

**2018-2019**

**Meeker High School  
Cowboy Athletics**



**Athletics Handbook**

## Philosophy:

At Meeker School District, we consider activities an integral part of the educational experience, and an extension of our classrooms. Athletics and activities provides opportunities that will help students develop physically, mentally, and emotionally. We view competition through activities as healthy mental, educational and physiological endeavors as they challenge each student to excel, to discover and train to increase his or her physical limits, and to work cooperatively with team members. While winning is a natural goal in the pursuit of excellence, the principles of good sportsmanship and enjoyment of competition take precedence at all times and enhance the educational value of contests.

## Goals:

1. Students commit to the team and themselves, for the betterment of all, through positive character attributes, modeled by all
2. Students learn fundamental skills, rules and strategies of the activity
3. Encourage students to step outside their comfort zones; take positive risks on our courts, fields, and stages.
4. Pursue victory with integrity and honor - Win

## Meeker School District Mission for Athletics

The student athlete shall become a more effective citizen. The community, school administrators and the coaching staff feel strongly that high standards of conduct and citizenship are essential in maintaining a sound activities programs. Our objective is to provide a wholesome and friendly rivalry, improve playing skills and good sportsmanship, establish new friendships and build better school relationships. We continually look for ways to provide opportunities for all students to be successful and to help students grow academically, socially, and emotionally.

Being a member of the interscholastic program is a privilege to be earned and maintained throughout the season. Each time participants step into a school or onto the practice field and anytime they participate in a game they are expected to represent themselves, and their family, team and school in a responsible, sportsmanlike manner.

In addition to embracing and committing to the Meeker School District philosophy, we will also promote:

- Students are encouraged to go out, remain out, and participate in multiple activities to the best of their abilities for as many years as they wish. Meeker School District emphasizes the latter while at the same time acknowledging it is the sole responsibility and prerogative of the head coach/sponsor to decide on squads, positions, playing time, events, etc. Participation does not equal playing time.
- The concept of the broadest-based participation possible by offering all of the activities which we can, and extending the opportunity to participate to as many students as possible.

- The premise that all teams are considered vital for our students and each is a valued part of our programs. No one activity is considered more important than any other.
- The approach that all teams are treated as fairly as possible.

## **SPORTSMANSHIP/CITIZENSHIP**

### **GOOD SPORTSMANSHIP –**

An attitude of self-control makes for the most rewarding experience for all those who witness or participate in a competitive event between two schools.

True sportsmanship involves the positive encouragement and active support of "our" team while extending the same courtesy to the other team. Sportsmanship in the desired form allows the spectator to appreciate and applaud outstanding performances, regardless of which school is represented. Competition is for the delight of participants and spectators, so the rules of fair play should be paramount. Competitors themselves generally exhibited model behavior. The competitors know the rules and the bounds of fair play.

In the area of good sportsmanship all students, staff and community members should unite to develop and display what is best about our activities program. Sportsmanship is a display of respect, courtesy, concern, character, and integrity. Sportsmanship is always in style and is an area in which we should constantly be working for improvement.

### **THE FUNDAMENTALS FOR SPORTSMANSHIP**

1. Gain an understanding of, and appreciation for, the rules of the contest. The necessity to be well informed is essential. Know the rules. If you are uninformed, refrain from expressing opinions about officials', coaches', or administrative decisions. The spirit of good sportsmanship depends on conformance to a rule's intent as well as to the letter of a given rule.
2. Exercise positive behavior at all times. Your behavior influences others, whether you are aware of it or not.
3. Recognize and appreciate skilled performances, regardless of affiliation. Applause for an opponent's good performance displays generosity and is a courtesy that should be practiced regularly. This not only represents good sportsmanship, but reflects a true awareness of the game by recognizing and acknowledging quality.
4. Exhibit respect for officials. The officials of any contest are impartial arbitrators who are trained and who perform to the best of their ability. Mistakes by all those involved in the contest are part of the contest. We should not rationalize our own poor or unsuccessful performance or behavior by placing responsibility on an official. The rule of good sportsmanship is to accept and abide by the decision made.
5. Display openly a respect for the opponent at all times. Opponents are guests, should be treated cordially, and accorded tolerance at all times. Be a positive representative of your school.
6. Display pride in your actions at every opportunity. Never allow your ego to interfere with good judgment and your responsibility as a school representative. Regardless of whether you are a participant or a spectator, this value is most

important since it suggests that you care about yourself and how others perceive you and your school.

