

2008-2009 Student and Parent High School Handbook



Castle View

Chaparral



Douglas County



Highlands Ranch

Legend



Mountain Vista



Rock Canyon



ThunderRidge

Activities & Athletics

www.dcsdk12.org



Message from the Superintendent:

Activities and athletics play a significant role in providing Douglas County School District students a well-rounded educational experience. We work hard to create learning environments that educate the whole child, and not just the child's academic core. We thank you for playing a part in your child's education and for supporting the learning that takes place in the classroom, on stages, fields, courts and stadiums.

This booklet should answer many of your questions about athletics and activities in our schools. In addition to promoting participation, we have a shared responsibility to consider behavior at practices and events. We hope that you will take a few moments to read the "Sporting Behavior" guidelines and talk about them with your child(ren). These expectations are vital to having positive experiences for all participants and spectators. In Douglas County School District, we ask that our students, staff and parents stand for the highest standards of personal behavior including trust, honesty, fairness, integrity and mutual respect.

Thanks for your active participation and partnership with Douglas County School District in helping guide our younger generation. We look forward to another successful season of activities and athletics.

Sincerely,

Jim Christensen

A Vision for the Future

Douglas County School District students acquire the knowledge and abilities to be responsible citizens who contribute to our society.

Students:

Are able to think critically, using reason and logic when facing decisions about what to believe or do.

Embrace universal ethical principles such as honesty, integrity and justice.

Demonstrate the self-motivation and resourcefulness to continue their learning.

Apply what they have learned. They go beyond merely knowing to using their knowledge and skills productively.

Develop and demonstrate leadership skills. They are influential in creating a vision of what the future can be.

Take ownership and accept responsibility for their wellbeing. They have the knowledge, skills and ability to make educated choices concerning their social, emotional and physical health.

Demonstrate essential skills of reading, writing, listening, speaking, numeracy and reasoning.

Have an understanding of a core body of knowledge in Science, Application of Technology, Social Studies, World Languages, Literature and “Great Works”, Physical Education and Health, Personal Business and Finance, Ethics and Philosophy.

Are exposed to the fine arts.

Explore chosen areas beyond the liberal arts foundation that may expand future opportunities.

Adopted by the Board of Education April 18, 2006

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For further information, visit the Douglas County School District website, www.dcsdk12.org or call the Student Development, Activities and Athletics office at 303-387-0095.

Welcome to the Douglas County School District's activity and athletic programs. We hope this information will be beneficial to you and will help to ensure a positive experience. Please use this information as a guideline to our programs. Complete information, rules and procedures can be found from your school and the Colorado High School Activities Association.

The Case for High School Activities

Unlocking the Secret of School Success: Activities

There is a secret in America's high schools that need not be hidden any longer. The secret is that activities are not just a way to have fun or be with friends, they are a valuable educational tool. From interscholastic sports to music, drama and debate, activities enrich a student's high school experiences.

Benefits of Activities:

Activities Support the Academic Mission of Schools. They are not a diversion, but rather an extension of a good educational program. Students who participate in activities programs tend to have higher grade-point averages, better attendance records, lower dropout rates and fewer discipline problems than those who do not.

Activities are Inherently Educational. Activities programs provide valuable lessons on many practical situations -- teamwork, sportsmanship, winning and losing and hard work. Through participation in activities programs students learn self-discipline, build self-confidence and develop skills to handle competitive situations. These are qualities the public expects schools to produce in students so that they become responsible adults and productive citizens.

Activities Foster Success in Later Life. Participation in high school activities is often a predictor of later success in college, a career and becoming a contributing member of society.



