

COLORADO ACADEMY

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ATHLETES AND PARENTS HANDBOOK

Rev. Aug- 2010

ABOUT COLORADO ACADEMY

A. SCHOOL MISSION

A dynamic liberal arts and sciences program that challenges students ethically, academically, artistically, and athletically creates the foundation of Colorado Academy. Teachers, students, parents, and staff foster trusting and respectful relationships, enhancing our thriving school family. Students pursue excellence and seek to become life-long learners and contributors in our local and international communities.

B. STATEMENT OF PHILOSOPHY

- The school balances challenge and demand with support and encouragement. In a nurturing environment, we cultivate in each student the confidence to experiment, think independently, and work cooperatively with others.
- The school promotes intellectual excitement and inspires students to develop inquisitive and self-directed minds.
- Students acquire tools to discover, analyze, and interpret the world.
- The school encourages students to become reflective citizens concerned with local and global physical, social, cultural, and political environments.
- The school's curriculum and admission philosophy fosters an understanding of and a respect for people of diverse backgrounds and cultures.
- The school's balanced liberal arts and sciences program and emphasis on character development prepare students to be successful in colleges and universities commensurate with their interests and abilities.
- The school develops students' abilities and their desire to educate themselves beyond the limits of their formal education and encourages them to view learning as a life-long endeavor.

Approved by the Board of Trustees - June, 2009

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COLORADO ACADEMY ATHLETIC DEPARTMENT

ATHLETES AND PARENTS HANDBOOK

UPPER SCHOOL ATHLETIC PROGRAM PHILOSOPHY

The Upper School program fosters involvement with and enjoyment of interscholastic competition. The program emphasizes high level skills and strategies, teamwork, good sportsmanship, school spirit, character building and fun. The department seeks to provide each student with a sense of affiliation, motivation and accomplishment by balancing challenge and demand with support and encouragement. The format also encourages peer recognition. The Upper School noncompetitive programs, which include rock climbing, racquetball, ultimate Frisbee, conditioning and fall ball, emphasize the acquisition of fundamental physical skills. They expose students to a variety of activities which concentrate on lifetime sports. Playing time is explained on page 6.

MIDDLE SCHOOL ATHLETIC PROGRAM PHILOSOPHY

The Middle School program combines the building of skills, techniques and fundamentals with competitive and recreational activities. Instruction is offered in team and individual sports as well as in recreational activities. These programs provide students with the opportunity for instruction, participation and growth. We are committed to promoting positive sportsmanship, leadership and skill development that is age appropriate for our students. We encourage participation, learning and for our student to develop and exhibit skills to the best of their ability. The program represents a transition from the Lower School curriculum to the competitive sports or recreational activities offered in the Upper School. The school has a 'no-cut policy'; and students are provided as much playing time as possible, while taking into account commitment, attitude, effort, and game situations. When there are large numbers of students participating in a sport, there may be multiple teams based on grade level rather than ability based teams.

PRINCIPLES OF GOOD PRACTICE FOR COLORADO ACADEMY

Interscholastic athletics can play an important role in the lives of children. The school's athletic program can be an essential part of the education of students, fostering the development of character, life skills, sportsmanship, and teamwork.

1. The school's athletic program values the dignity and worth of the individual in a context of common purpose and collective achievement.
2. The school's athletic program embodies the mission, philosophy, and objectives of the school.
3. The school's athletic program is considered to be an integral part of the school's curriculum.
4. Teachers are coaches; coaches are teachers. The school ensures that coaches have appropriate training and knowledge of the school's mission, philosophy, and objectives. The school ensures that coaches have an understanding of the developmental needs of the children with whom they work. Coaches design and implement activities that improve the knowledge and skills of all participants. Coaches attempt to have a collegial relationship with other educators and contribute to the school's understanding of the whole child.
5. The school is committed to the safety and physical and emotional health of participants in the athletic program.
6. The school educates parents about the philosophy, policies, and appropriate expectations of the athletic program.
7. The school defines and communicates standards of conduct to players, spectators, coaches, and other teams.
8. The school works directly and candidly with other schools to prevent abuses in the following areas: sportsmanship, recruitment, eligibility, transfer of student athletes, financial aid, and admission.