### MEEKER HIGH SCHOOL SPORTSMANSHIP CODE

1. Be courteous to opponents, fans, and cheerleaders.
2. Be positive in your behavior toward everyone present.
3. Respect and abide by the official's decision.
4. Exercise self-control at all times, never boo an official, coach, cheerleader or player.
5. Display character in your every action.
6. Learn to win with character and lose with dignity.
7. Display appreciation for a good performance or play regardless of the team.
8. In accordance with the League rules, spectators at athletic contests may not use any kind of noise makers (cow bells, whistles, horns, etc.) during the contest. Only cheerleaders may use megaphones during an athletic contest.

**Violation of this code of conduct** may result in a warning, expulsion from the activity, or suspension from future activities or contests. This decision will be at the discretion of the principal, administrative assistant, or athletic director.

### Guidelines for Parent and Student Participant Communications

All meetings with coaches are to be made by appointment only. There will be no meetings between parents and coaches on the athletic fields, gyms, auditoriums or locker rooms.

Coaches are NOT required to discuss player position, playing time, offensive, defensive or game philosophy/decisions with parents.

The protocol when resolving an issue between student athlete and coach is as follows:

1. Student athlete will make an appointment and meet with the coach,
2. Next step > student athlete and parent will make an appointment and meet with coach,
3. Third step > student athlete and parent will make an appointment to meet with coach and athletic director,
4. Final step > student athlete and parent will make an appointment to meet with coach, athletic director, and principal.

### **Participants**

If there are any questions or concerns involving some aspect of our programs, the student should first contact the appropriate coach. If there is no resolution, he or she would then go to the head coach, etc. The athletics director will facilitate any meeting that is needed, but only after the appropriate chain of command has been adhered to.

Any student athlete that makes the decision to leave the team will make an appointment with the head coach to notify him/her of their decision, and hand in any school issued equipment. In

the case of equipment not returned or returned in non-usable condition, the student-athlete will be charged for the replacement of this equipment. Participants that quit an activity before the end of the season, will not be allowed to join another activity during the same season without approval of the head coach of the activity vacated.

### Expressing Concerns

When expressing an occasional concern with a coach, please refer to and use the following guidelines:

- Never approach a coach immediately after a contest. We follow the 24-hour rule which prohibits any communication between a parent-coach that is not intended to be positive. This is not the proper time or place for a discussion concerning your child or the team. Please adhere to the rule! Actions that show disregard for this rule will cause the athletic department to take actions barring the offender from attending any contest.
- Call the following day (never on Sundays) and make an appointment which is convenient for both you and the coach to meet.
- Raise your concern in a calm and civil manner. Do not be disrespectful, un-professional,
- Once you have stated your question or concern, listen to the explanation. Often a parent may be blinded by emotion and this overrides logic and reason. Listening receptively may really help you to understand any explanation which is given.
- MSD staff reserves the right to deny any request for conversations with persons engaging with disrespect, threatening or foul actions or words.

### Sportsmanship for the Athlete

(The MHS Ejection Policy)

- We will adhere to all CHSAA ejection rules for contests and will allow coaches to make judgments on egregious violations of conduct policies.
- An athlete who is ejected from a game for unsportsmanlike conduct or fighting will not be allowed to participate in the next game.
- A substitute who leaves the team box and enters the playing area during a fight will be ejected.
- The **SECOND** time an athlete is disqualified in the same sport or any other sport during the school year, the penalty shall be doubled.
- The **THIRD** time an athlete is disqualified in the same sport or any other sport during the school year shall result in immediate dismissal from the team for the remainder of the season. The offending athlete shall be prohibited from any further participation in the interscholastic program for the remainder of the school year. Interscholastic participation by such individuals in subsequent school years may be jeopardized and will be judged on a case-by-case basis.

## **Hazing**

We understand that it is a privilege to wear the black and gold of Meeker High School. We understand the sacrifices made to be part of this tradition. Therefore, we will have NO part in any incidents of hazing, initiation, harassment, disorderly conduct toward, intimidation of, bullying of, or discriminating against any other student, parent, or coach from Meeker High School, or any of our opponents.

