

**Cherry Creek School District**



# **INTERSCHOLASTIC ATHLETIC / ACTIVITY HANDBOOK**



**ACADEMICS \* ATHLETICS \* ACTIVITIES  
MOVING TOGETHER FOR YOUR FUTURE**

## **SPECIAL NOTE TO STUDENTS AND PARENTS:**

Your son or daughter may get off to a good start in more than one sport or activity and enjoy participation in all. It is the Cherry Creek School District philosophy to encourage our students to participate in a variety of activities/athletics and not limit themselves in their potential growth experiences. Specialization is not encouraged at our high schools. It may occur through the student's choice but it is not encouraged.

It is a violation of the Colorado High School Activities Association rules for a high school coach to coerce or attempt in any way to influence a student, who would otherwise go out for another sport, or participate in an activity in their sport after their high school sport season is completed. Students should not be made to believe that summer camps and off-season work in one coach's sport is the only way to make their varsity team.

Activity and Athletic participation on occasion do conflict in their respective times or dates. Our staff members are encouraged to resolve any conflict of this nature without penalty to the participant.

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# **Cherry Creek Schools**

## **Board of Education**

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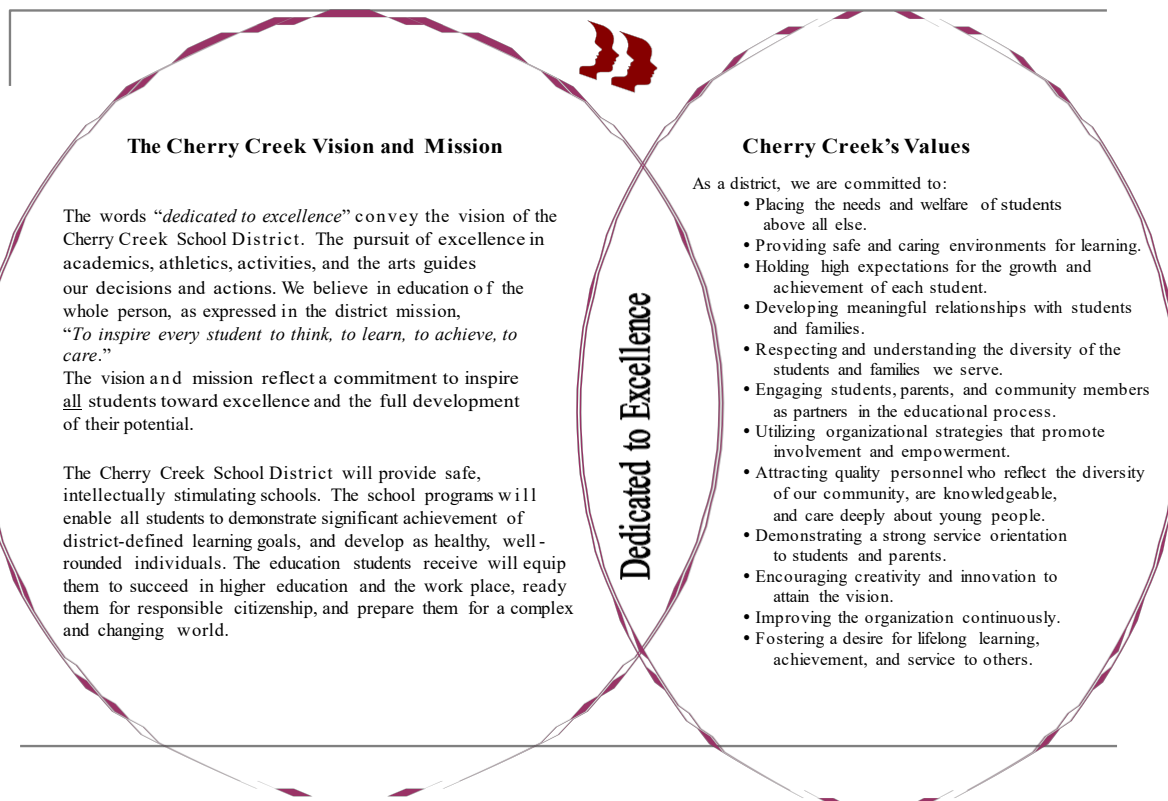
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## **Superintendent of Schools**

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## **District Athletic / Activities Director**

Larry Bull



## FORWARD

Students who desire the opportunity to challenge their interests and skills are encouraged to participate. There is no discovery for the student unwilling to say, I will try. The Cherry Creek Board of Education has made a broad variety of athletic/activities available to allow students the opportunity to experiment, and participate with athletics and activities. Students are encouraged to explore their potential, for without the experience of trial, one will never know, ultimately limiting their growth experiences.

Participation in activities and athletics has proven to be a major contributor to wholesome lifetime values, a step toward achieving successful adulthood, but never without self-discipline. Those who participate are representing not only themselves but also their student body, faculty, family and parents of their school. Where else can individual identity equal this opportunity when shared with a common knowledge that individual responsibilities go hand in hand as related to voluntary participation.

Commit to prepare for life rather than repair.

The interscholastic athletic and activity program may benefit the entire student body and community in the following ways:

1. By developing an understanding and appreciation of the values which interscholastic athletic/activities occupy in the American culture and developing sound educational attitudes toward them.
2. By educating the student body, as participants, in their appreciation of the athletic/activity opportunities at the high school level.
3. By serving as a focal point for the morale, spirit, and loyalty of students and parents by providing a common meeting ground and enthusiasm, which is shared by all.
4. By providing a wholesome program of interscholastic athletic/activities in which students, parents, patrons, and friends of the school may share, to the end that the loyalty of these groups to the school may be constantly renewed and strengthened.
5. By extending the opportunity for emotional, social and physical development with guidelines established for the supervision of the same.

6. By providing the best known means for predicting student success in later life through successful participation in high school athletic and activity programs. General expectations for students participating in athletics-activities and representing their school.
- A student is expected to abstain from being under the influence of, using, possessing, distributing, selling, giving, or exchanging alcohol, tobacco, marijuana, anabolic steroids, other controlled substances or counterfeit drugs. Furthermore, the student is expected to abstain from using, possessing, distributing, selling, giving, or exchanging any drug paraphernalia. Peer pressure and media coverage of how many young adults have ruined their careers have diminished the expectation that high school students will abstain from substance abuse. Our expectation has not changed and the Cherry Creek Schools will remain firm in our desires to establish student leadership that rejects substance use or abuse.
  - All participating students are expected to place their academic school day above all else and devote their attention to achieving in the classroom. Activities/Athletics are considered a supplement to their education.
  - As a representative of a Cherry Creek District school, a participating student is expected to act on as well as off campus, in a way that will not bring discredit upon himself/herself or the school.
  - The participating student's personal appearance should reflect cleanliness and concern for his/her well-being, as well as concern for those with whom he/she is associated.
  - All participating students are expected to set a positive example for the total student body, conducting him/herself always as a prudent human being, and endeavoring to be a leader regarding all school policies governing student behavior.

The above information will be perceived as a strength or weakness by each student depending upon their willingness to escape from being mediocre to truly wanting to be the best they can achieve.

# **KEYS TO SUCCESSFUL ATHLETIC PARTICIPATION**

## SUCCESS NEVER QUILTS

“It is the nature of life to grow, to create, to become all we can. We want to reach out and be more than we have been. We want our dreams to come true.

We are capable of much more than we think we are, and at times, we feel the stirring within us that tells us so. Therefore, we begin a project, a sport, an effort to achieve. The starting is easy, continuing not so easy. Changes begin on the inside of us- in the way we think, in the way we feel. But then we must hold fast to our thoughts and feelings. Success is a made-up mind never quits.

Whatever our dreams are, they can come true. But we must pay the price- the price of persistence- in our thoughts, our feelings and our actions. If we give up we fail. But as long as we are trying, we are learning and we are gaining. We should never stop trying.

Time is not an obstacle, but an ally. And success is a made-up mind that never quits!!!”

*By Shirley Henderson*

## MAKE A COMMITMENT TO A BETTER EDUCATION THROUGH HIGH SCHOOL ATHLETICS AND ACTIVITIES

### THE CASE FOR HIGH SCHOOL ATHLETIC/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 experience.

Athletics and activities support the **Academic Mission** of schools. They are not a diversion, but rather an extension of a good education program. Students who participate in athletic and activity programs tend to have higher grade point averages, better attendance records, lower dropout rates and fewer discipline problems than those who do not.

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

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

*From the National Federation of State High Schools Association*



College admission counselors are recruiting students with a history of involvement in school extra-curricular activities.

- Participation in Athletics/Activities showed higher rates of enrollment in college after high school and to increase future educational aspirations. Studies have also shown, a higher college completion rate for participants in athletics than for students who did not participate in high school sports.
- National Federation of State High School Association completed a national survey of high school principals throughout the United States and found:
  - 95% believe participation in high school activities teaches valuable lessons to students that cannot be learned in the regular classroom routine.
  - 95% agreed activity programs contribute to the development of “school spirit” among the student body.
  - 76% believe the demand made on students’ time by activities is not excessive.
  - 72% said there is a strong support for school activity programs from parents and the community.
  - 99% agreed participation in high school activities promotes citizenship.
- Increased amount of homework/study time for participants in athletics/activities vs. non-participants.
- Based on a 40-year Survey, Douglas H. Health shows: Extracurricular participation is a school’s best predictor of an adult’s success
- Fortune Magazine conducted a survey of individuals at the executive vice president level or above in 75 of Fortune 500 companies. The survey indicated that 95% of those corporate executives participated in sports during high school. In addition, 54% were involved in student government, 43 % in the National Honor Society, 37 % in music and 18% in the school’s publication.

Hundreds of studies have shown positive and significant effects from participation in athletics and activities.