INTERSCHOLASTIC SPORTS

Presently, the athletic program provides opportunities for students to participate at various levels of competition in the following sports:

UPPER SCHOOL

FALL

Cross Country (Men's & Women's)
Field Hockey (Women's)
Golf (Men's)
Soccer (Men's)
Tennis (Men's)
Ultimate Frisbee (Coed)
Volleyball (Women's)

Conditioning (Coed)
Fall Ball (Coed)
Rock Climbing (Coed)
Student Athletic Trainer (Coed)

WINTER

Basketball (Men's & Women's)
Swimming (Women's)

Baseball Conditioning (Men's)
Conditioning (Coed)
Racquetball (Coed)
Rock Climbing (Coed)
Student Athletic Trainer (Coed)
Yoga (Coed)

SPRING

Baseball (Men's)
Golf (Women's)
Lacrosse (Men's & Women's)
Soccer (Women's)
Tennis (Women's)
Ultimate Frisbee (Men's)

Conditioning (Coed)
Student Athletic Trainer (Coed)

MIDDLE SCHOOL

FALL

Field Hockey (Girls)
Golf (Coed)
Soccer (Boys)
Tennis (Coed)
Volleyball (Girls)

Recreational Athletics (Coed)
Rock Climbing (Coed)

WINTER

Basketball (Boys & Girls)

Racquetball (Coed)
Cross Training (Coed)
Rock Climbing (Coed)

SPRING

Baseball (Boys)
Lacrosse (Boys & Girls)
Soccer (Girls)

Recreational Athletics (Coed)
Rock Climbing (Coed)

INTERSCHOLASTIC SPORTS

REQUIREMENTS

UPPER SCHOOL

Upper School students are required to participate in a minimum of 2 (two) seasons (trimesters) of athletics in grades 9 and 10, and a minimum of 1 (one) season (trimester) of athletics in grades 11 and 12.

EXCEPTIONS TO THE REQUIREMENT

Students who are committed to pursuing an activity the school does not offer may submit a petition to the Athletic Director for permission to participate in an independent physical education program or to play a competitive sport that CA does not offer at another CHSAA school. Petitions must be submitted prior the beginning of the sports season in order to be considered. Petitions submitted after the beginning of the season will be denied.

ATTENDANCE WILL BE KEPT EVERY DAY

Unexcused absences will not be tolerated. Three or more unexcused absences may constitute a failure to receive credit.

GRADING:

Each student-athlete will receive a grade at the end of the season/trimester. Students are graded on a Pass/Low Pass/Fail basis. Each individual is judged on these aspects: Attitude, Effort, Growth, Responsibility, Attendance and Individual Achievement.

MIDDLE SCHOOL

Students in the 7th and 8th grades are required to participate in athletics during the school day for all three trimesters (Fall, Winter and Spring). Please note: Students who are committed to pursuing an athletic activity the school does not offer (e.g. ice skating, gymnastics, horseback riding) may submit a petition to the Athletic Director for permission to participate in the independent physical education program. Journals or logs of activities are required in order to receive credit.

ATTENDANCE WILL BE KEPT EVERY DAY

Unexcused absences will not be tolerated. Three or more unexcused absences may constitute a failure to receive credit.

GRADING:

Grade reports are written at mid-trimester and at the end of each Trimester. Mid-trimester reports are checklists plus a written comment. Final reports include a grade for level of achievement.

Students are graded on a High Pass/Pass/Low Pass/Fail basis. Each individual is judged on these aspects: Attendance, Effort, Growth, Responsibility, Sportsmanship, Attire and Individual Achievement.

DROP/ADD PROCEDURE:

There is a specific procedure to follow when a student wishes to drop and/or add a sport. **DO NOT ALLOW** a student to leave a program and/or start another without this procedure having been completed.

UPPER SCHOOL:

A Drop/Add form is needed and is obtained from Sheila Chennell, Registrar. Signatures from the following people are required:

1. The coach of the sport to be dropped.
2. The coach of the sport to be added.
3. Student's advisor.
4. Athletic Director.

MIDDLE SCHOOL:

Any drop/adds need to be approved by the Athletic Director.