THE CULTURE AND CLIMATE OF ACTIVITIES AND ATHLETICS

SUPPORTS EDUCATIONAL EXCELLENCE THROUGH

- Encouraging student academic performance and attendance
- Implementing and enhancing the school's mission and vision
- Increasing skill development
- Creating an environment of respect

EMPHASIZES ETHICAL BEHAVIOR THROUGH

- Sportsmanship
- Citizenship and democratic principles
- Cooperation
- Trust
- Integrity

RECOGNIZES HUMAN DIVERSITY THROUGH

- Equitable opportunities to participate
- Respect for individual differences

DEVELOPS INDIVIDUAL POTENTIAL THROUGH

- Healthy life style
- Positive self-image

ENCOURAGES ACHIEVEMENT THROUGH

- Developing a strong work ethic
- Demonstrating commitment
- Demonstrating dedication
- Developing perseverance

FOSTERS SHARED RESPONSIBILITY THROUGH

- Teamwork
- Community spirit
- Pride in school, district and community

EXPECTS CONTINUOUS IMPROVEMENT THROUGH

- Ongoing performance improvement

SPORTING BEHAVIOR

A student group made up of members from the Douglas County Student Advisory Group and student representatives of athletic programs at the high schools, met to discuss and work on sporting behavior with the schools in Douglas County. After discussion and feedback, two documents were developed. It is the hope of these students that their peers, as well as their supporters, work to understand and implement their ideals.

(CUT HERE AND RETURN)

Our Pledge for Sporting Behavior*

I, _____, understand the responsibilities and privileges of representing my school in competitive activities and, therefore, will maintain the high standards of sporting behavior.

I pledge to uphold the integrity of my team, my school and my community by:

- taking responsibility for all of my actions;
- demonstrating respect for everyone;
- being a positive role model;
- accepting the outcome of the event with dignity and class.

_____ (Student Signature)

*Developed and written by students representing all high schools in the Douglas County School District.



**Douglas County School District
Activities and Athletics**

Ten Things Students in Douglas County Want Spectators to Remember*

1. Be supportive of my team; don't put down their team.
2. Be proud of me—win or lose.
3. Understand that players, coaches and officials are human—we all make mistakes.
4. Provide feedback—but wait until I'm ready.
5. Don't take the game more seriously than I do.
6. Know the rules.
7. Be interested.
8. Exemplify the expected behavior.
9. Practice what you preach.
10. Remember, it's just a game.

*Developed and written by students representing all high schools in the Douglas County School District.

Interscholastic Activity and Athletic Program

Activity and athletic procedures and regulations will be governed by the Douglas County School District Board and Administrative Policies, Code of Conduct, Colorado High School Activities Association (CHSAA), the high school athletic handbook and the Continental League. This handbook is meant as an overview. Check with your school administrator, District Activity and Athletic Director, or CHSAA for further information.

High School Interscholastic Activity and Athletic Programs are within the Douglas County School District's Department of Learning Services. Each high school has an activity and/or athletic director to serve the school and to work in close cooperation with the District Director of Activities and Athletics, CHSAA and Continental League affiliates to promote the betterment of activities and athletics within the school district.

For further information about Douglas County School District Activities and Athletics, including Continental League membership and school locations, please visit the Douglas County School District website, www.dcsdk12.org. Click on Parent & Student Central, scroll down to Services, and click on Athletics and Activities.

ADMINISTRATIVE POLICY INTERSCHOLASTIC ATHLETICS

The purpose of athletic programs in the secondary schools of the District shall be:

1. To provide a wide basis of participation in both team and individual sports in interscholastic competition.
2. To develop a strong program of competitive sports:
 - a. By encouraging and developing talented athletes in all sports and providing sufficient opportunity, especially at the middle school level, for students to develop individual ability;
 - b. By encouraging the development of team spirit among all members of the team and their coaches;
 - c. By developing good attitudes, pride, sportsmanship and ethical behavior in students, participants and spectators;
 - d. By developing and maintaining a good relationship between athletic teams and the student body, faculty, administration and community;
 - e. By teaching fundamentals and techniques of each sport in a progressive sequence as appropriate for students at higher grade levels;
 - f. By providing student athletes with an awareness of potential opportunities as afforded them through competitive athletics.

In keeping with the above goals, the Board shall seek to fund girls' sports on an equal opportunity basis with boys' sports and shall permit and encourage coeducational teams when the particular sport is determined suitable as a coeducational activity. The Board of Education shall encourage students, faculty and the community to recognize the value of athletics in relation to the total school program.