**RESEARCH  
US DEPARTMENT OF EDUCATION CENTER  
FOR  
EDUCATION STATISTICS**

	<b>Participants</b>	<b>Non-Participants</b>
No unexcused absences	50.4%	36.2 %
GPA of 3.0 or above	30.6 %	10.8 %
Highest quartile on a composite math and reading assessment	29.8 %	14.2 %
Expect to earn a bachelor's degree or higher	68.2%	48.2%
Discipline referrals	30.51 %	40.29%

**TOP TEN FOR ATHLETICS**

**Why Participate**

**Tips for Parents with Athletes**

**Things Parents don't get about Kids and Sports**

**TOP 10 Reasons Kids Participate in a Sport(s)**

- To have fun
- To improve my skills
- To stay in shape
- To do something I am good at
- For the excitement of competition
- To get exercise
- To be on a team
- For the challenge of competition
- To learn new skills
- To win

## TEN TIPS FOR SPORTS PARENTS

1. Focus on your children's efforts and performances rather than the outcome of a competition. Teach children that success means achieving their personal goals rather than winning a contest.
2. Help your children to set realistic goals that are measurable and attainable. Goals that are too vague or difficult lead to a high dropout rate. Goals that are performance directed rather than outcome directed lead to greater likelihood of success. All goals must be numerically quantifiable.
3. Make sure your children know that whether they win or lose, whether they play a lot or a little, you love them unconditionally. Give just as much praise for a loss as you do for a win.
4. Show respect for your children's coaching staff. If you're not happy with the coaching style or manner, discuss your concerns with the coach. Don't coach your children from the sidelines. (at gym, field, or on the car ride home)
5. Show support for your children's teams by attending games and cheering for all team members. Don't express criticism towards opponents or referees during competition.
6. Accept any limitations in your children's physical abilities. Studies suggest that children with less than average skills would rather play on a losing team than a winning one if it means that they can play more often.
7. Make sure your children are having fun. Ask your children if they are enjoying their participation in sports and want to continue or try something else.
8. Place your children in sports best suited to them rather than forcing your children into sports you prefer or that are most popular.
9. Be careful not to relive your sport experiences exclusively through your children. Let them play for themselves, not for you.
10. Keep sport in perspective. Remember — the purpose of sport for children is to create an opportunity for fun and growth. All the triumphs and heartaches that are inherent in sport for children can provide learning experiences and lessons that help pave the road to adulthood. These experiences also lead to better sport parenting.

*By Sherry Newsham, Ph.D., and Milledge Murphey, Ph.D.*

## TOP TEN THINGS PARENTS DON'T GET ABOUT KIDS AND SPORTS

YOU MAY NOT WANT TO HEAR THIS BUT...most kids have a lot to say about their parents' involvement in their sports lives, especially what they *don't* like about it. Here is our Top 10 list in reverse order of kids' advice for parents, gleaned from comments by Sports Illustrated for Kids readers.

10. **During car rides to games or practice, kids don't want you to tell them how to do this or that.** "I am not stupid," said one 12-year old. "I know how to play the sport I play."
9. **Kids can get psyched for a game without your help.** "I hate when parents say, 'Are you ready? We're going to win, 'like they're playing,'" said one kid.
8. **It's your duty as a parent to sit quietly and watch your kids do wonderful things.** Kids get bummed out when you miss games or yak it up too much with friends in the stands, "We're sweating and playing the game, and they're busy socializing," complained one girl.
7. **If you don't know what you're talking about, kids don't want you to talk.** Typical comments: "Parents think they know the rules, but they don't." My mom asks annoying questions." and "I hate when my mom tells me to do things even when she doesn't know the first thing about sports."
6. **Even if you do know what you're talking about, kids don't want you to talk (unless you're the coach).** "I hate when parents tell us to do the exact opposite of what the coaches say," said one child. Added another: "If your parent isn't the coach, he or she shouldn't try to be one."
5. **Kids wish you would practice what you preach about sportsmanship.** "My mom always wants me to be a 'good sport,' but a lot of the time she blames the loss on the ref," claimed one kid. "Arguing with the refs is not only embarrassing, but it takes up time," said another.
4. **Kids often can't hear you yelling when they're concentrating on the game.** Sometimes, they can. Either way, they don't like it. "Parents yell advice you don't hear because you're so into playing the game. Afterward they say, 'Why didn't you listen to me?'" complained one child. Said others: "I feel embarrassed when my parents yell so loud that the whole town can hear" and "They yell and scream and look like dorks."
3. **After they lose, kids don't want to be told it doesn't matter.** Typical reactions: "I hate when we get knocked out of the playoffs and my parents say, 'You'll get them next time!'" and "When parents try to cheer you up after a loss, all they do is remind you of the score."
2. **After we lose, kids don't want to be told that it does matter.** "Parents take losses harder than we do," wrote one boy: Advised one girl: "You win some; you lose some, no big deal! Get over it!"
1. **Kids just want to have fun.** Parents just don't get this, kids say. Many kids would rather play on a losing team than sit on the bench on a winning one. Some would like to skip practice once in a while. "The thing that bugs me the most is that my parents take it too seriously," summed up one child. "They act like it's school."

*Taken from Top Ten Things Parents Don't Get About Kids and Sports: Sports Illustrated for Kids*

# **SPORTSMANSHIP**

## SPORTSMANSHIP

Cherry Creek Schools are committed to principals of good sportsmanship. We believe that all student-athletes, coaches, and spectators should strive to represent the very best spirit and tradition of interscholastic athletics. Good sportsmanship is the cornerstone of a quality athletics program. Cherry Creek Schools is committed to bringing sportsmanship as a top priority in all our school communities. The sportsmanship standards we hold for coaches, student-athletes, spirit groups and spectators will bring about healthy rivalries, enjoyment and competition in the educational environment.

**It is the duty of all concerned with high school athletics/activities:**

- A. To emphasize the proper ideals of sportsmanship, ethical conduct and fair play.
- B. To eliminate all possibilities which tend to destroy the best values of the game.
- C. To stress the values derived from playing the game fairly.
- D. To show cordial courtesy to visiting teams and officials.
- E. To establish a happy relationship between visitors and hosts.
- F. To respect the integrity and judgment of sports officials.
- G. To achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility.
- H. To encourage leadership, use of initiative, and good judgment by the players on a team.
- I. To recognize that the purpose of athletics is to promote the physical, mental, moral, social and emotional well-being of the individual players.
- J. To remember that an athletic contest is only a game--not a matter of life and death for player, coach, school, officials, fan community, state or nation.

An entire community takes pride in the success of a local sports program. All persons—coaches, players, parents, school personnel and fans—recognize that such success results from a lot of hard work and a commitment to a number of goals. Primary among those goals has to be the development of good sportsmanship among all people involved. Schools can take justifiable pride in the fact that few coaches or players lose sight of good sportsmanship even during the stress of a hard-fought game.

Fans, however, are often another issue. Few, if any, fans would dare admit they didn't support good sportsmanship - as a concept. It is in practicing that concept that the sportsmanship goal sometimes leaves much to be desired.

Good sportsmanship is not an inborn quality, but it can be developed by following just a few simple guidelines. The basic fundamentals of good sportsmanship include:

# **RESPONSIBILITIES OF SPORTSMANSHIP**

## **A GOAL FOR EVERYONE**

1. Knowing and understanding the rules of the contest.
2. Showing respect for the officials, including accepting their decisions.
3. Showing respect for opponents at all times
4. Recognizing and appreciating the skills of all students participating in the contest.
5. Maintaining self-control at all times.
6. Showing a positive attitude in cheering.
7. Censures those whose behavior is unbecoming

Perhaps the most common type of inappropriate behavior shown by fans is trying to intimidate the opposing team.

Unfortunately, college and professional game crowds lead the way in this area. In high school athletics, however, any means in which spectators make fun of or disrupt the other team or officials is not appropriate. The coaches and/or players get fouls called on them for such actions. Should fans be exempt?



## SPECTATOR CODE OF CONDUCT

- Remember that you are at a contest to support your team and to enjoy the skill and competition; not to intimidate or ridicule the other team and their fans, officials, or coaches from your own team.
- Encourage the students/athletes to play by the rules. Remember that children learn best by example, so applaud the good plays of both teams.
- By showing a positive attitude toward the game and all of the participants, all players will benefit. Do not embarrass any athletes by yelling at players, coaches, or officials.
- Emphasize *Sportsmanship* through your verbal and physical behavior.
- Know and study the rules of the sport, and support the officials on and off the field/court. This approach will help in the development and support of the game. Any criticism of the officials only hurts the game.
- Applaud a good effort in both victory and defeat, and enforce the positive points of the game.
- Recognize the importance of coaches. They are important to the development of athletes and the sport. Communicate with them and support them.
- Be a positive role model during and after all events.
- Remember, participating in athletics and being a fan in the stands is a privilege, not a right.
- Violation of any aspect of the Spectator Code of Conduct will result in either a verbal warning or ejection from the event by school personnel.
- Students/athletes are involved in organized sports for their enjoyment. *Make it fun!*





# **INTERSCHOLASTIC PROGRAM**

## CHERRY CREEK SCHOOL DISTRICT INTERSCHOLASTIC PROGRAM

The Cherry Creek District High Schools, Cherokee Trail, Cherry Creek, Eaglecrest, Grandview, Overland and Smoky Hill, being members of the Colorado High School Activities Association, support the concept, Constitution and Bylaws of this organization as it pertains to high school athletic policy. Athletic procedures and regulations will be governed by Cherry Creek School District, Cherry Creek Schools Interscholastic Athletic Handbook, Centennial League Policies and the Colorado High School Activities Association Handbook.

### **CHSAA Administrative Procedures—Athletics-Activities**

1. **General Eligibility Rules** for All Athletes and Activities as a student shall be eligible to represent his/her school in an interscholastic activity sanctioned by the Colorado High School Activities Association if such student meets the following specific requirements:
  - A. The student is a bonafide 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 ideals in matters of citizenship, conduct and sportsmanship.
  - C. **EXPULSIONS** - A student 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 Carnegie unit of credit.
  - E. (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. )
  - F. He/she must have been eligible in accordance with paragraph "D" above at the close of his/her last prior semester of attendance.
  - G. 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 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.)
  - H. **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 10th for the second semester.