UPPER SCHOOL TEAM SPORT PARTICIPATION PHILOSOPHY

Athletes in the Upper School are involved in team practice for ten hours a week. Coaches use that time to allow all athletes to develop skills and game strategies. Game participation is the reward for accomplishment made and effort given during practice. Game participation is of great importance to the athlete and the coach. Competitive games are scheduled in order to provide experience for the participants. Participation requirements vary according to level. Of primary importance at all levels in determining participation are ability, attitude, coachability, commitment, effort, fitness and knowledge of fundamentals. By CA rules, **a student must be in school by 12:00 p.m. on the day of a game or scrimmage in order to be eligible to participate in that activity.**

FRESHMAN AND "C" LEVEL

If a program is large enough, "C" level and/or freshman level teams will be offered. All members will have a chance to play in each game. Players earn the privilege to play increasing amounts of time.

JUNIOR VARSITY

Skill development, participation and training athletes for the Varsity level are the primary objectives of Junior Varsity sports. Playing time increases by contributing to team goals. Being a member of a junior varsity team does NOT guarantee a predetermined amount of playing time.

VARSITY

Selection to a varsity team is based on ability, attitude, effort, knowledge of fundamentals and commitment. Players earn the privilege to play. The best players play as much as necessary to help win the game. A team member may play every minute, or sit the bench for the entire game depending on competitive circumstances.

SPECIAL NOTE: Students not enrolled in Colorado Academy will not be allowed to participate in the Colorado Academy interscholastic sports program (exception: Men's Ice Hockey).

COLORADO HIGH SCHOOL ACTIVITIES ASSOCIATION (CHSAA)

Each student must be eligible according to CHSAA before he or she participates in a scrimmage or game against any school. Each student competing in an interscholastic sports program must have had a minimum practice period of nine days in his/her sport(s) (exclusive of Sundays) for fall sports and a minimum practice period of five days in a winter and spring sport before representing his/her school in an interscholastic contest or scrimmage.

METRO LEAGUE SANCTIONED VARSITY SPORTS (CHSAA)

Men's Baseball
Men's Basketball
Women's Basketball
Men's Cross Country
Women's Cross Country
Men's Golf
Men's Soccer
Women's Soccer
Women's Tennis
Women's Volleyball

SANCTIONED NON LEAGUE SPORTS (CHSAA)

Women's Field Hockey
Women's Golf
Men's Ice Hockey
Men's Lacrosse
Women's Lacrosse
Women's Swimming
Men's Tennis

AS A MEMBER OF THE METROPOLITAN LEAGUE, A GATE FEE WILL BE CHARGED FOR ALL INDOOR SPORTS COMPETITIONS. ***The Colorado Academy Sports Pass*** (Available from the athletic department) will allow for free admission into all CA home games during the regular season.

NOTE: All post-season games (indoors and outdoors) will charge a gate fee. All spectators must pay.

SCHEDULE CHANGES

If a game is cancelled due to weather conditions or other reason, this information will be posted on the bulletin boards in Upper School and behind the secretary's desk in Middle School. The cancellation word needs to get to the athletes ASAP so transportation arrangements can be made. Up-to-date information regarding CA sports will be available by phone at 303-914-2525 and on the CA Athletics Website www.camustangs.org.

EQUIPMENT/UNIFORMS

Equipment and clean uniforms are due shortly after the close of each season. A hefty replacement charge will be billed home for all unreturned or lost items. We urge you to help your athlete keep track of and return items on time.

VALUABLES DURING GAMES AND PRACTICES

Personal possessions are the responsibility of the individual, **not the school**. **Anyone who leaves valuables unattended or unsecured is asking for trouble!** When something is missing, it should be reported immediately to the Athletic Director. Unfortunately, very little can be done after the fact, but we can keep an eye out for the item(s). The locker room area cannot be policed all the time, so great care should be taken to protect what is yours. Don't take chances! **Lock your locker**, or ask your coach or team manager to hold your valuables.

LOCKER ROOMS

Middle School students are assigned lockers by the athletic department. **Upper School** students must come to get a locker from the athletic department (Coach Garcia, Coach Adams, or Coach Maes).

