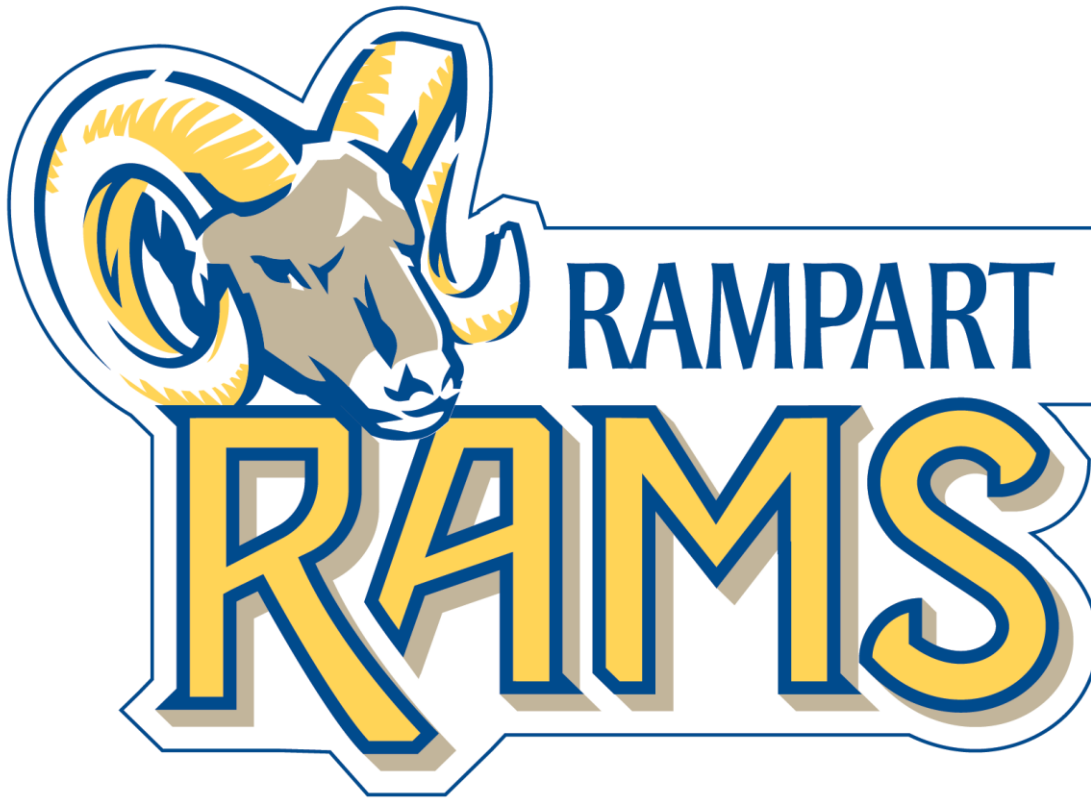


RAMPART HIGH SCHOOL



PARENT & ATHLETE HANDBOOK

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CONTACT INFORMATION

Athletic Director	Amanda Wermers	amanda.wermers@asd20.org
Athletic Secretary	Kim Lindsay	kimberly.lindsay@asd20.org
Head Cross-Country Coach	TBD	TBD
Head Football Coach	Rob Royer	Robert.royer@asd20.org
Head Boys Golf Coach	Scott Blatnick	Scott.blatnick@asd20.org
Head Girls Field Hockey @ PCHS	Hannah Jameson	Hannah.jameson@asd20.org
Head Boys Soccer Coach	Karl Anderson	Karl.anderson@asd20.org
Head Girls Softball Coach	Melissa Martinek	Melissa.martinek@asd20.org
Head Cheer Coach	Monique Casaus	Monique.casaus@asd20.org
Head Hip Hop Coach	Ashley Russell	Ashley.russell@asd20.org
Head Boys Tennis Coach	Jeff Kulich	Jeff.kulich@asd20.org
Head Girls Volleyball Coach	Brianne Perkett	Brianne.perkett@asd20.org
Head Boys Basketball Coach	Bobby Brown	Robert.brown@asd20.org
Head Girls Basketball Coach	Alexander Madril	Alexander.madril@asd20.org
Head Hockey Coach	Josh McIntosh	joshua_mcintosh@yahoo.com
Head Girls Swim Coach	Karin Farran	Karin.farran@asd20.org
Head Boys Wrestling Coach	Raymond Troup	Raymond.troup@asd20.org
Head Baseball Coach	Casey Berg	Casey.berg@asd20.org
Head Girls Golf Coach	Travis Toren	Travis.toren@asd20.org
Head Girls Lacrosse Coach	Rachel Sullivan	Rachel.sullivan@asd20.org
Head Boys Lacrosse Coach @ PCHS	Chris Morris	Christopher.morris@asd20.org
Head Girls Soccer Coach	Carisa Whitson	Carisa.whitson@asd20.org
Head Boys Swim Coach	Brady Shyrock	Brady.shyrock@asd20.org
Head Girls Tennis Coach	Tana Tornquist	Tana.tornquist@asd20.org
Head Track Coach	TBD	TBD
Head Boys Volleyball Coach	Marc Phillips	Marc.phillips@asd20.org

