

PLATTE CANYON HIGH SCHOOL HUSKIES



**Be Positive-Be Achievement Oriented-Be
Competitive-Be Kind
“**RUN WITH THE P.A.C.K.**”**

**ACTIVITIES PARTICIPATION
HANDBOOK
FOR PARENTS & STUDENTS
2018-2019**

**PCHS Athletics/Activities Guide
Fall 2018**

Please address all questions and concerns to:

Johnna Bambrey, Athletics/Activities Director

w: 303-838-4642, x1800

e-mail: jbambrey@pcsdk12.org

All forms and information are available at www.plattecanyonschools.org .

Payment: \$130 per sport/activity (\$260 max per year per student, \$990 max per year per household)

You may mail the participation forms and check to:

Athletic Secretary
Platte Canyon High School
P.O. Box 1069
Bailey, CO 80421

(Have participation checks made out to PCHS & memo child's name and sport.)

PLATTE CANYON SCHOOL DISTRICT MISSION STATEMENT

The mission of the Platte Canyon School District is to promote educational excellence in safe schools.

PLATTE CANYON HIGH SCHOOL ATHLETIC PHILOSOPHY

Platte Canyon High School provides athletic programs, which foster the total growth of the young persons who participate. Above all, the athletic programs will be conducted in an atmosphere which demonstrates **respect for others**, which sponsors good **sportsmanship**, and which **values the enjoyment of participation, the rigorous demands of the student-athlete commitment, and the challenges of athletic competition.** It is the belief of the high school that the athletic playing field is an extension of the classroom.

ATHLETIC OBJECTIVES

- To develop and field student athletic programs, which focus on the student-athlete commitment and the seriousness of high school competition in the sanctioned CHSAA sports.
- To maintain a high academic standard and commitment.
- To develop individual work ethics and commitment to the overall team effort.
- To develop good citizenship and sportsmanship in a competitive environment.
- To learn how to cope with the challenges of failure and success.

CHSAA SPORTS/ACTIVITIES OFFERED

FALL SPORTS

Football
Volleyball
Cross Country
Softball
Cheer

WINTER SPORTS

Basketball
Swimming - Girls
Wrestling
Ski
Cheer

SPRING SPORTS

Track
Baseball

OTHER CHSAA ACTIVITY OFFERED: Speech

SPORTS/ACTIVITY ELIGIBILITY

1. Not 19 years old prior to August 1 of 2018.
2. Activity Participation Forms & completed Emergency Card along with Participation Fee paid to high school prior to any participation. (Physical & Insurance). **Note: Participation fee will not be refunded if the student participant competes in one match, game, or meet/event during the competitive season.**
3. Student must be enrolled in a minimum of 2.5 credits and must pass a minimum of 2.5 credits per semester.
4. Student maintains a 60% or above in all enrolled classes during a competitive season. Participants must be enrolled in a minimum of 2.5 classes during a competitive season. Student grade checks are conducted on a weekly basis at 7:00 am every Wednesday. At that time coaches will be notified of students on ACADEMIC WARNING or INELIGIBLE. A grade below 60% will place the individual on ACADEMIC WARNING. A second consecutive grade below 60% will place the individual on ACADEMIC INELIGIBILITY for a minimum of one week (Wednesday to Wednesday), unless the individual had no opportunity to change his/her grade, in which case the student remains on ACADEMIC WARNING for another week. **It is the student's responsibility to monitor his/her grades.** Coaches are encouraged, but not required, to provide grade information to participants as a courtesy. **Once ineligible, the participant may continue to practice, but no CHSAA-sanctioned competition will be allowed.**
5. Compliance to all CHSAA and League rules and regulations

SPORTS/ACTIVITY TRAINING AND CONDUCT EXPECTATIONS

1. The PARTICIPANT must abide by school, League and CHSAA standards.
2. The PARTICIPANT must be a representative of good sportsmanship and citizenship demonstration by respecting, self, others, and the property of others.
3. The PARTICIPANT must not consume or possess alcoholic beverages.
4. The PARTICIPANT must not consume, use, possess, or distribute drugs other than in a manner that is in accordance with Board Policy and regulation on administering medicines to students.
5. The PARTICIPANT must not use or possess any form of tobacco.
6. The PARTICIPANT must not be involved in any unlawful activity.
7. The PARTICIPANT must not possess school property without authorization from school officials.

