

# Air Academy High School Athletics



## Parent and Student-Athlete Handbook 2023-2024

**\*\* CHSAA, league, district, and school policies are subject to change. \*\***

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# Mission and Vision Statements

## Academy School District 20 Mission Statement

*We educate and inspire students to thrive.*

## Air Academy High School Athletics Mission Statement

*We are building championship cultures to grow student-athletes physically, mentally, and ethically.*

## Air Academy High School Athletics Vision

*We aspire to develop leaders who are compassionate, disciplined, and committed to positively impacting their communities. By integrating character-building initiatives into our athletic programs, we strive to produce skilled athletes and individuals of exceptional character and integrity.*

## Athletic Department Contact Information:

<b>Assistant Principal/Athletics Director</b>	<b>Kali Maxwell</b>	<b>(719) 234-2450</b>
<b>Athletic Secretary</b>	<b>Danielle Oberosler</b>	<b>(719) 234-2450</b>
<b>Air Academy High School Website</b>	<a href="https://airacademy.asd20.org/">https://airacademy.asd20.org/</a>	
<b>Air Academy High School – Main Office</b>		<b>(719) 234-2400</b>

## Interscholastic Athletic Opportunities

Air Academy High School offers a total of 23 sports for our students. The Colorado High School Activities Association (CHSAA) governs all school-sponsored sports at Air Academy.

<u>FALL</u>	<u>WINTER</u>	<u>SPRING</u>
Boys/Girls Cross Country – 2 Levels	Boys Basketball – 3 Levels	Baseball – 3 Levels
Football – 2 Levels	Girls Basketball – 3 Levels	Girls Golf – 2 Levels
Boys Golf – 2 Levels	Ice Hockey – Varsity	Boys Lacrosse – 2 Levels
Girls Gymnastics*	Girls Swim & Dive – 2 Levels	Girls Lacrosse – 2 Levels
Boys Soccer – 3 Levels	Boys Wrestling – 2 Levels	Girls Soccer – 3 Levels
Girls Softball – 2 Levels	Game Day Cheerleading	Boys Swim & Dive – 2 Levels
Boys Tennis – 2 Levels	Girls Wrestling @ DCC**	Girls Tennis – 2 Levels
Volleyball – 3 Levels		Boys/Girls Track & Field – 2 Levels
Game Day Cheerleading		Boys Volleyball @ DCC **
Field Hockey @ Liberty**		

\*Gymnasts contact Lance McCorkle, Athletics Director, Palmer Ridge High School. Academy District 20 participates in a city-wide Gymnastics team which allows a variety of schools in our area to compete as a single team. The closest school and/or school district that still offers girls gymnastics at the high school level is Palmer Ridge High School.

\*\*District 20 Team

### GAME ADMISSION – SEASON PASSES – TICKETS

Admission is charged at Air Academy High School for the following events:

- Varsity Baseball (playoffs only)
- Basketball (all levels)
- Football (all levels played in the K-Dome)
- Ice Hockey (all levels)
- Lacrosse (any level played in the K-Dome or at the Pine Creek Turf Field)
- Soccer (any level played in the K-Dome)
- Swimming/Diving (all levels)
- Track and Field (Invitational meets only)
- Volleyball (all levels)
- Wrestling (all levels)

*\*Opponents may charge admission at their discretion at any sporting event at any level. All efforts will be made to communicate admission prices for those schools to each sport.*

Thus, Academy School District 20 high schools offer season passes for adults, students (K-12) and families. These passes are good for the entire school year. Passes are valid for all **HOME** contests of the

issuing school and are **NOT** accepted for post season (playoff) games, any ice hockey games or AAHS tournaments.

**\$70.00 – Adult Pass (per person)**

**\$55.00 – Student Pass (K – 12)**

**\$225.00 – Family Pass**

(A maximum of 5 passes are included with the Family pass (2 of which may be adult passes).

#### **TICKET PRICES – 2023-24**

\$6.00 – Adults

\$4.00 – Students (K-12)

\$4.00 – Senior Citizens (60+)

**\*If you are interested in purchasing any of the passes offered, please complete the electronic form found on the Air Academy High School website under the Athletics tab.**

### **GENERAL ELIGIBILITY INFORMATION:**

**\*\*CHSAA, league, district, and school policies are subject to change. \*\***

#### **ATHLETE REGISTRATION**

Athletic registration will be completed online through the following steps. These steps must be completed and cleared through the athletic department **PRIOR** to participating in any athletic program at Air Academy High School, this includes tryouts.

1. Setup rSchoolToday account which can be located on the Air Academy High School website under the Athletics tab or at <https://airacademyhs-ar.rschooldtoday.com/viewmyaccount>. You will need to create a new user account if your family is new to athletics. If your student or family is returning, click “login to my account”. Once you have logged in to your account, click the blue register tab to start the process.
2. During registration you will upload an electronic copy of a current physical (within the last 365 days from previous physical exam) – we recommend getting a physical during the summer, as physicals expire yearly. If a physical is obtained during the school year, keep in mind that it may expire in the middle of an athletics season the following year, possibly causing delays in participation.
3. Acknowledge you have read and understand the following items: D20 Assumption of risk, CHSAA Competitor’s Brochure and statement on hazing, Air Academy Parent/Athlete Handbook.