Athletic Director	Amanda Wermers	234-2051
Athletic Secretary	Kim Lindsay	234-2050
Rampart High School	Lindsey Ross	234-2000
Athletic Trainer	Brianna Van De Castele	234-2095
Counseling Secretary	MaryAnn Hardage	234-2034
Counselor A- D	Megan Jeltres	234-2026
Counselor E - K	Breanna Dasher	234-2032
Counselor L – Rh	Becky Anderson	234-2029
Counselor Ri – Z +MTSS	Katie Bratt	234-2030
College and Career Secretary	Amy Bianchi	234-2031
College and Career Counselor	Holly Hilts	234-2027

Rampart High School Web Site..... www.asd20.org/rhs

Activity Calendar Web Site..... www.csmleague.org

Participation in Rampart athletics is a privilege and a responsibility. This handbook provides student-athletes and parents/guardians with the necessary information to make the athletic experience a rewarding one for all involved. Please take the time to familiarize yourself with the rules and regulations which govern the Rampart Athletic Program. In addition, each student is responsible for adherence to the rules and regulations of the Colorado High School Activities Association (CHSAA), www.chsaa.org. The student and parent must electronically sign the Athletic Contract located at the end of the handbook.

ACADEMY SCHOOL DISTRICT 20 MISSION STATEMENT

The mission of Academy School District 20, dedicated to national and international standards of excellence, is to educate every student through a comprehensive and academically challenging curriculum taught in a safe and nurturing environment. We challenge students to pursue dreams, succeed with integrity, and contribute meaningfully to a diverse society.

PHILOSOPHY OF ATHLETICS AT RAMPART

At Rampart, we believe that the opportunity for participation in a wide variety of student-selected activities is a vital part of a student's educational experiences. Such participation is a privilege that carries with it responsibilities to the school, to the activity, to other students, to the community, and to the athletes themselves. These experiences contribute to the development of learning skills and emotional patterns that enable the student to achieve maximum benefit from his or her education.

Rampart High School's student athletic program, a supplement to the school's academic program, strives to provide experiences that will help students develop physically, mentally, socially, and emotionally.

The Rampart Athletic program is committed to: Provide a superior program of student activities that includes appropriate activities for every participant.

1. Provide an opportunity for students to experience success in those activities.
2. Provide an opportunity for students to manage their time effectively.
3. Create a desire in students to succeed and excel.
4. Teach students to practice self-discipline and emotional maturity by learning to make decisions under pressure.
5. Facilitate social competency and teach students to operate within a set of rules, thus gaining a respect for the rights of others.
6. Provide an opportunity for students to develop their physical skills in a safe and structured environment.
7. Model quality adult leadership while developing leadership skills in student leaders.
8. Create the desire and culture for good citizenship in the school and in the community.



ATHLETICS OFFERED 2025-2026



<u>FALL</u> Begins Aug 11 - Nov	<u>COACH</u>	<u>EMAIL</u>
Boys/Girls Cross Country	TBD	TBD
Cheerleading	Monique Casaus	monique.casaus@asd20.org
Girls Field Hockey @ PCHS**	Hannah Jameson	hannah.jameson@asd20.org
Football (Aug 4)	Rob Royer	robert.royer@asd20.org
Boys Golf (Aug 4)	Scott Blatnick	scott.blatnick@asd20.org
Hip Hop	Ashley Russell	Ashley.russell@asd20.org
Boys Soccer	Karl Anderson	karl.anderson@asd20.org
Softball	Melissa Martinek	melissa.martinek@asd20.org
Boys Tennis	Jeff Kulich	jeff.kulich@asd20.org
Volleyball	Brianne Perkett	brianne.perkett@asd20.org
<u>WINTER</u> Begins Nov 17 - Feb		
Boys Basketball	Bobby Brown	robert.brown@asd20.org
Girls Basketball	Alexander Madril	alexander.madril@asd20.org
Hockey (Nov 10)	Josh McIntosh	joshua.mcintosh@asd20.org
Girls Swim and Dive	Karin Farran	karin.farran@asd20.org
Wrestling	Raymond Troup	raymond.troup@asd20.org
Girls Wrestling @ PCHS**	Johnny Lopez	johnny.lopez@asd20.org
<u>SPRING</u> Begins Feb 23 - May		
Baseball	Casey Berg	casey.berg@asd20.org
Girls Golf	Travis Toren	travis.toren@asd20.org
Boys Lacrosse @ PCHS**	Chris Morris	christopher.morris@asd20.org
Girls Lacrosse	Rachel Sullivan	rachel.sullivan@asd20.org
Girls Soccer	Carisa Whitson	carisa.whitson@asd20.org
Boys Swim & Dive (Feb 16)	Brady Shyrock	brady.shyrock@asd20.org
Girls Tennis	Tana Tornquist	tana.tornquist@asd20.org
Boys / Girls Track and Field	TBD	TBD
Boys Volleyball (Feb 16)	Marc Phillips	marc.phillips@asd20.org
highlighted denotes off campus coach or program at other school		
Athletic Director	Amanda Wermers	amanda.wermers@asd20.org
Athletic Secretary	Kimberly Lindsay	kimberly.lindsay@asd20.org
Athletic Trainer	Brianna Van De Gastele	brianna.vande@asd20.org
**must complete the Request for Participation Application through the district		