SPORTS/ACTIVITY TRAINING AND CONDUCT VIOLATIONS

<u>VIOLATIONS</u>	<u>CONSEQUENCE</u>
1. Unexcused absence from class or practice Individual exceeds team's allowance for absences	Miss next competitive event Dismissal from team
2. Failure to meet academic requirements	See Sports Eligibility
3. Violation of PCHS Drug, Alcohol & Tobacco Policy (see Student Handbook)	1 st offense – suspension from 1/3 season competition: Notify parents.
4. Behavior that discredits the team, school and/or school district.	2 nd offense – suspension from 2/3 season competition; conference with parents; referral to counselor. * 3 rd offense – suspension from all participation for a calendar year. Notify parents.
5. Participant receives out of school suspension	** No participation on day of suspension and no attendance on school property.
6. Participant involved in hazing of others	Dismissal from team for the remainder of season.

All consequences will be carried over to the following athletic/activity season for completion.

* The student may appeal for reinstatement of athletic/activity status at the end of the calendar year suspension .

1st Step: Written appeal to Coaches, AD, Principal

2nd Step: Written appeal to Superintendent

3rd Step: Written appeal to Board of Education

** Out of school suspension will not be considered unexcused absences.

NOTE - The severity of an athlete's misbehavior may warrant action being taken at any referral level.

PARTICIPATION FEE

Each sport/activity is assessed a \$130 fee. **THIS FEE NEEDS TO BE PAID PRIOR TO PARTICIPATION.** Please make checks payable to PCHS and memo participant's name and activity on the check. **Note: Participation fee will not be refunded if the student participant competes in one match, game, or meet/event during the competitive season.** For participation fees, no individual student will be charged more than \$260 during a school year, and no household will be charged more than \$960 during a school year.

TRAVEL

1. In most cases, PCHS will provide transportation to athletic/activity events away from campus for participants. Parents may be asked to carpool in sports such as ski, swim, or wrestling where participation numbers make bus travel infeasible. Transportation waivers are required for all students involved in carpool situations. Some coaches **REQUIRE** all players to ride the bus together, both to and from an event. If the coach does not have this requirement, a student may be released after an away event to their parent(s) or to another parent with written, prearranged permission. **NO STUDENT WILL BE RELEASED TO ANOTHER STUDENT, NON-PARENT, OR NON-ADULT RELATIVE.** Additionally, no student will be released via cellphone permission.
2. The bus driver will enforce all Transportation Department rules. Participants will assist the driver with good conduct and cooperation.
3. **Inappropriate behavior on a travel bus or activity bus will result in the participant losing privileges to ride the bus as determined by the coach and the Transportation Department.**

UNIFORMS AND EQUIPMENT

1. Practice and game uniforms are to be worn at practice and games unless the coach gives permission to do otherwise.
2. Students are responsible for all uniforms and issued equipment.
3. All equipment and uniforms are to be cleaned before they are turned in at the end of the season. All equipment must be turned in from a previous season before a student may participate in another sport/activity.

PRACTICES

1. All team members are expected to be at all practices and team meetings.
2. **The head coach should be notified, directly by the participant, prior to a missed practice. Without prior notice, the absence is considered unexcused.**
3. Each coach will stipulate individual team practice rules and consequences, which may include game suspension(s) and/or dismissal from the team.
4. A student may not participate in **practice or scheduled contests** if he/she has missed more than 3 hours of classes on the day of practice/participation. Verified medical appointments will be considered to be an exception to this rule.

HAZING

PCHS has a no tolerance policy on hazing. Any form of mental/physical abuse from an upperclassman to an underclassman for the purpose of a "right of passage" membership on a team will be viewed and treated as hazing and the individual(s) will be immediately dismissed from the team for the remainder of the season. **The severity of a hazing incident may be cause for the school to contact local law enforcement.**

Teams wishing to pursue a friendly/fun "initiation" **must first have their coach seek approval from the Athletic Department and Administration and have the activity under direct supervision of the school.**

OUTSIDE COMPETITION (CHSAA)

Any student that desires to play another sport outside PCHS, while in season at PCHS must get written permission from the Principal. Outside participation must not interfere with class work and team attendance at the high school.

TWO SPORTS

Any student that wishes to go out for more than one sport may attempt to do so but must follow guidelines for practice and game attendance set by each coach.

PARTICIPATION AT OTHER SCHOOLS (CHSAA)

The Colorado Legislature passed a bill allowing a student from one district to try out for an athletic team in a contiguous district, if the home school does not participate in that sport. The receiving school sets the participation fee.