Code of Conduct for Student Athletes

The student-athlete (the term student-athlete as used hereinafter includes athletes and student managers) shall obey training and conduct rules appropriate to his/her obligation to teammates, coaches, teachers, and school, as well as to all representatives of hosting and visiting schools.

These regulations include, but are not limited to the following:

1. The student athlete must:
 - a. Not be involved in the use, possession, distribution, give, purchase, exchange or sale of alcohol;
 - b. Not smoke or use any form of tobacco;
 - c. Not be involved in the use, possession, distribution, gift, purchase, exchange or sale of drugs, as that term is defined in District Policy JICH;
 - d. Be willing to submit to rules of conduct and appearance prescribed by the coach when representing the school;
 - e. Inform the head coach that he/she intends to drop or quit any sport;
 - f. Meet all eligibility rules of CHSAA and of the District;

2. A student athlete who violates any or all of the above rules is subject to suspension or expulsion from participation in athletic activities.

Portions adopted: October 15, 1973 Revised: October 15, 2002

STUDENT TRAINING RULES

Students are expected to conduct themselves, at all times, in a manner that is compatible with the school's function as an educational facility, and in accordance with District policies and regulations. Refer to the Student Code of Conduct and Discipline for the behavioral expectations of all students in Douglas County and consequences when they are not met.

In addition, the Douglas County School District has established specific expectations by which the young men and women who participate in the interscholastic programs are required to abide. Students and a parent are required to sign a copy of the Training Rules & Expectations form and return it to their school indicating their understanding of these expectations and consequences. The following form will be included in the athletic registration packet:

High-School Athletics and Activities Training Rules & Expectations

As a representative of DCSD's activity and athletic programs, I understand and accept that:

- It is my privilege and honor to wear my school colors
- I am a leader in and out of uniform
- My actions are a reflection of myself, my family, my school, and community
- I'm accountable for my performance in the classroom and my conduct in the community.

In exchange for the opportunity to participate in DCSD interscholastic activities or athletics (abbreviated here as "Activities"), and in accordance with Policy JJI, I agree to the following:

Scope of Rules

From the day a student first participates in a DCSD high-school Activity until that student graduates from high school, these rules remain in effect, throughout the school year, including weekends, vacations, and holidays, and regardless if the student is on or off DCSD property.

The consequences outlined here are in addition to, not instead of, those the student may receive under the DCSD's Code of Conduct, the Colorado High School Activities Association By-laws, coaches' team rules, or other sources. They represent minimum sanctions; the Principal or designee may increase or modify these consequences in particular cases or in general as he or she deems appropriate.

Although some prohibited behaviors listed below refer to DCSD's Code of Conduct, because these training rules are in effect at times and in places when the Code of Conduct may not be, and because students who participate in Activities are held to higher behavioral expectations than other students, the Principal or designee may determine that a student's conduct constitutes grounds for imposing an Activity penalty under these rules even when that conduct does not result in suspension or expulsion under the Code of Conduct.

Prohibited Behaviors

- Violating DCSD's policies regarding drugs & alcohol (JICH) and tobacco use (JICG)
- Violating DCSD's weapons policy (JICI)
- Violating DCSD's gang-related behaviors and dress policy (JICF)
- Violating any criminal law
- Continued willful disobedience or open and persistent defiance of proper authority
- Willful destruction or defacing of school property
- Behavior detrimental to the student's, other students', or school personnel's welfare, health, or safety
- Any other conduct that would constitute grounds for suspension under DCSD policy JKD/JKE.

Consequences

The following minimum consequences will result whenever the Principal or designee concludes that a student has engaged in any of the prohibited behaviors listed above.

