

Ellicott Athletic Handbook

Student and Parent



2022-2023

This is to be used as a guide for all coaches, parents/guardians and participants

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A Letter from the Athletic Director(s):

The athletic programs for Ellicott Schools are here as an extension of the classrooms. Our staff is here to provide every student a chance to participate and succeed just as we do in the classroom. Beyond knowledge of the sport, our athletic staff prides themselves on being role models for all of our student athletes.

Participating in athletics is a privilege, not a right. Our student-athletes will be expected to be students first. Additionally, our athletes are expected to represent Ellicott in a positive way every time they step onto the field of play. Everyone involved with Ellicott athletics will be responsible for striving to meet these two standards. We are ambassadors for our school district.

While much of this handbook describes conduct, athletics is about competition. Our coaching staff will work hard to make sure Ellicott is putting teams in a position to be successful. Every student-athlete may not have the same ability or get the same playing time, but we do believe that everyone can contribute in some way. We hope that every student can find an activity or sport to join.

Included in this book are the general guidelines for our programs. Please join us as we continue in our pursuit of excellence here at Ellicott.

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STATEMENT OF CODE OF ETHICS

COLORADO HIGH SCHOOL ACTIVITIES ASSOCIATION (CHSAA)

Supported by Ellicott School District

In order to be of maximum effectiveness in serving and fostering the education of the students so entrusted to us and in promoting and supplementing the regular curriculum, it is the duty of all concerned with our secondary athletic and activities programs to . . .

1. Cultivate awareness that participation in athletics and activities is part of the total educational process and as such, the coach/advisor should neither seek nor expect academic privileges for the participants.
2. Emphasize the proper ideals of sportsmanship, ethical conduct and fair play as they relate to the lifetime impact on the participants.
3. Develop a working awareness and understanding of all rules and guidelines governing competition, both in letter and intent.
4. Recognize that the purpose of athletics and activities is to promote the physical, mental, moral, social and emotional well-being of the individual participants.
5. Avoid any practice or technique which would endanger the present or future welfare or safety of any participant.
6. Adhere to policies which do not force or encourage students to specialize or restrict them from participation in a variety of activities.
7. Refuse to disparage an opponent, an official, an administrator or spectator in any aspect of the activity.
8. Strongly encourage the development of proper health habits: the non-use of chemicals, including alcohol, steroids, tobacco in any form and other mood altering substances.
9. Exemplify proper self-control at all times, accepting adverse decisions without public display of emotion or dissatisfaction with the officials or judges.
10. Encourage all to judge the true success of the athletic and activities programs on the basis of the attitude of the participants and spectators, rather than on the basis of a win or loss.

Points of Emphasis

This year's points of emphasis are listed below. These topics are listed either due to their frequency of occurrence, or it could be a change from previous years. Each change made is not due to a specific incident, but an ongoing effort to provide the student-athletes in the Ellicott School District the most positive experience possible.

- **Eligibility**

- The eligibility requirements have changed. The reasoning behind the change is to provide a more fluid and consistent system to both encourage our student-athletes to maintain a high level of academic success and to encourage those who do not meet those standards to quickly regain eligibility.
- Eligibility can be found on page 7.

- **Chain of command**

- It's important to strive to do what's best for every student-athlete in every component of our athletic program. It's also naïve to state that this is a realistic expectation in all cases. When there are concerns or questions in regards to our athletic programs, we ask that the chain of command is followed.
- More information can be found on page 11.

- **Playing time**

- Playing time can be discussed, but only between player and coach. It's important to look at what the athlete can do to earn more playing time, and that's it. There are so many factors that coaches must take into consideration, and the coach must be able to give reasoning behind the time that an individual receives. However, under no circumstances will other athletes be discussed.

- **Team goals and philosophies**

- As a student progresses through the district and moves from 7th grade to 12th grade the goals in regards to the outcome of the season changes.
- Information can be found on page 20.

Athletic Information

In an effort to make the information in this guide easy to find, all topics are organized in alphabetical order. The Table of Contents can also be referenced to find specific information.