LETTER AWARDS

Varsity letter and pins will be awarded to athletes who meet the requirements listed below. Letters are not issued for junior varsity participation. The head coach may reserve the right to letter an athlete who does not meet the requirements listed below. All letter winners must complete the season. (Injury is a possible exception.)

BASEBALL – participation in 1/3 of all varsity innings played

BASKETBALL – participation in 1/2 of all varsity quarters played

CHEER – participate in 90% of fall/winter seasons

CROSS COUNTRY- finish in top half of the field at LEAGUE or qualify for State

FOOTBALL – participation in 1/2 of all varsity quarters played

SOFTBALL – participation in 1/3 of all varsity innings played

SWIMMING – participation in 2/3 meets and scores at least 30 points in a season; Divers score at least 15 points.

TRACK – earn 10 points in meets, or score in the LEAGUE, REGIONAL or STATE meets.

VOLLEYBALL – participation in 2/3 of varsity games played

WRESTLING – wrestle in 1/2 of all varsity matches scheduled

MANAGERS – Letter awards will be given at the recommendation of the head coach.

PARENTS AND HIGH SCHOOL ATHLETICS

Being a parent of a high school athlete is a huge responsibility and requires financial and time-consuming sacrifices. The staff at PCHS knows what parents do and deeply appreciate it. **AS A PARENT OF A HUSKY ATHLETE, PLEASE DO THE FOLLOWING:**

1. Support the Huskies with attendance and good sportsmanship.
2. ALWAYS ABIDE BY THE 24-HOUR RULE before taking a concern to the coach.
3. Participate in positive cheers that encourage good sportsmanship.
4. JOIN THE BOOSTER CLUB AND PARTICIPATE.
5. Realize that athletics are part of the educational experience, and the benefits of involvement go beyond the final score of the game.
6. Help our athletes develop a sense of dignity under all circumstances.
7. Understand that no player is guaranteed playing time in any game at any level.
8. Help keep your child academically eligible. Stay on top of their grades.

AS A PARENT OF A HUSKY ATHLETE YOU CAN EXPECT THE FOLLOWING FROM COACHES:

1. To coach within the parameters of the District's Mission Statement and the High School's Athletic Philosophy Statement.
2. To communicate to you and the players effectively by explaining team rules, practice times, team philosophy and goals and the academic priority of the student-athlete.
3. To know and enforce the rules of all governing bodies of the sport, to keep abreast of the latest methods, strategies, fundamentals and coaching techniques.
4. To be a constant motivator and coach in a positive, professional manner.
5. To understand that the playing field is an extension of the classroom and that all individuals will be treated with decency and respect.

The PCHS Vision: The PCHS community aims to produce graduates who approach life with a positive attitude, who work to achieve to the best of their abilities, who strive to compete at the highest levels in their chosen fields, and who value their place in their community and seek to contribute to their community in a positive manner.

2018-19 PCHS ACTIVITY PARTICIPATION FORM (PLEASE PRINT NEATLY)

Student name: _____

Parent/Guardian: _____

Address: _____

Phone h/w/c: _____

Grade : _____ **Date of Birth:** _____

E- Mail: _____

Check if you are: Home-schooled ___ **Transfer from another district** _____

List schools attended in the last 12 months

List sports participated in the last 12 months

List sports for the upcoming year:

Note: Speech team members must complete everything except Section C, the physical.

(PLEASE READ CAREFULLY!)

Platte Canyon High School

Parent Permission For Sports/Activity Participation

2018-19

- 1. This permission form must be completely filled out by a parent/guardian before an athlete/participant is permitted to participate in any PCHS sport or activity. A NEW BLUE EMERGENCY CARD IS NEEDED FOR EACH SPORT/ACTIVITY IN WHICH A STUDENT INTENDS TO PARTICIPATE.**
- 2. The Platte Canyon School District is relieved of any or all liability for accidents or injuries connected in any way with the competitive athletic/activities program.**
- 3. It is the responsibility of the parent or guardian to provide insurance protection for the athlete who participates in the PCHS athletic/activities program.**
- 4. For those families who do not possess private health insurance, the Platte Canyon School District makes available student insurance plans which offer coverage for any accident or injury resulting from participation in school activities. Parents can choose the plan that best fits the**

needs of their child. Prices vary, depending on the plan a parent chooses. These plans are not affiliated with the Platte Canyon School District in any way.

NOTE: Although participation in supervised school athletic and activities programs are among the least hazardous events in which any student will engage, either in or out of school, the very nature of these school athletic and activities programs does create potential for injury. Parents should be aware that the chance of injury is present while students are participating in school activities and athletics and should understand this includes a risk of injury which may range in severity from minor, to long-term catastrophic, up to and including death. Those parents who do not wish to expose their students to this possibility should not sign this permission form.