- First offense: For Activities with 11 or fewer regular-season contests, the student will be suspended for the next contest; for those with more than 11 regular-season contests, the student will be suspended for the next 2 contests. These suspensions will be imposed whether or not the next contest or contests are regular-season contests or are special events, tournaments, or qualifiers.
- Second offense: The student will be suspended from all Activities throughout DCSD for 1 full year from the date of the infraction.
 - If, however, a student initiates contact with school authorities to voluntarily report his or her involvement in conduct prohibited by these rules, then the student will be eligible for the following lesser second offense penalty: The student will be suspended from the remainder of the season of the Activity he or she was participating in at the time of the conduct and, upon proof that the student has successfully completed an intervention class chosen by the school athletic director, the student will only be suspended from the first 50% of the regularly scheduled contests of the next Activity that the student participates in for an entire season.
- Third offense: The student will be suspended from all Activities throughout DCSD for 1 full year from the date of the infraction, except that if a second offense suspension is still in effect, then the date of the third offense suspension will not begin on the date of the infraction, but rather will begin on the day after the second offense suspension ends.

Nothing in these rules prohibits the Principal, designee, or individual coaches from establishing and enforcing additional rules applicable to Activities, such as lesser or different penalties for failing to exercise good sportsmanship at practices or competitions or for failing to demonstrate good citizenship at school or school-sponsored events.

I have read and agree to follow these rules:

Student's Name (print)

Signature

Date

Parent or Guardian's Name (print)

Signature

Date

Revised 06/08/06

ATHLETIC AND ACTIVITY FEES

In order to support the district activities and athletic program, Douglas County School District has a participation fee. It is not intended that financial hardship should eliminate an athlete from participation. If the fee creates a financial hardship, please contact school officials.

2008-2009 Fees for High School

- A. Athletics - \$100 will be charged per athlete for each sport in which the athlete participates. There is a maximum of \$375 per family per year.
- B. Marching Band - \$100 per semester
- C. Activity Card - \$20 per year
- D. Extra/Co-curricular Activities - \$30 per club (school based decision)
- E. Extra/Co-curricular Dues – Actual cost

1. The \$100 athletic fee for all participating athletes for each sport must be collected **PRIOR** to an athlete's participation in any sport.
2. Athletes who have a financial hardship may apply for a waiver of this fee by submitting a written request to officials at their school. At each district high school, the athletic director will present alternatives to the fee schedule after reviewing the individual circumstances. **Finances should not prevent a student from participating in the athletic program.**

3. REFUND POLICY

- A full refund will be made to a student who does not make the team.
- If an athlete moves from the school's attendance area or from the District, the fee will be refunded on a prorated basis.

Athletes who quit the sport, become academically ineligible or are suspended from participation for disciplinary reasons are not eligible for a refund.

ADMINISTRATIVE PROCEDURES

1. General Eligibility Rules: A student shall be eligible to represent his/her school in an interscholastic activity sanctioned by CHSAA if such student meets the following specific requirements:
 - a. The student is a bona fide undergraduate member of his/her high school.
 - b. In the judgment of the principal of the student's school, he/she is representative of the school's ideal in matters of citizenship, conduct and sportsmanship.
 - c. **EXPULSIONS**—A students who would be ineligible in any school because of expulsion, denial of admission or negotiated withdrawal may not become eligible for competition at any level by transferring. The period of ineligibility is determined by the school at which the ineligibility occurred. A transfer at the beginning of the school year does not decrease or eliminate the period of ineligibility caused by the expulsion. A student may not transfer schools to avoid expulsion time periods.