Academic Eligibility Requirements

In order for any student-athlete to be eligible to participate, they must meet several requirements. Some requirements are set by CHSAA and some are set by Ellicott School District. Ellicott Schools have the right to set different requirements as long as they are not more lenient than those set by CHSAA. In order to gain and maintain eligibility, every student must:

1. Be a full-time student and must pursue a minimum four year program as outlined in Ellicott School District (ESD) policy, as well as CHSAA By-laws, which can be found in the office of the Athletic Director.
2. Must attend 50% (3 ½ periods) of the regular school day to travel, practice, or compete in any team related activity. Issues that do arise, such as doctor's appointments, family functions, etc... can be excused and eligibility can be reinstated by the building principal or athletic director. Students who have an unexcused absence (Actions that do not include doctor's appointments with notes from the doctor's office or pre-approved family functions) *may not participate in games or practices that day.*
3. A current physical must be on file with the Athletic Director. A physical is good for one calendar year. A student cannot practice or participate in an event without a physical.
4. A Parent/ Guardian Permission Form. This proves that the student's parent/ guardian is knowingly allowing their son/ daughter to participate in Ellicott Athletics.
5. Complete an Injury and Accident Form. This form states that each student and their parent/ guardian understands that even when the safety of all participants is emphasized, there is still opportunity for injury.
6. Emergency Contact Information sheet. This card will be on file with each student-athlete's coach/sponsor. This contains contact information and some important information in the event that an injury or an accident should occur.
7. Athletic Standards Guide Contract. This contract states that each student and parent/ guardian knows and understands the requirements, rules, and expectations that are listed in the Athletic Standards Guide and will abide by them. The page that requires a signature is located in the back section of this guide.
8. During the period of participation, the student must be enrolled in courses which offer, in aggregate, a minimum of 2.5 Academic units of credit per semester and must pass a minimum of the equivalent of 2.5 Academic units of credit (high school only). A student who finishes a semester with less than 2.5 Academic units of credit will not be able to participate until the date set by CHSAA, which is about half-way into the following semester.

9. Return all equipment and uniforms. Any athlete who fails to either turn in or make good on any equipment/uniform checked out to them will not be able to participate in the next season's practices or events until they are cleared by the previous season's head coach. Students will also be charged a replacement fee for missing or damaged equipment or uniforms

****Streamlined Terminology for Academic Eligibility****

Our semester eligibility is the following: If a student fails 3 courses in any semester they will be ineligible to participate in athletics the following semester until they are cleared by CHSAA to participate.

As an example: Students who failed 3 courses in the spring of 2020 could not participate until October 12th of the fall semester.

Aside from the semester eligibility we participate in weekly eligibility checks as well.

Academic eligibility is compiled by noon every Monday. This eligibility window includes Tuesday to the following Monday.

Students with two F's on Monday are academically ineligible to participate during that activity window. Students with 1 F do have the opportunity to raise that grade during the window. A student/athlete that is on the weekly Ineligibility List may practice with the team, however will not be able to suit-up, dress-out, or wear any school uniform for any competitions or events during the duration of the ineligibility period. Also, no student/athlete who is ineligible will travel with the team.

10. Follow the Ellicott School District Code of Conduct, as well as the Athletics Code of Conduct. Students who violate the Code of Conduct found in the Student Handbook could lose eligibility for a period of time. The amount of time would be determined on a case by case basis.

11. Follow the Alcohol, Tobacco and Drugs requirements described later in this Standards Guide. These requirements can be found in further detail in this handbook.

12. If applicable, complete a transfer form through CHSAA on PlanetHS. This is for students who are new to Ellicott High School and have participated in high school athletics at a previous school. Please contact the athletic director if you think you may qualify.

Accidents or injuries

It's important to understand that even when all precautions are taken, injuries during participation may occur. Each head coach is expected to be trained and hold a current certification in both First Aid and CPR. Each coach will also have in his/ her possession the emergency contact cards for each member of the team. Parent contact from the coach is required of any injury situation that occurs. If an athlete is asked to refrain from participation by a physician, then a written statement is required to be on file at the school. A student is not able to return to participation until a written statement by a physician is submitted to the school office.

Alcohol, Tobacco, and Drugs

The Ellicott Athletics Department views the use of alcohol, tobacco, or drugs as illegal and hurtful to a student's ability to perform both academically and athletically. These rules begin when practices for a sport begin and will apply to the end of the school year. These rules also apply both on and off of school grounds.