I hereby consent for _____ to compete in athletics and/or activities for
(name of student)
Platte Canyon High School in Colorado High School Activities Association-approved activities except those crossed out below: baseball, basketball, cheer, cross country, football, skiing, softball, swimming, track, volleyball, wrestling.

Parent/Guardian Signature: _____ Date: _____

Parent/Guardian must check one of the following:

_____ I currently have in force a medical insurance policy which covers athletic injuries relieving Platte Canyon School District from any and all liability for medical injuries incurred as a result of athletic/activity participation.

Name of Insurance Company _____ (required)

_____ I do not have insurance and will purchase school insurance through the current District accepted company.

DATE PURCHASED - _____ Office initials - _____

**C. STUDENT-ATHLETE PROOF OF PHYSICAL (For sports participation – Not required for SPEECH)
FOR PHYSICIAN USE**

**I hereby certify that I have examined _____
and I find this student-athlete physically fit to engage in high school sports.**

Physician comments (if necessary)

Physician Signature - _____ Date - _____

**2018-19 PCHS ACTIVITY PARTICIPATION
(PLEASE READ CAREFULLY)**

A. PARENT/GUARDIAN CODE OF CONDUCT ACKNOWLEDGEMENT for Sports/Speech

- I understand that the PLAYING FIELD IS AN EXTENSION OF THE CLASSROOM and I will treat it as such with due respect. I will discourage aggressive behavior and profanity by parents/fans towards coaches, players, officials and other spectators. I will applaud good play from both teams and respect the difficult work and decisions of game officials.
- I will encourage sportsmanship by showing respect and courtesy, and by demonstrating support for all players, coaches, officials, and spectators. I will treat all individuals with decency and respect.
- **I will encourage my participant to go to the coach first if a concern arises. I will contact the coach, and then the athletic director, if the concern is not addressed by the coach.**
- I will use the 24 Hour Rule when a problem does arise with a coach that upsets me. I will wait a minimum of **24** hours to calm down and then approach the coach in a calm manner with my concerns.
- I will never approach a coach with a concern before a game or during a practice.
- I will never suggest to a coach who should start or who should play where.
- I will monitor and support my child's academic progress & growth.
- I will refrain from "coaching" my child from the sideline.
- I will be prompt when picking up my child from practices and events.
- I will inform the coach about any physical or mental health concern of my child.
- I understand that no refund of a participation fee will be given if my child competes in one game, match, or meet/event during the competitive season.
- I agree to support and promote the SPORTSMANSHIP STATEMENT of the Frontier League (of which PCHS is a member):

We promote good sportsmanship by students, athletes, coaches, parents, and spectators. Cooperation is requested by supporting the participants and officials in a positive manner. Profanity, racial, or sexist comments, or other intimidating actions directed at anyone during the course of a contest will not be tolerated and are grounds for removal from the site of competition. It is the belief of PCHS and the Frontier League that "WHAT WE PERMIT, WE PROMOTE". All are encouraged to promote a positive, competitive spirit and enjoy the fellowship of the Frontier League.

PARENT/GUARDIAN ACKNOWLEDGEMENT

I have read and understand the expectations of the Parent Code of Conduct as well as the rest of the information in the Activity Participation Handbook. IF APPLICABLE, BOTH PARENT/GUARDIAN SIGNATURES ARE REQUIRED.

Parent/Guardian Signature

Date

Parent/Guardian Signature

Date

B. STUDENT-ATHLETE and or SPEECH TEAM MEMBER ACKNOWLEDGEMENT

- I understand and agree to abide by all academic eligibility standards, including school attendance.
- I understand and agree to abide by all code of conduct standards delegated by the school district, League and CHSAA.
- I will commit to my team by maintaining a high academic standard and adhere to all team training, conduct and attendance policies.
- I will demonstrate good sportsmanship at all times to all opponents and officials.
- I will treat all individuals with decency and respect.
- I will remember that the competition arena is an extension of the classroom and act accordingly.
- I will approach my coach directly and respectfully with concerns about my participation.

I have read the Activity Participation Handbook and understand and agree to the rules and codes of conduct expected of me as a student-athlete and or speech team member by Platte Canyon High School, the Frontier League and the Colorado High School Activities Association (CHSAA). I freely accept the expectations from these organizations and commit myself to a high level of citizenship by respecting myself, others and the property of others.

