

# **Discovery Canyon Athletics**



*Parent & Athlete Handbook*

**2020-2021**

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## **- 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.*



### **THE MISSION OF DISTRICT 20 ATHLETICS**

Dedicated to local and state standards of excellence is to educate every student/athlete through a comprehensive program that will help them develop physically mentally, socially, and emotionally. We challenge student/athletes to pursue dreams, succeed with integrity, and contribute meaningfully to a diverse society.

# Discovery Canyon Campus Mission Statement

*“One Common Campus – One Common Purpose – One Common Goal – Student Success”*

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## **Discovery Canyon Campus Athletic Department Philosophy**

Discovery Canyon Campus athletics are an integral part of a student's educational experience. It is a privilege to participate in an interscholastic athletic program. The privilege carries with it responsibilities to the school, the activity, other students, the community, and the athletes themselves. These experiences contribute to the development of learning skills, leadership skills and the students' development of their physical, mental, social and emotional well being.

Participation in sound athletic programs contributes to good sportsmanship, character building, physical development, coordination and interest in sports. All students at Discovery Canyon are encouraged to participate in athletics and experience the benefits of being a part of an athletic program.

## **CHSAA Classification and League Affiliation**

### **Pikes Peak Athletic Conference (PPAC) - 4A/5A**

#### **Division A**

Air Academy  
Cheyenne Mountain  
Discovery Canyon  
Doherty  
Fountain Fort Carson  
Lewis Palmer  
Liberty  
Palmer Ridge  
Pine Creek  
Rampart  
Vista Ridge

## **High School Athletic Programs**

It is the position of the Board of Education that high school athletic programs are an integral part of education at this level. The Board believes that athletic opportunities at the high school level are rightfully provided through numerous agencies and sponsorships. In recognition of this, high school athletics should be viewed in a four-tiered system under the following headings:

1. School/Colorado High School Activities Associations (CHSAA) Sanctioned Sports
2. Community Sponsored/School and CHSAA Sanctioned Sports
3. Community Sponsored/School Sponsored Sports
4. Community Sponsored/School and CHSAA Sanctioned Sports
5. Community Sports

**Adopted:** June 18, 1992

**Amended:** October 8, 1998

**Reviewed:** September 5, 2002

# **DISCOVERY CANYON ATHLETICS CODE OF ETHICS**

Discovery Canyon student/athletes will be held to a high standard. Student/athletes are representing DCC and all the members of the DCC family. The student/athletes are expected to conduct themselves in a manner that is reflective of our mission and philosophy. In order to create a strong, respectable athletic program it is essential that the student/athletes adhere to the following guidelines.

1. DCC student/athletes are expected to continue being diligent in the classroom, while participating in extra-curricular activities. Grade checks will be done weekly to determine eligibility for the following week.
2. DCC student/athletes are expected to be role models of good sportsmanship, ethical conduct, and fair play on and off the field.
3. DCC student/athletes are expected to understand and adhere to the rules and guidelines governing the activity in which they compete.
4. DCC student/athletes are expected to recognize the purpose of athletics and activities is to promote physical, mental, moral, social, and emotional well-being of all of the participants.
5. DCC student/athletes are expected to avoid any practice or technique that would endanger the present or future welfare of all participants, including themselves.
6. DCC student/athletes are expected to refuse to disparage an opponent, an official, and administrator or spectator in any aspect of the activity.
7. DCC student/athletes are expected to adhere to proper health habits: the non-use of chemicals, including alcohol, steroids, tobacco in any form and other mood-altering substances.
8. DCC student/athletes are expected to exemplify proper self-control at all times, accepting adverse or beneficial decisions without public display of emotion or dissatisfaction with officials or judges.
9. DCC student/athletes are expected to measure their's and their team's success of the athletic and activities programs on the basis of attitude of the participation and spectators, rather than on the basis of a win or loss.  
SUCCESS = HARD WORK + POSITIVE ATTITUDES
10. DCC student/athletes are expected to congratulate all competitors following any and all competitions, no matter if they win or lose.

Adapted from CHSAA Statement of code of ethics

# DCC High School Coaching Staff 2018-2019

## FALL SPORTS CROSS COUNTRY

Head B/G Coach \* Abby Leaf  
 Assistant \* Jim Goodreid  
 Assistant \* Kellyn Roiko

## FOOTBALL

Head Coach Shawn Mitchell  
 Assistant Ben Bribach  
 Assistant Andy Liddle  
 Assistant Vince Villani  
 Assistant \* Steve Dearing  
 Assistant \* Matt Janes  
 Assistant \* Todd Adams (V)  
 Assistant \* Jason Miner  
 Assistant \* Matt Heinz

## GOLF BOYS

Head Coach \* Mark Liggett  
 Assistant \* David Schwartz

## SOCCER BOYS

Head Coach \* Flavio Mazzetti  
 Assistant Wayne Rainford  
 Assistant Dale Walker  
 Assistant \* Taylor Downs