Students losing their lock will be assessed a **\$10** fine. Students cannot use their own locks.

Student Locker Room Rules:

- Roughhousing and throwing of objects is prohibited in the locker room. Hazing of other players is not allowed.
- No one, except coaches and assigned players, is allowed in the locker room.
- All spiked or cleated shoes must be put on and taken off outside of the Newton Athletic Center. **CLEATS ARE NOT ALLOWED INSIDE THE BUILDING!**
- Students are not to share lockers.
- Students are not allowed in the locker room during practice/game times.

TRAINER'S ROOM/WEIGHT ROOM/EQUIPMENT ROOM

- **All injured athletes should see the trainer.**
- **Students are not to be in the Training Room unless they are being examined or receiving treatment by the trainer.** The Trainer must authorize all use of the equipment in the Training Room.
- Students are not allowed to use the weight room without adult supervision.
- Students are not allowed in the equipment rooms at any time.

LIGHTNING POLICY

The official in charge of the contest or either head coach shall suspend an athletic contest in process immediately when thunder/lightning is deemed to be in dangerous proximity.

TRANSPORTATION

- Colorado Academy is responsible for transporting athletes to and from athletic contests.
- It is the coach's responsibility to drive the van or bus to and from the event with the team.
- Players are not permitted to drive to or from practices or athletic contests. Only in special emergencies will permission be given. A note of explanation signed by the parent must be given to the Athletic Director and to the coach prior to departure.
- Players may accompany a family member home after a contest if there is written permission or the coach speaks to the person transporting the athlete. For liability reasons only the school or family members are permitted to transport an athlete to and/or from practices and games.
- Remember that the school has a very definite responsibility for players before and after contests and we must be overly protective for the player's sake as well as the school's.

PARKING

Students are to park in their assigned parking space on campus at all times during school hours (8:00am-5:30pm). This includes during the times of athletic practices and contests. **NO STUDENT VEHICLES ARE TO BE PARKED IN FRONT OF THE GYMNASIUM OR IN ANY VISITOR PARKING SPACES.** Students not abiding by these rules are subject to disciplinary action, which could result in the loss of their on-campus parking privileges.

Parents are to park in designated "Visitor" parking spaces located throughout campus. Please do not park in numbered spaces, as these are reserved for students and faculty only.

RECOMMENDATIONS FOR TEAM DINNERS AND END OF SEASON BANQUETS

- ❖ **Team dinners and the end of season banquet** are an important part of the athletic experience of upper school athletes at Colorado Academy. They can help bring a team together and create great camaraderie among the coaches and athletes as well as parents. We recommend that team dinners be limited to 2-3 times per season. We recommend, but do not require, that team dinners and banquets be held in the Campus Center. Excellent food choices are available in the dining hall at a low cost. Alternatives to the use of the Campus Center could include team dinners like sub sandwiches in the team room in the gym, a dinner hosted by a parent at their house, or they can be held somewhere else off campus. Another possibility is a team lunch in the dining hall or in one of the Sadler rooms. The main requirement is for the events to be as economical as possible and certainly under \$20/ person. The bottom line is that we want the athletes to have a great experience, but we also want to keep costs down for all of our families.
- ❖ **Coaches gifts-** If coaches' gifts are to be given at the end of season banquet, they must not be over \$100 in value.

Varsity Letters/Awards/Special Awards

Varsity Letter Requirements:

The varsity award letter shall be presented to an athlete who satisfies the participation requirements as listed below, completes all team obligations and receives the recommendation of the coach. (The coach may recommend to the Athletic Director a waiver of these requirements under an unusual circumstance.)

Specific Sport Requirements:

All Sports Except Golf: Participate in a minimum of 50% of all varsity games/matches/meets played or participate in any post-season games.

Golf: Participate in at least 54 holes of the scheduled golf matches.

Coaches' Exception: Coaches may choose to give a varsity letter to any participant who they feel is deserving, yet does not meet the above requirements.

Managers' letters will parallel the regular awards system if they manage for the entire season.

Injury Rule: Any athlete who is a starter or plays regularly and was thereafter injured may be awarded a letter, if in the coach's judgment, the athlete would have met the lettering requirements.