In athletic settings, some may view hazing as a harmless rite of initiation or an important activity for team bonding. However, it is actually a form of Harassment and represents a Disciplinary Code offense. A More complete explanation of harassment can be found in the building level Student Handbook.

Hazing, therefore, cannot and will not be condoned or permitted in the athletics/activities programs within Meeker School District. This means on the field or courts, in the locker rooms, auditoriums, classrooms, on the bus, or at any other activity in which athletes/participants represent Meeker School District.

## **Abusive Substance Avoidance Pledge**

The following is the pledge that our student-athletes are expected to honor and follow at Meeker School District:

In all aspects of a student's life, Meeker School Districts primary concern is for the student's health and safety. It is expected that students will refrain from using tobacco or other nicotine products, using illegal drugs, drinking alcoholic beverages, or abusing prescription and non-prescription drugs and/or performance-enhancing substances. These substances would include over-the-counter diet pills, caffeine pills, steroids, inhalants, human growth hormones and/or other performance supplements.

As an athlete at Meeker High School, I pledge to abide by these expectations. Furthermore, I understand that my failure to follow these guidelines can result in possibly being suspended or removed from the team.

## **Risks of Athletic Participation**

In spite of protective equipment, and the supervision and sound instruction by our coaches, there are some risks associated when someone participates in athletics. Injuries in some of our activities can and do occur. In extremely rare cases, serious, life altering injuries and death could also result. All athletes and parents need to be aware and understand this possibility. At Meeker School District, we will do all that we can to ensure a safe and healthy environment for our athletes. It is equally important that all participants (parents and athletes) understand that there is no way that we can avoid all injuries that can occur throughout a sports season.

## ELIGIBILITY

### ELIGIBILITY FOR PARTICIPATION

1. The student's eligibility will be governed by rules as set forth by the Colorado High School Activities Association (CHSAA), League, and Meeker School District.
2. The student is enrolled in a minimum of six (6) courses.
3. The student must not be failing courses equaling more than one (1) full unit of credit during the previous semester. The student must not be failing more than one (1) course at the time of participation. Grades will be checked on a weekly basis.
4. Summer school may be used to regain eligibility. Contact the activities director.
5. The student is a representative of the school and should conduct himself/herself in a manner, which reflects positively on Meeker High School.
6. Poor citizenship/sportsmanship may be cause for a student to lose the opportunity to participate.
7. A student may be suspended from participation in an activity by the principal or his/her designee due to poor citizenship/sportsmanship.
8. No student shall practice or represent his/her school in interscholastic athletics until there is on file, with the athletic director, a certificate signed by a participating physician, verifying that he/she is physically fit to participate.
9. Each student competing in an interscholastic sports program must have had a minimum of five (5) practice days, exception Football (9) practice days, exception softball zero (0) practice days in that sport before representing his/her school in an interscholastic contest or scrimmage. Two-a-day practices count as one of the required days.
10. Players certified to participate as members of any high school sport may not compete on any other team nor in any non-school activity or event in that sport during that sports season unless otherwise approved according to CHSAA guidelines.
11. No student may withdraw-failing from a course in order to maintain eligibility for any athletic team or activity.

### THE ELIGIBILITY RULES WILL APPLY TO THE ACTIVITIES THAT ARE SANCTIONED BY THE COLORADO HIGH SCHOOL ACTIVITIES ASSOCIATION (CHSAA)

#### Students & Parents should be AWARE OF SCHOOL POLICY FOR PARTICIPATION:

1. A physical signed by a doctor will be on file with the office before participating in practice.
2. A parent permission slip will be signed and on file.
3. The CHSAA and Meeker Activities Handbook will be read and signed.
4. A student must be in attendance all day or have an excused absence approved by the principal or athletic director in order to participate in any practice or game that day.
5. If a student decides to quit participation in a sport, the student is responsible for notifying the head coach and turning in his/her equipment. A student may not drop a sport and participate in another sport without written consent from the

coach of the sport which was dropped. The student is responsible for turning in his/her uniform and equipment at the end of the season.