## SOFTBALL

Head Coach \* Tanya Ramsay  
 Assistant \* Don Pettrow  
 Assistant \* Sarah Scott  
 Assistant \* John Flores  
 Assistant \* Cara Moyer (V)

## TENNIS BOYS

Head Coach Brian Thirkell  
 Assistant \* Tom Ewert  
 Assistant \*  
 Assistant \*

## VOLLEYBALL

Head Coach Melissa Bravo  
 Assistant Joleen Schnake  
 Assistant \* Melissa McArthur  
 Assistant \*

## WINTER SPORTS

### BASKETBALL BOYS

Head Coach \* Paul Campbell  
 Assistant \* Howard Tarpenning  
 Assistant \* Matt Petty  
 Assistant \* Cody Schroeder

## WINTER SPORTS (continued)

### BASKETBALL GIRLS

Head Coach \* Heath Kirkham  
 Assistant \* Kelly Schroeder  
 Assistant \* Stacy Olwinski  
 Assistant Joleen Schnake

### SWIMMING GIRLS

Head Coach/Diving \* Katie Cerda  
 Assistant \* Kent Nelson  
 Assistant \* Mark Hesse

### WRESTLING

Head Coach Marques Bravo  
 Assistant Mitch Burke  
 Assistant \* Garrett Adams  
 Assistant \* Nick Adams  
 Assistant \*

## SPRING SPORTS

### BASEBALL

Head Coach \* Justin Ross  
 Assistant \* Lee James  
 Assistant \* Paul Fredericks  
 Assistant \* Steve Dearing

### GOLF GIRLS

Head Coach \* Mark Liggett  
 Assistant \* David Schwartz

### SOCCER GIRLS

Co-Head Coach \* Matt Saul  
 Assistant \* Lisa Greer  
 Assistant Dale Walker  
 Assistant \* Taylor Downs

### SWIMMING BOYS

Head Coach \* Joe Fanthorp  
 Assistant \* Kent Nelson  
 Assistant-Diving \* Katie Cerda

### TENNIS GIRLS

Head Coach Brian Thirkell  
 Assistant \* Dean Dunn  
 Assistant \*  
 Assistant \*  
 Assistant \*

### TRACK & FIELD

Head B/G Coach \* Abby Leaf  
 Assistant \* Jim Goodreid  
 Assistant Wayne Wetherby  
 Assistant \* Faith Stephan  
 Assistant \* Jodi Scott  
 Assistant \* Ian Tullberg (V)  
 Assistant \* Todd Emmons (V)  
 Assistant \* Adam Felkey

## CHEERLEADING

Head Coach \* Tami Paxton  
 Assistant \* Angela Miller

## STRENGTH & CONDITIONING

Head Coach Sam Melendrez

## Trainer

Brian Hellstrom

## ATHLETIC DIRECTOR

Ron Sukle

## ATHLETIC SECRETARY

\* - denotes out-of-building

Kristin Wehri  
(V) Volunteer

# DISCOVERY CANYON ATHLETICS

<u>BOYS</u>		<u>GIRLS</u>	
<b>FALL</b>	<b>Begins August 10, 2020</b>	<b>FALL</b>	<b>Begins August 10, 2020</b>
Football	Varsity, Jr. Varsity & C	Cross Country	Varsity & Jr. Varsity
Cross Country	Varsity & Jr. Varsity	Softball	Varsity & Jr. Varsity
Tennis	Varsity & Jr. Varsity	Volleyball	Varsity, Jr. Varsity & C
Soccer	Varsity & Jr. Varsity	Cheerleading	Varsity & Jr. Varsity (2 seasons)
<b>FALL</b>	<b>Begins August 3, 2020</b>	Field Hockey	Liberty High School**
Golf	Varsity & JV		
<b>WINTER</b>	<b>Begins November 16, 2020</b>	<b>WINTER</b>	<b>Begins November 16, 2020</b>
Basketball	Varsity, Jr. Varsity & C	Basketball	Varsity & Jr. Varsity
Wrestling	Varsity & Jr. Varsity	Swim & Dive	Varsity & Jr. Varsity
Hockey	Varsity & Jr. Varsity*	Cheerleading	Varsity & Jr. Varsity (2 seasons)
		Girls Wrestling	Varsity & Jr. Varsity**
<b>SPRING</b>	<b>Begins March 1, 2020</b>	<b>SPRING</b>	<b>Begins March 1, 2020</b>
Baseball	Varsity, Jr. Varsity & C	Track & Field	Varsity & Jr. Varsity
Track & Field	Varsity & Jr. Varsity	Tennis	Varsity & Jr. Varsity
Swim & Dive	Varsity & Jr. Varsity	Lacrosse	Varsity & Jr. Varsity*
Lacrosse	Air Academy HS**	Soccer	Varsity & Jr. Varsity
Boys Volleyball	Varsity, Jr. Varsity, & C**	Golf	Varsity & Jr. Varsity

\*District Lottery

\*\*District 20 Team

## Required Registration Materials

**Athletic Fee** - \$95.00 per sport for in district students, including home-school students and \$142.50 per sport athletes that do not attend Discovery Canyon and live out-of-district.