- d. During the period of participation, the student must be enrolled in courses which offer, in aggregate, a minimum of 2 1/2 Carnegie units of credit per semester and must not be failing more than the equivalent of one-half (1/2) Carnegie unit of credit.
(For purposes of this paragraph, academic eligibility shall be determined by the student's grade in progress from the beginning of the grading period of each class, as determined by the policy of the student's school, to the close of the certification day for the interscholastic activity in question. In all cases, the periods of eligibility and ineligibility must be equal, and at no time may the two groups be eligible on the same day.)
 - e. He/she must have been eligible in accordance with paragraph "d" above at the close of the past prior semester of attendance.
 - f. During the semester preceding the semester in which the student wished to participate in any interscholastic activity, the student must not have failed more than the equivalent of one-half (1/2) Carnegie unit of credit.
(Note: For purposes of eligibility, a semester is considered to begin on the first pupil contact day, as defined by the Department of Education, following the completion of the preceding semester.)
 - g. Regaining Eligibility—Students who have not met the general eligibility requirements at the close of a semester may regain academic eligibility on the sixth Thursday following Labor Day for the first semester; and on the Friday immediately prior to March 10 for the second semester. (Exception for schools that do not conduct weekly eligibility checks and/or for winter sport athletes who do not participate in the fall.)
 - h. A student who has been ineligible, but now regains eligibility for the upcoming semester, shall not compete in any interscholastic contest and/or scrimmage until the day following the close of the current semester. The number of credits failed or passed during a semester shall be determined from the student's transcript and shall include all classes taken during the semester. Fractional credits awarded or not awarded by the school shall be added at the end of each semester to determine eligibility for the succeeding semester. If, after credits are totaled and failing credit total more than 1/2 credit, (.500), students will not be eligible according to Paragraphs (d) or (e) of Article 16- General Eligibility. For the purpose of athletic eligibility, an "I" (Incomplete) is considered an "F" (Failing).
2. A student who drops out of school after having been enrolled and in attendance 15 days will not be eligible for the following semester of his/her attendance. If the student attends 15 days or more during the semester, he/she must complete the required number of credits for the whole of that semester to be considered for eligibility during the next semester.
 3. No make-up work shall be permitted after the close of the semester and/or the designated periodic eligibility check for the purpose of becoming eligible. A "condition" (incomplete, unfulfilled outcome, etc.) shall, for the purpose of determining eligibility, count as a failure.
 4. Summer school courses completed after the close of the second semester may be used to replace any Carnegie units failed. Equivalent courses taken must be accepted by the school toward graduation. The equivalent credits must be completed by the Thursday prior to Labor Day. Credits made up through

summer school must be in the same curricular area, be accepted to meet graduation requirements of classes previously failed and be recorded on the student's transcript. A class in an area required for graduation may be taken to replace Carnegie units failed in an elective class.

MANIFEST HARDSHIP FOR INCOMPLETE--A student failing to complete work during the normal semester because of a manifest hardship (injury, illness or other circumstances beyond his/her control) may be permitted, at the discretion of his/her high school principal, to make up the work within a reasonable time following the student's recovery. A "reasonable time" in most cases would be a like number of days that the student was absent school. Notification must be filed with CHSAA.

Dropping out of school for work or financial reasons does not constitute manifest hardship.

Note: Before enrolling in summer school classes, contact the Registrar's Office to verify that the courses you are taking will be accepted by your school and are applicable to activity and athletic eligibility.

5. Age and Attendance Requirements for Athletics

- a. A student is eligible to enter interscholastic competition if his/her 19th birthday falls on or after August 1.
- b. In a four-year high school, a student is eligible for eight consecutive semesters of participation. Cases involving unusual circumstances should be submitted to your building athletic director. A waiver of the eight consecutive semester rule cannot be approved if the reason for additional eligibility beyond eight semesters is due to an expulsion.
- c. Transfers and Colorado School Choice--The CHSAA supports school choice in academic pursuit and encourages its student participants to enhance their academic achievement. In concert with this attitude, the associations' philosophy addresses the establishment of a fair playing field for all student athletes. **If you are considering transferring high schools, please contact the high school athletic director in your home school for further clarification and rule updates.**
 1. A student entering high school for the first time shall be eligible for all interscholastic athletic competition.
 2. A student who transfers due to a bona fide family move will always have full transfer eligibility.
 3. A student who transfers during the summer without a bona fide family move will have varsity eligibility for the last 50 percent of those calendar months prior to the transfer.
 4. A mid-year transfer without a bona fide family move will result in restricted eligibility for the remainder of that school year. Further, after a mid year transfer and for one calendar year, the student will have restricted eligibility for the first 50 percent of any season played at the new school for those sports played within 12 months of the transfer. A student declared ineligible based on a transfer, may be granted Restricted Eligibility following the approval of a Restricted Residence Waiver by the CHSAA Commissioner. The waiver must be signed by the principals of the sending and receiving schools.