INTERSCHOLASTIC ATHLETIC OPPORTUNITIES

Rampart High School offers a total of multiple sports for our students. The Colorado High School Activities Association governs all sports here at Rampart.

FALL SPORTS

Varsity Boys and Girls XC
Junior varsity Cross-Country
Varsity Football
Junior Varsity Football
C-Squad Football
Varsity Boys Golf
JV Boys Golf
Varsity Boys Soccer
Junior Varsity Boys Soccer
C-Squad Boys Soccer
Varsity Girls Softball
Sub-Varsity Girls Softball
Varsity Boys Tennis
Sub-Varsity Boys Tennis
Varsity Girls Volleyball
Junior Varsity Girls Volleyball
C-Squad Girls Volleyball
Competitive Spirit
Sideline Cheerleading
Hip Hop
Girls Field Hockey*

WINTER SPORTS

Varsity Boys Basketball
Junior Varsity Boys Basketball
C-Squad Boys Basketball
Varsity Girls Basketball
Junior Varsity Girls Basketball
C-Squad Girls Basketball
Varsity Ice Hockey
Girls Varsity Swim/Dive
Sub-Varsity Girls Swimming
Varsity Boys Wrestling
Sub-Varsity Boys Wrestling
Sideline Cheerleading (cont)
Hip Hop (cont)
Varsity Girls Wrestling*

SPRING SPORTS

Varsity Baseball
Junior Varsity Baseball
C-Squad Baseball
Varsity Girls Golf
Varsity Girls Lacrosse
Junior Varsity Girls Lacrosse
Varsity Boys Lacrosse*
Sub-Varsity Boys Lacrosse*
Varsity Girls Soccer
Junior Varsity Girls Soccer
C-Squad Girls Soccer
Varsity Boys Swim/Dive
Varsity Girls Tennis
Sub-Varsity Girls Tennis
Varsity Boys and Girls Track
Sub-Varsity Track
Varsity Boys Volleyball

*District 20 has a Boys Lacrosse, Girls Field Hockey and Girls Wrestling teams that are sponsored by Pine Creek High School. Boys volleyball at RHS is one of two district teams. In addition cheer and hip hop are two season sports – **you must plan on participating in both seasons.**

ADMISSION....SEASON PASSES....TICKET PRICES

Season Passes are available at student registration or by calling the Athletic Office

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 games of the issuing school and are not accepted for playoff games, hockey games, or tournaments.

\$70 Adult Pass

\$55 Student Pass (K-12)

\$55.00 Senior Citizen passes (60+)

\$225 Family Pass – A maximum of 5 passes are included with the Family Pass (two of which may be adult passes)

Additional Family Passes are available for students (K-12) for \$40.

Family members of college age or older must buy adult passes for \$70.

Ticket Prices:

\$6.00 Adult

\$4.00 K-12 Student

\$4.00 Senior 60+

Admission is charged for these Rampart HOME games for:

Basketball (all levels)
Football (any level played at D20 Stadium South @ LHS & D20 Stadium North @ PCHS)
Hockey (varsity)
Lacrosse (any level played at D20 Stadium South @ LHS & D20 Stadium North @ PCHS)
Soccer (any level played at D20 Stadium South @ LHS & D20 Stadium North @ PCHS)
Swimming (all levels)
Track (invitational meets only)
Volleyball (all levels)
Wrestling (all levels)

Opponents may charge admission at their discretion at any sporting event at any level.

REGISTRATION

The following tasks must be completed and online registration completed to participate in any athletic program at Rampart:

- 1) A physical uploaded on registration platform that is good for the entire sports season.
(CHSAA 1790.1) **District 20 requires that the physical be valid from the start of the season until the state championship. NO EXCEPTIONS!**
- 2) Online registration completed to include:
 - a) Online registration completed on Arbitersports.com
 - b) Account set up
 - c) Physical (uploaded)
- 3) Athletic Fee must be paid before added to final rosters.
 - a) District 20 students pay athletic fee according to Tier One/Two/Three of sport
Tier One \$100 Cross Country, Swim/Dive, Tennis, Track/Field
Tier Two \$150 Baseball, Basketball, Lacrosse, Soccer, Softball, Cheer, Hip Hop, Volleyball, Wrestling
Tier Three \$200 Football, Golf
Hockey \$500.00
 - b) Non District 20 students pay 150% of Tier in district fee

Coaches cannot register an athlete for a sport. Coaches are instructed not to take any forms from a player. ALL REGISTRATIONS MUST BE COMPLETED ONLINE!!