- I. In-season student athletes must be in attendance for at least one-half of their daily classes in order to be eligible to compete or practice on that day, unless an advanced approval for absence is on file in the Attendance office.
  - 1) The number of credits failed or passed during a semester shall be determined from the student's school transcript and shall include all classes taken during the semester. Fractional credits awarded or not awarded by the school shall be arithmetically added at the end of each semester to determine eligibility for the succeeding semester. If, after credits are totaled and failing credits total more than 1/2 credit, (.50), 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 fifteen days will not be eligible for the following semester of his/her attendance. If the student attends fifteen 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) 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. Written notification of a student(s) regaining eligibility, through summer school, must be included with the first semester eligibility report.

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; and a "condition" (incomplete, unfulfilled outcome, etc.) shall, for the purpose of becoming eligible; and a "condition" (incomplete, unfulfilled outcome, etc.) shall, for the purpose of determine eligibility, count as a failure.

**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 which the student was absent from 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.

## **2. High School Weekly Eligibility for All Athletes**

Teachers are required, through the guidance of the athletic office, to provide a weekly summary of all athletic participants who are doing failing work. Two failing grades during any reporting period constitute ineligibility for the following week and/or until at least one failure has been removed following a one week ineligibility. Also, two unsatisfactory behavior grades during any reporting period constitute ineligibility for the following week. Note: Individual sport coaches can require higher academic standards for their teams.

### **3. Age and Attendance Requirements for Athletes**

- A. You are eligible to enter interscholastic competition if your nineteenth birthday falls on or after August 1.
- B. In a three year high school, you are eligible to compete for six consecutive semesters; in a four year school, you are allowed eight consecutive semesters. (Cases involving unusual circumstances should be submitted to your building athletic director)

### **4. See Athletic Director for Transfer Rule and visit Colorado High Activities Association at [www.CHSAANow.com](http://www.CHSAANow.com) for transfer rules**

#### **Eligibility below the Varsity Level**

A student declared ineligible based on “E”, 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.

#### **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 the CHSAA by-laws) shall be declared ineligible for a period of time to be determined by the commissioner. Such period may exceed one year.

- A. **HARDSHIP:** If questions arise or you are in doubt, consult your building Athletic Administrator.  
Exception: The Commissioner, after receiving the recommendation of the school, the league and the losing school may grant eligibility for transfer due to hardship. A hardship is an unforeseeable, unavoidable AND uncorrectable act, condition or event which causes the imposition of severe and non-athletic burden upon the student or his/her family.
  - 1) This is to include the case of orphans, children of overseas military transfers, foreign exchange students, children who are wards of the state or of a court and children from broken homes.
  - 2) No consideration for waiver may be granted if by doing so the action will result in a student who was ineligible in the sending school becoming eligible in the receiving school.
  - 3) Hardship appeals must be processed by the principal of the receiving school on the appropriate CHSAA form and in concert with the specific guidelines.
- B. Check with your building athletic director for CHSAA Transfer rule updates.
- C. All foreign students need to check in with the athletic director before going out for a sport. This includes Foreign Exchange Students.

## **5. Definitions**

### **Specialized Sports Camps (9-12)**

- A. A sports camp is 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. All registration, fees, and scheduling are to be coordinated through Cherry Creek Schools Summer Recreation Program.
- D. All winter or spring sport activity must conclude by the ending date of Summer School. In addition, proper maintenance cannot occur unless this time frame is maintained. Legion Baseball is an exception (grandfather clause)

## **CHSAA SPORTS/ACTIVITIES NOT OFFERED AT HOME SCHOOL**

When sports/activities are not offered at a particular school but are contested at another they 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.

- 1. Numbers in the program and number of levels offered
- 2. Geographic location (Where is the closest venue for the athlete?)
- 3. The decision of the District Athletic Director

### **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 season of each respective sport during the school year unless school-owned athletic equipment related to the function of the Cherry Creek Schools Summer School Recreation Programs or American Legion Baseball has been approved for use by the local building Principal and Athletic Director. Exception is made for athletes traveling to commercial football camps.

### **Competitive Season**

The competitive season is that time designated in the CHSAA Bylaws for each sport during which interscholastic games may be held. There may be no sanctioned inter-school competition except during the competitive season.

### **Practice Season**

The season designated in each sport Bylaws of the CHSAA 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 August 8

Fall Sports August 15

Winter Sports November 11

Spring Sports February 27

### **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 which the student competes.

**NOTE:** Players certified to participate as members of any high school sport 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 of the principal; which permission shall be granted if:**

- A. The student's class attendance is not compromised; and**
- B. The student is in good academic standing under the school's activities policy applicable to all students:**

\*Section B) includes team rules and other school policies that are applied and adhered to by all students.

The principal may deny permission only when the student fails to meet the requirements of (A) and (B) above.

Members of any high school sport may not practice with any individual or non-school group without prior written permission of the high school principal. NOTE: This is not to be construed to allow non-school people to participate in school practices or scrimmages.

## **CHSAA VIOLATION OF OUTSIDE COMPETITION/PRACTICE RULE**

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

## **Scrimmage**

All sports may conduct interscholastic scrimmages on two dates between the tenth day (including the first day of practice, but not including Sundays) after the start of formal practice in fall sports and may be held on the 6<sup>th</sup> day (including the first day of practice, but not including Sundays) after the start of formal practice in a winter and spring sport until the conclusion of the sport season.

EXCEPTION – Golf, softball and tennis scrimmages may be conducted from the start of the competitive season until the final state championship. A sophomore, junior varsity and varsity may all scrimmage on the same date. This will count as one scrimmage.

All participants in interscholastic scrimmages must have complete nine/five days of formal practice in the sport they are representing. Scrimmages may not be held with non-high school teams or individuals.

## **PARENTAL ADVISEMENT—WARNING OF RISK**

### **Serious catastrophic and perhaps fatal injury may result from athletic participation**

Many forms of athletic competition result in violent physical contact among players, the use of equipment which may result in accidents, strenuous physical exertion and numerous other exposures to risk of injury.

Students and parents must assess the risks involved in such participation and make their choice to participate in spite of those risks. No amount of instruction, precaution or supervision will totally eliminate all risk of injury. Just as driving an automobile involves chance of risk, athletic obligation of parents and students in making this choice to participate cannot be over-stated. There have been accidents resulting in death, paraplegia, quadriplegia, and other very serious permanent physical impairment as a result of athletic competition.

By granting permission for your student to participate in athletic competition, you, the parent or guardian, acknowledge that such risk exists. Students will be instructed in proper techniques to be used in athletic competition and in the proper utilization of all equipment worn or used in practice and competition.

Students must adhere to that instruction and utilization and must refrain from improper uses and techniques.

As previously stated, no amount of instruction, precaution and supervision will totally eliminate all risk of serious, catastrophic or even fatal injury.

If any of the foregoing is not completely understood, please contact your school principal or athletic director for further information.

# **REQUIRED FORMS**



## REQUIRED PROCESS FOR SPORT PARTICIPATION

LINK TO WEBSITE REGISTRATION IS AVAILABLE

ON DISTRICT AND HIGH SCHOOL WEBSITES

<http://www.cherrycreekschools.org/athleticsactivities/pages>

### **Athletic Check-in Information**

Online registration for each sport is required every school year

### **WHAT YOU WILL NEED:**

#### ➤ COMPLETED ATHLETIC REGISTRATION

(Each page must be completed)

#### ➤ MUST HAVE A CURRENT PHYSICAL WITH PHYSICIAN'S SIGNATURE

(Physicals are good for 12 months)

#### ➤ \$90.00 ATHLETIC FEE (each season)

#### ➤ CHECK YOUR SCHOOL ATHLETIC WEBSITE FOR ANY ADDITIONAL REGISTRATION FORMS REQUIRED BY YOUR SCHOOL

#### ➤ **TRANSFERS** (if you have attended another Colorado high school) ***FILL OUT TRANSFER PAPERWORK WITH YOUR SENDING SCHOOL ATHLETIC OFFICE***

*ATHLETES WILL NOT BE ALLOWED TO PARTICIPATE UNTIL THE ONLINE  
REGISTRATION IS COMPLETE, THE PHYSICIANS FORM IS TURNED IN TO  
YOUR SCHOOL ATHLETIC OFFICE AND THE FEE IS PAID  
(online or to the Athletic Office)*



# HIGH SCHOOL SPONSORED ATHLETICS AND ACTIVITIES PARTICIPATION AGREEMENT

In exchange for the opportunity to participate in the Cherry Creek School District No. 5's High School Sponsored Athletics and Activities Programs, (referred to as "HSAAP") and in accordance with applicable Board of Education Policies, I understand and agree to the following:

## **Scope of Rules**

From the day a student first participates in a Cherry Creek School District HSAAP 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 school district property. The consequences outlined in this Agreement are in addition to, not instead of, those the student may receive under the district's *Student Conduct and Discipline, Rights and Responsibilities* handbook, the Colorado High School Activities Association ("CHSAA") By-laws, coaches' team rules, or other sources. They represent minimum sanctions; the Principal or his/her designee may increase or modify these consequences in particular cases or in general as he or she deems appropriate.

Because students who participate in HSAAP are held to higher behavioral expectations, the principal or his/her designee may determine that a student's conduct constitutes grounds for imposing an HSAAP penalty under these rules, even when that conduct does not result in suspension or expulsion under the conduct and discipline code.

## **General Expectations**

- Students participating in district HSAAP are expected to comply with all applicable Cherry Creek School District No. 5 Board of Education Policies, including but not limited to Policy JJI, *Interscholastic Athletics*, and its accompanying Regulation JJI-R.
- Students participating in district HSAAP are considered to be representatives of himself/herself, fellow team members, coaches, sponsors, teachers, the school, its student body, and the Cherry Creek School District. For these reasons, the participating student is expected to display the highest form of character, behavior and sportsmanship. If at any time, a student's actions bring harm or discredit to the organization of which the student is a member or to the school, the student may be subject to disciplinary action, including suspension and/or removal from the HSAAP.
- Students participating in district HSAAP are expected to maintain appropriate academic eligibility as described below.