1. A student-athlete shall not use, possess, consume, be under the influence of, buy, sell, or give away any substance that can be considered as alcohol, tobacco, drug, controlled substance or look-a-like product either on or off school grounds.
2. A student-athlete shall not be at a location where alcohol, drugs, or other controlled substance is being illegally consumed. Exception applies if a student's parent or guardian are in attendance at the same event and can verify that the student did not take part in the activities.
3. Prescription drug misuse is also a violation of these rules when they are not used in the manner prescribed by a physician.

These actions in regards to use of a substance listed above will result in the following consequences:

First violation: Student shall be suspended immediately from competition and any other team activities, this will continue for *twenty percent (20%) of the allowable contests* established by CHSAA. The student athlete will also not be eligible to receive an athletic letter for that season, all-conference or all conference honorable mention awards, or team awards. This violation will be documented and remain on file for the remainder of the student's career and are cumulative for an entire school year. There will also be a carry-over into other sport seasons if necessary.

Second violation: Student shall be suspended immediately from competition, practice and any team activities for *100% of the allowable contests* established by CHSAA. If the consequence is not completed prior to the start of the next season, then the student would fulfill the suspension in the next sport season. The student-athlete will also not be eligible to receive an athletic letter for that season, all conference or all-conference honorable mention awards, or team awards. This violation will be documented and remain on file for the remainder of the student's career and are cumulative for an entire school year. There will also be a carry-over into other sport seasons if necessary.

Third violation and any additional violations: Student shall be suspended from all competition, practices and any team activities for a calendar year and a rehabilitation program or support will be highly recommended prior to returning to participation. The student-athlete will also not be eligible to receive an athletic letter for that season, all-conference or all-conference honorable mention awards, or team awards. This violation will be documented and remain on file for the remainder of the student's career and are cumulative for an entire school year. There will also be a carry-over into other sport seasons if necessary.

Athletics Code of Conduct

As stated on page 3 of this handbook, it is the primary purpose and goal of the athletics program at Ellicott School District to provide a positive learning experience for students while supporting the academic progress of every student in our district. In order to ensure this happens, the Ellicott Athletics Department requires all involved (athletes, coaches and fans) follow these guidelines for behavior that emphasize proper sportsmanship, ethical conduct, and fair play.

1. Be prompt to practices, games and team events.
2. Be a good winner; and a good loser.
3. Respect others: Profanity, obscene gestures, negative signs, artificial noisemakers, trash talking, taunting, and interaction between athletes, coaches or fans is not allowed.
4. Treat game officials, coaches, athletes and fans with respect.
5. Exercise self-control.
6. Honor the spirit of positive competition and the rules of the sport.
7. Positive cheering only. Leave the coaching to the coaches.

Consequences for violating the "Athletics Code of Conduct"

1. Players, coaches and fans may be ejected from a contest for inappropriate behavior. Some issues may warrant a warning, but depending on the nature of the infraction, immediate ejection could be possible. Ejected individuals may be banned from all home contests the rest of the school year (Or the following year if the ejection takes place in the postseason.)
2. Playing time can also be reduced for athletes, as well as being referred to either the Athletic Director, or school Principal for consequences according to school rules.

Attendance

It may not be possible for every student-athlete to attend every practice, game, or event over the course of a season. The athletics program at Ellicott Schools expects each student-athlete to contact the head coach when absences will/have occurred. Playing time can always be reduced due to absences that are not considered valid reasons, because practice time is vital to the success of both the athlete and the team. If, or when the absences become excessive, there will be a meeting with the coach and athletic director. The future participation as a member of the team will be discussed. This applies to mandatory team events only.

Awards

It is a CHSAA guideline that awards of any kind cannot exceed \$50. If awards are accepted, the student athlete's eligibility could be in jeopardy. Team awards that are given at the end of seasons will be provided by the sports team, with the exception of letters, pins, patches and certificates.

All-Conference teams in that sport are selected by all coaches in the league. It is the responsibility of the coach to nominate individuals they feel are deserving of the honor.

Team awards can be given by the head coach to individual student-athletes found to deserve recognition. Purchasing these awards will be the responsibility of the coach and must be purchased through the school activity fund. Awards will be determined by the head coach. The number of awards given should be small and worthy of recognition. It's very easy to recognize a large number of athletes. The awards should be small in number and prestigious in nature.

In addition to team awards, an award can be given to one male and female student athlete. This award will be called the "Coaches' Athlete of the Year Award." Recipients will be determined by all head coaches' input.