Refund of Participation Fees, By School Board Policy 6064.91

- 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 as a result of disciplinary action or for eligibility reasons
 - 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.

ELIGIBILITY

All athletes representing Rampart High School must satisfy all eligibility requirements set for by the Colorado High School Activities Association (CHSAA) **and** Rampart High School.

CHSAA requires that athletes meet the following requirements for eligibility in any sanctioned activity:

- Must not be 19 prior to August 1st of his/her senior year (CHSAA 1770.1)
- Must not have had more than eight (8) semesters of high school participation. (CHSAA 1770.2)
- Rampart is considered a Plan A school by the CHSAA meaning students other than 1st semester freshman must have passed at least 5 classes the previous semester to be eligible. For those students that did not pass at least 5 classes will become eligible per dates provided by CHSAA (CHSAA 1710 (d))
- Must be enrolled in at 5 credit classes during the semester. (CHSAA 1720 (d))
- Enrolled in Rampart High School as a bona fide student or in a school that does not have the specific sport. (CHSAA 1710)

Students that do not pass 5 classes in the spring semester may make up credits in two ways. Summer school credit or course by correspondence may be taken for those classes that the student failed. Notification of the earned credits must be received by Rampart on or before the Thursday prior to Labor Day.

Rampart High School believes that athletes should be students first and athletes second; therefore, the high school seeks to assist athletes in their academic studies while still participating. Preliminary grades are checked on Wednesday every other week using Infinite Campus. Eligibility is based on the student's grade through the previous two weeks. Final grades are checked on that following Monday.

If an athlete has two (2) F's he/she will not be able to compete in a scrimmage or any contest from that Monday following grades being reported until the Monday after the next two week posting when grades are checked again. The athletic office will inform coaches each two week period of those athletes who are failing and will send coaches a preliminary report on the Wednesday before. **Coaches will be notified immediately on the Mondays of grade checks when an athlete is ineligible. *If an athlete is only enrolled in 5 credit hours they can have zero "F"s.***

Only the athletic office may declare an athlete eligible for participation in scrimmages or contests.

OUTSIDE PARTICIPATION/COMPETITION

Members of a high school sport team may compete on any other non-school team in that sport season with the written permission of the Athletic Director. Permission shall be granted if the student's attendance in school is not compromised and the student is in good academic standing. It is expected that any athlete participating on a non-school team will not miss a high school game, practice or team activity to attend a non-school sports activity. Parents and athletes should communicate with the coach if a student/athlete chooses to participate on a non-school team. The form is available on the school website or available in the athletic office.

ATHLETIC EQUIPMENT

Athletes are responsible for all individual and team equipment issued to them during the season. The athlete will be financially responsible for any damaged or missing equipment.

1. 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 head coach and athletic department prior to the presentation of any athletic award.
4. No athletic equipment will be issued to any student with an outstanding financial obligation for lost or damaged equipment.
5. Athletes who have not returned or paid for lost/damaged equipment will be referred to the administration. Equipment Safety – Athletes should inspect their equipment on a daily basis. 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 the practice for athletes to use their equipment for the school sports. i.e. hockey sticks, tennis racquets, hockey skates, soccer shin guards, golf clubs, lacrosse sticks, etc. For football, all athletes must use safety equipment, specifically helmets, checked out by the school. Athletes may not provide their own helmets. **The practice of District 20 is that athletes may not provide their own football helmets but rather will use the ones provided by the district and re-certified on a regular basis as prescribed by the manufacturer.**
8. Cleats are not to 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 Rampart High School will be assigned a locker by the coach. The athlete must provide a combination lock for this locker and give the combination to the coach. 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 the locker room. Within one week following the conclusion of the sports season the athlete is expected to empty the locker. At the end of the school year locks are cut and clothing is placed in an area that is available for students to find items left in the lockers for at least two weeks.

ATTENDANCE AT SCHOOL AND GAME OR PRACTICE PARTICIPATION

Student athletes are expected to be in class each and every day regardless of whether it is a practice day or a day of contest. Rampart High School believes that athletes are students first; therefore, the high school seeks to assist students in their academic progress and the expectation for all students to be successful. One's attendance is optimal in order for academic success. Student athletes should notify coaches prior to the absence.

1. Absences – In order for an athlete to participate in a practice or athletic contest, they may only miss one block on that day. Senior students, who have an open block in their schedule, may not miss any of their scheduled classes that day. 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 competition after the regular season has ended). Exceptions may be granted by coaches and may include school activities, medical/dental appointments, family emergency, religious obligations, and tutorial assistance.

Coaches may suspend athletes from competition for unexcused absences and dismiss athletes from teams for repeated offenses of this rule. Athletes who miss practices or games due to family outings, or 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. A written warning will be first submitted to the athlete and parent informing them of the infraction. If this lack of respect and dedication continues, a coach may dismiss the athlete from the team if, in their opinion, there have been excessive misses for these reasons.