## **Academic Expectations**

- Eligibility for participation in athletics and specific activities as determined by CHSAA guidelines, the Centennial League, and applicable district policies.
- In accordance with Policy JJI, *Interscholastic Athletics*, a student is ineligible for most of the following quarter if h/she has failed more than one subject the semester preceding the season of competition.
- If the student is failing more than one course weekly, he/she will be ineligible for competition/participation through the following week.
- Each participating student must be enrolled in a minimum of five hours of credit (2.5 Carnegie Units or equivalent) per semester. If not, the student is immediately ineligible to participate in the athletic/activity program.

## **Behavior Expectations**

- Students participating in district HSAAP agree to maintain an appearance and exhibit conduct in the classroom, school and community which is appropriate at all times.
- Students participating in district HSAAP agree not to violate district conduct and discipline policies, including but not limited to, district drug/alcohol/tobacco and weapons policies.
- Students participating in district HSAAP agree not to engage in behavior which is detrimental to the safety, welfare or morals of said athlete, other students or school personnel.

## **Consequences**

The following minimum consequences will result whenever the principal or his/her designee concludes that a student has engaged in a violation of school board policy or expectation under this agreement:

- A. Referral to the appropriate coach or sponsor for disciplinary review and action.
- B. Placement on probation for a number of days and/or upon such conditions as deemed appropriate.
- C. Suspension from participation in a specific number of athletic or activity events. Such sanctions may include but not be limited to:
  - **First Offense:** For Athletics/Activities with 11 or fewer regular season contests/events, the student will be suspended for the next contest/event; for those with more than 11 regular season contests/events, the student will be suspended for the next two contests/events. These suspensions will be imposed whether or not the next contest/event is regular season or outside the regular season.
  - **Second Offense:** For Athletics/Activities with 11 or fewer regular season contests/events, the student will be suspended for the next two contests/events; for those with more than 11 regular season contests/events, the student will be suspended for the next four contests/events. These suspensions will be imposed whether or not the next contest/event is regular season or outside the regular season.
  - **Third Offense and/or continuing offenses:** Additional sanctions which could include some or all of the following: suspension from all HSAAP for one full year from the date of infraction; denial of the opportunity to obtain awards in the sport or activity; suspension from HSAAP for the remainder of the school year and/or extending into succeeding school years.

Nothing in these rules/expectations prohibits the Principal or his/her designee, or individual coaches from establishing and enforcing additional rules applicable to participation in district HSAAP. Notice of the imposition of sanctions shall be made in a timely manner by the Principal or his/her designee to the participating student and his/her parent(s)/guardian(s).

As evidenced by our signatures below, we acknowledge and agree we have read the terms and conditions of the above-referenced *Cherry Creek School District High School Athletics and Activities Participation Agreement*, and understand and agree that all participating students are subject to the terms and conditions contained in this Agreement, as well as the provisions of applicable school board policies while participating in these district programs.

# **GENERAL INFORMATION**

## ATHLETIC FEES FOR HIGH SCHOOL

2018-2019

- A \$90.00 athletic fee will be charged an athlete for each sport that the athlete participates in. There is no family maximum.
- The \$90.00 athletic fee for all participating athletes for each sport must be collected **PRIOR** to an athlete's participation in any sport.
- 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.**

**REFUND POLICY** – A full refund will be made to the athlete who is cut or leaves the sport on or before the fifteenth (15<sup>th</sup>) calendar day from the starting date of that sport.

### 2018-2019 LAST REFUND DATES

Fall Sports	August 21, 2018
Winter Sports	November 26, 2018
Spring Sports	March 12, 2019

\*If an athlete leaves the team after these dates no refund will be given.

The athletic fee refund must be requested by the athlete on or before the closing date of the season that his/her sport was offered in. If the athlete does not request the refund by the dates listed below no monies will be refunded.

### 2018-2019 CLOSING DATES

Fall Sports	October 27, 2018
Winter Sports	February 16, 2019
Spring Sports	May 11, 2019

### Dual Sport Participation in the Same Season

A student may participate in two sports during the same season provided the parents, coaches and school athletic director approve. Requirements for dual participation include the following:

- A meeting will be held with the athlete, parents, coaches and Athletic Director prior to the first contest.
- The athlete must choose a primary sport. All parties will sign a written agreement, which includes specific information regarding practices and priority of contests during the regular and post seasons.
- The athlete must pay the participation fee one time.
- The athlete must practice nine days in each contact sport before participating in a contest.
- If a conflict arises, the school athletic director will intervene and make a determination, which will be binding.
- **The same process will be used for students choosing to participate in a sport and activity in same season and/ or multiple activities.**

# **CHSAA GENERAL ATHLETIC PROCEDURES**

## **1. Reporting for a Sport**

Students are expected to report for practice at the beginning of each season. Unless they have made prior arrangements with the coach, those who report late will jeopardize their chances for participation. Students who are barred sports for reporting late may use the appeals procedure in school board policy JJI and regulation JJI-R.

## **2. Attending Practices**

Team members of all sports are expected to attend all scheduled practices and meetings. Those who miss a practice or a meeting may jeopardize their chances for participation. If circumstances should prevent a student from attending a practice or meeting, the validity of the reason will be judged by his/her individual coach. Whenever possible the coach should be notified prior to the practice or meeting by personal contact, phone call, or written statement from the parent or guardian.

## **3. Being Cut From One Sport**

In some sports, facilities and team size limit the number of students who can participate. Any student who does not make the squad in one of these sports remains eligible for other sports offered in the same season. Furthermore, he/she is encouraged to go out for another sport.

## **4. Dropping a Sport**

- A. A student may drop a sport in good standing prior to the first contest by making his/ her intentions known to the coach.
- B. The student must make his/her reasons known to the coach personally, on or before the day on which he/she intends to quit.
- C. A student who quits one sport following the first league contest of the season will be permitted to participate in another sport that season with the approval of the athletic director and the coaches involved.

## **5. Student Responsibility for Athletic Equipment**

When equipment has not been checked in or accounted for between the end of one season and the beginning of the next, the student may jeopardize his/her eligibility until the problem has been resolved with the athletic office. Student athletes are responsible for payment for lost or stolen equipment.

## **6. Adequate Physical Examination/Medical Re-evaluation—Parental/Guardian Consent**

Any student expecting to participate in athletic competition must have on file with the school, prior to the first practice; a statement signed by his/her parents or legal guardian and a practicing physician certifying that he/she has passed an adequate physical exam within the current school year.

## **7. Athletic Injury**

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 Athletic Trainer. The Athletic Trainer will notify the athlete's coach in writing that the athlete is physically fit and able to resume participation and/or competition.

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

## **8. 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.
- D. If the student does not choose to buy the school-offered insurance, parents will be required to sign a waiver, indicating they have their own personal insurance which covers the student, or that they do not carry accident or health insurance on the student and that they are fully responsible for any medical bills related to his/her participation in competitive interscholastic athletics/activities. Forms are available in the office of the Athletic Director. Parents and students are encouraged to retain the benefit schedule of any insurance purchased

## **9. Initiations-Hazing**

The Cherry Creek Public School District recognizes any form of initiation that occurs on school district property and is not preapproved by the sponsor and the principal or designee as a violation of School Board Policies “ACC, Intimidation, Harassment and Hazing” and JJAB, Student Organizations (High Schools)”. Appropriate disciplinary consequences will be imposed on any student who is a participant in an initiation activity that has not been pre-approved by the Principal or designee. Such consequences may include, but are not limited to, a suspension of the privilege to participate in athletics/activities program, or suspension from school. For the purposes of this policy, a “participant” in a non-approved initiation activity is considered to be both the student that is imposing his/her will on other students, as well as the student that is being expected to capitulate to the will of others. If a student is asked to participate in a non-approved initiation activity, the student is expected not to participate and is to report the circumstances to an adult in proper authority as soon as possible. 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 in the activity.

Parent permission to participate in a non-approved initiation activity will not exonerate the student from consequences for their participation. Parents are requested to report any information on initiations to a teacher/coach/sponsor, the activities director, athletic director, or principal.

**10.** Any appeals for imposed athletic sanctions will be handled in accordance with policy JJI and regulation JJI-R (below).

Visit Colorado High School Activities Association at [www.CHSAANow.com](http://www.CHSAANow.com) to view CHSAA Handbook Constitution and By-laws for further detail.

## **5A CENTENNIAL LEAGUE**

### **Cherry Creek Schools are members of the 5A Centennial League**

**CHEROKEE TRAIL**

**CHERRY CREEK**

**EAGLECREST**

**GRANDVIEW**

**OVERLAND**

**SMOKYHILL**

### **ADDITIONAL MEMBERS OF THE CENTENNIAL LEAGUE ARE:**

**ARAPAHOE**

**MULLEN**

Please check school websites to find football conference and all athletic schedules.

## **ADDRESSES & DIRECTIONS TO CENTENNIAL LEAGUE SCHOOLS**

### **ARAPAHOE 2201 E. Dry Creek Road, Littleton 80122 Phone: 303-347-6000**

From: Cherokee Trail High School, west on Arapahoe Road, south on University Blvd., right onto Dry Creek Rd.  
From: Cherry Creek High School, south on S. Yosemite St., west on Belleview Ave., south on Quebec St.  
west on Arapahoe Rd., south on University Blvd., right onto Dry Creek Rd.  
From: Eaglecrest High School, south on Picadilly St., staying straight onto Liverpool St., west (right) on  
Arapahoe Rd., south on University Blvd., right onto Dry Creek Rd.  
From: Grandview High School, west on Arapahoe Rd., south on University Blvd., right onto Dry Creek Rd.  
From: Overland High School, west on Jewell Ave., south on Peoria St., west on Iliff Ave., left on Havana St.,  
continuing on Hampden Ave., south on University Blvd., right onto Dry Creek Rd.  
From: Smoky Hill High School, east on Smoky Hill Rd., south on Buckley Rd., west on Arapahoe Rd.,  
south on University Blvd., right onto Dry Creek Rd.