*Athletes will not be able to practice for at least 24 hours after their registration has been submitted to allow preparation and approval of paperwork. The athletic office WILL NOT accept individual pieces of registration materials. **Coaches cannot register an athlete for a sport. Coaches are instructed NOT to accept any registration paperwork from an athlete.***

## REGISTRATION FEES:

Registration fees will be assigned to your Infinite Campus account once your student-athlete makes the team. The Air Academy highly encourages registrations fees to be paid as soon as possible. Your student-athlete will be able to participate in the current season if previous athletic balances are paid. All previous athletic balances must be paid to continue in the current season. If you cannot afford to make the whole payment, please contact the bookkeeping office at 719-234-2400 option 4 to set up a payment plan.

**PAYMENT:** Check, Cash, or through Infinite Campus account. Credit cards will be accepted through Infinite Campus.

Fee Type	Designated For	Fee Amount (Maximum)	Purpose of Fee
High School Athletics	Ice Hockey	\$350 per season up to the following maximums: \$500 per athlete per year \$500 per family per season \$1000 per family per year	To cover a portion of the cost of operating the school ice hockey program. <b>Participants who live outside of D20 and do not attend a D20 school will pay 150% of the fee. The fee for 2023-24 is \$525 and does not qualify for the maximums.</b>
High School Athletics	Ice Hockey	<b>Free meal eligible student:</b> \$90 per season <b>Reduced meal eligible student:</b> \$180 per season	To cover a portion of the cost of operating the school athletic program.
High School Athletics	<b>Tier One Sports</b> Cross Country, Swim/Dive, Tennis, Track/Field	\$100 per sport per season up to the following maximums: \$325 per athlete per year \$325 per family per season \$650 per family per year	To cover a portion of the cost of operating the school athletic program. <b>Participants who live outside of D20 and do not attend a D20 school will pay 150% of the fee. The fee for a 2023-24 Tier One Sport is \$150 and does not qualify for the maximums.</b>
High School Athletics	<b>Tier Two Sports</b> Baseball, Basketball, Field Hockey, Lacrosse, Soccer, Softball, Spirit, Volleyball, Wrestling	\$125 per sport per season up to the following maximums: \$325 per athlete per year \$325 per family per season \$650 per family per year	To cover a portion of the cost of operating the school athletic program. <b>Participants who live outside of D20 and do not attend a D20 school will pay 150% of the fee. The fee for a 2023-24 Tier Two Sport is \$185 and does not qualify for the maximums.</b>
High School Athletics	<b>Tier Three Sports</b> Football, Golf	\$150 per sport per season up to the following maximums: \$325 per athlete per year \$325 per family per season \$650 per family per year	To cover a portion of the cost of operating the school athletic program. <b>Participants who live outside of D20 and do not attend a D20 school will pay 150% of the fee. The fee for a 2023-24 Tier Three Sport is \$225 and does not qualify for the maximums.</b>
High School Athletics	Tier One, Two, and Three Sports	<u>Free Meal Eligible Student:</u> Tier One: \$30 per season Tier Two: \$40 per season Tier Three: \$50 per season	To cover a portion of the cost of operating the school athletic program.
High School Athletics	Tier One, Two, and Three Sports	<u>Reduced Meal Eligible Student:</u> Tier One: \$30 per season Tier Two: \$40 per season Tier Three: \$50 per season	To cover a portion of the cost of operating the school athletic program.

**Reductions in fees will be applied when the maximum fee total has been met.**

\*Depending on the sport, additional fees may be required. Please contact the coach directly for additional fees.

### **Refund of Participation Fees (By School Board Policy JQ-R-2 Athletic Fees)**

1. **FULL REFUND**
  - a. If the athlete is cut by the coach before the first scheduled contest.
  - b. If the athlete voluntarily drops before the first scheduled contest.
2. **NO REFUND**
  - a. If the athlete is cut because of disciplinary actions.
  - b. If the athlete quits voluntarily after the first scheduled contest.
3. **PRO-RATED REFUND IF THE ATHLETE IS INJURED**
  - a. One-half refund if less than one-half of the regular competitive schedule has been played.
  - b. No refund if one-half or more of the regular competitive season has been played.

### **ATHLETIC ACADEMIC ELIGIBILITY**

All athletes representing Air Academy High School must satisfy all eligibility requirements set forth by the Colorado High School Activities Association (CHSAA) **AND** Air Academy High School.