AWARDS AND LETTERS

Coaches determine the lettering policy for their sports and will communicate the list of award winners to the athletic office. The school will provide awards for each athlete completing the season.

C-Squad/Freshmen - graduation numerals and certificate

JV – JV letter and graduation numerals (certificate for JV letters after the first JV award received)

Varsity – First year a letter, unless they have received one in another sport and their sport emblem/pin. Athletes receive a bar for every letter won after the 1st year.

Letters are awarded to athletes who have met program requirements and are in good standing with their respective coaches. Coaches have the right to deny letter winner status based on behavior violating team, school policy or eligibility status.

Academic All-State

The CHSAA sponsors the recognition of athletes for their academic achievements. District 20 schools use an **unweighted grade point average** for this recognition. The CHSAA provides certificates for those athletes.

ACADEMIC INDIVIDUAL ALL-STATE AWARD. Junior and Senior students with grade point averages higher than 3.6 receive CHSAA First Team honors.

ACADEMIC INDIVIDUAL ALL-STATE AWARD. Junior and Senior students with grade point averages higher than 3.3-3.59 receive CHSAA Honorable Mention honors.

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 conflicts 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.

CUTTING AND TEAM SELECTION

In light of 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 Rampart when necessary to assure equitable opportunity for each student to secure a place on a Rampart athletic team.

1. All players will have the opportunity to make the varsity team. However, since varsity is the most competitive team, only 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 athletic 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 into the district, injury, or those involved in a sports season.
5. 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.

Division of Skill – The exact make-up of teams is at the discretion of the head coach and may differ from sport to sport.

C-squad level teams are available for freshman athletes primarily. The focus is on skill development regarding both team and individual skills. Student-athletes earn the privilege to play increasing amounts of time. At the discretion of the 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

Junior Varsity teams are an advanced developmental program available for students in grades 9-11. Skills taught at this level will prepare the athlete for varsity competition. Junior Varsity level student-athletes earn the privilege to play in each contest. Skill development is especially important

since the main objective of this level is to prepare students for varsity play. Team membership does not guarantee more than limited game time.

Varsity teams are the highest level of teams we have at Rampart. Freshman through seniors can be on this team if the head coach of the sport desires. At the Varsity level membership is based on fitness, ability, attitude, consistent effort, knowledge of fundamentals, and commitment. A student-athlete earns the privilege to make the team and play. The best student-athletes, at the coach's discretion, play as much as required in an attempt to achieve competitive excellence and win the contest. A valued team member in good standing may play every minute of a contest or not at all.

At the discretion of the coach, student athletes at any level who have not attended practice consistently or whose effort in practice does not contribute to the team dynamic may not receive playing time.

ELECTRONIC MEDIA AND WEBSITES

Rampart High School and the Athletic Department have policies on underage drinking, hazing, and inappropriate behavior. An athlete's decision to post items on internet media, such as Twitter or Facebook 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 represent Rampart High School at all times. Do not post pictures, comments or information on web sites that would/could embarrass you, your team or Rampart High School. The use of text 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

Hazing occurs when an act is committed against a student or a student is coerced into committing an act that creates a 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 levels of embarrassment, shame, or humiliation or which creates a hostile, abusive, and intimidating environment for the student;
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 board policy on harassment, intimidation, and bullying.

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

RAMPART DISCIPLINE POLICIES AND ATHLETICS

Any student who has been suspended 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 or practice during the term of their suspension.

Athletes may lose additional playing time or position on their team due to absences due to their suspension. In some instances the player may be removed from the team. (see also Training Rules)

PARENT/COACH COMMUNICATION

Parents and coaches are important role models for 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 children. You have a right as a parent to understand the commitment, expectations and responsibilities that accompany participation in the Rampart Athletic Program. Clear communication between parents and coaches facilitates this understanding. Listed below are a number of 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 or daughter to exercise the opportunity to speak directly with his/her coach about any topic preferably before a parent/coach conversation is scheduled.

Communication a parent might expect from a coach:

1. Philosophy of the coach.
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 to help the coach or team...i.e. scorekeeper, help with awards program, etc.

Communication coaches might expect from a parent:

1. Concerns expressed directly to the coach.
2. Notification of any scheduling conflicts well in advance.
3. Specific concerns in regard to coaches' philosophy or expectations.

Procedure to set up a Parent/Coach Conference

There are situations that may require a conference between the coach and the parent. Please **do not** attempt to contact a coach before or after a practice or game. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution. Please wait **24 hours** before making contact with the coach. When these conferences are necessary, the following procedure should be followed.

-Call/email to set up an appointment with the coach. You should have that information in your policy sheets.

Often it is difficult to accept your child's not playing as much as you 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 skill development for your child.
2. Ways to 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 satisfactory resolution then call and set up an appointment with the Athletic Director. At this meeting the appropriate next step can be determined. You must speak with the coach FIRST. We will not make an appointment with the AD until this first step is taken and yes we check!