### **CHEROKEE TRAIL 25901 East Arapahoe Road, Aurora 80016 Phone: 720-886-1900**

From: Smoky Hill, east on Smoky Hill Road approximately 7.5 miles, left on Arapahoe Road.  
From: Grandview, north on Liverpool, east (right) on Smoky Hill Road, left on Arapahoe Road.  
From: Eaglecrest, south on Picadilly, east (left) on Smoky Hill Road, left on Arapahoe Road.  
From: Overland, south on Peoria, left on Parker Road, left on Quincy, right (east) on  
Smoky Hill Road, left on Arapahoe Road.  
From: Cherry Creek, east across Dam Road, south (right) on Parker Road, left on Quincy, east (right) on  
Smoky Hill Road, left on Arapahoe Road.

### **CHERRY CREEK 9300 East Union Avenue, Greenwood Village 80111 Phone: 720-554-2285**

From: Overland High School, south on Peoria to Parker Road. Left on I-225, right on Yosemite, left on Campus  
Drive to parking lot.  
From: Smoky Hill High School, west to Quincy, left to Parker Road, north to the Dam, across Dam to Yosemite,  
left to Campus Drive, left to south parking lot.  
From: Eaglecrest: See Above

### **EAGLECREST 5100 South Picadilly Street, Centennial, CO 80015 Phone: 720-886-1000**

From: Overland or Cherry Creek, South on Parker Road, left on Quincy, East on Smoky Hill Road to Picadilly.  
Left turn will take you to school site.

**GRANDVIEW 20500 East Arapahoe Road, Aurora, CO 80016 Phone: 720-886-6500**

From: The intersection of East Arapahoe Road and South Parker Road in Arapahoe County, go east on Arapahoe Road toward Liverpool, turn right into Grandview.

**OVERLAND 12400 East Jewell Avenue, Aurora, CO80012 Phone: 720-747-3700**

From: Cherry Creek, north on Yosemite, east on I-225 to Iliff, west on Iliff to Peoria, north on Peoria to Jewell, right turn to school.

From: Smoky Hill, west to Chambers Road, north to Iliff, west to Peoria, north to Jewell, right turn to school.

NOTE: Overland varsity home football games are played at the District Stadium located at 4700 S. Yosemite Street.

From: Eaglecrest: See Above

**MULLEN 3601 South Lowell Blvd. Phone: 303-761-1764**

From: All schools - west on Hampden to Lowell Blvd, south on Lowell Blvd. to school.

**SMOKY HILL 16100 East Smoky Hill Road, Aurora, CO 80015 Phone: 720-886-5300**

From: Cherry Creek High School, east across the Dam, south on Parker Road, left on Quincy, east on Smoky Hill Road to the school, turn right, then left into parking lot.

From: Overland, south on Peoria, east on Iliff, south on Chambers Road, east on Smoky Hill Road, proceed as above.

From: Eaglecrest, South on Picadilly to Smoky Hill Road, west to Laredo Street.

NOTE: Smoky Hill varsity home football games are played at the District Stadium located at 4700 S. Yosemite Street.



## ATHLETIC LETTER AWARDS

1. All awards will be in accordance with the requirements set forth by the Centennial League and the Lacrosse Association, and the Field Hockey Association, in addition to the scholastic and training rules as set forth by each respective high school. NOTE: An athlete must complete a sports season in good standing in order to receive an Athletic Letter and/or other awards for that sport.
2. The letter award is purchased and presented by the school. No award of any kind other than awards by the school, the State Association or a group approved by the school or the Association, and limited in value to \$50.00 per award plus engraving shall be made to participants in any inter-school activity. If unapproved awards are offered and accepted by participants, such participants shall jeopardize their eligibility to represent their school in any inter-school activity, and further, such acceptance shall jeopardize standing of the school in the Association and may result in the suspension of the school.
3. Centennial League regulations regarding letters, jackets and sweaters:
  - A. Stripes on a sweater or bars on the letters are to be the official means of showing numbers of years of participation. Both stripes and bars are NOT to be used
    1. Sweaters-one stripe of contrasting school color on left sleeve for each year lettered. Letter to have only insignia of sport in which letter was earned.
    2. Jackets-no stripes or chevron's on sleeve. Letter may have insignia of sport in which letter was earned plus one bar for each year earned.
  - B. There shall be no recognition other than the above worn on the letter jacket or sweater (Example: multi-colored stripes, bars, stars, name plates, medals, etc.)
  - C. It is possible to win four letter awards in a four-year high school.
  - D. Letter or numerals shall not be awarded for junior varsity or sophomore squads.
  - E. A letter may be a maximum of six inches, to be worn on jackets or sweaters.
  - F. Each manager's letter shall be a six-inch letter with "MGR" printed thereon.
4. General Centennial League Rules
  - A. A player must be eligible under the rules of the Colorado High School Activities Association and the Centennial League, in addition to the scholastic, citizenship, and training rules as set forth by his/her own school.
  - B. A varsity letter may be awarded to seniors who have been regular members of a squad for three years, and who have fulfilled other requirements, providing he/she has not been awarded a letter in that sport before.
  - C. A student must be eligible by the Colorado High School Activities Association rules at the time the award is made. Awards should be made at the completion of the respective sport season.
  - D. In addition to the above requirements, the player must fulfill specific requirements under each varsity sport as listed:
    1. **Football**
      - a. Play in one-third (1/3) of the total quarters of all games scheduled, or
      - b. Play in a state play-off game, from state quarter finals on.
    2. **Basketball**
      - a. Play in one-third (1/3) of the total quarters of all games scheduled, or
      - b. Play in a state tournament game. (This includes league tournament for state qualifying.
      - c. Play in game beyond sub-district level.

3. **Wrestling**
  - a. Earn an average of at least one point for each regularly scheduled meet during the season, or
  - b. Wrestle in two-thirds (2/3) of the varsity dates scheduled, or
  - c. Wrestle in the state meet.
4. **Track**
  - a. Earn an average of at least one point for each regularly scheduled meet during the season, or
  - b. Score in a major meet (Aurora Relays, Liberty Bell, CU Relays, Conference, State, Pueblo invitational, or any other meet where six or more schools are competing).
  - c. Participate in the state meet
5. **Baseball**
  - a. Play in 33% of the innings of games scheduled, or
  - b. Play in a state play-off game
  - c. Pitchers are to pitch in 23% of the innings of all scheduled games.
  - d. Play in game beyond sub-district level
6. **Golf**
  - a. Play in at least two-thirds (2/3) of the varsity meets scheduled, or
  - b. Participate in the state tournament
7. **Tennis**
  - a. Play in at least two-thirds of the varsity meets scheduled, or
  - b. Participate in the state tournament.
8. **Gymnastics**
  - a. Participate in two-thirds (2/3) of the scheduled varsity meets, or
  - b. Participate in the state tournament.
9. **Swimming**
  - a. Earn an average of at least three points for each regularly scheduled varsity meet during the season, or
  - b. Individually score in a major meet where six or more schools are competing, or
  - c. Be a member of the relay team which places in the top four, where six or more schools are competing, or
  - d. Participate in 65% of the varsity meets scheduled, swim a state qualifying time or
  - e. Participate in the state meet.
10. **Cross Country**
  - a. Participate in 58% of the scheduled meets, or
  - b. Place individually in the top ten in any major meet where six or more schools are competing, conference meet or state meet, or
  - c. As a team member, place in the top four of any major conference or state meet.
  - d. As a "B" or "C" runner, run a time that would have placed in the top 50% of the varsity competition that day. This meet would then count as participation in a varsity race for lettering purposes.
11. **Soccer**
  - a. Participate in 50% of the total quarters played during the regular varsity season, or
  - b. Participate in a state play-off game.
  - c. Play in game beyond sub-district level.
12. **Softball**
  - a. Play in 33% of the innings of games scheduled, or
  - b. Play in a state play-off game.
  - c. Pitchers are to pitch in 23% of the innings of all scheduled games.
  - d. Play in game beyond sub-district level.
13. **Lacrosse**
  - a. Must play in one-half (1/2) of total periods of all league and non-league games.
14. **Field Hockey**
  - a. Must play in one-half (1/2) of total periods of all league and non-league games.
15. **Volleyball**
  - a. Must play in two-thirds (2/3) of the matches scheduled for one season.

- b. Play in game beyond sub-district level.
- 16. **Managers**
  - a. Managers will letter upon recommendation of the coach. First year or assistant managers should serve one year of apprenticeship before the letter is awarded. The head coach may recommend a letter for outstanding service the first year.
- 17. **Cheerleading/Pom**
  - a. Participated in 80% of the assigned varsity games for the season.
  - b. Completed all assigned booster activities.
  - c. Completed in half of the team's scheduled competitions, or.
  - d. Completed in the State Spirit Championships
- 18. **Other**
  - a. A letter may also be awarded to an athlete at the discretion of the coach, athletic director, and school administration.

## **NCAA ELIGIBILITY CENTER**

### **Questions about the Certification of Amateur Status**

#### **Who will be certified?**

Every prospective student-athlete, both domestic and international, who is attending a NCAA Division I or II institution for the first time, must be certified by the Eligibility Center. This includes prospective student-athletes who are transferring from any two-or-four-year institutions (including international institutions) that are not members of NCAA Division I or II. Thus, if an individual wants to participate in athletics at a NCAA Division I or II institution, the prospective student-athlete must register with the Eligibility Center and submit the appropriate documentation to receive a certification decision.