## **APPEAL PROCESS**

The student has the right to an appeal. The student will present a written request for an appeal to the high school activities director. The appeal must be submitted within 24 hours or by the end of the first school day following the incident. Students may appeal to the next higher level by submitting a written request to that person. Each appeal must be submitted within 24 hours of the last decision. Appropriate time must be given for investigation and research for each level involved. (Disciplinary consequences will remain in force unless the decision is overruled by the appeals process.) The following flow chart is the order in which you may make your appeal:

COACH/SPONSOR; ACTIVITY DIRECTOR; HIGH SCHOOL PRINCIPAL;  
SUPERINTENDENT; DISTRICT RE-1 SCHOOL BOARD

## **Academic Eligibility Requirements for Athletes/Activities**

### **MHS**

- Any student receiving a failing or incomplete grade in any two or more subjects for the preceding semester is ineligible. Students can regain eligibility according to CHSAA guidelines
- Any student failing two or more classes as reported each Monday throughout the school year will be ineligible to play from the following Tuesday thru Monday. This does not excuse the student from being at or participating in practices.

## **CONDUCT ELIGIBILITY**

- A. Students are expected to conduct themselves in a manner, which is a credit to our community, school and parents. Theft, cheating, vulgarity, fighting, use, possession or distribution of tobacco, alcohol or controlled substances; or inappropriate use of "over the counter" drugs are considered violations of Conduct Eligibility whether on or off school grounds.
- B. Administration of the Conduct Eligibility Code. Beginning with the first day of Fall interscholastic practice (as set by CHSAA) and continuing through the final day of the school year as set by the Meeker Board of Education:
  1. Any student found in violation of conduct that warrants an in-school suspension will be suspended from activities, excluding practices, the day of suspension.
  2. Any subsequent in-school suspensions will cause the student to be suspended from activities, including practices, for seven calendar days beginning with the first day of the suspension. Designated school vacation days are excluded from the seven-day suspension.

3. Any out-of-school suspension will cause the student to be suspended from activities, including practices, for seven calendar days beginning with the first day of the suspension. Designated school vacation days are excluded from the seven days.
4. A second out-of-school suspension within a season will cause the student to be suspended from activities for the remainder of that season.
5. A third out-of-school suspension during a school year shall result in suspension from activities for the remainder of the year.
6. Any student suspended from an activity where that activity "season" ends prior to the completion of the suspension, that suspension should carry over in the following activity "season" in which that student participates.

(A clarification of existing policy) A student found in repeated violation of conduct expectations, which do not result in suspension disciplines but are considered citizenship violations, shall receive a single interscholastic contest suspension. (Examples: cheating, inappropriate language, excessive tardiness, etc.).

### **Team Travel**

Teams will be transported to away contests by either MSD buses, small vehicles or approved, private, bonded carriers. Athletes are expected to travel to these contests with their team on these modes of transportation. Traveling with parents from the contest is at the discretion of the head coach, and is authorized only after the parent notifies the coach and then signs the athlete out on the district waiver form.

If there is a special reason to travel with parents (rare occurrences only) an athlete must have signed permission from the building principal or athletic director detailing this situation one full day prior to the travel date.

Before an athlete leaves an away contest with parents, the parent should make contact with the coach to indicate that they are leaving and sign the district approved sign-out waiver. A waiver must be signed each time a student rides home with their parent. For safety and legal reasons, athletes may only leave with their parents and not with other relatives or friends. If, in the rare case, a student-athlete needs to ride home with another family, a prearranged form must be filled out one day prior to departure on the trip that is verified with the Athletics Director and Principal.

### **Overnight Travel**

- A. Rules will govern curfew, phone calls, lights out, restrictions and visitors in room (no members of the opposite gender may be in the same accommodations room without the presence of a Meeker Coach or adult chaperon, designated by coach or administration).
- B. Consequences for breaking school rules, activities rules or team rules will result in the loss of competing and, if necessary, the student's parents/guardian will be asked to pick up the student or arrange for alternate transportation home. If competition

has been completed, you may be responsible for your lodging, food and trip home; with travel arrangements to be made by your parents, or the coach with your parent's permission.

- C. All school rules apply at all times during trips. Appropriate consequences will be applied as a result of any failure to abide by school rules.