Varsity Letter:

1. Varsity award:
 - a. 1st-year award: Chenille award letter with pin signifying the sport.
(Note) should the athlete letter in another sport, he/she will not receive a second chenille letter.
 - b. 2nd-year award: Gold service bar.
 - c. 3rd-year award: Gold service bar.
 - d. 4th-year award: Gold service bar and a sport plaque indicating the recipient as a four-year varsity letter winner.

Awards/Varsity (maximum of 3 awards per team)

1. Most Valuable Player: This individual should have demonstrated not only talent, but also leadership, teamwork and commitment. A plaque will be awarded.
2. Most Improved Player: This individual should have demonstrated hard work, commitment and improvement of individual skill development. A trophy will be awarded.
3. Coaches' Award: Coaches may use this award as a "Thank you" to an individual player who has been a positive component of the program. A plaque will be awarded.
4. Other awards to be named by the coaching staff of any sport.

Awards/Junior Varsity (maximum of 2 awards per team)

1. Most Valuable Player: Same as Varsity. A small plaque will be awarded.
2. Coaches' Award: Same as Varsity. A small plaque will be awarded.
3. Other awards to be named by the coaching staff of any sport.

SPECIAL AWARDS (Given at the end of the school year)

- **Senior Athlete of the Year** (Male and Female): Determined by the Varsity Head Coaches and the Athletic Department Staff.

AWARD CRITERIA

Coaches may nominate any seniors they feel are deserving of the award. Each nominated athlete will then be evaluated based on his/her athletic performance during their senior year and throughout their career at Colorado Academy. (Must be at least a two-sport varsity letter winner on CA teams during their senior year.)

- **Simms Alumni Athlete Award** (Male and Female): Determined by the Varsity Head Coaches and the Athletic Department Staff.

AWARD CRITERIA

To be awarded to that member of the Upper School who best exhibits, as participant in an athletic activity, the spirit and tradition of Colorado Academy.

- **Zach Hills Athlete Award** (Male and/or Female): Determined by the Varsity Head Coaches and the Athletic Department Staff and Upper School Principal.

AWARD CRITERIA

Coaches may nominate any Student Athlete they feel are deserving of the award. Each nominated athlete will then be evaluated based on the following criteria.

1. Multiple Sport Athlete
 - Must compete in at least two team sports at Colorado Academy through his/her senior year (this does not include the Independent Athletic Program)
 2. Academic and Athletic Excellence
 - Has a GPA above 2.65
 - Has been recognized for his/her athletic achievements
 - Examples of Special Recognition
 - All-League: 1st team, 2nd team, honorable mention
 - All-State: 1st team, 2nd team, honorable mention
 - CA Recognition: Captain, MVP, Coaches' Award
 - All-American
 3. Leadership and Citizenship
 - Leader in the Colorado Academy community
 - Positive athletic role model to peers
 - Supportive of teammates, other teams, coaches, Athletic Director and all CA faculty and staff
 - Contributes to athletic philosophy of school (competes by the standards set forth by the CA administration and coaching staff)
 4. Sportsmanship
 - Exemplifies high moral character, behavior and leadership
 - Respects teammates, officials and other teams
 - Abides by the rules and spirit of the game
 - Displays modesty in victory and graciousness in defeat
 - Respects the integrity of every individual athlete
 5. Follows and Adheres to The Athletes' Code Of Ethics
- **12-Season Varsity Letterman Award:** To be awarded to any member of the Upper School that has physically participated in varsity athletics at CA each trimester for four years. (The independent athletics program and non-competitive sports programs do not qualify towards this award.)

SPORTSMANSHIP

STUDENT-ATHLETES

Athletics enhance the overall educational experience and build well-rounded students and leaders. Being a member of Colorado Academy's Athletic program is a privilege. Integrity, fairness and respect- these are the principles of good sportsmanship. With them, the spirit of competition thrives, fueled by honest rivalry, courteous relations and graceful acceptance of the results. As an athlete at Colorado Academy, your sportsmanship goals should include:

- Developing a sense of dignity under all circumstances;
- Respecting the rules of the game, the officials who administer the rules, and their decisions;
- Respecting opponents as fellow students and acknowledging them for striving to do their best while you seek to do your best at the same time;
- Looking at athletic participation as a potentially beneficial learning experience, whether you win or lose;
- Educating other students and fans to understand the rules of the game, and the value of sportsmanship; and
- Accepting the personal responsibility that comes with your actions on the court/field.