**Physical** – Physicals must not expire in the season of participation in order to register for a sport.

**Risk Warning** - Must be signed by parent and student acknowledging their awareness of the inherent risk involved in the sport of participation.

**CHSAA Brochure** – must be signed by both parent and student once annually acknowledging their understanding of eligibility and other CHSAA regulations.

**Emergency Contact Information** – Must be current. Three copies of this information will be distributed; one to the coach, student athletic file, and the third to the Athletic Trainer.



# ATHLETIC PARTICIPATION FEE

Students will remit a participation fee of \$95 per sports season they choose to participate in. Out of district students not attending Discovery Canyon will pay 1.5 times the in district sports participation fee (\$142.50) for each sport they participate in.

## **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
  - 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.

The table below identifies maximum athletic fees for resident or D20 enrolled athletes:

<b>Sport</b>	<b>Per Athlete Per Year</b>	<b>Per Family Per Season</b>	<b>Per Family Per Year</b>
Ice Hockey	\$370 Maximum	\$370 Maximum	\$740 Maximum
Non-Hockey	\$240 Maximum	\$240 Maximum	\$480 Maximum

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

If you have already played a fall and/or winter and/or spring sport you are still required to complete the registration process and submit your application online. You do NOT need to re-submit a physical if you have a current one on file but you are required to complete a new emergency card. Be sure to check the boxes that your forms are completed. (You MUST always re-enter the date of your last Physical Examination and check the appropriate boxes.)

Also know that the athletic department will not accept a physical that EXPIRES at any time during the sport season of participation. If you have one that needs to be renewed between the official start date and the end of the particular sport season, we consider it expired and you must have a NEW one prior to the official start date. **NO EXCEPTIONS.**

## Eligibility

A student may participate in athletics only if he/she has fulfilled the eligibility requirements as determined by Colorado High School Activities Association (CHSAA) and Discovery Canyon High School.

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

- Must not be 19 prior to August 1<sup>st</sup> of his/her senior year. (CHSAA 1760.1)
- Must not have had more than eight (8) semesters of high school participation. (CHSAA 1770.1)
- Must have not failed more than one class the previous semester (Option B and must be enrolled in 5 credit classes during the semester. (CHSAA 1720 (d).
- Athlete must be enrolled at Discovery Canyon High School as a bona fide student or in a school that does not have the specific sport. (CHSAA 1720)

Discovery Canyon currently runs grade reports via Infinite Campus on a weekly base. An athlete not meeting the grade requirements is declared ineligible for the same time period that the student has been eligible. Discovery Canyon High School believes athletes should be students first and athletes second, therefore the high school and coaching staffs seek to assist athletes in their academic studies throughout the school year.

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

- Athlete must be declared eligible for participation according to both CHSAA policy and DCC.
- Athlete must have nine days of practice for football; this does not mean nine practices (all other sports have five days of practice)
- Athletes that are playing two sports during the same season must have nine/five days of practice in each sport.
- Athletes that change sports after practice has begun must have nine/five practice days in the second sport.
- A written doctor's release if an athlete has been restricted from participation by a doctor.
- A written release from the athletic trainer if the athlete has been held out of practice or contests by the trainer
- Suspended students may not practice nor may they attend **any** DCC activities while suspended.

# **ATTENDANCE AT SCHOOL AND GAME OR PRACTICE PARTICIPATION**

Student athletes are expected to be in classes each and every day regardless of whether it is a practice day or a day of a contest.

- 1) Absences - Athletes must be in attendance for half of the school day in order to participate in practice or contests.
- 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.

In-school/Out-of-school suspension – Student athlete will be held out of in-season competitions for seven (7) calendar days following the violation.

DCC 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.

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.

## **TRAINING ROOM AND INJURIES**

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

The athletic trainer at Discovery Canyon High School will be available for all athletes on a first come first served basis. The trainer's hours will begin at 1:30 pm until practice or competition ends each school day and as needed on Saturday's or when the school is not in session during the school year. Since there is only one trainer he/she will cover sports in the priority as defined by the NCAA (National Collegiate Athletic Association) categories. The NCAA sport categories are collision, contact and non-contact sports. When trainers are not available for practice or competition, the coach is responsible for providing first aid and in the event of an emergency or life threatening situation 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 (PCP) or an Emergency Room physician, they should get a script from the doctor which states the injury, the severity or the injury and when that athlete may return to play. The athlete should then bring that script to the trainer or the coach as soon as possible, so that the trainer and the coach can work with the doctor to facilitate rehabilitation and/or return to play for the athlete as quickly as possible.