**FOR MORE INFORMATION CHECKOUT THE NCAA WEBSITE AT [www.ncaa.org](http://www.ncaa.org) or NCAA Eligibility Center (877) 622-2321**

**Keep Athletics in Perspective- Get Your Education and College Degree.**

***Student Athlete***

***Student First***

***Athlete Second***

## ESTIMATED PROBABILITY OF COMPETING IN ATHLETICS BEYOND THE HIGH SCHOOL INTERSCHOLASTIC LEVEL

Student-Athletes	Men's Basketball	Women's Basketball	Football	Baseball	Men's Soccer	
High School Student Athletes	545,145	444,809	1,112,303	473,184	383,824	
High School Senior Student Athletes	155,756	127,088	317,801	135,195	109,664	
NCAA Student Athletes	16,911	15,381	64,879	29,816	21,601	
NCAA Freshman Roster Positions	4,832	4,395	18,537	8,519	6,172	
NCAA Senior Student Athletes	3,758	3,418	14,418	6,626	4,800	
NCAA Student Athletes Drafted	44	32	250	600	76	
<b>Percent High School to NCAA</b>	<b>3.1%</b>	<b>3.5%</b>	<b>5.8%</b>	<b>6.3%</b>	<b>5.6%</b>	
<b>Percent NCAA to Professional</b>	<b>1.2%</b>	<b>0.9%</b>	<b>1.7%</b>	<b>9.1%</b>	<b>1.6%</b>	
<b>Percent High School to Professional</b>	<b>0.03%</b>	<b>0.03%</b>	<b>0.08%</b>	<b>0.44%</b>	<b>0.07%</b>	

**Taken from NCAA National Collegiate Athletic Association**

## **ESTIMATED PROBABILITY OF COMPETING IN ATHLETICS BEYOND THE HIGH SCHOOL INTERSCHOLASTIC LEVEL**

### **Men's Basketball**

- Less than one in 35, or approximately 3.1 percent of high school senior boys playing interscholastic basketball will go on to play men's basketball at a NCAA member institution.
- About one in 75, or approximately 1.2 percent of NCAA male senior basketball players will get drafted by a National Basketball Association (NBA) team.
- Three in 10,000, or approximately 0.03 percent of high school senior boys playing interscholastic basketball will eventually be drafted by an NBA team.

### **Women's Basketball**

- Approximately three in 100, or 3.5 percent of high school senior girls interscholastic basketball players will go on to play women's basketball at a NCAA member institution.
- Less than one in 100, or approximately 0.9 percent of NCAA female senior basketball players will get drafted by a Women's National Basketball Association (WNBA) team.
- One in 5,000, or approximately 0.03 percent of high school senior girls playing interscholastic basketball will eventually be drafted by a WNBA team.

### **Football**

- Approximately 5.8 percent, or less than one in 17 of all high school senior boys playing interscholastic football will go on to play football at a NCAA member institution.
- Approximately one in 50, or 1.7 percent of NCAA senior football players will get drafted by a National Football League (NFL) team.
- Eight in 10,000, or approximately 0.08 percent of high school senior boys playing interscholastic football will eventually be drafted by an NFL team.

### **Baseball**

- Approximately three in 50, or about 6.3 percent of high school senior boys interscholastic baseball players will go on to play men's baseball at a NCAA member institution.
- Approximately nine in 100, or about 9.1 percent of NCAA senior male baseball players will get drafted by a Major League Baseball (MLB) team.
- Approximately one in 200, or 0.44 percent of high school senior boys playing interscholastic baseball will eventually be drafted by an MLB team.

### **Men's Soccer**

- Less than three in 50, or about 5.6 percent of high school senior boys interscholastic soccer players will go on to play men's soccer at an NCAA member institution.
- Less than one in 50, or about 1.6 percent of NCAA senior male soccer players will be drafted by a Major League Soccer (MLS) team.
- Approximately one in 1,250, or about 0.07 percent of high school senior boys playing interscholastic soccer will eventually be drafted by an MLS team.

*Taken from NCAA National Collegiate Athletic Association*

## **STEROIDS AND HIGH SCHOOL STUDENTS: A DANGEROUS LESSON**

Stunted growth, cancer, even death—what a terrible fate may await teenagers using anabolic steroids. They are virtually risking their lives for a few moments of glory or a “macho” image.

Unfortunately, most young people don’t stop to consider the consequences. And it doesn’t help matters when these kids hear about professional athletes also using steroids.

Just how far athletes will go to win is illustrated in a recent study. Researchers asked 198 world-class athletes this question:

“Would you take a pill that would guarantee you a gold medal if you knew the pill would kill you in five years?” Hard as it is to believe, 103 answered yes.

### **Anabolic Steroids**

Anabolic steroids are synthetic compounds related to testosterone, the male hormone. When teenagers use them, they think they will beef-up their bodies and improve their appearance.

“These steroids were first thought to increase strength, but this is where the controversy comes in,” says Dr. David Winter, attending physician at Baylor University Medical Center and clinical instructor at the University of Texas Health Science Center in Dallas. “It’s clear that anabolic steroids increase the size of muscles because they cause water retention. But do they increase strength? Studies suggest that any increase in strength is due to a placebo effect.”

Steroids do increase the risk of health problems. The hazards of using anabolic steroids are so serious that their developer has deeply regretted his discovery.

Because of the risks anabolic steroids pose, many states have made it a felony offense for doctors to prescribe them to increase muscular strength. Therefore, students get them illegally.

### **Side Effects**

In kids, steroids are especially hazardous, because they stop the natural growth of bones, causing permanent stunted growth. In all persons, steroid use can lead to cancer, liver problems and heart disease.

Anabolic steroids have also been linked to muscle rupture and weakened tendons. Still other side effects include acne, severe mood swings, aggressive behavior and violent rages. What’s more, men may experience shrinkage of the testicles and impotence. And women take on masculine traits that don’t always disappear when the drug use is stopped. Here’s what is particularly scary: Permanent damage from anabolic steroid use accumulates in the body and may only show up later.

“No use of anabolic steroids to increase muscular performance is justified in view of the terrible side effects that can occur,” Dr. Winter says.

### **Warning Signs**

What can tip-off parents to steroid use in their teens? A sudden, unexpected growth spurt, mood swings, increased acne and increased growth of body and facial hair can indicate steroid use. Painful swelling of the breasts in men is also a fairly reliable sign.

### **What You Can Do?**

- Educate your kids about the health dangers of steroids.
- Remind them that the drug is illegal and addictive.
- Learn the warning signs of use.
- Promote educational programs in the schools.
- Help your teen achieve his or her physical goals without drug use.
- Appeal to your athlete's sense of fair play, imparting that the only fair competition is one in which the athletes depend on their own talents.



### **GENERAL ACTIVITY PROCEDURES**

Each high school will have numerous activities encouraging student participation throughout the school year, information of which is available in the school Activity Office at any time.

Certain activities do fall under the Colorado High School Activities Association constitution and Bylaws the same as our athletic programs.

The General Eligibility Rules listed on page 19 of this handbook apply to the following:

- A. Vocal Music
- B. Marching Bands

- C. All-State symphony Orchestra
- D. All-State Choirs
- E. Honor Band
- F. Speech/Debate

### **CHERRY CREEK SCHOOL DISTRICT ACTIVITIES CODE OF CONDUCT**

The Cherry Creek School District views Students Activities as an extension of the classroom and educational experience. Students are encouraged to participate actively in various clubs, organizations, and activities. Cherry Creek School District students have a long tradition of excellence, integrity, and respect within their schools and in their communities. It is assumed and expected that all students will be a positive representative of their school and the Cherry Creek School District.

Any Cherry Creek School District student involved in a school sponsored activity and/or representing his/her school off school grounds, which includes all volunteer and travel activities, is expected to follow all team/club/performing group, school, and district policies. Any actions that jeopardize the safety and/or integrity of a performing group/team/club member or of the performing group/team/club would be grounds for dismissal from the competition/activity/event, and may warrant additional disciplinary action consistent with district policy.

A student shall be eligible to represent the Cherry Creek School District in Activity Events if such student meets the following specific requirements:

- A. The student is currently enrolled in a Cherry Creek School District No. 5 high school.
- B. The student has demonstrated appropriate behavior in accordance with district conduct and discipline code policies, and evidence qualities of good sportsmanship, such as respect towards others, willingness to be a team player, and civility in interactions with others.
- C. The following activities are expressly prohibited by students participating in activities on or off school district property:
  - 1. A. Use, possession, sale, distribution or exchange of alcohol, tobacco, marijuana, or other illegal drugs, counterfeit drugs, or drug paraphernalia.
  - 2. Continued willful disobedience or open and persistent defiance of proper authority.
  - 3. Willful destruction or defacing of school and/or private property.
  - 4. Behavior which is detrimental to the welfare, safety or morals of other people or of school personnel.
  - 5. Conviction of any criminal offense in the municipal, county or district courts other than minor traffic violations.



## CONCUSSION INFORMATION

### *COMPLIANCE NOTICE*

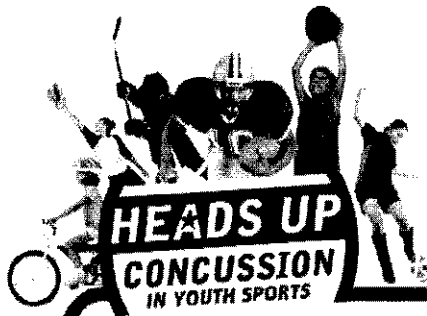
#### ***COLORADO HIGH SCHOOL ATHLETIC ASSOCIATION (“CHSAA”) BY-LAW 1790.21 AND C.R.S. 25-43-101 et.seq.(Senate Bill 40 “Jake Snakenburg” Youth Concussion Act)***

#### **Return to Play After Incident of Head Trauma**

The Colorado High School Athletic Association (“CHSAA”), has established by-laws related to student athletes who are removed from athletic participation due to head trauma. By-law 1790.21 states, **“If at any time, during participation, a student athlete is removed from participation due to head trauma, the student-athlete must obtain a written release from a licensed practitioner before participating again. A school or school district may impose stricter standards.”** High school athletic programs in the Cherry Creek School District must comply with any and all CHSAA by-laws and regulations.

y separate incident report, you have been notified that your student, suffered a head injury, and was, or may have been, removed from participation in a high school athletic program due to this head trauma. In accordance with the CHSAA, C.R.S. 25-43-101, et. seq., requirements, the Cherry Creek School District requires that the student must present a written release from a licensed practitioner, to include a licensed physician, Doctor of Osteopathy, licensed nurse practitioner, licensed physician assistant, or doctorate level psychologist with specialized training in neuropsychology and/or concussion management expertise before the student will be allowed to participate in the athletic program again.