**CHSAA** requires that athletes/managers (except for incoming 9<sup>th</sup> graders) meet the following requirements for eligibility in any sanctioned activity:

- Must not be 19 years of age prior to August 1<sup>st</sup> of his/her senior year. (CHSAA 1770.1)
- Must not have had more than eight (8) semesters of high school participation. (CHSAA 1770.2)
- Air Academy is considered a “Plan B” school by the CHSAA meaning students other than first semester freshmen must have taken at least 5 full credits and passed 5 in the previous semester. For those students that have not passed 5 credits, they will be able to become eligible based on the regain dates set for that sport. (CHSAA 1710(d))
- Must be enrolled in five full credit classes during the current semester or participation.
- Must be enrolled at Air Academy High School as a bona fide student or in a school that does not have the specific sport of participation. (CHSAA 1710)

Students that do not pass five full credit classes in the spring semester may make up credits in two ways: summer school or by correspondence. Only those classes failed may be made up through those two opportunities. Notification of the earned credits must be received by Air Academy **on or before** the Thursday prior to Labor Day. Air Academy currently uses Infinite Campus to report eligibility at the end of each semester as well as during the seasonal two-week grade check. At the end of the semester, an athlete may have NO more than one failing grade on his/her previous transcript (an incomplete is equivalent to an “F” until it is corrected).

The only difference is for Fall semester. 2<sup>nd</sup> semester of the previous school year is used for eligibility – if the athlete did not pass at least 5 classes the 2<sup>nd</sup> semester (except for incoming freshmen) they are not eligible until the CHSAA specified date (CHSAA 1710 (d.2))

For Winter sports if an athlete has two “F”s at the end of the first semester (in December) they will be ineligible until the March regain date. They will be done for the winter sport season and the beginning of the spring season.

For Spring semester. If they are ineligible for the first posting (which usually runs on or about the regain eligibility date for spring) AND they were ineligible at the end of first semester they are ineligible that semester.

**Air Academy High School** believes that all students who choose to participate in athletics are considered “students FIRST and athletes SECOND.” Therefore, the AAHS athletic department seeks to assist athletes in their academic studies while still participating. Preliminary grades are checked on Wednesdays every other week using Infinite Campus. Eligibility is based on the student’s grade through the previous two weeks. Final grades are checked that Friday by 2:45pm.

Student-athletes have until Friday at 2:45pm to fix the failing grades and turn in the pink slip found in the athletic office. **NO PINK SLIPS WILL BE ACCEPTED AFTER THE DEADLINE.**

\*\* Pink slips are extremely helpful to have student-athletes turn in as teachers don’t always have the time to update the grades in Infinite Campus by the time the final report is ran. \*\*

If an athlete has two (2) or more F’s, he/she will not be able to compete in a scrimmage or any contest effective the following Monday for the next two weeks. The athletic office will inform coaches of the preliminary report and final report of who is ineligible. It is the responsibility of the coach to inform the athletes of their status. Coaches will be informed by 3:00pm on Friday pulls when an athlete is ineligible. If an athlete is only enrolled in 5 credit hours, they can have zero “F” s.

It is up to the coach to determine whether that student may practice during that time.

Athletes may not travel to away events with their respective team, or be excused from classes, until their grade improves to passing status on the subsequent eligibility report.

If your student-athlete does not attend Air Academy High School for academics, it is our expectation that the parent and/or student-athlete send the athletic secretary a report or screenshot of current grades with the date visible on the eligibility check dates no later than noon.

If we do not receive the report, it is marked as unknown and the CHSAA will interpret that as ineligible for your student-athlete.

**\*\* Bi-monthly eligibility checks begin on Wednesday, September 13<sup>th</sup>, 2023 \*\***

**Only the Athletic Office may declare an athlete eligible for participation in scrimmages or contests.**

### **WHEN IS A PLAYER ELIGIBLE FOR A SCRIMMAGE OR CONTEST?**

- Athletes must be declared eligible for participation according to both CHSAA policy and Air Academy High School.



- Athletes must have nine days' practice for football; this does not mean nine practices. Athletes must have a minimum of 3 days practice for all other sports prior to participation in an interscholastic scrimmage or contest.
- Athletes that are playing two sports during the same season must have 3 days of practice in each CONTACT sport (except football which requires 9 days) OR if the other sport is non-contact (tennis, golf, swimming, gymnastics, baseball, softball, skiing, spirit, volleyball, cross country and track and field) then the student is exempt from the practice requirement in the non- contact sport only.
- A written doctor's release is required if an athlete has been restricted from participation by a doctor.
- A written release is required from the athletic trainer if the athlete has been held out of practice or contests by the athletic trainer.
- Suspended students (out of school) may not practice nor are they allowed attend **ANY** Air Academy High School activities while serving their suspension.

## **OUTSIDE COMPETITION (CHSAA Bylaw 2100)**

Oftentimes student-athletes at Air Academy will seek to play club sports or participate with an outside group while playing a high school sport during the school year. CHSAA and Air Academy High School recognize that this is important to athletes that wish to improve their skills. Members of a high school sports team may compete on any other non-school team during the CHSAA competitive season with the written permission of the principal and head coach. This will be submitted to the athletic office to keep it on file. Permission shall be granted if the student's attendance in school is not compromised, and he/she is in good academic standing. It is expected that any athlete participating on a non-school team (or participating in an outside activity) will not miss a high school game, practice, or team activity to attend a non-school contest or event. Parents and athletes should communicate with the coach if a student-athlete chooses to participate on a non-school team and complete the necessary paperwork.