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

## **SUMMER AND OFF SEASON PROGRAMS**

It is expected that coaches will want to improve their programs in the off season. Off-season programs are opportunities for personal improvement and may not be tied to tryouts for a team or required for team membership. Coaches should encourage athletes to improve during the off-season, but they may not require attendance, nor restrict attendance.

All coaches should expect that other coaches will not encourage athletes to participate in an off-season program during their season. Athletes that wish to do this should be encouraged to discuss their with their in season coach.

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

## **ATHLETIC WEB INFORMATION**

All current season sports schedules are posted on rschooltoday, and may be accessed through [www.pikespeakathleticconference.org](http://www.pikespeakathleticconference.org).

Parents are encouraged to use this website for game dates, times, locations and directions to different sporting activities. This is a live website. When a change, cancellation or postponement is made in the athletic office, this website is updated to reflect this change.

## **DISCOVERY CANYON ATHLETIC WEBSITE**

Information regarding fundraising events, camps/clinics, registration information and dates, CHSAA and Discovery Canyon athletic forms and other athletic updates may be found on this website:

<https://dcchigh.asd20.org/Info/Athletics/Pages/default.aspx>

## **HAZING/BULLYING**

### JICDE-Bullying Prevention and Education

The district administration supports a secure school climate, conducive to teaching and learning that is free from threat, harassment and any type of bullying behavior. The purpose of this policy is to promote consistency of approach and to help create a climate in which all types of bullying are regarded as unacceptable.

"Bullying" means any written or verbal expression, or physical or electronic act or gesture, or a pattern thereof, that is intended to coerce, intimidate, or cause any physical, mental, or emotional harm to any student. Bullying is prohibited against any student for any reason, including but not limited to any such behavior that is directed toward a student on the basis of his or her academic performance or any basis protected by federal and state law, including disability, race, creed, color, sex, sexual orientation, national origin, religion, ancestry or the need for special education services. This definition is not intended to infringe upon any right guaranteed to any person by the first amendment to the United States Constitution.

Bullying can be direct or indirect, physical or verbal. Bullying does not necessarily include all conflicts between students. Bullying is typically characterized by one or all of the following three criteria: (a) it is aggressive behavior or intentional harmdoing; (b) it is carried out repeatedly over time; and (c) it often occurs within an interpersonal relationship characterized by an imbalance of power.\*

Bullying is prohibited on district property, at district or school-sanctioned activities and events, when students are being transported in any vehicle dispatched by the district or one of its schools, or off school property when such conduct has a nexus to school.

A student who engages in any act of bullying and/or a student who takes any retaliatory action against a student who reports in good faith an incident of bullying, is subject to appropriate disciplinary action including suspension, expulsion and/or referral to law enforcement authorities. (See policy and procedure on Suspension and Expulsion, JKD/JKE, JKD-R/JKE-R.) The severity and pattern, if any, of the bullying behavior shall be taken into consideration when disciplinary decisions are made. Bullying behavior that constitutes unlawful discrimination or harassment shall be subject to investigation and discipline under related administrative policies and procedures.

The superintendent shall insure that the district implements a comprehensive program to address bullying at all school levels. The goals of the program shall be to:

1. Send a clear message to students, staff, parents and community members that bullying and retaliation against a student who reports bullying will not be tolerated;
2. Create a safe learning environment in which positive behaviors are recognized and supported;
3. Provide education to the community on what bullying is and how to report and respond to bullying;
4. Offer support to victims of bullying, such as counseling and peer mentoring;
5. Support interventions to modify bullying behavior and to develop peer support networks, social skills and confidence for all students; and to
6. Foster a partnership with parents and community members in order to help maintain a bully-free environment, which may include parent education.

**Adopted/Approved:** December 13, 2001

**Revised:** October 12, 2005

January 20, 2010

June 9, 2011

August 4, 2011

**Legal Refs:**

C.R.S. §22-32-109(1) (11) (I) (Board of Education has duty to adopt written policy that the schools are subject to all federal and state laws and constitutional provisions prohibiting discrimination on the basis of disability, race, creed, color, sex, sexual orientation, national origin, religion, ancestry, or need for special education services)

C.R.S. §22-32-109.1 (2) (a) (X) (B) (definition of bullying)

**Cross Refs:**

AC, Nondiscrimination/Equal Opportunity

GBAA, Sex Discrimination and Sexual Harassment of Staff and Students

GBAA-R, Sexual Harassment of Staff and Students Procedure

JICDA, Code of Conduct

JICDD, Violent and Aggressive Behavior

JK, Student Discipline

JKD/JKE and JKD-R/JKE-R, Suspension and Expulsion

EL-17, Discipline

EL-18, Learning Environment/Treatment of Students

# PARENT/COACH COMMUNICATION

Parents and coaches are important role models for our students. They both provide necessary guidance to young adults in their development and their understanding of the world in which they will live and work as adults. When parents and coaches understand and respect each other, they can work together to benefit their children. You have a right as a parent to understand the commitment, expectations and responsibilities that accompany participation in the Discovery Canyon High School athletics 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/daughter to exercise the opportunity to speak directly with his/her coach about any topic preferably before a parent/coach conversation is scheduled or instigated.