5. Undue Influence-Recruited Students--A student who transfers schools because of the recruiting efforts of school athletic staff members and/or school representatives of athletic interests (as defined in Article 18 of CHSAA by-laws) shall be declared ineligible for a period of time to be determined by the commissioner. Such period may exceed one year.
 6. Hardship – If questions arise or you are in doubt, consult your building athletic administrator.
 7. A student in a “broken home” may transfer schools one time without requesting a waiver of the CHSAA Transfer Rule. See CHSAA definition of “broken home” (www.chsaa.org)
 8. All foreign students need to check in with the athletic director before trying out for a sport. This includes foreign exchange students.
6. Specialized Sports Camps
- a. Sports camps are defined as an instructional class limited to one sport involving physical participation by the individual student.
 - b. No coach or school representative may directly, or by implication, direct a student to attend said camp/camps as a condition to practicing, participating or otherwise influencing a student’s opportunity to participate in any school sport/activity.
 - c. Camps sponsored by Douglas County schools will be located on the school campuses (unless noted otherwise) and all registration, fees and scheduling will be coordinated through the District.
 - d. Camps sponsored by other organizations or institutions are not associated with the Douglas County School District unless noted.
7. Activities and Athletics Not Offered at Home High School
When sports/activities are not offered at a particular school, but are contested at another, a student may choose to participate at a school other than their home school. The following considerations will be taken when placing a student in a program:
- a. Numbers in the program and number of levels offered;
 - b. Geographic location, where is the closest venue for the athlete;
 - c. The decision of the District’s Director of Activities and Athletics.
8. Use of School District Athletic Equipment
School district-owned athletic equipment is not to be issued to individuals or groups outside the date of the formal practice of each respective sport during the school year unless school-owned athletic equipment is related to the function of the Douglas County schools sponsored summer camps. Exceptions are made for athletes traveling to commercial football camps.
9. Practice Season
The season designated in each sport per CHSAA bylaws is the sports season during which formal practice sessions may be held. Practice is defined as that period of time during which FORMAL PRACTICE is authorized by CHSAA bylaws and the school administration during which an assigned coach is instructing one or more of his/her team members.

- Boys Golf 8/4/08 Other Fall Sports 08/11/08
- Winter Sports 11/12/08
- Spring Sports 02/17/09

10. Outside Competition

Sports Season Defined: A sports season begins with the first formal practice session, as established in the CHSAA bylaws, and ends with the final state championships in that sport.

EXCEPTION: The sport season ends for a member of a high school athletic team on the day following the completion of his or her school's competition at the level at which the student competes.

a. During the sports season, members of any high school sport may not practice with any individual or non-school group without prior approval of the high school principal. Players certified to participate as members of any high school sports team may compete on any other team in any non-school activity or event in the sport during that sports season, with the express written permission granted if:

- 1) The student's class attendance is not compromised, and;
- 2) The student is in good academic standing under the school's activities policy applicable to all students. This includes team rules and other school policies that are applied and adhered, to by all students.

b. The principal may deny permission only when the student fails to meet the requirements above.

Any student who does so participate in violation of CHSAA Bylaws 2100.2 and/or 2110, shall be ineligible to participate in interscholastic athletic activities for a period of time to be determined by the CHSAA Commissioner.

No coach or school representative may directly or by implication direct a student to participate in competition outside of the competitive season as a condition to participating or otherwise influencing a students' opportunity to participate in any school sport.

11. Conduct of School Participants

The responsibility for conduct of coaches, players and spectators at any athletic contest shall lie with the officials of the schools whose teams are participating in the contest. Any school whose coaches, players or spectators are guilty of gross misconduct may be suspended for a period of time to be determined by the CHSAA Executive Committee.

12. Hazing

Hazing refers to any activity expected of someone joining a group (or to maintain full status in a group) that humiliates, degrades or risks emotional and/or physical harm, regardless of a person's willingness to participate. Often associated with a rite of passage, such activities can include actions of a sexual nature or simulation of sex acts; activities that subject a student to extreme and unreasonable embarrassment, humiliation or shame; activities that create a hostile, abusive environment and any other activities that would violate federal, state or local law or district policy.