## **GENERAL ATHLETIC POLICIES:**

### **AIR ACADEMY DISCIPLINE AND ATHLETICS**

It is the expectation that all athletes who represent Air Academy High School in athletics are representatives of the school. Thus, there are higher expectations for all our athletes when it comes to discipline. Any student who has been suspended from school will not be permitted on or around school grounds, nor allowed to attend or participate in co-curricular activities while on suspension. Athletes that are suspended will not be able to practice or play during the term of their suspension. Athletes may lose additional playing time or position on their team due to absences from their suspension. In some instances, the player may be removed from the team.

### **ATHLETIC EQUIPMENT**

Students are responsible for and are expected to maintain proper care of ALL equipment issued to them. Students are financially responsible for any items lost, stolen or damaged. Each item not

returned will be assessed at a rate comparable to the current replacement cost. All equipment is to be returned within two weeks of the completion of the season.

1. AAHS athletic uniforms are to be worn at school-sponsored events only, unless designated by the coach.
2. Athletes in possession of uniforms and/or equipment not officially issued to them will be subject to suspension and possible dismissal from the squad.
3. All issued items must be returned to the assigned coach of that team prior to the presentation of any athletic award (or a fine will be issued and kept on file with the bookkeeping office).
4. No athletic equipment will be issued to any student with an outstanding financial obligation to another sport for lost or damaged equipment. Athletes who have not returned or paid for lost/damaged equipment will be referred to the administration.
5. Equipment Safety – all athletes should inspect their equipment daily. Each coach will instruct squad members on the proper use and care of individual and team equipment. Athletes should notify the coach immediately of any deficiency.
6. Uniforms must be cleaned prior to EVERY contest.
7. In some sports it may be practice for athletes to use their equipment for their respective school sports (i.e. hockey sticks, tennis racquets, hockey skates, soccer shin guards, etc.). For football, all athletes must use safety equipment, specifically helmets checked out by the school. Athletes ARE allowed to provide their own helmets but MUST have them as part of the annual reconditioning process of the school's inventory.
8. Cleats MAY NOT be worn in the building at any time.
9. Athletes are expected to keep the locker and playing areas clean. This includes home and away locker and playing areas.

## **ATHLETIC LOCKERS**

Each athlete that practices at Air Academy High School has the ability to use the varsity locker rooms (based upon availability). The athlete must provide a combination lock for their locker. Students are responsible for the security of their locker. The school will not be responsible for equipment or personal items left in an unsecured locker or in the open in any locker room facility. Physical Education locker rooms are OFF LIMITS for changing and storing athletic equipment. Within ONE WEEK following the conclusion of the sports season, all athletes are expected to empty their locker. Locks will be cut, and clothing placed in an area that is available for students to find items left in any locker for at least two weeks.

## ATTENDANCE AT SCHOOL – GAME AND PRACTICE PARTICIPATION

It is required that ALL student/athletes be present (and participating) in a minimum of 2 of 4 blocks (classes) the day of a scheduled contest. Checks with Student Services will be made to ensure that student-athletes are adhering to this standard. Partial do not count as a block attended; attendance must be taken.

1. Absences – Students are expected to be in school the entire day but if time must be missed, any student-athlete is allowed to miss 2 blocks for a scheduled appointment. Absences longer than 2 blocks (**a partial absence is considered a missed block**) from school for any part of a day may result in the student athlete being suspended from practice or competition. Student athletes should notify coaches or the athletics office prior to the absence. Exceptions to this rule must be verified prior to the absence.

2. Early Release – Students leaving school early due to illness or a non-approved reason will not be allowed to attend or participate in any athletic activity on that day.

Athletes are expected to attend all scheduled competitions and practices during the course of the entire season (including tournament competitions after the regular season has ended). Exceptions may be granted by coaches and may include school activities, medical/dental appointments, family emergencies, religious obligations, and tutorial assistance.

Coaches have the discretion to suspend athletes from competition for unexcused absences/tardies and dismiss athletes from teams for repeated offenses of this rule. Athletes who miss practices or games due to family outings, holidays, vacations, jobs, or participation in extra-curricular activities other than athletics risk losing their position in the team line-up and may not receive letter awards. Coaches may dismiss athletes from teams if, in their opinion, there have been excessive absences for these reasons.

## AWARDS AND LETTERS

All coaches determine the lettering criteria/policy for their respective programs. They will communicate the list of award recipients (letter winners) to the athletics office at the conclusion of the season. The school will purchase all certificates and supporting awards for each athlete who has met the criteria below.

C Squad/Freshman = Participation Certificate

Junior Varsity = Participation Certificate

Varsity – Participation Certificate is awarded each year in addition to the following:

- First year – Athletic Letter (unless they have received one in another sport), graduation numerals, sport pin.
- Athletes receive a “bar” for every letter won after the first year (unless lettering in a different sport and if that is the case, they will receive that sports’ particular pin)

Letters are awarded to athletes according to the policy set by each coach. Students who self-report a drug or alcohol violation may still be eligible to earn a letter, at the coach's discretion. Students who violate the drug and alcohol policy are not eligible to earn a letter in the season in which the violation occurred.