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

1. Philosophy of coach and program.
2. Locations and times of practices and contests.
3. Expectations the coach has of the team and the players.
4. Team requirements.
5. Team disciplinary action that results in the denial of your child's participation.
6. What role parents may play to help the coach or team (i.e. scorekeeper, booster club, banquets, etc.)

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

There are situations that may require a conference between the coach and the parent. Please **do not** attempt to contact a coach before or after a practice or contest. These can be emotional times for both the parent and coach. Meetings of this nature do not promote resolution. Discovery Canyon High School has a **24 Hour Rule** in which a parent must wait 24 hours before they may make contact with the particular coach. Oftentimes, when we allow time to reflect and compose our thoughts it has a much more positive outcome. If a meeting is still needed, please either call or email the coach to set up the appointment. All meetings will include athlete, parents and coaching staff.

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

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

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

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

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

## **The Next Step**

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

# **GENERAL CHSAA RULES**

**WINTER VACATION (CHSAA 2310.4)** The CHSAA restricts contact with athletes of any sport and Coaches of Discovery Canyon and Discovery Canyon faculty members from December 24 through December 27 and January 1. Voluntary practices may occur December 28 – December 31 unless one of the days falls on a Sunday.

**SUNDAY CONTACT (CHSAA 2310.5)** No school interscholastic contests, practices, camps, nor association between participants and coaches/directors of any activity from Discovery Canyon 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 Discovery Canyon High School Principal.

**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 such 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)**

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

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

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

**APPEAL OF A PLAYER EJECTION OR OUTCOME OF A CONTEST (CHSAA 2530.1)** A decision of any 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 2410.3)** No protests involving the judgment or misapplication of a rule by a game official will be considered by the league or Association. The playing rules in each sport/activity will govern the conduct of all contests in that activity.

**TRANSFER RULE – 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, partial 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 after 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.

**SCHOOL TRANSFER WITH CLUB COACH (CHSAA 1800.21 - Exception 21)** A student who transfers to a school where his/her club or "outside coach" is contracted as a school coach, will be ineligible for varsity competition in that sport for an entire calendar year.

**HEAD TRAUMA (CHSAA 1790.21)** If at any time during participation, a student-athlete is removed from participation due to head trauma, the student-athlete must obtain a written release from a licensed practitioner before participating again. The school district may impose stricter standards.

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

After reading this handbook, please acknowledge understanding and agreement in the extended portal during the athletic registration process. If you have any questions regarding any topic in this handbook, please contact the Athletic Director, Ron Suple via email at [Ronald.Suple@asd20.org](mailto:Ronald.Suple@asd20.org).

## **ADMISSION – ACTIVITY PASS – TICKETS**

DCC offers a student activity pass for students in grades 9 - 12. This pass is 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, tournaments or fundraisers.

### **Covers Fall, Winter and Spring Sports Seasons**

\$40 Student Pass Grades 9 – 12

\$175 Family Pass Up to five (5) family members, of which two (2) may be Adults (over age 18).

\$30 Additional family members

### **Ticket Prices**

\$5.00 Adult

\$3.00 K-12 Student

\$3.00 Senior 60+

**Admission is charged for indoor sports and stadium events.**

## **CUTTING AND TEAM SELECTION**

The overall goal of DCC is to provide the opportunity for students to participate in some level of competition. In light of realistic constraints of facilities, personnel, equipment and team sizes, not all students will be able to participate. 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, attitude, sportsmanship, desire and commitment shall be selected for that privilege. The student athlete should **attend all** scheduled practices and team meetings to seriously be considered for any team level. Exceptions include only serious illness, religious observances, death in the family, transfer into the district, injury, or those currently involved in another sports season. **Playing time will always be at the discretion of coach and will not be addressed by the athletic director.**

**\*Once the competitive season has begun, an athlete may not move from one sport to another.**

# **SPORTSMANSHIP**

Please know that “In Academy District 20, the expectation for SPORTSMANSHIP is:

- 1) Respect for ALL
- 2) Positive Sporting Behavior
- 3) Recognize good play by both teams
- 4) Display pride in your actions at ALL times.”

Also, please remember while you are a fan at Discovery Canyon, sportsmanship is our expectation thus we ask that “when you cheer, you cheer for **YOUR** team.”

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

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

## **GAME CONDUCT GUIDELINES/EXPECTATIONS**

### **SPECTATORS**

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

### **ACCEPTABLE BEHAVIORS**

1. Applause during introduction of players, coaches and officials.
2. Shaking hands with the participants and coaches at the end of the contest regardless of the outcome.
3. Accept all decisions of the officials.
4. Positive cheers that are toward **OUR** team.
5. Encourage surrounding people to display positive sporting behavior.
6. Treat competition as a game and not a war.