You are the spokesperson for Colorado Academy when you represent us in athletic competition. Family and friends, young children, opposing fans, and the local community view your actions. Your display of good sportsmanship will show the most positive things about your and our school; and hopefully, will remind us all that in the end, sports are meant to be fun!

RESPONSIBILITIES OF THE STUDENT ATHLETE

Being a member of Colorado Academy's Athletic program is the fulfillment of an early ambition for many students. The attainment of the goal carries with it certain traditions and responsibilities that must be maintained. A great athletic tradition is not built overnight; it takes the hard work of many people over many years. As a member of an interscholastic squad of Colorado Academy, you have inherited a wonderful tradition, a tradition you are challenged to uphold.

- Responsibilities to yourself: The most important of these responsibilities is to broaden yourself and develop strength of character. You owe it to yourself to get the greatest possible good from your school experiences. Your academic studies and your participation in other extracurricular activities, as well as in sports, prepare you for your life as an adult.
- Responsibilities to your school: Another responsibility you assume as a team member is to your school. Colorado Academy cannot maintain its position as an outstanding school unless you do your best in whatever activity you wish to engage in. By participating in athletics to the maximum of your ability, you are contributing to the reputation of your school. You assume a leadership role when you are on the athletic team. The student body and citizens of the community know you. You are on stage with the spotlight on you. **The student body, the school community and other communities judge our school by your conduct and attitude.** Because of this leadership role, you can contribute greatly to school spirit and community pride. Make Colorado Academy proud of you, and your community proud of your school, by your faithful exemplification of these ideals.
- Responsibilities to your coaches: Many extra hours of time and effort go into the planning and orchestrating of athletic teams. The coach plays a major role to ensure a successful athletic season. A few expectations need to be considered:
 - A respect of the knowledge, effort and support provided by the coach.
 - An honoring of the commitment made by the coach to the team and to you as an athlete.
 - The establishment of open lines of communication.
- Responsibilities to others: The younger students at Colorado Academy are watching you. They will copy you in many ways. **Set good examples for them.**

RESPONSIBILITIES OF THE PARENTS

The role of the parent in the education of a youngster is important. You can have a major influence on your child's attitude about athletics. The leadership role you take in sportsmanship will help influence your child, and the Colorado Academy community. As a parent/spectator, your sportsmanship goals should include:

- Realizing that athletics are part of the educational experience, and the benefits of involvement go beyond the final score of a game;
- Encouraging our students to perform their best, just as we would urge them on with their class-work, knowing that others will always turn in better or lesser performances;

- Participating in **POSITIVE** cheers and encouraging our athletes, and discouraging any cheer that would redirect that focus;
- Learning, understanding and respecting the rules of the game, the officials who administer them and their decisions;
- Respecting the task our coaches face as teachers, and supporting them as they strive to educate our youth;
- Respecting our opponents as students, and acknowledging them for striving to do their best;
- Remembering that we would all like to be victorious in every situation we face in life, but just like in athletic competition, sometimes we fall short;
- Developing a sense of dignity under all circumstances; and
- BE A FAN... NOT A FANATIC!

ACCEPTABLE VS. UNACCEPTABLE BEHAVIOR AT GAMES/MATCHES/CONTESTS

ACCEPTABLE

- Applause during introduction of players, coaches and officials.
- Players shaking hands with opponent who fouls out while both sets of fans recognize players' performance with applause.
- Accept all decisions of officials.
- Fans cheer in a positive manner.
- Handshakes between participants and coaches at the end of the contest, regardless of the outcome.
- Treat competition as a game, not a war.
- Coaches/players search out opposing participants to recognize them for outstanding performance or coaching.
- Applause at the end of contest for the performance of ALL participants.
- Everyone showing concern for an injured player, regardless of team.
- Encourage surrounding people to display only sportsmanlike conduct.