## **SUBSTANCE ABUSE POLICY**

Administered in conjunction with  
Meeker High School Activities Handbook

### **III. Administration of the Substance Abuse Policy:**

- A. Beginning with the first day of **fall** interscholastic practice (as set by CHSAA) and concluding with the last student day of the posted **District calendar**, all co-curricular, and **extra curricular, excluding National Honor Society**, student participants shall abide by this "Substance Abuse Policy" at all times in and outside of school.
- B. Parents/guardian and student participant shall attend a meeting wherein an explanation of the Activities Handbook and its philosophy are presented. Students shall be held accountable for their actions for the entire school year during any time, in or out of school. A file for each participant will be kept in the Activities Director's office.
- C. Student participants in the co-curricular and extra curricular offerings of Meeker High School **shall not possess, use, consume, sell or give away** tobacco, alcohol, mood altering chemicals or other controlled substances. **Inappropriate use, sale or making available to others** of an "over the counter" drug or chemical shall also be included under this code.
- D. Violations can be reported via public police records, district staff members, or adult community members. It will be the responsibility of the Athletic Director and/or Principal to determine the validity of the report.
- E. If a student is in violation of the **Activity Contract** and time does not permit completion of suspension, the penalty will carry over to the next activity/sport. In the event a violation occurs, whether it be his or her first or second offense, and there are no activities/sports remaining, the student shall serve his or her suspension the following year. **In this instance, the penalty shall be that of the first offense.**
- F. The penalty of **'time'** would apply for co-curricular and extra curricular participants. If a member of the band or choir is found in violation, he or she would be allowed to participate in any performances scheduled in-district.

### **IV. Penalties for violation of this Policy:**

- A. **Infractions involving alcohol, mood altering chemicals or other controlled substances.** Inappropriate use, sale or making available to others of an "over the counter" drug or chemical is included in the following penalty clarification:
  - 1. **First Violation (for athletes only):** After confirmation, the student shall lose his or her eligibility to compete interscholastically for twenty percent of their scheduled events.

2. **First Violation (for extra-curricular and co-curricular participants):** After confirmation, the student shall lose his or her eligibility to participate for three weeks.
  3. **Second Violation (for all participants):** After confirmation, the student shall lose his or her privilege to compete or participate for the remainder of the school year in all activities.
- B. Tobacco Infraction:**
1. **First Violation:** After confirmation, the student shall lose his or her eligibility to compete interscholastically for the next week or one contest, whichever is greater.
  2. **Second Violation:** After confirmation, the student shall lose his or her eligibility to compete interscholastically for the next two weeks or two contests, whichever is greater.
  3. **Third Violation:** After confirmation, the student shall lose his or her privilege to compete or participate for the remainder of the school year in all activities.
- C. Student and parents/guardian shall be encouraged to seek professional evaluation and assistance outside the school for the concern of chemical abuse, misuse, or dependency by a community agency or other professional service. (Neither the Meeker Public Schools nor its staff shall incur financial responsibility for this expression of concern for student health.)**
- D. Self – reporting:** Any student who voluntarily admits to a violation of the Conduct Eligibility Rules before s/he is otherwise reported, may be shown leniency by a reduction of up to 50% of the stated consequence. **This will be at the discretion of the administration, and leniency for self – reporting will only be shown once during a student’s four year high school career.**

### Practice Sessions

Practice sessions are generally open to our parents for quiet observation only. However, at times it may be necessary for a coach to hold a closed practice session. These sessions will be authorized through the Athletic Director prior to the day of the session and all athletes of the team will be made aware. All practice sessions are the equivalent of a teacher’s classroom, consequently interruptions and interference to an athlete’s concentration and focus in practice cannot be allowed any more than a disruption would be tolerated in an academic setting.

Therefore, while observing practice sessions, contact with the athlete is not authorized. Parents are limited to authorized areas only. These areas include the South bleachers in the main gymnasium, the West bleachers in the auxiliary gymnasium, the home stands at Starbuck Stadium, the southernmost berm at the practice football fields, the far south end of the wrestling room and the bleachers at the Baseball/Softball field. Your head coach will discuss locations at the initial parent’s meeting before the season begins. Spectators violating these rules may be suspended or expelled from attending practice sessions in the future. Positive and nurturing support of teams and athletes can be very helpful to performance in athletic contests and spectators at games are highly encouraged.