7. Coaches/players search out opposing participants to recognize them for outstanding performance or coaching.
8. Applause at the end of the contest for performances of all participants.
9. Everyone showing concern for an injured player, regardless of the team.
10. Encourage surrounding people to display only positive sportsmanlike conduct.

### **UNACCEPTABLE BEHAVIORS**

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

## **TEAM POLICIES, AWARDS AND LETTERS**

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

JV – Participation certificate

Varsity

- Participation Certificate  
or
- Varsity award certificates are awarded each year in addition to the following:
  - First year a letter, unless they have received one in another sport or for any activity or for academics and a sport emblem.
  - Athletes receive a bar for every letter won after the 1<sup>st</sup> 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 or school policy.

**OUTSTANDING MALE / FEMALE ATHLETE AWARD** – These awards are reserved for senior athletes who have lettered in at least two varsity sports during their senior year.

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

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

## **COLLEGE SIGNINGS/NATIONAL LETTER OF INTENT**

National Letters of Intent (NLI) or Service Academy appointment paperwork are required for inclusion in this event. Upon notification from university coach that an NLI is forthcoming, student-athletes must notify the Discovery Canyon Athletic Office 7 days before the scheduled signing celebration. Inclusion in this event is restricted to CHSAA/NCAA-sanctioned sports. Only Discovery Canyon High School coaches or staff members may speak on behalf of signees. Athletes committing to play at the collegiate level without an NLI must provide the athletic office with documentation from their college/university, and will be honored at the April signing date.

## **CONFLICTS WITH ACTIVITY PARTICIPATION**

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

## **TRAINING RULES**

Discovery Canyon High School has the following set of training rules and due process statement that each athlete and their parents are required to agree to prior to athletic participation. Each coach is responsible for supporting these rules and helping to enforce them during the school year even if they are not actively coaching at that time.

As a participant of athletics at DCC, the student-athlete agrees not to indulge in the use of tobacco (in any form), alcohol, or drugs or attend functions where alcohol and drugs are present, being served or consumed during any part of the school year. Student athletes may be subject to athletic and/or school consequences for off-campus behavior involving drugs or alcohols whether or not it occurs within the athletic season. This does not preclude religious activities or special function for the family (Colorado Law 18-13-122). Should the student-athlete violate any of the above, the following process will be followed:

### **Violation of Administrative Policy JICH – Drug and Alcohol use by students**

#### **IN-SEASON VIOLATIONS / OUT-OF-SEASON VIOLATIONS**

For drug or alcohol distribution:

- 1 year ineligibility

For drug or alcohol use or possession:

- 1<sup>st</sup> offense: 365 days with opportunity to reduce to 30% of the season subject to a due process committee review with athlete.
- 2<sup>nd</sup> offense: 1 year for all CHSAA sponsored athletics.
- 3<sup>rd</sup> offense: permanent removal.

### **Violation of Administrative Policy ADC – Tobacco Free Schools**

#### **IN-SEASON VIOLATIONS / OUT-OF-SEASON VIOLATIONS**

Possession and/or use of tobacco products is strictly prohibited on school district property and at school sponsored activities. Violation of District rules concerning tobacco use will result in consequences in accordance with the Student Code of Conduct. Athlete participation will be reduced to 30% of the season when violated.

**\*\*Due Process Committee may include but not limited to:** Athletic Director, Grade Level Administrator, Dean of Students, and Head Coach.

# 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. Cleats are not to be worn in the building at any time.

# ATHLETIC LOCKERS

Each athlete that practices at Discovery Canyon High School has the ability to use the varsity locker rooms (based upon availability). The athlete must provide a combination lock for their 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 any locker room facility. Physical Education locker rooms are OFF LIMITS for changing and storing athletic equipment. Within ONE WEEK following the conclusion of the sports season, all athletes are expected to empty their locker. At the end of the school year, locks will be cut and clothing placed in an area that is available for students to find items left in any locker for at least two weeks. ***The custodial staff and athletic department will make every effort to communicate when this process will occur so that everyone has ample time to remove any items prior to cleaning.***



# CHSAA BYLAWS – PARENT & STUDENT INFORMATION

Welcome to the 2018-2019 school year!

Participation in educational athletics and activities is a privilege that is earned in the classroom as well as on the playing field, court and stage. The CHSAA encourages all students to engage and explore in sports and activities of their choosing to enhance and enrich their high school experience. Parents are also encouraged to contribute to this experience through their positive support and encouragement. Please remember that with that participation comes the accountability of earning the privilege to take part. \*Per Bylaw 1800.54, CHSAA requires that all information provided regarding any aspect of the eligibility of a student must be true, correct, accurate, complete and/or not false; penalty for providing false information is ineligibility and/or forfeitures.