PROGRAM POLICIES AVAILABLE TO PARENTS

Every coach should present a list of policies to parents and players. These policies should contain information that will answer questions for parents and athletes about the program and its expectations.

The policies should include the following information:

- A brief outline of the coach's philosophy about athletics, player development and the program in general. Expectations of the athletes as students, team members and individuals.
- Practice Policies
- Training rules
- Eligibility expectations, especially if they are stricter than the school and CHSAA policies.
- Lettering policies
- Travel policies and expectations
- Dress requirements (if any)
- Sportsmanship expectations
- How/when to contact coaches

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.

RAMPART'S HIGH FIVES OF GAME CONDUCT

EVERYONE'S HIGH FIVES

1. Show respect for the opponent at all times.
2. Show respect for the officials.
3. Know, understand and appreciate the rules of the contest.
4. Maintain self-control at all times.
5. Recognize and appreciate skill in performance regardless of affiliation.

COACHES

1. Always set a good example for participants and fans to follow, exemplifying the highest moral and ethical behavior.
2. Teach good sportsmanship and establish high standards for the athletes, parents and fans.
3. Develop and enforce penalties for participants who do not abide by sportsmanship standards
4. Treat opposing coaches, participants and fans with respect. Shake hands with officials and opposing coaches.
5. Teach the value of honest effort in forming to the spirit as well as the letter of the rules. Model good sportsmanship by respecting the officials and their job.

PLAYERS

1. Accept seriously the responsibility and privilege of representing your school and community; display positive public action at all times.
2. Treat opponents with the respect that is due them as guest and fellow athletes.
3. Exercise self-control at all times, accepting decisions and abiding by them.
4. Accept both victory and defeat with pride and compassion, never boastful or bitter.
5. Live up to the high standards of sportsmanship set for you by your coaches and help your teammates maintain these standards.

CHEERLEADERS

1. Help develop a reputation of good sportsmanship for your team, school and community.
2. Stimulate desired crowd response using only positive cheers, signs and praise without antagonizing or demeaning opponents.
3. Treat visiting cheerleaders and fans with respect.
4. Give encouragement to your team and recognize outstanding performance, regardless of team affiliation.
5. Maintain enthusiasm and composure, serving as a role model.

STUDENT FANS

1. Realize that a ticket is a privilege to observe a contest and support your team. It is not a license to verbally assault others.
2. Be a role model and positively support your team in every manner possible, including content of cheers and signs.
3. Recognize and acknowledge good performance by athletes on either team.
4. Give support to those participating in, conducting, and or/ officiating the event.
5. Learn the rules of the sport so that you can fully appreciate and respect the performance and judgment and strategy of the team and coach.

SPECTATORS

1. At events, be a positive role model through your own actions and by censuring those around you whose behavior is unbecoming.
2. Remember that you are at a contest to support and cheer for your team and to enjoy the skill and competition; not to intimidate or ridicule the other team and its fans.
3. Remember that school athletics are learning experiences for students and mistakes are sometimes made. Praise student-athletes in their attempt to improve themselves as students, as athletes and as people as you would praise a student working in the classroom.
4. Learn the rules of the game, so that you may understand and appreciate why certain situations take place. Respect the integrity and judgment of game officials. Understand that they are doing their best to help promote the student/athlete, and admire their willingness to participate in full view of the public.
5. Show respect for the opposing players, coaches, spectators and support groups. Treat them as you would treat a guest in your own home.

ADMINISTRATION

1. Develop a plan for teaching and promoting the ideals and fundamentals of good sportsmanship within the school.
2. Provide appropriate supervisory personnel for each athletic event.
3. Be sure parents thoroughly understand what the school expects of its athletes and fans.
4. Recognize exemplary behavior and actively discourage undesirable conduct by participants, coaches and fans

5. Recommend for employment athletic coaches who are concerned primarily with educational objectives and the well-being of the students.

ACCEPTIBLE BEHAVIOR

1. Applause during introduction of players, coaches and officials.
2. Shake hands with participants and coaches at the end of the contest regardless of the outcome.
3. Accept all decisions of officials.
4. Positive cheers that encourage your team.
5. Encourage surrounding people to display only sportsmanlike conduct.

UNACCEPTIBLE BEHAVIOR.

1. Disrespectful or derogatory yells, chants, songs, or gestures.
2. Booing or taunting an official, coach, player or cheerleader.
3. Refusing to shake hands or give recognition for good performances.
4. Blaming loss of a game on officials, coaches, or participants.
5. Use of profanity or displays of anger that draw attention away from the game.

TRAINING ROOM AND INJURIES

The safety and welfare of athletes is of prime importance, Rampart 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. Academy School District 20 has contracted with Colorado Sports and Spine Center and Colorado Springs Orthopedic Group to provide Certified Athletic Trainers for each high school. \$25 of the sports participation fee goes to help supplement the costs to the district.