The written physician release to participate in the athletic program should be provided to the high school athletic trainer, athletic director or designee (OR OTHER IDENTIFIED PERSONS), at which time the student will be returned to play. Failure to comply with this requirement will result in the student not being allowed to participate in CHSAA governed athletic program at the high school.



## A Fact Sheet for **ATHLETES**

### WHAT IS A CONCUSSION?

A concussion is a brain injury that:

- Is caused by a bump or blow to the head
- Can change the way your brain normally works
- Can occur during practices or games in any sport
- Can happen even if you haven't been knocked on
- Can be serious even if you've just been "dinged"

### WHAT ARE THE SYMPTOMS OF A CONCUSSION?

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Bothered by light
- Bothered by noise
- Feeling sluggish, hazy, foggy, or groggy
- Difficulty paying attention
- Memory problems
- Confusion
- Does not "feel right"

### WHAT SHOULD I DO IF I THINK I HAVE A CONCUSSION?

- Tell your coaches and your parents. Never ignore a bump or blow to the head even if you feel fine. Also, tell your coach if one of your teammates might have a concussion.

- Get a medical check up. A doctor or health care professional can tell you if you have a concussion and when you are OK to return to play.
- Give yourself time to get better. If you have had a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have a second concussion. Second or later concussions can cause damage to your brain. It is important to rest until you get approval from a doctor or health care professional to return to play.

### HOW CAN I PREVENT A CONCUSSION?

Every sport is different, but there are steps you can take to protect yourself.

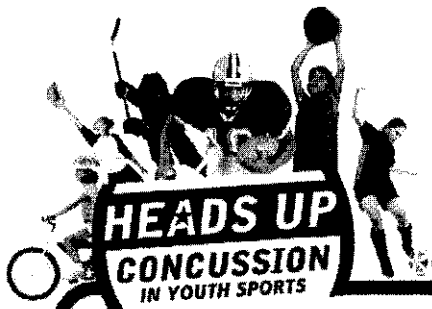
- Follow your coach's rules for safety and the rules of the sport.
- Practice good sportsmanship at all times.
- Use the proper sports equipment, including personal protective equipment (such as helmets, padding, shin guards, and eye and mouth guards). In order for equipment to protect you, it must be:

- The right equipment for the game, position, or activity
- Worn correctly and fit well
- Used every time you play

***It's better to miss one game than the whole season.***

For more information and to order additional materials free of charge, visit:  
[www.alc.gov/ConcussionInYouthSports](http://www.alc.gov/ConcussionInYouthSports)

For more detailed information on concussion and traumatic brain injury, visit:  
[www.cdc.gov/injury](http://www.cdc.gov/injury)



## A Fact Sheet for PARENTS

### WHAT IS A CONCUSSION?

A concussion is a brain injury. Concussions are caused by a bump or blow to the head, even a "ding," "getting your bell rung" or what seems to be a mild bump or blow to the head can be serious.

You can't see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

### WHAT ARE THE SIGNS AND SYMPTOMS OF A CONCUSSION?

**Signs Observed by Parents or Guardians**  
*If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs and symptoms of a concussion:*

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness... (even briefly)
- Shows behavior or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

**Symptoms Reported by Athlete**  
Headache or "pressure" in head  
Nausea or vomiting  
Balance problems or dizziness  
Double or blurry vision  
Sensitivity to light  
Sensitivity to noise  
Feeling sluggish, hazy, foggy, or groggy  
Concentration or memory problems  
Confusion  
Does not "feel right"

### HOW CAN YOU HELP YOUR CHILD PREVENT A CONCUSSION?

Every sport is different, but there are steps your children can take to protect themselves from concussion.

Ensure that they follow their coach's rules for safety and the rules of the sport.

Encourage them to practice good sportsmanship at all times.

Make sure they wear the right protective equipment for their activity (such as helmets, padding, shin guards, and eye and mouth guards). Protective equipment should fit properly, be well maintained, and be worn consistently and correctly. Learn the signs and symptoms of a concussion.

### WHAT SHOULD YOU DO IF YOU THINK YOUR CHILD HAS A CONCUSSION?

1. Seek medical attention right away. A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to sports.
2. Keep your child out of play. Concussions take time to heal. Don't let your child return to play until a health care professional says it's OK. Children who return to play too soon—while the brain is still healing—risk a greater chance of having a second concussion. Second or later concussions can be very serious. They can cause permanent brain damage affecting your child for a lifetime.
3. Tell your child's coach about any recent concussion. Coaches should know if your child had a recent concussion in ANY sport. Your child's coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

***It's better to miss one game than the whole season.***

For more information and to order additional materials free-of-charge, visit:  
[www.cdc.gov/ConcussionInYouthSports](http://www.cdc.gov/ConcussionInYouthSports)

For more detailed information on concussion and traumatic brain injury, visit:  
[www.cdc.gov/injury](http://www.cdc.gov/injury)

## Concussion Resources

### CDC/Heads Up campaign

- Know Your ABC's (for educators/school nurses)
- *Heads Up* for Coaches
- [www.cdc.gov/ConcussionInYouthSports](http://www.cdc.gov/ConcussionInYouthSports)

### Colorado Department of Education (COE)

Principal Consultant on Brain Injury:  
Heather Hotchkiss, LCSW  
[Hotchkiss\\_h@cde.state.co.us](mailto:Hotchkiss_h@cde.state.co.us)  
303-866-6739

### Rocky Mountain Hospital for Children-*Center for Concussion*

- [www.YouthSportsMed.com](http://www.YouthSportsMed.com)
- 720-979-0840      Appointments
- REAP Reduce/Education/Accommodate/Pace

### Colorado High School Activities Association (CHSAA)

[www.chsaa.org](http://www.chsaa.org)  
303-344-5050

### Children's Hospital- *concussion Clinic*

- [www.childrenscolorado.org/concussion](http://www.childrenscolorado.org/concussion)
- 720-777-2806 Concussion Clinic Appointments

### Center for Brain Injury Research and Training

[www.cbirt.org](http://www.cbirt.org)  
OCAMP-Oregon Concussion Awareness and  
Management Program

### Brain Injury Alliance of Colorado (BIAC)

- [www.biacolorado.org](http://www.biacolorado.org)
- 303-355-9969

### Brain Injury Association of America (BIAA)

[www.biausa.org](http://www.biausa.org)  
1-800-444-6443

### National Federation of High Schools (NFHS)

- On-line Video Training: [www.nfhsearn.com](http://www.nfhsearn.com)
- <http://Jwww.nfhsearn.com/lockerroom.aspx>

### Athletic Concussion Training for Coaches

[Brain101.orcasinc.com](http://Brain101.orcasinc.com)

### Colorado Kids:

- [www.cokidswithbraininjury.com](http://www.cokidswithbraininjury.com)
- mild Traumatic Brain Injury

### Colorado TBI Trust Fund-Brain Injury Program

[www.tbicolorado.org](http://www.tbicolorado.org)  
888-331-3311

### Brain Line Kids:

- [www.brainline.org](http://www.brainline.org)

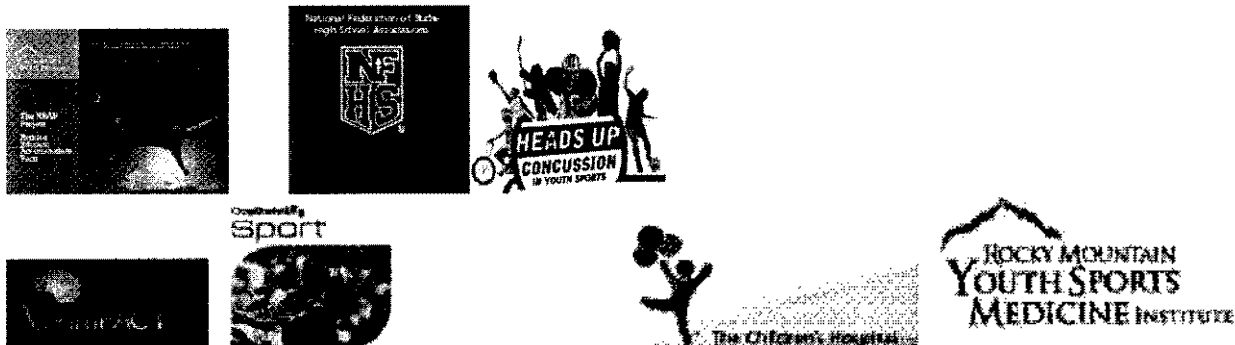
### IMPACT Test

[www.impacttest.com](http://www.impacttest.com)

### More websites:

- [Sportsconcussions.org](http://Sportsconcussions.org)
- [concussionfoundation.org](http://concussionfoundation.org)

Senate Bill 40-The Jake Snakenberg Youth Concussion Act  
[www.leg.state.co.us](http://www.leg.state.co.us)



# BOARD OF EDUCATION POLICIES

### **Student Activities (Co-curricular and Extra-curricular)**

The goal of the Cherry Creek School District educational program shall be to develop to the highest level possible the individual potential of each student. One important method which should be employed by staff in achieving this goal is to provide opportunities at all levels, but particularly at the high school level, for constructive opportunities on an intra- and inter-school basis. However, participation in such activities shall be a privilege-not a right. The high school interscholastic athletic/activity program shall be one part of this total staff effort.

This policy shall provide general guidance to staff and participants in the organization and implementation of the athletic/activity program.

Overall supervision and direction of the high school interscholastic athletic/activity program shall come under executive director of secondary education. The principal of each building shall appoint an athletic/activity director to serve the school and to work in close cooperation with the office of the executive director of secondary education and league affiliates to promote the betterment of athletics/activities within the school district.

