruction, precaution, or supervision will totally eliminate all risks of injury. Just as driving an automobile involves choice or risk, athletic participation by high school students also may be inherently dangerous. The obligation of parents and students in making this choice to participate cannot be overstated. There have been accidents resulting in death, paraplegia, quadriplegia, and other very serious permanent physical impairment as a result of athletic competition.

By granting permission for your student to participate in athletic competition, you, the parent or guardian, acknowledge that such risks exist. By choosing to participate, you, the student, acknowledge that such risks exist.

Students will be instructed in proper technique to be used in athletic competition and in the proper utilization of all equipment worn or to be used in practice and competition. Students **must** adhere to that instruction and utilization and **must** refrain from improper uses and techniques.

As previously stated, no amount of instruction, precaution, and supervision will totally eliminate all risk of serious, catastrophic, or even fatal injury.

If any of the foregoing is not completely understood, please contact your school Athletic Director or Principal for further information.

ATHLETIC RULES AND PROCEDURES ACKNOWLEDGEMENT

1. I have read the Idalia Athletic Handbook provided on the school website and agree to abide by the rules outlined in that handbook.
2. I have read and understand the Idalia Athletic Drug/Tobacco/Alcohol policy. I understand the penalties that will be administered if the rules are broken.
3. I understand that I/my child must have a current physical on file with the school before I/they may participate in practice.
4. I understand the lettering policies for each sport and that the final determination is

always that of the coach and administration when extenuating circumstances arise.

5. I understand that it is not a requirement that I have insurance to participate in athletics; however, it is highly recommended.
6. I understand that there are serious risks that coincide with participating in athletics. I am choosing to assume those risks.
7. I understand the academic eligibility requirements that must be met to participate in athletics.
8. I understand that I/my child must be at school for at least 4 hours of the day to participate in events that day (including practice).
9. I have read and understand the CHSAA policies regarding eligibility and participation in athletics. I understand that if I transfer to another school, there may be penalties imposed.
10. I am giving Idalia School (faculty) permission to treat and make medical decisions for my child in an emergency to the best of their abilities.
11. I understand that it is my responsibility to pick my child up within 20 minutes of the conclusion of practice/ball games or to have made other arrangements for my child.
12. I understand that I am responsible for my school-issued uniform, not the team manager(s), and that if I lose, damage, or improperly care for any part of the school-issued uniform, I will be responsible for replacing the uniform.
13. I understand that there is a Chain of Command and agree to follow such orders in the event that a problem arises.