**III SPORT AWARD** – any athlete that has participated in three sports in one year will receive a patch recognizing their efforts and commitment to the Air Academy High School athletics department and that of a 3-sport athlete (team Managers do not qualify for 3-sport recognition).

**OUTSTANDING MALE/FEMALE ATHLETE AWARD** – These awards are reserved for a senior athlete who has lettered in at least two varsity sports during their senior year and are voted on by the athletic department coaches.

**BRIAN BULLARD MEMORIAL AWARD** – This award is also reserved for a senior athlete, who has lettered in at least one varsity sport, has a grade point average of 3.5 or higher, and large amounts of community service in the form of humanitarianism.

#### **CHSAA ACADEMIC ALL-STATE-**

The Colorado High School Activities Association sponsors the recognition of athletes for their academic achievements. Academy District 20 schools use un-weighted grade point averages for this recognition. Candidates are submitted to the CHSAA by the athletics office.

**ACADEMIC INDIVIDUAL ALL-STATE AWARD** – Students with grade point averages of 3.3 to 3.59 receive Honorable Mention status while students with a grade point average of 3.6 or higher receive First Team honors. This is only awarded to **Juniors or Seniors** on a **Varsity team**.

## **CONFLICTS WITH ACTIVITY PARTICIPATION**

When conflicts between sports and activities arise for athletes, it is important that the **athlete** notify both the coach and sponsor as soon as possible so they have the opportunity to see if the scheduling conflict can be avoided. When a performance or a game conflict with a practice, the performance or game should always take precedence over the practice. If the conflict is between a performance and a game and the coach and sponsor cannot work out a compromise, the student must make a choice that reflects their best judgment. For students who have a job, school related functions **always** take priority over work schedules.

## **TEAM SELECTIONS AND “CUTS”**

Considering realistic constraints of facilities, personnel, equipment, and team sizes, not all students will be able to participate. Therefore, a fair system of tryouts will be utilized at Air Academy when necessary to assure an equitable opportunity for each student to secure a place on an Air Academy High School team.

1. All players have the opportunity to make the varsity team. However, since varsity is the most competitive team, all those athletes, who in the opinion of the coach possess the necessary skills, physical preparation, safe play, attitude, sportsmanship, desire, and commitment shall be selected for that privilege.

2. Each coach shall provide a specific set of guidelines upon which he/she and other coaches shall equitably evaluate each student-athlete for inclusion at the various team levels. Those guidelines will be provided at the beginning of tryouts.
3. Tryouts for any given sport shall be based on specific criteria set down by the program coach for each sport and the duration for tryouts shall vary according to the nature of the sport, number of student athletes participating and the number of team levels available for each sport.
4. The student-athlete **should attend all** scheduled practices and team meetings to be seriously considered for any team level. Exceptions include only serious illness, religious observances, death in the family, transfer/move into the district, injury or those involved in a previous sports season.
5. Official tryouts for any athletic team should be closed by the first athletic competition or contest in which that team participates, including preseason tournaments. Exceptions to this rule will include only those athletes still participating in another sports season, new students moving into the district or school, serious illness requiring a physician's statement, injury, or death in the family.
6. Selection of players for various team levels within a sport shall be at the discretion of the coaches for that sport.
7. **Playing time will always be at the discretion of the coach and will not be addressed by the Athletic Director.**

**Division of Skill** – The exact make-up of teams is at the discretion of the head coach and may differ from sport to sport. It is an overall philosophy of the Air Academy High School coaching staff that they will not always choose the “best” athletes; rather select the athletes that “work best” together.

*\*At the discretion of the program coach, student-athletes who have not attended practice consistently or whose efforts in practice do not contribute to the team dynamic may not receive playing time as well as could be dismissed from the team.*

## **ELECTRONIC MEDIA AND WEBSITE**

Air Academy High School and the Athletic Department have STRICT policies on underage drinking, hazing and inappropriate behaviors. An athlete's decision to post items on internet websites such as Instagram or Snapchat is a personal one; however, the athletic department and your individual team policies should serve as a filter for what you decide to put online. You must remember that you always represent Air Academy High School. Do NOT post pictures, comments or information on websites that would/could harm you, your team, Air Academy High School, or the Academy School District 20. The use of messaging may also pose a violation of school and team policies if it is harassing, threatening or involves violations of team or school rules.

## **HAZING/BULLYING**

Hazing behaviors occur when an act is committed against a student that is coerced into committing an act that creates substantial risk of harm to the student or to any third party in order for the student to be initiated into or affiliated with an athletic team. Hazing includes but is not limited to:

1. 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.
2. Any activity involving the consumption of alcohol, drugs, tobacco products, or any other food, liquid, or substance that subjects the student to an unreasonable risk of physical harm.
3. Any activity involving actions of a sexual nature or the simulation of actions of a sexual nature.
4. Any activity that subjects a student to an abusive and intimidating environment.
5. Any activity involving any violation of federal, state, or local law or any violation of school district policies and regulations.

Hazing perpetrators are subject to appropriate disciplinary action including but not limited to expulsion from the team. Hazing is covered by the School Board Policy on harassment, intimidation, and bullying.