Each building athletic/activity director shall:

1. Periodically evaluate the nature, procedures and regulations of the interscholastic athletic/activity program
2. Interpret district, league and state policies and enforce procedures and regulations concerning the athletic/activity programs
3. Inform parents, students and teachers of athletic/activity procedures and regulations
4. Make available to interested individuals an up-to-date copy of the Cherry Creek School District Interscholastic Athletic/Activity Handbook.

Cherry Creek high schools as members of the Colorado High School Activities Association (CHSAA) shall support the concept, constitution and by-laws of this organization as they pertain to high school athletic/activity policies. Athletic/activity procedures and regulations shall be governed by the Interscholastic Activity Handbook, Centennial League policies and the CHSAA Handbook.

Athletic/activity programs shall be considered for addition to present programs upon acceptance by the Centennial League and CHSAA as an approved interscholastic sport or activity.

All provisions of this policy shall be communicated appropriately to staff, students and parents.

Adopted August 8, 1966

Latest revision August 9, 1982

Revised to conform with practice: date of manual adoption

Note: See the Cherry Creek School District Interscholastic Athletic/Activity Handbook for further details.

## **Interscholastic Athletics**

### **Introduction**

The interscholastic program exists to encourage participants to achieve their maximum potential and to represent their school. Participants represent not only themselves but the students, faculty, and patrons of their respective schools. Participation in interscholastic athletics is a privilege subject to compliance with the rules, regulations, and standards hereinafter set forth.

The interscholastic athletic program of the Cherry Creek School District shall be considered as an extra-curricular part of the school program and shall provide equal opportunity for both sexes to participate in interscholastic athletics. This program is neither required nor part of the basic instructional program of the district.

In keeping with the above goals, the Board of Education 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.

Eligibility to participate in interscholastic athletics shall be determined with reference to the Constitution and Bylaws of the Colorado High School Activities Association (CHSAA), and the rules and regulations of the school district.

### **Disciplinary Procedures and Athletic Sanctions**

Students who violate the provisions of this policy and accompanying regulation shall be subject to appropriate disciplinary sanctions as outlined in the accompanying regulation, and in accordance with other school board policies, as applicable. The determination to impose sanctions related to participation in interscholastic athletics and the nature of the sanctions to be imposed shall be made by the principal or his or her designee of the student's school.

### **Application of Policy**

A student is subject to this policy throughout the season of the sport in which he is participating. The season begins on the first day of practice and continues through post-season competition. In addition, sanctions may be imposed for serious and substantial violations occurring at any time during the school year, on or off campus, and where deemed appropriate, while school is not in session.

### **Miscellaneous**

Nothing contained herein shall be deemed to prohibit a coach or sponsor from establishing and enforcing additional rules applicable to the activity, curfew hours, and other matters relating to the functioning of the team or group. It is anticipated that minor violations will be handled directly by the coach involved after conferring with the athletic director and/or the appropriate district administrator.

Nothing in this policy shall limit the authority of the school district to discipline students pursuant to the School Attendance Law of 1967 and relevant school board policy.

Recruitment of athletes from other attendance areas by any district employees or by any other student shall be prohibited. Recruitment shall constitute grounds for disciplinary action for the student and any district employee(s) involved. Parents and community members are also encouraged to refrain from recruiting solely for athletic purposes.

Adoption date: August 16, 2004

CROSS REFS.: JJ, Student Activities (Cocurricular and Extracurricular)

JICDA, Conduct and Discipline Code

JKD-1-E, Grounds for Suspension, Expulsion and Denial of Admission

JICH, Alcohol and Other Drug Use by Students

**Interscholastic Athletics  
(Athletic Code)**

**Eligibility**

Eligibility to participate in interscholastic athletics shall be determined with reference to the Constitution and Bylaws of the Colorado High School Activities Association (CHSAA), and the rules and regulations established by the school district.

**Interscholastic Athletic Code**

Article III of the Constitution and Bylaws of the CHSAA provides in part that:

1. A student shall be deemed eligible to represent a school in an inter-school activity if such student meets the following specific requirements:
  - a. The student is a bona-fide undergraduate member of the student's high school.
  - b. In the judgment of the principal, the student is representative of the school's ideals in matters of conduct, citizenship and sportsmanship.
  - c. During the period of participation, the student must be enrolled in courses which offer, in aggregate, a minimum of 2.5 Carnegie units of credit per semester and must not be failing more than the equivalent of one-half Carnegie unit of credit. Quarter credit courses must be combined at the end of the semester to determine eligibility for the succeeding semester, and will be reviewed on an ongoing basis as established by the district.
  - d. The student must have been eligible in accordance with paragraph "c" above at the close of the last prior semester of attendance. Scholastic eligibility depends upon average grades from the beginning of the semester to the close of the certification day.
  - e. A student who drops out of school after having been enrolled and in attendance 15 days will not be eligible the following semester of attendance. If a pupil attends 15 days or more during the semester, the pupil must complete the required number of credits for the whole of that semester to be eligible the next semester.
  - f. The student shall not be a member of any organization prohibited by law.

**The school district has adopted the following additional rules and regulations:**

1. Participants at the high school level must pass a physical examination as requested, and the examination must be consented to by the participant's parents/guardians. It is strongly recommended students at the middle school level pass a physical examination before participating in interscholastic athletic activities.
2. Participants at the high school level must maintain school athletic insurance or family insurance coverage in an amount required by the school district and certified to by the participant's parents/guardians. It is strongly recommended students at the middle school level maintain school athletic insurance or family insurance coverage before participating in interscholastic athletic activities.
3. The following activities are expressly prohibited by students participating in interscholastic athletics on or off school district premises:
  - a. Use, possession, sale, distribution or exchange of alcohol, tobacco, marijuana, or other illegal drugs, counterfeit drugs or drug paraphernalia.



- b. Continued willful disobedience or open and persistent defiance of proper authority.
  - c. Willful destruction or defacing of school property.
  - d. Behavior which is detrimental to the welfare, safety or morals of other people or of school personnel.
  - e. Conviction of any criminal offense in the municipal, county or district courts other than minor traffic violations.
- 4. Participants shall maintain appropriate standards of academic performance and class attendance.
  - 5. Participants will abide by general school and community principles of good sportsmanship and conduct.

#### Disciplinary Procedures and Athletic Sanctions

Students determined to be in violation of any of the foregoing shall be subject to appropriate disciplinary sanctions. The determination to impose sanctions related to participation in interscholastic athletics and the nature of the sanctions to be imposed shall be made by the principal or his or her designee.

The following procedures have been established with the intention that the high schools within the Cherry Creek School District will use similar procedures as suggested in the High School Interscholastic Participant Card when dealing with alleged infractions of the Athletic Code. These procedures are designed to allow some building flexibility in applying athletic sanctions, yet ensure that the spirit and the actual rules of interscholastic athletics are enforced. These procedures are adopted under policy JJI, and, in the case of conflict, the rules and regulations defined in this Athletic Code and regulation will apply.

#### Investigation of Alleged Violation(s)

Any allegation of misconduct relating to the rules in the Interscholastic Athletic Code will be investigated by coaches and athletic and/or administrative personnel immediately or as soon as possible upon receiving a complaint.

#### Notification

- a. Any student athlete alleged to be involved in misconduct relating to the rules of the Interscholastic Athletic Code will be notified as soon as possible of the allegation of misconduct. Upon receipt of the allegation, or as soon as possible thereafter, an investigation will be conducted by the coach in conjunction with athletic and administrative personnel.
- b. As part of the investigation, the student athlete will be provided an opportunity to present his side of the story. This does not include the right to secure counsel, to confront and cross-examine witnesses, or to call his own witness to verify his version of the incident. If the student denies the charge(s), he will be given an explanation of the evidence the principal or designee has received.
- c. A reasonable effort will be made to contact the parents and give them an opportunity for input.
- d. During the time of the investigation, the athletic director and/or administrator may impose restrictions on the participation of the student athlete in question.

- e. Upon conclusion of the investigation, and prior to the imposition of a disciplinary sanction, it is recommended the principal, or his or her designee, should notify the student and his or her parents/guardians of the outcome of the investigation and the sanctions which will be imposed. The principal or designee may provide an opportunity to the student and his or her parents/guardians to answer questions about the action taken. However, the principal or designee may, where he or she determines it to be appropriate and in the best interests of the school and/or the athletic activity, impose sanctions prior to or without such discussion.

#### Athletic Sanctions

Sanctions which may be imposed include, but are not limited to, one or more of the following:

1. Referral to the appropriate coach for disciplinary action.
2. Placement on probation for a number of days and/or upon such conditions as may be determined to be appropriate, including consideration of probation guidelines as provided in the High School Interscholastic Participant Card.
3. Suspension from participation in a specific number of athletic events, including consideration of the number of prohibited events as provided in the High School Interscholastic Participant Card.
4. Suspension from the athletic team for the remainder of the season.
5. Denial of the opportunity to obtain school awards in the sport in which the student was participating when the violation of rules occurred. (Athletic awards require not only participation, but also completion of the season in good standing.)
6. Suspension from athletic competition for the remainder of the school year and/or extending into succeeding school years.

#### Disposition

The principal or his or her designee, will make the final decision as to whether a violation has occurred and will determine what sanctions will be imposed. If the final decision is made by the designee, he or she must notify the building principal of the disposition. Upon disposition, the student shall be personally informed of the sanctions. Every reasonable effort will be made to notify the parent in a timely manner, either by telephone, electronic mail, or in person.

An appeal of the principal's or designee's decision regarding the imposition of an athletic sanction may be made to the District Athletic Director, who will review the decision of the principal or designee. The decision of the District Athletic Director will be final.

In the event the student receives an academic suspension or expulsion from school, such suspension will automatically result in suspension from all athletic participation for at least the duration of the suspension or expulsion period.

*CROSS REFS.: See the Cherry Creek School District Athletic/Activities Handbook for additional information.*

Cherry Creek School District#5 High School Interscholastic Participation Card