Banquets or Awards Ceremony - End of Seasons

A banquet or award ceremony will be held at the end of each season. The planning of this event is the coach's responsibility.

Board Policy

The athletics department at Ellicott High School and Middle School fall under policy set by the Ellicott School District School Board. Anything not covered in this handbook will follow board policy.

Cell phones/ electronic devices

Any athletic/ team event is considered an extension of the academic school day. Use of cell phones/ electronic devices at an athletic event must be approved through the head coach and any cell phone use must be supervised by a member of the coaching staff. The advancements in technology create dangers for student-athletes if not used responsibly, and it's the responsibility of all coaches to ensure the safety of its athletes. Any violation of this expectation can result in a coach confiscating the device and returning the device to the athletic director or other school administrator. In regards to consequences, the school district will follow school policy already in place.

Chain of Command: Conflict Resolution (Athletic Play time does not apply)

When a concern or question comes up during the season, it's our goal to quickly resolve the issue. In order to accomplish this goal, please follow this procedure when voicing a concern:

1. Student-athlete discusses the issue with the head coach. Advocating for one's self and doing so in an appropriate manner is an important skill to learn.
2. Parent/guardian and student-athlete meet with the head coach. This meeting requires an appointment set ahead of time so that both the coach and student-athlete do not miss practice or game time and both parties are prepared. If there's an issue with the assistant coach the head coach will be in attendance as well.
3. Parent/ guardian, student-athlete, coach and athletic director meet. Again, this meeting requires an appointment set ahead of time.
4. Parent/ guardian, student-athlete, coach, athletic director and building principal meet. Please ask to schedule an appointment prior to the meeting.
5. Parent/ guardian, student-athlete, coach, athletic director, building principal and superintendent meet. Appointment required.

In regards to these meetings, the goal is to resolve the issue at the lowest level. Anyone with a concern will be held accountable for following the procedure in order, or will be politely referred to who you need to speak with next. If there can be any proof of any punishment/difference in how the student athlete is treated in response to a raised concern, the coach will be subject to administrative action.

Coaching

Ellicott School District is committed to hiring and retaining talented coaches. The preference of the district is to recruit coaches from faculty and staff when possible. At the end of every season, the coach goes through an evaluation process that will determine their eligibility to coach the following year. If there is a severe incident where the coach is found to have acted inappropriately as a coach, immediate dismissal could be possible.

All Assistant coaching positions will be opened back up every year at the end of the season. The head coach and athletic director will determine if the assistant coach will be asked to return for the next season.

The following are basic expectations for every coach and staff:

1. Organize a parent/ player preseason meeting.
2. Communicate effectively with athletes, parents, school personnel and the general public
3. Support other programs.
4. Demonstrate sportsmanship
5. Know and enforce the rules of Ellicott School District and CHSAA.
6. Plan, organize and conduct practices that lead to growth and success.
7. Teach skills adequately and put their athletes in a position to be successful.
8. Provide a safe environment for all athletes.
9. Stay informed of new coaching techniques and information.
10. Actively supervise all areas at all times.
11. Openly listen to parent concerns and have justification for all decisions.
12. Coach every athlete with the goal of getting better every day.

Coaching at Home

The working relationship between the athlete, the parent, the coaching staff and the administration is very important to the success of that athlete. All sides must be aware of, and respectful of the other's perspective. Please trust the coaches to coach the athletes. Please keep the language at home in relation to the coaching staff as positive, supportive and respectful. It's extremely difficult for an athlete to be put in the middle between coaches and parents. If anyone involved has a concern, please contact the coach in a timely fashion so that time does not make an issue bigger than what it should've been.

Coach/ Parent Meeting

At the beginning of each sport season, coaches will schedule a time for all student-athletes and parents/guardians to discuss expectations, philosophies and rules. It's highly recommended that all parents/ guardians attend. It is our goal as coaches and administrators to work effectively with parents/guardians to benefit the student-athlete. This meeting is the first step of that working relationship. If a parent(s) misses the meeting, it's the responsibility of the parent to schedule a time to meet with the coach to discuss what was covered at the meeting. Topics of discussion should include, but not be limited to:

1. Game schedules

2. Eligibility requirements
3. Practice times
4. Requirements for playing time
5. Lettering requirements
6. Team rules/ expectations
7. Equipment needed by students the school won't provide
8. Personal electronics guidelines

Concussions

An estimated 1,500 to 2,500 youth athletes visit emergency rooms for sports-related concussions each year in the state of Colorado. In March of 2011, the state passed Senate Bill 40, the Jake Snakenberg Youth Concussion Act. This act requires all coaches in sports for kids 11-18 to complete an annual concussion education program. All Ellicott coaches complete this training every August. The training is free and can be found online at www.nfhslearn.com.