Hazing will not be tolerated and appropriate disciplinary consequences will be imposed on any student who is a participant in such activities. If asked to participate in such a non-sponsored activity, the student is expected not to participate and report the circumstances to school personnel. It is the student's responsibility to confirm that an activity has been pre-approved by the sponsor and the principal or designee prior to participating. If unclear about the activity, check with the coach/sponsor. District personnel sponsor all approved teambuilding activities. Parents are requested to report any information on hazing to a teacher/coach/sponsor and/or school administrator.

13. Student/Parent Guardian Health Advisement

- a. CHSAA rules and regulations state that no student shall participate in interscholastic activities until he/she has on file with the appropriate office:
 - 1) consent to participate, and;
 - 2) statement signed by his/her parent or legal guardian that a practicing physician certifying that he student is physically fit to participate in high school interscholastic activities.

Warning: Although participation in supervised and interscholastic athletics and activities may be one of the least hazardous in which any student will engage in or out of school, BY ITS NATURE, PARTICIPATION IN INTERSCHOLASTIC ATHLETICS INCLUDES A RISK OF INJURY WHICH MAY RANGE IN SEVERITY FROM MINOR TO LONG-TERM CATASTROPHIC. Although serious injuries are not common in supervised school athletic programs, it is impossible to eliminate the risk. Participants can have the responsibility to help reduce the chance of injury. PLAYERS UNDERSTAND AND, BY THEIR PARTICIPATION, AGREE THAT THEY MUST AND WILL OBEY ALL SAFETY AND TRAINING RULES, FOLLOW DIRECTIVES OF THE COACHES, PROMPTLY REPORT ALL PHYSICAL PROBLEMS TO THEIR COACHES, FOLLOW A PROPER CONDITIONING PROGRAM AND INSPECT THEIR OWN EQUIPMENT DAILY.

14. Athletic Injuries

If at any time during participation, a doctor removes an athlete from participation because of an illness or injury, the athlete must have a written release from a doctor before participating again. The written release must be given to the coach or athletic trainer.

Note: The release may be satisfied if, upon removal, the doctor specifies the duration of the student's restriction from participation and/or competition.

15. Athletic Insurance

- a. The school district is relieved of any and all liability for accidents or injuries connected in any way with the competitive athletic program.
- b. It is the responsibility of the parent or guardian to provide insurance protection for the athlete while he/she is participating in competitive athletics.
- c. The school district makes available a student accident insurance plan through an authorized agent which offers coverage for injury resulting from participation in competitive athletics. Information will be made available prior to each sport season and at fall registration.

16. Athletic Suspensions

Suspension from school will automatically result in suspension from all athletic participation for at least the duration of the school suspension. This includes practices.

Athletic Appeals can be made, in the following order:

- i. Coaches
- ii. School's Athletic Administrator
- iii. Principal
- iv. District Director of Activities/Athletics
- v. Assistant Superintendent for Learning Services
- vi. Office of the Superintendent of Douglas County School District
- vii. The Board of Education of the Douglas County School District

ATHLETES AND THE NCAA

High school students who are planning to pursue college athletic scholarships need to register with the NCAA at the end of their junior year. Division I and II colleges and universities cannot award scholarships unless a student athlete is registered. The process can be started at the NCAA Clearinghouse website:

www.ncaaclearinghouse.net

Check with your school's athletic office for further clarification.

GENERAL ACTIVITY PROCEDURES

Activity programs in the high schools contribute to the development of leadership, talent and creativity of the individual participant in an equitable and fair manner to produce an experience in secondary education that is valuable and fair. The general eligibility rules of the CHSAA shall apply to students participating in the following:

- a. Vocal Music
- b. Marching Band
- c. All-State Orchestra
- d. All-State Choirs
- e. All-State Band
- f. Speech/Debate
- g. Student Council

Each high school may establish their own guidelines to govern their activities beyond the CHSAA Bylaws. Check with your school's activities administrator for any clarification.

Lettering

Students may earn academic, activity and athletic letters. Each high school and their programs have developed specific guidelines. Check with your school to understand the process and procedure to earn a letter.