**Report any incident of hazing or bullying to someone.** Counselors, teachers, administrators, coaches and/or the Athletic Director are good people to talk to if you or your child feels that there have been occurrences of hazing or bullying.

## **PARENT/COACH COMMUNICATION**

Parents and coaches are important role models for our students. They both provide necessary guidance to young adults in their development and their understanding of the world in which they will live and work as adults. When parents and coaches understand and respect each other, they can work together to benefit their children. You have a right as a parent to understand the commitment, expectations and responsibilities that accompany participation in the Air Academy High School athletics program. Clear communication between parents and coaches facilitates this understanding. Listed below are a few steps to enhance parent/coach communication. It is important also to remember that the first link in the communication network is the one established between coach and student. Encourage your son/daughter to exercise the opportunity to speak directly with his/her coach about any topic, preferably before a parent/coach conversation is scheduled or instigated.

### **Communication a parent might expect from a coach:**

1. Philosophy of coaching and program.
2. Locations and times of practices and contests.
3. Expectations the coach has of the team and the players.

4. Team requirements.
5. Team disciplinary action that results in the denial of your child's participation.
6. What role parents may play in helping the coach or team (i.e. scorekeeper, booster club, banquets, etc.)

#### **Procedure to set up a Parent/Coach Conference**

There are situations that may require a conference between the coach and the parents. Please **do not** attempt to contact a coach before or after a contest. These can be emotional times for both the parent and coach. Meetings of this nature do not promote resolution. Air Academy High School has a **24 Hour Rule** in which a parent must wait 24 hours before they may contact the coach.

Oftentimes, when we allow time to reflect and compose our thoughts it has a much more positive outcome. If a meeting is still needed, please either call or email the coach to set up the appointment.

Often it is difficult to accept your child's not playing as much as you would hope. **Coaches are professionals.** They make judgment decisions based on what they believe to be the best for all students involved. Certain things can and should be discussed with the coach. Other things must be left to the discretion of the coach.

#### **Appropriate concerns to discuss with a coach:**

1. The emotional and physical development for your child.
2. Ways that your child might be able to improve.
3. Concerns about your child's behavior with the team and on the practice/game field.
4. The future of your child's play at the next level.

#### **Issues NOT appropriate to discuss with coaches:**

1. Athlete's playing time.
2. Team strategy.
3. Organization and administration of team and program.
4. Other student-athletes and parents.

#### **The Next Step**

If a meeting with the coach did not provide a satisfactory resolution, then by chain of command expectations a call (or email) to the Athletic Director is appropriate. Please know that all meetings with the Athletic Director require that the student-athlete be present. At this meeting, the appropriate next steps can be determined. It is always encouraged though to work issues out at the lowest levels and that is always the coaching staff.

## **ATHLETIC PROGRAM EXPECTATION**

### **SPORTSMANSHIP**

The Academy School District 20 recognizes the role of administration, faculty, coaches, parents, athletes, students, and fans in promoting sportsmanship within our community.

- We will educate, promote, and recognize positive sporting behavior within our athletic programs.
- We challenge our community to communicate their support of this mission through showing respect for all participants, officials, and spectators. We commit to the demonstration of self-control and positive school spirit at all sporting events.

### **GAME CONDUCT GUIDELINES/EXPECTATIONS**

#### **SPECTATORS**

1. Remember that you are at a contest to support your team and to enjoy the skill and competition; not to intimidate or ridicule the other team, their fans, or officials.
2. Remember that school athletics are learning experiences for students and that mistakes will be made. Praise student-athletes in their attempt to improve themselves as students, as athletes and as young adults.
3. ***A ticket is a privilege to observe the contest, not a license to verbally assault others and be obnoxious.***
4. Learn the rules of the game, so that you may understand and appreciate why certain situations take place.
5. Respect the integrity and judgment of the game officials. Understand that they are doing their best to help promote the student-athlete and admire their willingness to participate in the full view of the public.
6. Recognize and show appreciation for an outstanding play by either team.
7. Use only those cheers that support and uplift the teams involved.
8. Be a positive role model through your own actions and by censuring those around you at events whose behavior is unbecoming and a negative representation of Air Academy High School.

#### **ACCEPTABLE BEHAVIORS**

1. Applause during the introduction of players, coaches, and officials.
2. Shaking hands with the participants and coaches at the end of the contest regardless of the outcome.



3. Accept all decisions of the officials.
4. Positive cheers that are toward **OUR** team.
5. Encourage surrounding people to display positive sporting behavior.
6. Coaches/players search out opposing participants to recognize them for outstanding performance or coaching.
7. Applause at the end of the contest for performances of all participants.
8. Show concern for an injured player, regardless of the team.
9. Encourage surrounding people to display only positive sportsmanlike conduct.

### **UNACCEPTABLE BEHAVIORS**

1. Disrespectful or derogatory yells, chants, songs, or gestures.
2. Criticizing officials in any way; displays of temper with an official's call.
3. Yells that antagonize opponents.
4. Laughing or name-calling to distract an opponent.
5. "Booing" or taunting an official, coach, player, or cheerleader.
6. Refusing to shake hands or give recognition for good performances.
7. Blaming the loss of a game on officials, coaches, or participants.
8. Use of profanity or displays of anger that draws attention away from the game.