Symptoms an athlete may experience include dizziness, headache, vomiting, confusion, blurry or double vision, sensitivity to light or noise, feeling groggy or dazed. A person does not have to be knocked out or lose consciousness to have a concussion.

The "Jake Snakenberg Act" lays out guidelines for how coaches respond to a possible concussion. These are the requirements for a coach in this situation:

1. Annual training (nfhslearn.com)
2. Immediate removal from play (When in doubt, sit them out)
3. Parent will be notified as soon as possible
4. Must be checked by a licensed health care provider.

Once steps 2 through 4 have been completed, and the health care provider clears the student-athlete for participation. The Ellicott School District will follow the Return To Play Protocol (RTP). The parent, athlete and coach will work together every step of the way during this process to ensure that the athlete is safe.

Each step in this RTP protocol must be separated by 24 hours. A form will document a coach's and parent's approval to move to the next step. If there are symptoms within the 24 hour period, the student must move one step backwards (step 2 to step 1). The steps are listed below:

1. No activity and rest until asymptomatic. If symptoms are gone for 24 hours, the student can move to step 2.
2. Light aerobic exercise (Walking, biking). If symptoms are gone for 24 hours, the student can move to step 3.
3. Sport-specific training (throwing, shooting, etc.). If symptoms are gone for 24 hours, the student can move to step 4.
4. Non-contact drills (practice drills, no contact). If symptoms are gone for 24 hours, the student can move to step 5.
5. Full-contact drills (in practice). If symptoms are gone for 24 hours, the student can move to step 6.
6. Game play.

Dress Code

Ellicott student-athletes will wear business casual attire for games unless they are wearing items considered to be in uniform as a team. The only exception to this rule is during contests where specific attire is required. Caps, hats, or sunglasses may be worn during outdoor events, but must be worn properly at all times. This dress code applies to all members of the coaching staff as well (paid and volunteer).

Dual-Sport Athletes

Athletes who choose to participate in two sports in the same season must notify both head coaches, and the athletic director. A meeting must be held with the athlete, parent, athletic director and both coaches where a plan is devised and a contract is signed listing a priority sport before the season begins. The goal of this meeting is to have everyone on the same page, and to limit conflict later on in the season.

Game Cancellation/ Change Procedure

The athletic department will do all it can to quickly announce schedule changes. Methods of communication could include email, phone calls, announcements from coaches, and posting changes on social media. If school is in session, there will be an announcement and a request that the student call a parent/ guardian. If not in school, coaches will be responsible for contacting their players personally.

Gate Fees at Events

The money raised at the gate is used to pay fees and mileage for officials. Sometimes the money raised is not enough to offset that cost. The cost for entry is set by the league. The rates are listed below. Anyone who enters an event without paying may be asked to pay or leave the event.

At all High School Events:

Adults: \$5

Students (K-12): \$4

Students with Ellicott ID: \$1

Seniors and Pre-K: Free

At Middle School Events:

Adults: \$2

Students (K-12): \$1

Seniors and Pre-K: Free

Hazing

The Ellicott School District Athletic Department defines hazing as any conduct or method of initiation into any student organization that willfully or recklessly endangers the physical or mental health of any student or person. Hazing will not be tolerated. Any possible hazing issue will be investigated and the district policy will be followed. Suspensions from play, and a possible referral to law enforcement could be possible if investigation confirms hazing occurred.

League Affiliations

The league Ellicott Middle School belongs is determined by location and student enrollment. Ellicott Middle School is a member of the Central Colorado Athletic League.

The league and classification that Ellicott High School belongs to is determined by CHSAA with considerations of locations and student enrollment. Student enrollment and the corresponding classifications are different for each sport. Classifications and league affiliation are reset every two years. Football is in the Santa Fe League (1A). All other sports are in the Tri-Peaks league (2A/3A).

Lettering

1. Inclusion on Varsity Player:

- a. An athlete must be a varsity player
- b. Letters are not awarded to JV or other sub-varsity levels.