The trainer assigned to Rampart will be available for all athletes on a first come first serve basis. The trainer's hours will begin at 1:30 pm until practice or competition ends each school day and as needed on Saturdays or when school is not in session during the school year. Since there is only one trainer 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 a practice or competition the coach is responsible for providing first aid and in the event of an emergency or life threatening situation for 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 or an emergency room physician they should get a script from the doctor which states the injury, the severity of 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 assigned to Rampart 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 trainer will work with Colorado Sports and Spine Center and the Colorado Springs Orthopedic Group to make that decision.

TRAINING RULES

Violation of Administrative Policy JICH

For drug or alcohol distribution:

1 year ineligibility

For drug or alcohol use or possession:

1st offense: 365 days with opportunity to reduce to 30% of season subject to committee review with athlete.

2nd offense: 1 year for all CHSAA sponsored athletics.

3rd offense: permanent removal

Student athletes may be subject to athletic and/or school consequences for off-campus behavior involving drugs or alcohol whether or not it occurs within the athletic season.

Coaches hold the right to withhold any athletic letters for any violations.

Violation of Administrative Policy ADC – Tobacco Free Schools

1st violation- The student-athlete will be ineligible for two games.

2nd violation - The student-athlete will be ineligible for five games.

The athlete will meet with the head coach, grade level administrator, and athletic director to determine a written plan of action.

3rd violation - The student-athlete will be ineligible for the remainder of the season.

If this violation occurs at the end of the season, the penalty will be served in the next season of participation.

The athlete would be suspended for 20% of that competitive season.

4th violation – The student athlete will be ineligible for one calendar year.

Coaches hold the right to withhold any athletic letters for any violations.

If any coach chooses to have rules that are more stringent they need to include them in their policies and make sure that all athletes understand them.

TRANSPORTATION

Transportation to athletic activities will fit into three categories when buses are available:

ROUND TRIP transportation - is for out of town trips; Pueblo, Denver, Greeley, or any school outside of El Paso County. RT is provided for Fountain Valley HS and Fountain Fort Carson HS.

ONE WAY transportation - is for events inside El Paso County but does not include D20 schools. This includes East to Falcon HS and North to Palmer Ridge HS. The Athletic Director can approve round trip on some of these trips.

No transportation is provided to District 20 Schools. When no transportation is 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 there on time. **We will provide one way transportation to Air Academy High School due to the extra time required to get through base security.**

Coaches will not leave the event until all athletes have left the sight of the competition.

GENERAL CHSAA RULES

WINTER VACATION (CHSAA 2310.4) There shall be no school sponsored activity of any sort, including practices, camps, clinics, tournaments, etc. **from and including December 24 through December 27 and New Year's Day.** Beginning December 28, winter sports programs may have voluntary practice (excluding Sundays), but may not compete in interscholastic scrimmages or competition.

SUNDAY CONTACT (CHSAA 2310.5) No school interscholastic contests, practices, camps, nor association between participants and coaches/directors of any activity from Rampart High School shall take place on Sunday at any time during the school year. The school year is considered from the beginning of the school year through the end of the school calendar year or 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 a state-culminating event will be exempt from this rule.

PRACTICE WITH OUTSIDE GROUPS (CHSAA 2110) Members of any high school sport may not practice with any individual or non-school group without prior approval of the high school principal. Students that wish to practice or play with an outside group may obtain a form in the Athletic office to seek permission from the Rampart High School Principal or AD or on the athletic site.

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)**

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

Any parent/guardian that is asked to be removed by an administrator or game official will be given the same consequences as a participant in the event. They will also be required to write a letter of apology to the association of officials before returning to a contest.

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.

PROTEST OF DECISIONS BY CONTEST OFFICIALS (CHSAA 2410) No protests involving the judgment or misapplication of a rule by a game official will be considered by the league or Association.

TRANSFER RULES CHSAA

When transferring schools it is important to be aware of how this might affect an athlete's eligibility. To define eligibility CHSAA uses three terms: full eligibility, and restricted eligibility. If you are planning to transfer schools check with your Athletic Director to clarify any questions you may have.

Full eligibility permits the athlete to be able to compete at the varsity level for the entire sport season provided they meet other CHSAA rules and school rules. This occurs when a student transfers at the beginning of the school year, or middle of the year with a bona fide move. A move is termed bona fide when there has been a move of primary residence by the entire family.

Restricted eligibility means that an athlete can only participate in sub-varsity competitions. Restricted eligibility happens when an athlete makes a mid-year transfer or a transfer school to school without a bona fide moved.

Contact the school AD for complete eligibility rules for your situation.

A complete list of CHSAA By-Laws can be found at www.chsaa.org

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 carry their own.
4. Parents, please remind your students to avoid contact with other people’s blood to protect them.
5. Please report any contagious disease and keep your student at home if ill.

Why should your child be involved in athletics?