A student's participation in high school activities is dependent on his/her eligibility. Protect that eligibility. Read the following summary of Colorado High School Activities Association rules that govern a student's participation. Students and parents alike need to review these rules and ask questions of their coaches/directors, athletic director and school administrators.

\*\*Per Bylaw 1710.1, Please review the following information and acknowledge your understanding of the CHSAA Bylaws by signing at the end and submitting to your School's Athletic Director. Click the blue underlined links to be directed to the CHSAA Bylaws.

## The CHSAA

The Colorado High School Activities Association has been the governing body of high school athletics and activities (speech, student council and music) in our state since 1921. Our Code of Ethics is integral to our Mission and Vision. The student's school is a voluntary member of the CHSAA and has agreed to follow its rules. Both your school and the Association believe in equal competition among schools and the close relationship between academics and activities.

I. Discrimination (300) A student-participant will not participate in or condone unfair discriminatory practices against a fellow participant due to age, gender, race, ethnicity, religion, sexual orientation, or disability, nor shall the student be discriminated against under the same criteria. II. Hazing & Bullying (1710.2) As a student-participant, I will not be the organizer of, or participant in an activity constituting hazing. Hazing is defined as any conduct or method of initiation, whether on public or private property, which willfully or recklessly endangers the physical or mental health of any student or other person. Such conduct shall include but is not limited to whipping, beating, branding, forced behaviors involving, food, alcohol, drugs or other substances, destruction of property, and/or brutal treatment or forced physical/sexual activity which is likely to adversely affect the physical health or safety of the student or any other person.

## The CHSAA Rules of Participation

Academic (1710) A school must select one of three options for determining the eligibility of all its students, and schools have the right to impose stricter standards.

Make-up Work (1740) Each student must be academically eligible in accordance with the above section at the time of participation and during the previous semester. Make-up work shall not be permitted after the close of the semester for the purpose of becoming eligible. (Cases involving special circumstances should be referred to your principal.)

If eligibility has been lost from a previous semester, students may regain their athletic eligibility per the "Fall Regain Dates" Table in the Bylaws, and on the Monday of Week 36 for the second semester.

Summer school credits accepted by the school may be used to replace credits in subjects failed during previous semesters as long as the course is completed by the Monday of Week 9.

Dropping a class may make you ineligible. If you play while ineligible, you may cause your team to forfeit any contests in which you played.

1. Citizenship (1710) The school principal must approve the student to be a representative of the school's standards of citizenship, conduct and sportsmanship.

2. Conduct – Ejections (2200) If a student is ejected from a contest for unsportsmanlike conduct, he/she will be ineligible for the next scheduled match or contest played at that level including qualifying and state contests. The student may not participate in any contests at any other level during this period. For the season, the student will be permitted to compete in one fewer contest than the maximum allowed each participant in the sport.

A second ejection during the season shall result in a 2-contest suspension. A third ejection will result in a review of the student's future eligibility by the CHSAA Commissioner.

If a student is ejected in the final contest of a season, he/she is ineligible for the first contest of the next sport in which he/she competes and completes the season. Players leaving the bench during a fight shall be ejected and ineligible for the next contest.

3. Outside Competition (2100.2) As a member of any high school team, a student may practice or compete in that sport during that sport season in a non-school event with prior written permission of the principal.

Members of high school teams may compete in non-school events in that sport without written permission on the day following the completion of the season for the level (freshman, sophomore, junior varsity, varsity) of the team on which they are competing. NOTE: A student becomes subject to the outside competition rule on or after the first date of formal practice, when he or she reports out for practice and is in contention for a berth on the team.

4. Undergraduate (1710) A student may not be a graduate of any high school and participate in high school athletics.

5. Recruiting (1900) Any recruiting based on athletic ability or interest is prohibited.

6. Age (1770.1) A student's 19th birthday must fall on or after August 1 of the current school year. Exceptions to this rule, based on educational handicaps, may be requested, provided the student's original class has not graduated.

7. Semesters (1770.3) Upon entering high school, a student's eligibility will continue only until his/her original class graduates. Once entering ninth grade, a student has eight consecutive semesters of eligibility. NOTE: If a student drops out of school or misses competition due to an injury, he/she will not receive additional eligibility.

8. Seasons (1770.71) A student is allowed a maximum of 4 seasons in any sport.

9. Physical Exam (1780) A student may not practice or compete (music, student council and speech participants are exempt) without a physical exam that is:

- Signed by an MD, DO, chiropractor who is school physical certified (DC, SPC), nurse practitioner or physician's assistant licensed by the State of Colorado.

- Current within the last 12 months.
- On file with principal or athletic director prior to first practice.