2. Performance and/or Play Time:

- a. Must be at and participate in 75% of practices
- b. Play in 75% of scheduled games or for X-Country, Wrestling, and Track and Field must participate in all but one meet.

3. Good Academic Standing:

- a. Maintain eligibility for the whole season.

4. Behavioral Requirements

- a. An athlete must not have served in-school or out of school suspension.
- b. The athlete should not have been suspended from the team for any reason.

5. Coach Discretion

- a. The coach will have discretion in all lettering opportunities.

Lettering requirements are determined by the head coach with administrator approval. If a coach has more than the basics then he/she will hand out that information or make it public for all athletes and parents to find.

Multi-Sport Athletes

Ellicott School District highly recommends active participation of its students both academically and in activities. Each coach and teacher in the district will support the entire athletic program and encourage every student-athlete to participate in other activities. To ensure the time commitment is not too heavy on a student, the out of season practice schedule must be approved with the athletic director.

Off-Season Activities

Off season team activity participation is highly recommended to students. However, participation in these activities is not mandatory and cannot be used as a requirement for more playing time. Coaches can explain the benefits of participation, but cannot use lack of attendance at non-mandatory team activities to reduce/ gain playing time.

Physical Contact

Physical contact between student and coaching personnel should be limited to what's appropriate to teach a skill, treat an injury, console, or congratulate a player.

A volunteer coach should not be in a position where they are the only supervisor present. Any one-on-one contact without another individual present is inappropriate for any coach. There is a time and a place for some contact (high fives, or a hand shake). For the benefit of all involved coaches are reminded to think defensively in situations to limit uncomfortable or inappropriate situations for all involved.

Any inappropriate or suspicious behavior by an adult should be reported to a school official. Student safety is always our first priority.

Practices

Coaches will hold regular practices depending on space availability. Practice start times and a general end time will be discussed in the preseason parent meetings. On occasion, there must be some creative scheduling to meet the needs of all teams, and there could be some changes. We thank you in advance for your flexibility with this matter.

At the high school level, CHSAA determines mandatory start dates. At the middle school level, the Central Colorado Athletic League determines the start dates.

It is the philosophy of Ellicott Athletics that each head coach creates a practice plan for each day. The plans are used to create the best opportunity for efficient and effective practices in order to provide the student-athletes an opportunity to improve and compete at a high level.

Parents/ spectators are welcome at all practices. It's important that the athletic department strives for transparency in all of its sports programs. Anyone who is interrupting or distracting the practice or coaching staff may be asked to leave. This is determined by the head coach. Please respect the coaches' responsibility to provide instruction and leadership to his/ her team.

Quitting a Sport

It is highly recommended that every student completes each season. If a student chooses to leave the team prior to the end of the season, then the student should inform the coach and turn in all equipment and uniforms prior to their participation in another sport. A meeting could be requested with the student, parent and coach to discuss the reason for quitting.

Representing Ellicott

At all times, home or away, students, coaches and fans are expected to behave in a manner that positively represents Ellicott Schools and the community. Consequences, such as a reduction in playing time, or ejection from events would be possible depending on the circumstances.

School Attendance

Listed under eligibility, students *must be in attendance at school for 50% (3 ½ periods) of the school day* prior to participating in practices and/ or games/ events. Exceptions to this are doctor's appointments, funerals, etc. These instances **must be approved** through the athletic director or principal.

Any student who leaves school early due to illness, or other non-exempt reason will not be allowed to return to school and participate that day.

Any student who is **suspended** from school is considered **ineligible** until the completion of the suspension.

Attendance in school the day after a game is mandatory. Students that are tardy the following day will see a consequence of reduced playing time in the next game. We must remind our student-athletes that they are students first and athletics are a privilege that they don't have to participate in. Only exceptions to this are Dr's notes and appointments

School Closures and Practice Cancellation

Weather or other happenings can result in canceling school. If school is canceled, then all other events are canceled as well. It is the responsibility of the athletic director, transportation director, building administration, and the coaching staff to determine if weather, or other circumstances pose a threat to the safety of our students and staff to cancel events or activities when school is in session. As a parent/ guardian, you reserve the right to excuse your student from a school activity in situations where there is not a cancellation, but you have a concern for your student's safety. In the event where safety is a concern, we will lean towards a cancellation.