Student's Signature

Date

I have read and fully understand the items in the Activities Participation Handbook.

Parent Signature

Date

Student Participant Signature

Date

REMEMBER, WE MUST HAVE A BLUE CARD FOR EACH SPORT/ACTIVITY IN WHICH YOU PARTICIPATE

2018-19 PLATTE CANYON HIGH PARTICIPATION/EMERGENCY INFO CARD

Possession of this completed card by the athlete's head coach signifies that all requirements to participate in a PCHS activity have been met by the student and parents/guardians. Section A to be completed by the Office. Section B by parents/guardians. THIS CARD MUST BE WITH THE COACH AT ALL TIMES.

A. **FOR OFFICE USE ONLY:** _____ **Student-** _____
Office Initials First M. Last
Activity _____ **Form1** _____ **Form2** _____ **Fee** _____ **DOB** _____

Insurance Company- _____

B. **TO BE FILLED OUT BY PARENTS/GUARDIANS: PLEASE PRINT**

Parents/Guardian Names- _____

Address- _____

Phone #'s- _____

Alternative Emergency Contacts- _____
Home Work Cell
Name Phone

_____ Name Phone

Family Doctor- _____ **Phone-** _____

Hospital Preference- _____

Permission is hereby granted to the attending physician to proceed with any medical or minor surgical treatment, x-ray and/or immunizations for the above mentioned student. In the event of an emergency arising out of serious illness, the need for major surgery, or significant accidental injury, I understand that an attempt will be made by the attending physician to contact me in the most expeditious way possible. If said physician is not available to communicate with me, the treatment necessary for the best interest of the above named student may be given.

Permission is also granted for any EMT/Certified Athletic Trainer, or if not available, the coach, to provide the needed emergency treatment prior to the student's admission to a medical facility.

Parent/Guardian Signature- _____ **Date-** _____

LEAGUE ASSOCIATIONS

PCHS is competing in the Frontier League comprised of 12 schools: Academy, Arrupe Jesuit, Bennett, DSST, Pinnacle, Sheridan, Platte Canyon, Jefferson High School, Middle Park Lake County, and Bruce Randolph, Kipp Collegiate. Not all sports offered at PCHS are affiliated with the Frontier League. Here is a sport by sport breakdown:

BASEBALL- 3A Frontier League – 11 schools – all Frontier Schools with the exception of Pinnacle which does not offer baseball. There will be one League Champion out of 32 ranked teams.

BASKETBALL - 3A Frontier League (Boys & Girls) – All 12 Frontier League schools will compete. The league will be one division and each school will play each league opponent once. A District Tournament will be played to decide the top 5 teams for the State Playoffs.

CROSS COUNTRY – 3A Frontier League (Boys & Girls) – 9 Schools; Bennett, Bruce Randolph, and Jefferson do not offer XC. There will be a League Championship Meet. Runners will continue in the same manner to qualify for State at their regional meet.

FOOTBALL – 1A Foothills Conference – CHSAA has revamped 1A football into 6 conferences. Each one will qualify the top 2 teams for State playoffs along with 4 wild card teams. The 1A Metro Conference consists of Clear Creek, Jefferson, Front Range Christian, Platte Canyon

SOFTBALL – 3A District 1 – 6 teams (Sheridan, Lake County, Manual, Academy, Peak to Peak, & PCHS) There will be a League Champion based on league finish and districts to qualify for the State Tournament. (Non-league games with Jefferson and Faith Christian will be played.)

SWIMMING (Girls) – 4A The girls will continue to swim an independent schedule and compete in the Inter-League Championships with Kent, CO. Academy, St. Mary's Academy, Fountain Valley, Englewood, Manitou Springs, St Mary's HS and Salida. Swimmers & divers will continue in the same manner to qualify for State.

TRACK & FIELD (Boys & Girls) – 3A Frontier League – 6 Schools; Jefferson, Bennett, Sheridan, Middle Park, Lake County & PCHS will compete in a League Championship Meet. Runners & field event individuals will qualify to state by a ranking system. (top 18 in each event)

VOLLEYBALL – 3A Frontier League – All 12 Frontier League schools will compete in a league schedule for the League Championship. The league will be one division and each team will play one another one time. Top 32 ranked teams will make playoffs based on record and rankings.

WRESTLING – 3A Frontier League- 7 schools; Bennett, Clear Creek, , Platte Canyon, Sheridan, Jefferson High School, Lake County, Middle Park. These schools will compete in a League Tournament and wrestlers will continue in the same manner to qualify for State.