10. Practice (2310) A total of 5 different days of practice is required before participating in any interscholastic game or scrimmage (except football which needs 9 days). OTHER EXCEPTIONS: (A) Golf, skiing, softball and tennis players. (B) Participants in state playoff games completed on or after the first day of formal practice.

\*\*No contact between a coach and player is allowed on Sundays during the school year unless it is for a social, academic or service related activity that is strictly voluntary. A student cannot be required to practice or compete outside of the season as a condition of making the team.

11. Transfer Rule (1800) The CHSAA supports school choice in academic pursuits and encourages its student participants to enhance their academic achievement. In concert with this approach, the Association's philosophy addresses the establishment of a fair playing field for all student athletes. A student entering high school for the first time shall be eligible for all interscholastic athletic competition.

- Varsity Eligibility 1800.1 A student who establishes his/her eligibility at a member school and subsequently transfers, will be ineligible for varsity competition for 365 days from the date of their transfer, in the sports they participated in during the last 365 days.

- Athletic Transfer (1800.4) Any transfer substantially motivated by athletic considerations will cause the student to be ineligible for varsity competition for 365 days from the date of the transfer in any sports(s) they participated in during the last 365 days.

- Transfer with Club Coach or Previous Coach (1800.4) A student transferring, moving or for any reason changing to a new school where the student's non-school coach is also a coach of the school team, is considered to be attending for athletic purposes. The student, as a result of this transfer, will be ineligible for varsity competition for one calendar year from the date of the transfer in any sport(s) they participated in during the twelve months prior to the transfer. As used in this Rule, the term "coach" includes any person who coaches, volunteers (regardless of compensation) or assists in any capacity with the coaching or training of the school or non-school team. For purposes of this Bylaw and its exceptions, no personal relationship or one-on one/group coaching or individual contact is required for application of this rule. If a coach has any standing with the outside team/organization/business, that coach is considered a coach of that non-school sports team.

#### General Transfer Information (1800)

It is the parent and student's responsibility to know the CHSAA Transfer Rule and how it affects the student's eligibility. The CHSAA Commissioner may grant exceptions to this rule in unusual cases. Only schools may submit a waiver. If a waiver of the transfer rule is requested, the student is not eligible until the waiver is approved by the CHSAA Commissioner. Any waiver submitted that contains legal guardian references must have the appropriate court signed legal documentation of that guardianship before the waiver will be considered. Parents should review all situations with the school administration.



15. Awards (2010) Individuals participating in any interscholastic athletic/activity sponsored and/or approved by the Association shall not accept cash or merchandise awards. Awards must be symbolic in nature with no functional or intrinsic value with a cost of no more than \$50.00.

16. Amateur (2000) If a student participates in a CHSAA approved sport, in other than CHSAA competition, his/her amateur status is determined by the rules of the amateur governing body of that sport. Amateur status of Colorado high school athletes applies only to sports sanctioned by the CHSAA.

17. Bullying & Hazing (1710.2) The Colorado High School Activities Association, in conjunction with its member school, prohibits bullying, hazing, intimidation or threats. Hazing includes humiliation tactics, forced social isolation, verbal or emotional abuse, forced or excessive consumption of food or liquids, or any activity that requires a student to engage in illegal activity. I understand that hazing of any type is not permitted in any CHSAA sanctioned activity. I will not engage in any of the prohibited conduct. I further understand that it is my responsibility to immediately report any acts of hazing that I become aware of to a sponsor, teacher, counselor, school support staff, coach or administrator in my school.

After reviewing the above information, if you still have questions, please contact your school's athletic director. This list is by no means inclusive; however, it is intended to outline the most common questions and bylaws. For more information, please visit our website CHSAANow.com.

Checklist for Student Eligibility If a student cannot check any of the items, he/she needs to contact the athletic director or principal.

- At least 5 full credit classes.
- Will abide by the rules as outlined and/or defined by school's academic plan.
- Physical exam within the last calendar year.
- Parent permit form on file at the school.
- Have not changed schools during the current school \_\_\_\_\_ year without a corresponding move by parents.
- Will not or have not turned 19 before August 1.
- Has not been in high school longer than 8 consecutive semesters.
- Will not play more than 4 seasons in any sport.
- Will not compete or practice in any non-school events in my sport once reporting out for the team, without the permission of my principal.
- Has complied with all other school, district, and local eligibility requirements.

I have read and understand the CHSAA Eligibility Rules as documented here as well as specifically read in the CHSAA Bylaws. I understand and acknowledge the inherent risks of participating in Athletics and by signing this acknowledgement, I affirm my responsibility to prevent and report hazing. I also understand that any violation of this could result in school or team consequences that could include dismissal from the activity or further disciplinary consequences and/or referral to law enforcement.

The CHSAA retains athletic trainers for all Championship events. By agreeing to this document, you allow CHSAA's on-site athletic trainer to administer medical attention as needed and to communicate follow-up care to your student-athlete, school coaches, school athletic trainers and/or parents.

Rev. 7/12/18