Senior Parent Recognition Nights

Every sport season will host a senior parent night. This will usually be held at the last regular season home event. The goal of this event is to thank and recognize the parents of our senior athletes for their dedication and sacrifice so their son or daughter can participate in Ellicott Athletics. Any gifts for these parents should be provided by the student-athlete, or the team.

Sportsmanship

All fans, coaches, and team personnel are required to demonstrate proper sportsmanship at all times. Playing time and ejections for events may be possible for those not behaving in a manner that models good sportsmanship. A person's ability to participate in a competitive environment and behave appropriately is a skill we try to model and expect from everyone present at an event. Below are the guidelines regarding sportsmanship from CHSAA.

Every year the CHSAA and its member schools emphasize the importance of GOOD SPORTSMANSHIP. The one thing we need to realize is that many people have not had GOOD SPORTSMANSHIP explained to them. Hopefully the following will help everyone to understand their responsibilities at an athletic contest.

1. GAIN AN UNDERSTANDING AND APPRECIATION FOR THE RULES OF THE CONTEST.

The necessity to be well informed is essential. Know the rules. If you are uninformed, refrain from expressing opinions on officials, coaches, or administrative decisions. The spirit of GOOD SPORTSMANSHIP depends on conformance to a rule's intent as well as to the letter of a given rule.

2. EXERCISE REPRESENTATIVE BEHAVIOR AT ALL TIMES.

A prerequisite to good sportsmanship requires one to understand his/her own prejudices that may become a factor in his/her behavior. The true value of interscholastic competition relies upon everyone exhibiting behavior which is representative of a sound value base. A proper perspective must be maintained if the educational values are to be realized. Your behavior influences others whether you are aware of it or not.

3. RECOGNIZE AND APPRECIATE SKILLED PERFORMANCE REGARDLESS OF AFFILIATION.

Applause for an opponent's good performance displays generosity and is a courtesy that should be regularly practiced. This not only represents GOOD SPORTSMANSHIP but also reflects a true awareness of the game by recognizing and acknowledging quality.

4. EXHIBIT RESPECT FOR THE OFFICIALS.

The officials of any contest are impartial arbitrators who are trained and who perform to the best of their ability. Mistakes by all those involved in the contests are a part of the game. We should not rationalize our own poor or unsuccessful performance or behavior by placing responsibility on an official. The rule of GOOD SPORTSMANSHIP is to accept and abide by the decision made. This value is critical for students to learn for later application in life.

5. DISPLAY OPENLY A RESPECT FOR THE OPPONENT AT ALL TIMES.

Opponents are guests and should be treated cordially, provided with the best accommodations, and accorded tolerance at all times. Be a positive representative for your school, team, or family. This fundamental is the Golden Rule in action.

6. DISPLAY PRIDE IN YOUR ACTIONS AT EVERY OPPORTUNITY.

Never allow your ego to interfere with good judgment and your responsibility as a school

representative. Regardless of whether you are an adult, student, player, coach, or official, this value is paramount since it suggests that you care about yourself and how others perceive you.

Remember – Cheer for your team, NOT against the other team.

SPORTSMANSHIP – IT'S HOW YOU PLAY THE GAME!!!

Sports Seasons

Ellicott High School participates in eleven Colorado High School Activities Association (CHSAA) sponsored events per school year. These sports are divided by seasons. These seasons and sports are:

Fall: Cross Country, Football, Spirit, Volleyball, Boys Soccer

Winter: Boys' Basketball, Girls' Basketball, Spirit, Wrestling

Spring: Baseball, Track & Field, Girls Soccer

Ellicott Middle School participates in nine sports programs, on a different schedule than the high school. These seasons are determined by the Central Colorado Athletic League. These sports seasons are:

Fall: Cross country, Football, Volleyball, Boys Soccer

Winter: Boys Basketball, Girls Basketball, Wrestling

Spring: Track & Field, Girls Soccer

Students Missing Class

Any student who misses class due to an athletic event must turn in all work due that day to their teacher prior to leaving for the event. Any work assigned in a class missed will be allowed an additional day to turn in the work. Any work assigned in a class the student attended that day will be due at the time the assignment is due. All student-athletes are responsible for checking with their teachers to discuss the work they are missing due to an athletic event.

Transportation To and From Events and Leaving Home Events Early.