Results for a US Department of Education Center for Educational Statistics study of 18,500 students found that those who participated in athletics generally had higher grade point averages than those who did not. Similarly, a 1996 study concluded that student-athletes had fewer discipline problems, were less likely to drop out, were better prepared for post-secondary education and had a higher sense of self-worth than non-athletes. Athletics & Achievement, Report of the commission on High School Athletics in an Era of Reform, National Association of State Boards of Education. 2004

92% of student-athletes believe participating in sports helps them to be a better person.

97% of student-athletes say the main reason they play sports is because it is fun and exciting.

“The Athletes Speak Survey 2002-2004,” a survey of pilot projects conducted by the national Center for Student Aspirations involving Maine and Massachusetts student-athletes.

How to Be a Good Sports Parent

Fixing the crisis in kids' sports begins at home. Here are some tips from Sports Done Right to get parents started:

- Encourage your child, regardless of his or her degree of success or level of skill.
- Ensure a balance in your student athlete's life, encouraging participation in multiple sports and activities while placing academics first.
- Emphasize enjoyment, development of skills and team play as the cornerstones of your child's early sports experiences while reserving serious competition for the varsity level.
- Leave coaching to coaches and avoid placing too much pressure on your youngster about playing time and performance.
- Be realistic about your child's future in sports, recognizing that only a select few earn a college scholarship, compete in the Olympics or sign a professional contract.
- Be there when your child looks to the sidelines for a positive role model.

NCAA Eligibility

In order to compete at a NCAA Division I or II institution athletes must be certified by the Eligibility Center (formally the NCAA Clearinghouse)

You need to complete the following:

- Graduate from high school;
- Complete a minimum of 14* core courses;
- Present a minimum grade-point average (GPA) in those 14* core courses; and
- Present a qualifying test score on either the ACT or SAT.

In Division I, the minimum number of core courses is 16 for students who enter a Division I school August 1, 2008, and after.

To determine if you have taken the necessary number of core courses go to www.ncaaclearinghouse.net, click on "General Information" then on "List of Approved Core Course". You will need Rampart's school code which is **060-294**. You may also find the list of core course in Rampart's Registration Guide.

To register with the Eligibility Center go to <http://www.ncaaclearinghouse.net> and click on "Prospective Student- Athletes" to start the process. Your transcripts will need to be sent twice, once when the student finishes at least six semesters of high school and again after graduation. You will need to request a transcript be sent by contacting the College and Career Secretary, Mr. Miller. Vic.miller@asd20.org This can now be done electronically. When registering for the SAT or the ACT, including the state ACT given in April, select code 9999 (the Eligibility Center code) as one of the free test-score recipients.



Questions to Ask a College Coach When Looking at Playing in College

1. What does a full scholarship provide?
2. What does a partial scholarship provide?
3. Are you offering me a scholarship to your school?
4. Are my grades/test scores good enough to earn an academic scholarship if your school does not grant full athletic scholarships? How do I find out?
5. Does your school have my intended major?
6. What is the graduation rate on your team and how many years does it usually take for the players to graduate?
7. What are the hours per week for off-season workouts? What is the morning, afternoon, evening commitment?
8. What are the hours per week for in-season practices? What is the morning, afternoon, evening commitment?
9. Will I be required to attend summer school?
10. Are tutors available?
11. Study table, is it required? How long?
12. What are the on-campus (dorm) living arrangements? Can I live off campus? What year?
13. Can I have a car on campus?
14. What is the mode of transportation to games? Buses, vans, plane?
15. Describe your personality on and off the playing field.
16. Describe your coaching style.
17. Describe your relationship with your players. (Tough disciplinarian, open door, policy, must I go through an assistant coach, etc.)
18. What is the line of communication if I feel I am having problems with another player, problems in class, problems with an assistant coach, or problems with the head coach?
19. Describe a typical practice.
20. Describe the roles of the assistant coaches.
21. What are the practice and competition facilities like?
22. What services and facilities are available if I am injured?
23. If I come for an official visit, outline a general itinerary for my time on campus.
24. Will my parents have an itinerary for my visit? Will they know a contact person if they have questions? Will someone be contacting them while I am there for my visit? Can my parents come with me when I make my visit?
25. What position will I play?
26. Am I your top candidate at my position? How many players are you actively recruiting at my position?
27. How many players are presently on the team at my position? What year are they?
28. Do you think I can play as a freshman? If not, how soon?
29. Are you intent on signing all your recruits in the early signing period?
30. If I agree to accept a scholarship to your school, what are the next steps I need to take?

RAMPART HIGH SCHOOL ATHLETIC DEPARTMENT PARENT/ATHLETE HANDBOOK CERTIFICATION

**This form is included in the online registration packet as part of the electronic
signatures needed**

We, _____ and
Parent/Guardian

Printed Student Name

have received and read the Rampart High School Student/Parent Handbook.

We are aware of district policies regarding counseling. We understand the
rights and responsibilities pertaining to students and agree to support and
abide by the rules, guidelines, procedures, and policies of School District #20.

Parent/Guardian Signature

Student Signature

Date

