

PLATTE CANYON HIGH SCHOOL ACTIVITIES PARTICIPATION HANDBOOK

2020-2021
FOR PARENTS & STUDENTS



Home of the Huskies

Be Positive, Be Achievement-Oriented, Be Competitive, Be Kind

GENERAL ATHLETIC INFO

Please address all questions and concerns to:

Johnna Bambrey
Athletics & Activities Director
W: (303)838-4642 x1800
E: jbambrey@pcsd12.org

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

PAYMENT:

\$140 per sport/activity
\$280 max per year, per student
\$1120 max per year, per household

Athletic fees can be paid via check. Have participation checks made out to PCHS & memo child's name and sport.

CHSAA SPORTS & ACTIVITIES

FALL:

Football	Softball
Volleyball	Cheer/Poms
Cross Country	

WINTER:

Basketball	Ski
Swim & Dive	Cheer/Poms
Wrestling	

SPRING:

Track	Baseball
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OTHER CHSAA ACTIVITIES INCLUDE:

Speech

PCSD MISSION STATEMENT

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

PCHS VISION

The Platte Canyon High School 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 in a positive manner.

PCHS ATHLETIC PHILOSOPHY

Platte Canyon High School provides athletic programs that foster the total growth of the young people who participate. Above all, the athletic programs will be conducted in an atmosphere that demonstrates respect for others, sponsors good sportsmanship, and 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

ELIGIBILITY

1. Not 19 years old prior to August 1 of 2020.
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. If the student is playing football or volleyball and did not pass 2.5 credits in the spring 2020 semester, they are ineligible to participate in contests until October 5, 2020. Students participating in cross country or softball and did not pass 2.5 credits in the spring 2020 semester, they are ineligible to participate in contests until September 28, 2020. Students who did not pass 2.5 credits in the fall 2020 semester will be ineligible to participate in contests until March 8, 2021, at which time they must meet all other eligibility criteria.
4. Student maintains a 60% or above in all enrolled classes during a competitive season. For online courses, students must maintain a 60% or above and must be making sufficient progress weekly as determined by the Director of Instructional Services. Participants must be enrolled in a minimum of 2.5 credits during a competitive season. Student grade checks are conducted on a weekly basis at 7:30 am every Wednesday. At that time, coaches will be notified of students on ACADEMIC WARNING or INELIGIBLE.
5. A grade below 60% will place the individual on ACADEMIC WARNING. Additionally, lack of sufficient progress in an online course will place a student on warning, regardless of the grade in the course. A second consecutive grade below 60% and/or lack of sufficient progress in an online course will place the individual on ACADEMIC INELIGIBILITY for a minimum of one week (Wednesday to Wednesday). **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.**
6. Compliance with all CHSAA and League rules and regulations including completion of transfer paperwork, if applicable.
7. Each student competing in an interscholastic sport program must have had a minimum practice period of five days in his/her sport(s) before representing his/her school in an interscholastic contest or scrimmage. A student must have a minimum of nine days of practice in football.

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.
4. Students who do not return uniforms and/or issued equipment will be charged.

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.**

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.

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 goes 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.

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.

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 the 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.

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.

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.

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.

SPORTS/ACTIVITY TRAINING AND CONDUCT VIOLATIONS

VIOLATIONS	CONSEQUENCE
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)	1st offense - suspension from $\frac{1}{3}$ season competition: Notify parents
4. Behavior that discredits the team, school, and/or school district	2nd offense - suspension from $\frac{2}{3}$ season competition; conference with parents; referral to counselor 3rd 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.

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 the direct supervision of the school.**

2020-21 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 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.

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.

2020-21 PCHS ACTIVITY PARTICIPATION FORM

(PLEASE PRINT NEATLY)

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. Additionally, **a new blue emergency card must be completed for every sport/activity your student athlete intends to participate in.**

Student name: _____ **DOB:** _____ **Grade:** _____

Parent/Guardian(s): _____

Address: _____

Phone h/w/c: _____ **Email:** _____

Check if you are homeschooled Transferred from another district: _____

List schools attended in the last 12 months: _____

List sports participated in the last 12 months: _____

I consent for my student to compete in the following athletics and/or activities for Platte Canyon High School in Colorado High School Activities Associations-approved activities:

Baseball Basketball Cheer Cross Country Football Ski
 Softball Swim Track Volleyball Wrestling

NOTE: Speech team members must complete everything except the health physical.

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.

INSURANCE ACKNOWLEDGEMENT

By checking this box, I agree that I currently have a medical insurance policy in force that 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:** _____

By checking this box, I acknowledge that I do not have insurance and will purchase school insurance through Platte Canyon School District's current accepted company. **Date Purchased:** _____

PARENT & STUDENT ACKNOWLEDGEMENTS

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. Furthermore, 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.

By checking this box, I relieve the Platte Canyon School District of any or all liability for accidents or injuries connected in any way with the competitive athletic/activities program.

By checking this box, I understand that it is my responsibility as a parent or guardian to provide insurance protection for my student athlete participating in PCHS athletic/activities program. Furthermore, I understand that Platte Canyon School District makes student insurance plans available for families who do not possess private health insurance that 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. However, all students MUST have active insurance to participate in the program.

Parent/Guardian Signature

Date

Student Signature

Date

**STUDENT ATHLETE PROOF OF PHYSICAL
FOR PHYSICIAN USE ONLY**

Student name: _____ **DOB:** _____

I have examined the student listed above and make the following recommendations for his/her participation in athletics:

- CLEARED WITHOUT RESTRICTIONS**
- Cleared **AFTER** further evaluation or treatment for _____
- Cleared for **Limited participation** (check and explain the “reason” for all that apply)
 - Not cleared for (specific sports): _____
 - Cleared only for (specific sports): _____
Reason(s): _____
- NOT CLEARED FOR PARTICIPATION:** _____
Reason(s): _____
- Other Recommendations: _____
 - Recommend monitoring during early conditioning because of weight/fitness/other
 - Recommend restrictions or monitoring of weight loss or gain
 - Other: Reasons: _____

MD/DO, PA, NP, DE-SPC#, Signature: _____

Date of Examination: _____

Date Signed: _____