All athletes and at least one coach must ride the bus provided to the event. We encourage all students

to ride the bus back to the school from games, but sometimes it becomes necessary for a parent/guardian to sign-out their child after a game. Parents/guardians can sign their own children out with the head coach. In other instances, please present a signed letter by the parent/ guardian at least 24 hours in advance to allow for another adult to sign them out. It's important to note that the bus is considered a moving classroom and any detrimental behavior on the bus can lead to team or school consequences.

When signing out of a home event prior to the completion of the last game, an advanced 24-hour notice is requested. There is the possibility of an emergency where notice can't be given. Please let a coach or school administrator know as soon as possible.

Team Goals and Philosophies

At all levels, every student-athlete in good standing will have the opportunity to compete for a position on a specific team, or a starting position. Those decisions will be made by the head coach with input from the coaching staff. All student-athletes should be provided with how the coach will make that decision ahead of time. The coach must always look at what is the best decision for the entire team first.

While every team at every level should strive for competitive success, it's important to note winning is not the only goal. The goals and philosophies for each level are different as the student-athlete progresses from 7th grade to varsity level competition.

Middle school sports should focus on player learning and development. Emphasis will be placed on learning the rules and acquiring solid fundamentals. Playing time should be determined mainly on effort, attendance, and then ability. Every student-athlete should be able to get into every game; it just may not be equal time.

C-team and Junior Varsity levels should focus more on expanding the previous skills taught to a more specific and complex level, building on the fundamentals learned in middle school. More emphasis placed on winning, but playing time again should be attainable. Improvement and preparation for the varsity level is the goal of the C-team and Junior Varsity teams. Without playing time and experience, the athlete will not be prepared for success in future seasons.

Varsity level philosophy is different from the levels below. Competition is a large part of the goal at this level. Hard work, skill level, and attendance at practice are the biggest factors in determining playing time. Playing time at the varsity level is not required for all student-athletes in all games.

Playing time and team placement for senior student-athletes will be determined by the coaching staff with approval from administration. Seniors may/ may not be placed automatically on varsity teams and are not guaranteed varsity playing time. Although it is something that we hope to not happen, seniors and other student athletes may be cut from athletic programs. Coaches will attempt to be transparent in regards to what to expect for the upcoming season.

Uniforms and Equipment

At the beginning of the season, prior to the first event, the coaches will hand out uniforms and necessary equipment for that season. It is the responsibility of the athlete to maintain the equipment between check-out and check-in at the end of the season. In the event an item becomes unnecessarily damaged, the student will be fully responsible for repayment of costs associated with replacement. If damage to a uniform item or equipment occurs under appropriate use (sliding into second base and tearing a pair of baseball pants) the student is not required to pay to replace or repair the item. 21

Coaches will schedule a time to provide all students an opportunity to return all uniforms and equipment. Coaches will be responsible for an inventory. Athletes who do not return all equipment, or fulfill the requirement to replace the missing/ damaged equipment, will not be eligible for the next season's sport until arrangements are made and completed.

Home Event Fan Behavior: Student-athletes, as well as the visiting team, and all fans at an event deserve to watch or participate in each and every athletic event without having to experience poor fan behavior. These are the guidelines set in place by CHSAA and Ellicott Schools. Any violation of these expectations could warrant an immediate ejection.

1. Do not shout advice to the players. Shout encouragement.
2. Do not harass the referees, you may disagree with a call, or decision, but the official has final say.
3. Do not blame the coach prematurely. If you observe something at a practice or game, find a time to discuss your concern with the coach prior to any other action.
4. Do not talk badly about the coach. If you don't respect the coach in front of your children, then they won't respect the coach. This may lead to a lot of issues in the future. Voice any concerns appropriately and support the coach and stand behind his/ her decisions.
5. Do not belittle, or harass other players. Put yourself in the shoes of that athlete's parent. Would you like it if someone else was yelling negative messages?
6. Please supervise your children; there are many areas where children who are unsupervised can get into trouble, or hurt.
7. Respect the coaching staff and their responsibility as coaches. Do not leave the stands to coach a player on the team.
8. Please stay off the playing surface until the completion of the entire event. Maintaining safe and clean facilities for participation is the responsibility of the school hosting the event.

Ellicott School District Athletic Contract

Your signature indicates that you have read and understand the athletic standards guide. This agreement must be turned in before participation in a sport.

Student

Name: _____

Student Signature _____

Parent/ Guardian

Name: _____ Parent/

Guardian Signature: _____

Date: _____

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