### **SUMMER AND OFF-SEASON PROGRAMS**

Off-season programs are opportunities for personal improvement and may not be tied to tryouts for a team or required for team membership. Coaches should encourage athletes to improve during the off-season, but they may not require attendance.

Athletes that wish to participate in the off-season will discuss their participation with their current season coach prior to participation.

Coaches that have summer programs should be cognizant of the pressure that athletes may feel if they are involved in two or more summer programs. Every effort should be made to communicate with other members of the coaching staff.

## **TRAINING ROOM AND INJURIES**

The safety and welfare of athletes is of prime importance. Air Academy High School emphasizes that it is the responsibility of coaches to provide adequate instruction and to protect their athletes as much as possible and for athletes to report injuries when they occur to the coach and athletic trainer.

The athletic trainer at Air Academy High School will be available for all athletes on a first come first served basis. The trainer will be available at the end of school day until practice or competition ends each school day and as needed on Saturday's or when the school is not in session during the school year. Since there is only one trainer, he/she will cover sports in the priority as defined by the NCAA (National Collegiate Athletic Association) categories. The NCAA sport categories are collision, contact and non-contact sports. When trainers are not available for practice or competition, the coach is responsible for providing first aid and in the event of an emergency or life-threatening situation and calling 911.

When injured, it is the athlete's responsibility to communicate with both the coach and the athletic trainer as soon as possible. The athletic trainer will have the sole responsibility for determining the athlete's ability to return to play. If the athlete sees either his/her Primary Care Physician (PCP) or an Emergency Room physician, they should get a script from the doctor which states the injury, the severity, or the injury and when that athlete may return to play. The athlete should then bring that script to the trainer or the coach as soon as possible, so that the trainer and the coach can work with the doctor to facilitate rehabilitation and/or return to play for the athlete as quickly as possible.

In accordance with the CHSAA By-Law 1790.2, when a doctor removes an athlete from competition due to illness or injury the athlete must have a written release from a doctor to return to play. The doctor may specify the duration of the restriction. The athletic trainer will work with the athlete and his/her parents to rehabilitate and enforce this rule. In the event of conflicting opinions on the fitness to return to activity, the athletic trainer will work with the assigned physician assigned to Air Academy High School from the school and District approved team physician to make that decision.

## **Drug, Alcohol and Tobacco Policy**

**Drug Use or Possession (Consequences for distribution of drugs by an athlete are delineated in a separate section below.)**

As a participant of athletics at Air Academy High School, the student-athlete will not use or be in possession of alcohol, drugs, or tobacco (in any form), and will not attend functions on or off school grounds where alcohol and/or drugs are present during any part of the school year. This requirement for student athletes does not preclude religious activities or special functions for the family (Colorado Law 18-13-122). Should the student-athlete violate any of the above, the following process will be followed:

### 1<sup>ST</sup> Offense –

- The student athlete will be ineligible for the remainder of the season and up to 365 days.
- An eligibility committee comprised of the athletic director, Alpha administrator, and athletic coach will review the details of the situation and determine the length of the suspension from participation.
- On a first offense only, the athlete may meet with the eligibility committee and agree to a contract to regain eligibility. This contract typically includes an agreement for the athlete to complete an approved drug/alcohol assessment program.
- If the athlete successfully completes the requirements of the contract, he/she may return to the team after suspension of 30% of contests. This length of suspension may be carried forward into the following season of participation.

### 2nd Offense –

A student athlete will be ineligible for 365 calendar days from the date of the infraction in all sports and sport activities offered at AAHS.

### 3rd Offense -

A student athlete will be permanently ineligible for all sport and sport activities for the remainder of their Air Academy High School career.

### Drug or Alcohol Distribution

Distribution of drugs or alcohol is considered the most serious violation of the AAHS drug and alcohol policy. An athlete who is suspended or expelled for distribution will be ineligible for athletic participation for 365 days from the date of the suspension.

Coaches must adhere to the above policy at a minimum. If a coach chooses to have a more severe policy, they will include the policy in their team handbook and communicate it to athletes and parents.

**\*\*Eligibility Committee:** Head coach of the sport, Administrator, and Athletic Director.

## **TRANSPORTATION**

Academy School District 20 is still struggling with staffing of bus drivers currently. We will do our best to secure bus transportation to and from athletic competitions. Transportation may fall on the families. Coaches are not allowed to organize transportation or transport students in personal vehicles.

When transportation is not provided to an event, the coach will let the players know when warm-ups begin, and it is up to the players and their families to get them there.

## **GENERAL CHSAA BY-LAWS:**

**A complete list of CHSAA By-Laws can be found at [chsaanow.com](http://chsaanow.com)**

### **WINTER VACATION RULES (2310.4)**

The CHSAA restricts contact with athletes of any sport and coaches of Air Academy High School and Air Academy faculty members from December 24 through December 27 and New Year's Day. Winter sports may have voluntary practice (excluding Sundays) on the remaining days.