UNACCEPTABLE

- Disrespectful or derogatory yells, chants, songs or gestures.
- Criticizing officials in any way; display of temper with an official's call.
- Yells that antagonize opponents.
- Refusing to shake hands or give recognition for good performance.
- Blaming loss of game on officials, coaches or participants.
- Laughing or name-calling to distract an opponent.
- Use of profanity or displays of anger that draw attention away from the game.

Anyone found in violation of these rules may be asked to leave the game.

METROPOLITAN LEAGUE SPORTSMANSHIP MISSION STATEMENT

The Metropolitan League promotes good sportsmanship by students, athletes, coaches, and spectators. We encourage both fans and participants to engage in behavior that promotes the educational mission of athletics and to enjoy the fellowship of the Metropolitan League.

PARENTS

TIPS FOR COMMUNICATION WITH A COACH

We understand that it is hard sometimes to communicate with your student-athlete's coach. Below are some helpful suggestions to make the communication between you and your student-athlete's coach more productive.

- It is VERY IMPORTANT to attend the preseason meeting that is held at the beginning of each sports season. This is a good time to meet the coach and find out how he/she best communicates (email, phone, etc.) and when it is best to try to contact him/her.
- Prior to your contacting the coach, talk to your student-athlete and see if he/she can answer your questions. If your student-athlete is having a problem, encourage him/her to communicate with the coach prior to your making an attempt.
- Understand that any communication that you have with the coach will be shared with your student-athlete to allow everyone involved to hear the same message.
- When communicating with the coach by email or on the phone, do not say anything that you would not say to him/her in person.
- Remember that the coach is not your, nor your student-athlete's, enemy. The coach has a vested interest in your child as a person and an athlete.
- Do not attempt to communicate with a coach on game day. Prior to the game, coaches are focusing on game plans and working out strategies. After a game, emotions for both fans and coaches are high (either positive or negative) and make for irrational thoughts at times.
- Overnight Rule: If you have a disagreement with a coach, take time to calm your emotions and to think about the situation. Then, if you feel that there is still a need to talk, call the coach the next day.
- Do not express dissatisfactions about coaching philosophies or decisions with your child. Don't try to undermine what the coach is trying to do, but rather attempt to understand what he/she is trying to do. Communicate with your student-athlete and the coach, but be open to what the coach is trying to accomplish, and understand that you may have similar visions in mind, just different approaches.
- Put yourself in the coach's place. Remember that sometimes the coach has to make unpopular individual coaching decisions for the good of the team.
- Let the coach be the coach; allow yourself to be the parent. Being a fan of your child and his/her team can be the most enjoyable experience a parent can have. Cheer, don't coach, from the stands.
- When all other attempts at communication have failed, or if the situation is not being resolved, feel free to contact the athletic directors.

FORMS

PARENT CONSENT AND PHYSICIAN CERTIFICATION FOR ATHLETIC PARTICIPATION FOR ALL STUDENTS GRADES 7-12

As quoted from Article 17, paragraph 1790.1 of the constitution of the Colorado High School Activities Association (CHSAA) "No pupil shall participate in formal practice or represent his/her school in interscholastic athletics until there is a statement on file with the principal or athletic director signed by his/her parents or legal guardian and a practicing physician/nurse practitioner or physician's assistant certifying that: (a) he/she has passed and adequate physical examination within the past 365 calendar days; (b) that in the opinion of the examining physician/nurse practitioner or physician's assistant, he/she is physically fit to participate in high school athletics; and (c) that he/she has the consent of his/her parents or legal guardian to participate."

The "Parental Consent and Physician Certification for Athletic Program" is available on line on the www.camustangs.org athletic web site.

At no time may an athlete practice or compete without a VALID form on file in the Athletic Office.

UPPER SCHOOL CODE OF ETHICS

All Upper school students are required to read and sign the *Athlete's Code of Ethics* before they are allowed to participate in practices or games for any CA competitive team sport. This contract must also be signed by the student-athlete's parent or guardian. A copy of the contract is located at the back of this handbook on page 15.