### **SUNDAY CONTACT (2310.5)**

No school interscholastic contests, practices, camps or non-association between participants and coaches/directors of any activity from Air Academy High School shall take place on Sunday at any time during the school year. The school year is considered from the first official practice set by CHSAA through Memorial Day. The CHSAA may allow for the rescheduling of state-level events to be played on Sunday. Teams playing on Monday in District, Regional or State culminating events will be exempt from this rule.

### **PLAYER EJECTION FROM A CONTEST (CHSAA 2200)**

Any player who has been ejected from a match or contest shall be disqualified for the remainder of that match or contest. In addition, the player shall be suspended from competition for the next regularly scheduled match or contest of the same level (c-squad, junior varsity, or varsity).

If an ejection occurs in the final match or contest of the season, then that player shall be suspended from competition for the first match or contest of the next season of sport that the player elects to play. **(CHSAA 2200.14)**

A player ejected from a second match or contest during the same season shall be suspended from competition for the next two matches or contests of the same level (c-squad, junior varsity or varsity). **(CHSAA 2200.15)**

Any player ejected from a third match or contest during the same season shall be subject to a penalty to be determined by the CHSAA Commissioner **(CHSAA 2200.16)**

***NOTE: Any player demonstrating a lack of sportsmanship that may result in ejection from a contest may be subject to additional school consequences.***

### **APPEAL OF A PLAYER EJECTION OR OUTCOME OF A CONTEST (CHSAA 2530.1)**

A decision of an official to eject a player from a contest for unsportsmanlike conduct or the outcome of a contest, judgment, or misapplication of a playing rule by a contest official may not be appealed.

### **TRANSFER RULE – (CHSAA 1800)**

Colorado School Choice: The CHSAA supports school choice in academic pursuits and encourages its student participants to enhance their academic achievement. In concert with this approach, the Association's philosophy addresses the establishment of a fair playing field for all student athletes. A student entering high school for the first time shall be eligible for all interscholastic athletic competitions.

# HEALTH INFORMATION FOR PARENTS OF SCHOOL-AGED ATHLETES

From Academy District 20 Nurses

- **IT IS THE PARENT'S RESPONSIBILITY TO NOTIFY THE COACH/ATHLETIC TRAINER OF ANY HEALTH CONDITIONS OF THEIR ATHLETE.** (Physical and emotional diagnoses), medications, and allergies.
- **Please notify your child's coach/athletic trainer immediately with the following health conditions:** Diabetes, seizure disorder, heart condition, severe allergies requiring epi-pen (bee sting or severe food allergy), severe asthma.
- **All athletes should provide their own water bottle** for practice and games, and it should be taken home daily and washed. \*(Do not share water bottles due to risk of meningitis, mononucleosis, strep infections)
- **Head injuries and concussions** are serious health concerns. Please consult your child's physician after a head injury for treatment issues.
- **Nutritional or dietary supplements (those that claim to build muscles, improve physical performance, reduce stress, and induce sleep)** may be dangerous to your child's health. They also may not be approved through the FDA. Please be informed of what your child is taking. These supplements have been known to cause life-threatening reactions. They also can interact with other medications.
- **Your child (athlete) should not be in school or participate in their sport if they are ill.** Symptoms can include but are not limited to fever, productive cough, vomiting/diarrhea, undiagnosed skin rash, or any contagious illness.
- **Contagious Diseases:** Athletes who have been diagnosed with strep throat or conjunctivitis (pink eye) require antibiotics for treatment and are contagious for 24 hours until on antibiotics. Skin rashes such as impetigo (strep infection) or ringworm (\*fungus) are also contagious. Please have your students properly diagnosed and treated before returning to practice and games.

## WAYS TO PREVENT ILLNESS AND SPREAD OF INFECTION

1. Practice clothes should be taken home regularly and washed.
2. Students should provide their own towels for practice and games.
3. Students should not share water bottles and should always carry their own.
4. Parents, please remind your students to avoid contact with other people's blood to protect them.

Please report any contagious disease and keep your student at home if ill.

## HOW TO BE A GOOD SPORTS PARENT

We are super excited about the opportunity to invest in you as a family. We have partnered with A Better Way Athletics to help align our coaches and parents for the sake of every kid in our athletic community. Below are instructions on how to access your portion of the training.

1. Click on the link here or use QR code below: [Parent Link](#)
2. Create username and password (email is suggested)
3. Once you are in the system you will scroll down and click on the training center.
4. In the training center you select the course “How to Maximize Your Child’s Athletic Journey”
5. Each module has a short quiz and the whole training is about 45 minutes long broken up into 12 modules.
6. If you have already created a username and password, click on the link here: <https://abetterwayathletics.lightspeedvt.com/>

I hope you enjoy the courses and are excited to make a difference in your family and be a positive member of our athletic program. We couldn’t do this without you!



After reading this handbook, parents and student-athletes must acknowledge understanding and agreement during the athletic registration process. Any questions regarding any topic in this handbook should be addressed to the Athletic Department.

Air Academy will always use the most current Academy School District policies that can be found at [ASD20.org](https://www.asd20.org) and the most current by-laws that can be found at [CHSAA Now](#).

***\*\*CHSAA, league, district, and school policies are subject to change. \*\****