COLORADO ACADEMY ATHLETICS
Athlete's Code of Ethics Contract 2010-2011

As an athlete, I understand that it is my responsibility to:

1. Place academic achievement as the highest priority.
2. Represent myself and my school in the highest manner of behavior, knowing that I am setting an example for others to follow.
3. Display good sportsmanship: Exhibit fair play and proper conduct on and off the playing field, remembering that I represent CA at all times.
4. Show respect for teammates, opponents, coaches and game officials, respecting their integrity and judgment.
5. Refrain from using profanity, vulgarity and other offensive language or gestures.
6. Attend all scheduled practices and games. In the event of an emergency situation prohibiting my attendance, I will communicate this information with my coach in the manner prescribed by him/her. I understand that failure to attend a practice will result in reduced game playing time.
7. Notify my coach before an away contest or have my parents talk to the coach after the game if I have traveled with the team to a game, but will not be returning with the team.
8. I must be in school **by noon** on game day, as a requirement for participation in the game that night.
9. Return all athletic equipment clean and on time. The athlete is held responsible for lost, stolen or damaged equipment. A late fee will be assessed on items returned past the published deadline. A replacement fee will be assessed, based on an estimated cost for a single item plus an inflation factor figured in, for all items not returned.
10. **Win with character, lose with dignity.**

Any violation of the above-mentioned responsibilities will be handled by the coach and the athletic director. Parents may be notified. The severity of the consequences will be determined by the coach and the athletic director.

11. **The use of all chemical substances such as alcohol, tobacco and illegal drugs is forbidden. I recognize that whether on or off school grounds, a CA athlete must hold him or herself to a high standard of behavior.**
12. **I agree to follow the specific Upper School policies that prohibit hazing, which is defined as any act or ceremony which creates the risk of harm, either physical or psychological, to the student or to any other party and that is committed as a form of initiation into a particular club or activity. Such examples include, but are not limited to, body piercing, head shaving, or tattooing.**

Violation of either of these two responsibilities will be handled in the following way:

1st Offense	2-Game Suspension
	Player(s) involved will be suspended from the next two games. During the time of suspension, the athlete must be present at all practices and games. (It is the coach's discretion as to the level of participation at practice.) The athlete(s) must also have a meeting with the Athletic Director and Principal of the Upper School.

2nd Offense Expulsion From Sports

Player is automatically suspended from the team and no credit will be given for the activity. The athlete will then consult with the Athletic Director as to how to earn alternative athletic requirements for graduation. The athlete(s) and his/her parents must also meet with the Principal of the Upper School and the Head of School.

The consequences of the actions noted above will also result in a student's facing disciplinary action from the Upper School. See the Upper School Handbook (p. 10) for more information on the disciplinary process.

Further, in some cases where a team gathering has led to inappropriate behavior and poor decision-making (e.g., drinking at an off-campus party or hazing) it may be impossible to determine precisely which students are responsible. In cases such as these, the school reserves the right to impose consequences on the entire team, including game suspensions for all students, and/or community service depending on the severity of the actions. In addition, if an offense occurs at the of a season, the consequences will carry over into the athlete's next season.

PLEASE SEE NEXT PAGE FOR SIGNATURES THAT ARE DUE BACK TO THE CA
ATHLETIC DEPARTMENT

**Signature Form
Athlete's Code of Ethics
2010-2011**

STUDENT:

I, _____, as a student athlete at Colorado Academy, have
(Athlete's name, please print)
read and understood the "Athlete's Code of Ethics Contract." I understand that it has been put in place for my benefit and I agree to abide by it. I am also aware that I will not be allowed to participate in the 2010-2011 athletic program at CA unless and until this signed form is received by the Athletic Department.

Signed: _____

PARENT/GUARDIAN:

I, _____ Have read the "Athlete's Code of Ethics
(Parent's name, please print)
Contract," pages 13 and 14 of the "Athletes and Parents Athletic Handbook." I understand and support these standards governing participation in the CA Athletics program. I am also aware that my student will not be allowed to participate in the 2010-2011 athletics program at Colorado Academy unless and until this signed form is received by the Athletic Department.

Signed: _____

THIS FORM MUST BE RETURNED TO THE CA ATHLETIC DEPARTMENT

Colorado Academy
3800 S. Pierce Street
Denver CO 80235